

# || MDL FITNESS ||





MDL Fitness & SA Green Fitness  
**THE BOATERS SUPER LEAGUE**



## THE BOATERS SUPER LEAGUE

You can now have the world's most innovative, sustainable fitness equipment fitted onboard your boat or at home, enabling you to join the world's first eco-friendly boaters' fitness community.

Members can track their energy production, machine usage stats, and compare their progress against other boaters through the local and global watts produced leader board. Members can also talk to other members via the forum and get great content via the MDL Fitness website.



# THE EQUIPMENT





# Equipment and software solutions



## ECO-POWR™ ELITE

Rooted in sustainability, quality, and durability, ECO-POWR™ Elite is designed to be more compact to accommodate smaller fitness spaces. Packed with features and technology that inspire today's environmentally conscious boater.



## SAWELL+

An all-encompassing software system that works seamlessly with SportsArt ECO-POWR™ line. The software includes energy production tracking, machine usage stats, error device manager and local and global watts produced leader board. Android or iOS application.



## Gipara G Wall and accessories

The gateway to exercise in your personal gym.



# SportsArt

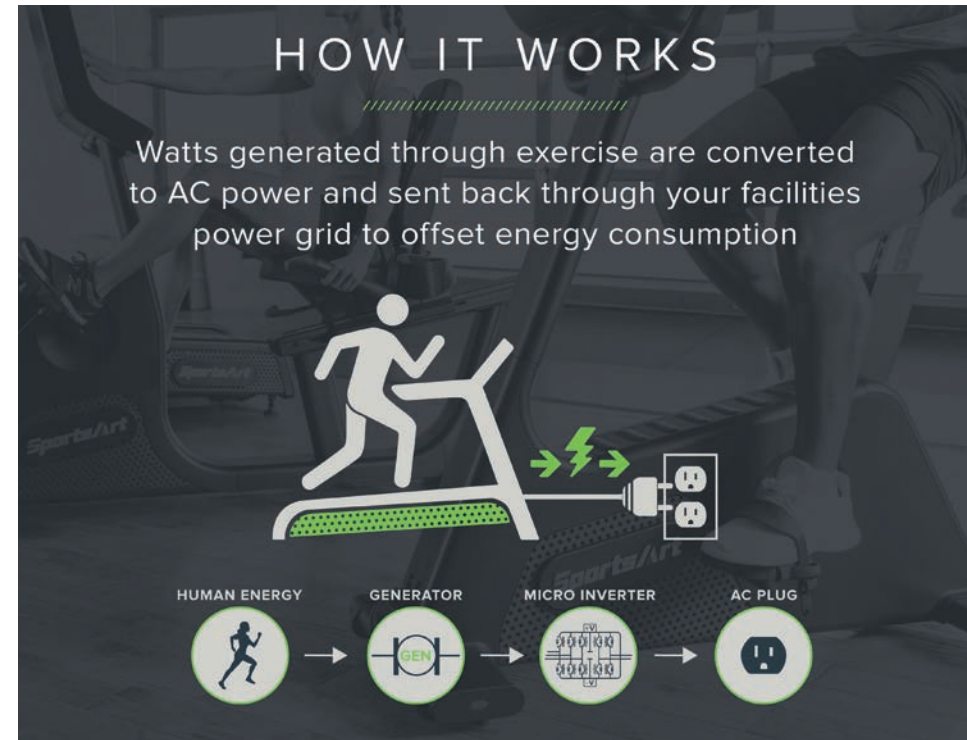
## Product overview

### ECO-POWR™

- Convert up to 74% of human energy produced into clean, renewable energy
- View meaningful impact metrics like watts generated
- Generate up to 220 wH of electricity per hour workout, offsetting energy consumption
- Plug in any ECO-POWR™ product into a standard outlet, and each workout will reduce your carbon footprint while lowering power consumption on your boat

### ELITE CARDIO

- The ELITE ECO-POWR™ line boasts energy-saving fitness equipment that offers individuals a sustainable and intuitive workout experience embodied within a sleek and modern design
- Align fitness goals with sustainability goals with ECO-POWR™ Elite, designed to perform beyond expectations
- Treadmill, bikes and Elliptical





# Record every workout – make a positive environmental change on your boat

## The benefits for the user

- Users earn points while working out
- The leader board shows the top energy producers
- Points are then exchanged for green rewards through MDL Marinas

## SA WELL+™ additional functionality

### User App

- User app tracks user's workouts and energy generated data in real time

### Asset management








- Asset management software displays equipment usage stats and device error codes. Set reminders on when your equipment needs to be serviced. See how much electricity you are producing

### Coach app

- Fitness trainers and indoor cycle instructors can monitor and coach users on the SportsArt G516 indoor cycle to maximize the user's performance and energy production



# The Boaters Super League

Yacht	Green energy generated	Watts	Rank
Artemis		380 Watts	1
Hermes		322 Watts	2
Poseidon		301 Watts	3
Dionysus		253 Watts	4
Aphrodite		250 Watts	5
Apollo		167 Watts	6
Athena		153 Watts	7



A row of three SportsArt exercise bikes is shown on a wooden deck. The bikes are black with green perforated accents and the 'SportsArt' logo. The background shows a blurred outdoor setting with trees and a building. A green text box is overlaid on the right side of the image.

**BOAT OR HOME SOLUTIONS  
SMALL, MEDIUM & LARGE**

## Small solution – one piece of equipment

### **G516 Indoor Cycle**

- Perfect for a small boat with space for just one piece of equipment
- The G516 Indoor Cycle features intuitive adjustment points, a clear LCD console to track workout metrics, and a color-changing LED display that indicates workout intensity





## Small solution – two pieces of equipment

### **G516 Indoor Cycle alongside the small wall gym**

- SH is the base version of the wall, occupying minimum space, but enabling full training of the whole body
- A variety of bespoke accessories can be chosen. Their total weight cannot exceed 100 kg
- See pages 17 and 18 for the description and specification



## Medium solution – three pieces of equipment

### G516 Indoor Cycle and G874 Elliptical alongside the medium wall gym

- A variety of bespoke accessories can be chosen. Their total weight cannot exceed 100 kg
- See pages 17 and 19 for the description and specification





## Large solution – four pieces of equipment

**G516 Indoor Cycle, G874 Elliptical and G660 Treadmill alongside the extra large wall gym**

- A variety of bespoke accessories can be chosen. Their total weight cannot exceed 100 kg
- See pages 17 and 20 for the description and specification



## Other ECO-POWR™ cardio solutions available

G866 Front Drive Elliptical



G778 Step Mill



G260 Rower





# Gipara product overview G-Wall

You can choose from 4 colour compositions and 5 equipment versions, which will help you to individualise and adapt the gate to your requirements.



**Adaptiva G-Wall LH**



**Adaptiva G-Wall PLUS**



**Adaptiva G-Wall MH**



**Adaptiva G-Wall XL**

# EQUIPMENT SPECIFICATION





# Specifications for cardio equipment



## G516

- ECO-POWR™ integrated inverter
- Electronic resistance control with emergency stop lever
- 5-colored LED light console indicates workout intensity
- Dual-sided SPD pedals
- Fore and aft adjustment on seat and handlebars
- Heart rate telemetry receiver
- Optional SA WELL+™ integration
- In built wheels on the front

Unit weight	145.2 lbs / 66 kg
Dimensions (LxWxH)	50.2 x 21.5 x 44.7 in / 127.5 x 54.6 x 118.5 cm
Max user weight	350 lbs / 158 kg
Resistance	1-40



## G874

- ECO-POWR™ integrated inverter
- Electronically adjustable 17-29" stride length
- Fingertip controls
- MyFlex pedal cushioning system

Unit weight	338.8 lbs / 154 kg
Dimensions (LxWxH)	82 x 26.8 x 69.5 in / 208.5 x 68 x 176.5 cm
Max user weight	450 lb / 205 kg



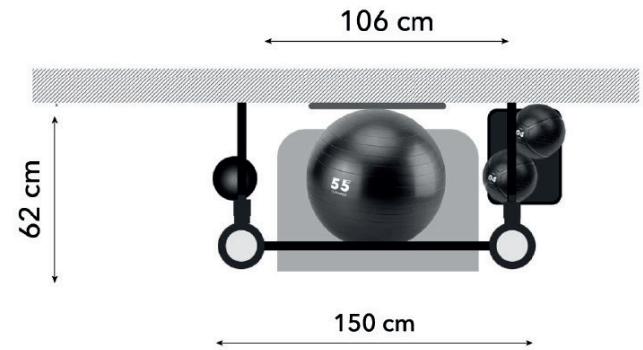
## G660

- ECO-POWR™ integrated inverter
- Toggle controls
- Non-motorized technology
- Slat-belt design
- Run and Push modes

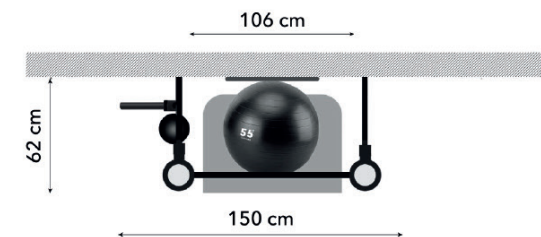
Unit weight	473 lbs / 215 kg
Dimensions (LxWxH)	84.9 x 33.1 x 69 in / 215.7 x 84.1 x 157.2 cm
Max user weight	100 – 330 lbs / 45 – 150 kgs
Speed range	2.0 – 12.0 mph / 3.0 – 20.0 kph
Incline range	Fixed 4°

# Specifications for Adaptiva G-Walls

Adaptiva G-Wall SH



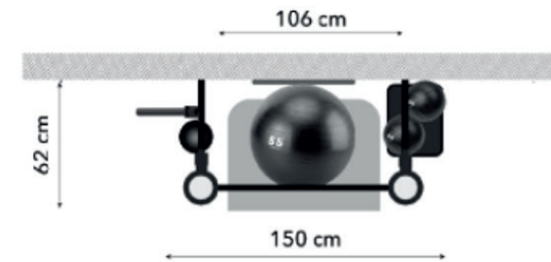
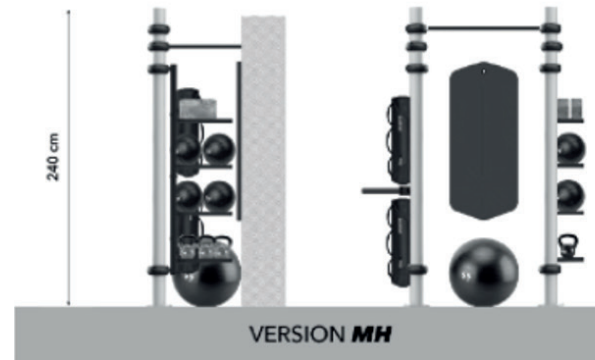
Adaptiva G-Wall LH



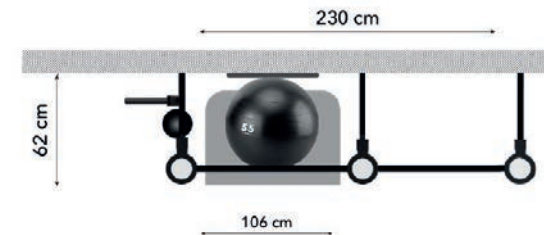
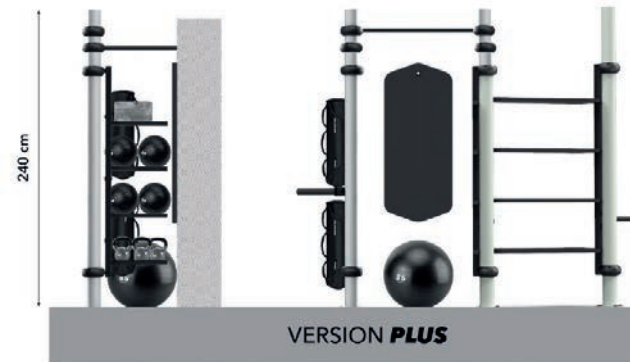


# Specifications for Adaptiva G-Walls (continued)

Adaptiva G-Wall MH

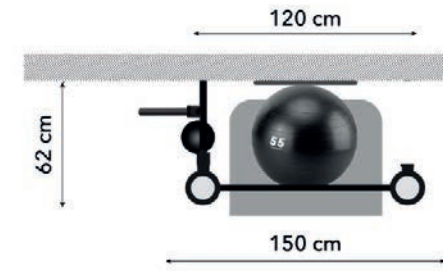
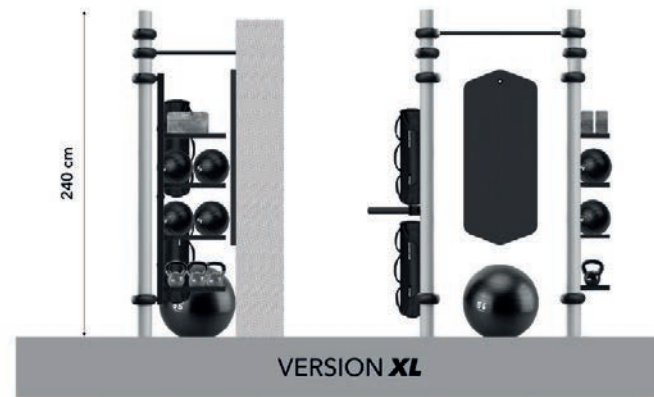


Adaptiva G-Wall VP



# Specifications for Adaptiva G-Walls (continued)

Adaptiva G-Wall XL

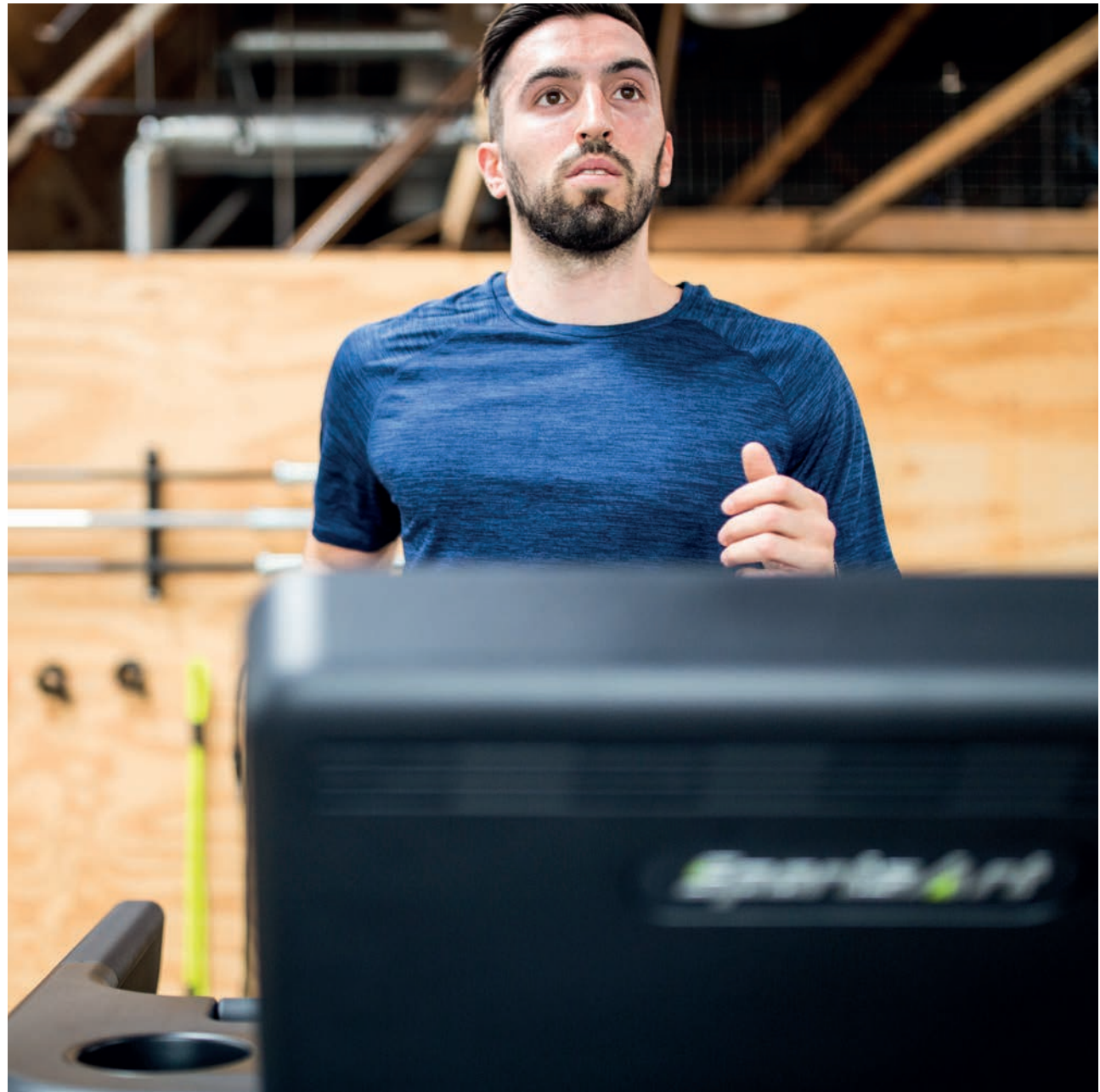




To find out more and get a free proposal, tailored to your specific requirements, contact:

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