

EXER·FLY

**Your Entire Gym,
in one small Footprint**

Presented by Jordan Barron & Nick Bolton



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Exerfly is changing the entire landscape of fitness and strength training

With its implementation of Flywheel training and its market-leading motorised technology, Exerfly introduces an innovative and challenging method of strength training that optimises performance, reduces the risk of injury, and pushes athletes further than traditional equipment ever could.

Created for elite athletes wanting to truly reach peak level performance, Exerfly is the all-in-one training solution that is guaranteed to produce unparalleled results. For strength training, maintenance and rehabilitation, Exerfly offers a superior comprehensive training solution, as proven by the countless professional athletes, sports teams, physios and elite strength and conditioning coaches who swear by us.

Our equipment is one of a kind, warranting our customers unlimited versatility in their workouts.

The design of our equipment enables users to train real sporting movements at a high force loads at very high speeds using low weights- unachievable with any other piece of equipment. With our game-changing motorised technology, Exerfly outperforms the rest, completely reimagining the future of strength training.

The in-built sensor in our equipment and new Exerfly app allows users to quantify their performance results for effortless accountability, meaning they have the ability to access precise workout metrics captured by the sensor at 4,000 data points per second. Exerfly users can also share their progression with trainers and coaches for further guidance through our app, connecting them with our global Exerfly community. This is your entire gym, in one compact footprint.



Chasing Greatness

Engineered as an elite training solution, Exerfly was designed by athletes, for athletes



Exerfly emerged in 2015 when Nick Bolton, a successful hurdle athlete from New Zealand, decided to design an elite piece of training equipment that could help him achieve outstanding results without the risk of injury. Whilst training at a high performance sprinting team in Christchurch, Nick met Jordan Barron and together they worked hard to further advance the Exerfly vision and design a product that was virtually unbreakable. Since its beginnings, Exerfly was designed to be a master in its field by providing the best results for maximizing performance.

The Exerfly team worked with strength and conditioning coaches across New Zealand to perfect the equipment's design, and over the following five years it was tested by professional athletes playing for the All Blacks, Black Caps, Crusaders and Olympics. Exerfly gained international traction once the coach of Kevin Mayer, decathlon world record holder, and the Brisbane Broncos reached out to order our equipment. Soon after, numerous other international athletes and sports teams were getting in touch, meaning it was time for our team to go global.

Exerfly was launched in the middle of the COVID19 pandemic, and despite the circumstances, our launch was an incredible success! Our equipment is used all over the world by the best sports teams in the world such as the LA Dodgers, Wolverhampton Wanderers, Canadian Olympic Ski Team and many more. Now, we're building a community that supports, collaborates and pushes each other for greatness. We've put our heart, mind and soul into our equipment, and we want to share that with you.

Exerfly is the world's most advanced Flywheel training equipment, scientifically designed to maximize your physical potential and enhance performance with quantifiable results. Rooted in science and backed by powerful results. Exerfly has quickly been recognized by Olympians, professional athletes, sports teams and coaches across the globe as the way of the future. Built by athletes, for athletes, Exerfly is changing the entire landscape of fitness training.

Our Journey

2015

We built the first Exerfly Platform prototypes and tested the product with leading NZ athletes, Olympians, and sports teams such as the New Zealand All Blacks Sevens and the Crusaders. Throughout the process, we worked with a variety of physiotherapists and strength and conditioning coaches to ensure highest quality across the board.

2016

We made further refinements on our equipment and enhanced its features based on feedback from athletes and coaches. Over time, we engineered a stronger version of the Exerfly Platform and started developments on our sensor technology. Leading sporting organisations began using Exerfly, such as the Chiefs, NZ Rowing, and High Performance Sport NZ.

2017

We launched the Exerfly Rack Mount and started development of our Motorized Technology. We then introduced many accessories and released the Exerfly app prototype. Our customer base continued to grow through our close involvement with top sporting organisations within New Zealand. French Olympian Kevin Mayer's coach reached out to purchase an Exerfly, setting a trend for incoming orders from Europe.

2018

As many of our clients were using their Platforms and Rack Mounts in the gym, there was an increased demand for something portable to be created so they could still train with Exerfly while travelling. In New Zealand, we travel a lot, so we needed something robust and very versatile that could be set up and used anywhere.

We started working on prototypes of the Exerfly Portable to create equipment that was light, strong, and stable. We then continued work on Motorized Technology, developing and testing the motor prototypes on the Exerfly Platform and Rack Mount. As we gained traction, the Brisbane Broncos reached out to use our equipment.

2019

We introduced the current Exerfly Portable, as well as motorised options for the Platform and Rack Mount. Continued growing at a rapid rate, now catering to most professional athletes and high-performance sports teams in New Zealand. As we had consolidate a strong relationship with our customers within the country, we thought that it would be time to launch overseas. We were confident in our launch as we had been testing our equipment for a number of years and each of our innovations had been receiving fantastic feedback within the Exerfly community.

2020

We successfully launched Exerfly globally in June 2020. Despite a global Covid-19 pandemic happening in the background, orders for our elite equipment skyrocketed internationally due to its emphasis on home training and portability. Exerfly was being used by customers all over the globe, and soon reached the hands of elite sports teams such as the LA Dodgers, the Wolverhampton Wanderers, the Canadian Olympic Ski Team and many more.

2021

We continued innovating our products and kept equipment up to date with advanced technology. We updated Exerfly app to include Bluetooth as well as WiFi connectivity, launched the all-new Rack Mount Slider and began developing plans for future product updates. Exerfly was now used by athletes in the NHL, NFL, NBA, Premier League Football teams, and several Olympic organisations.

Chasing Greatness

Here at Exerfly, our ethos is continual improvement

We're not ones to stand still, because our goal is to change the entire landscape of exercise equipment, and we know the best way to do that is to keep pushing forward. We are constantly evolving, and are always coming up with fresh ideas to ensure Exerfly continues to grow. We're currently working on some really exciting plans – one of which involves improving our sensor technology to reflect our growth as a brand. Soon, you will be able to send tracked workout data directly to your coach, straight from the app and the in-built sensor.

We have some of the best athletes and sports teams in the world using our equipment, because they know it's unbeatable.

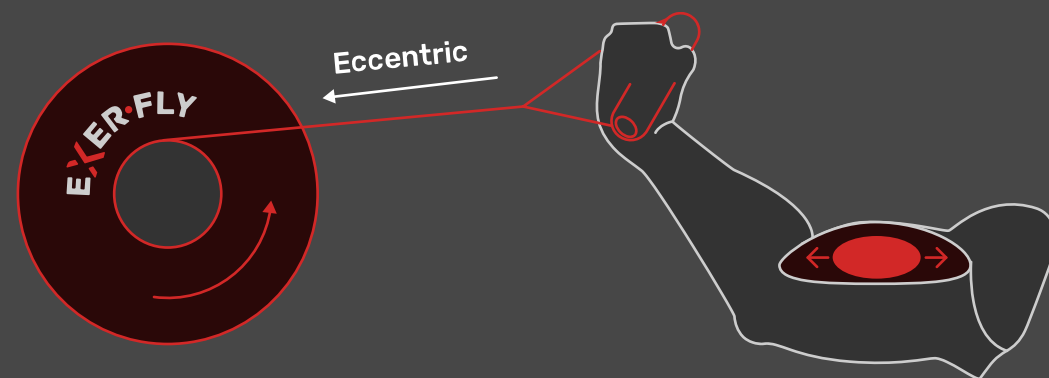
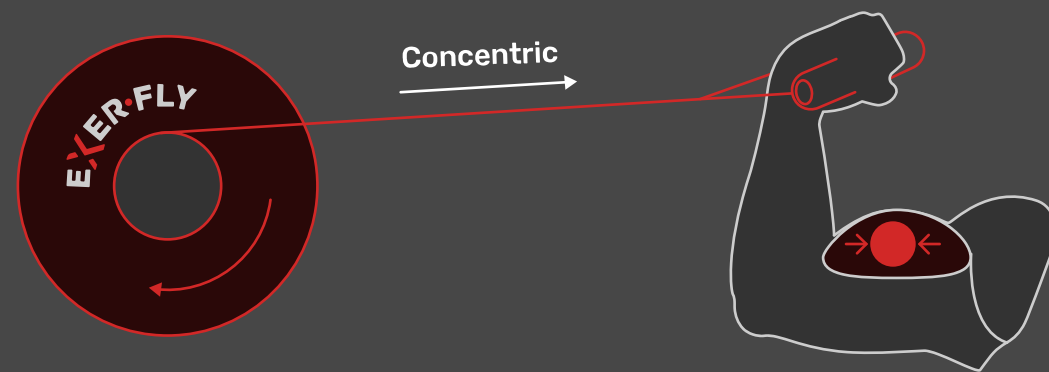
We're growing, we're moving, and we're improving. And we want you to be part of the Exerfly community.

They want the best equipment that will generate the best results, and that's what Exerfly is providing.

Our vision for Exerfly involves a fully integrated, all-in-one training solution where our equipment, our athletes, our app, and our community are seamlessly connected.

Our Exerfly app will allow coaches to send workouts to their clients and receive training data and stats in return; our athletes and coaches will stay connected across the globe, collaborating with each other to maximise training and support; our whole community progressing together on the journey to peak performance and incredible results.





How does Exerfly Work?

Exerfly uses Flywheel technology to push athletes to new heights

Exerfly differs from conventional resistance training in that instead of lifting a weight against gravity, the athlete uses force to accelerate and decelerate a flywheel. Whilst you use your muscles to spin the flywheel, momentum is building to pull you back, which creates constant tension. The harder the athlete works, the harder the resistance, pushing both the concentric and eccentric phases of motion to new heights. Exerfly's flywheel training allows users to control the resistance through the modification of the flywheel itself and the amount of force put into movement.

This means that when training with Exerfly, resistance is responsive to the athlete, adjusting to the user's force rep by rep.

Exerfly equipment is suitable for all types of resistance training: strength and conditioning, to injury prevention and management, to real sports movement training. The adaptive nature of the flywheel training method means it caters to everyone, regardless of abilities.

From elite athletes, to professional sports player, to home users and even the elderly patients- Exerfly has something for everyone.

"The harder the athlete works, the harder the resistance."

Flywheel Training vs Traditional Weight Training

With traditional weights, the resistance never changes. In a bicep curl, as you pull a weight from your thigh to your chest, you feel resistance as the weight is coming up to you.

On its way down, you're no longer pulled against gravity, so it feels easier to lower the weight back to your thighs. This means that the athlete is missing out on training the eccentric phase of movement.

With flywheel training, you'll feel the resistance on the way up and down, meaning that resistance is constantly adapting to your force with every rep. The harder you pull the flywheel, the harder it will pull back, continually stimulating the muscles. With Exerfly's motorized technology, the athlete also has the option to further increase the eccentric phase, creating an eccentric overload that will boost their capabilities.

Exerfly Equipment

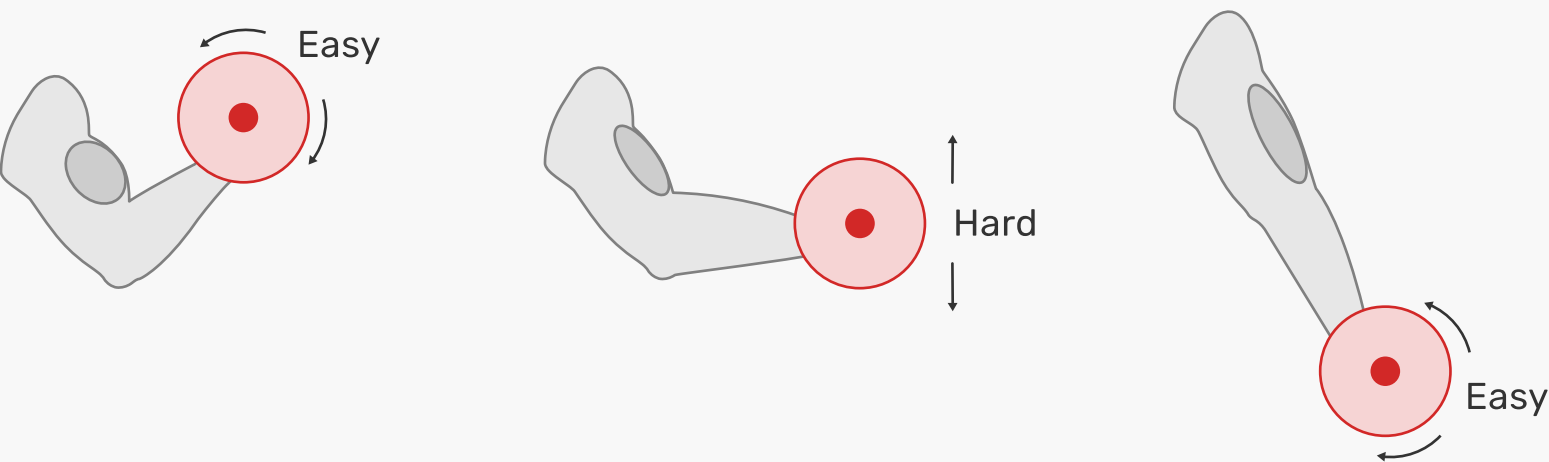
- ↑ High Force
- ↑ High Speed
- ↓ Low Weight

Traditional Equipment

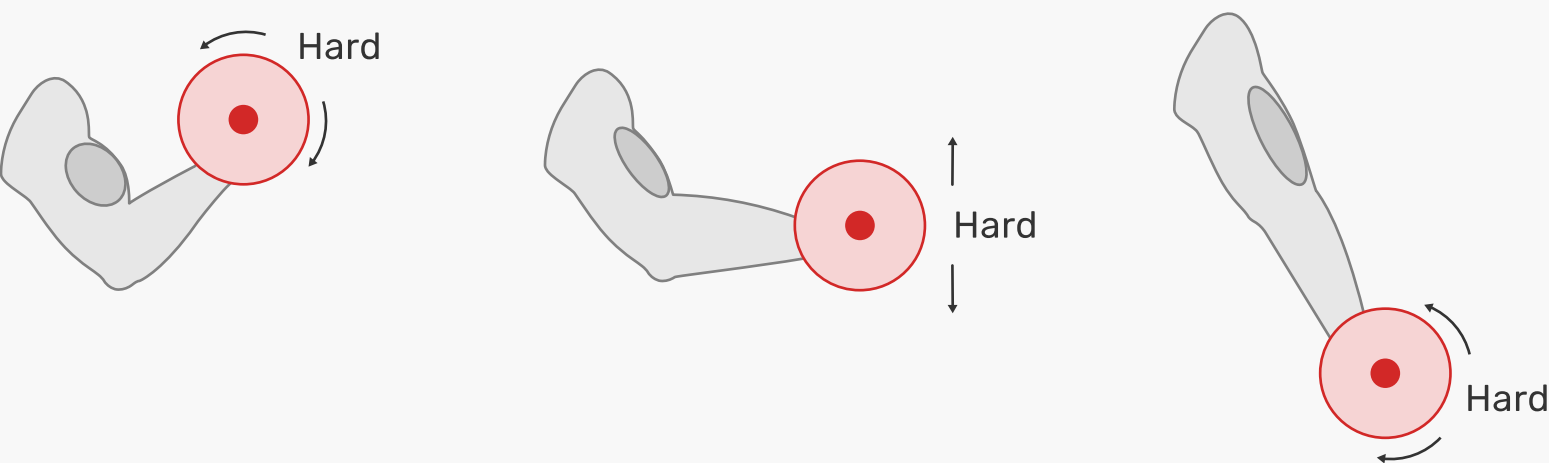
- ↑ High Force
- ↑ High Weight
- ↓ Low Speed

Therefore correlates to sporting movements more than traditional training.

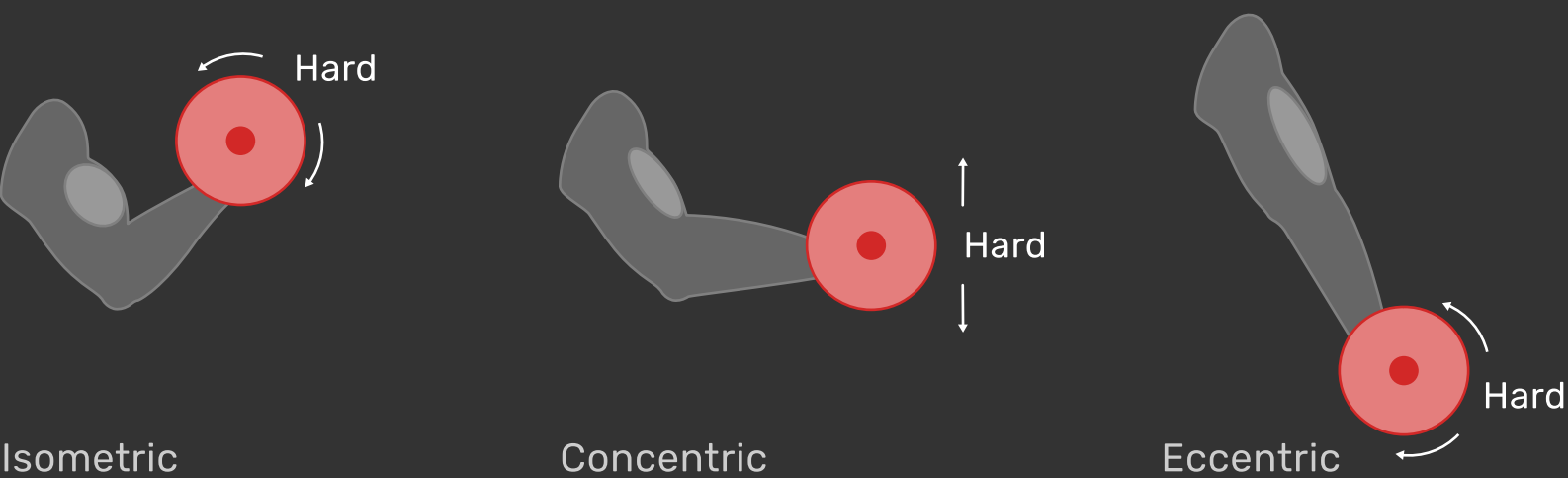
Traditional weight training - resistance is only in parts of the eccentric and concentric phases



Flywheel Training— resistance is constant



Motorised technology – choose your eccentric overload from 1-80% to boost the eccentric phase of the movement



Benefits of Flywheel Training



Adapts to increasing fatigue

Because resistance is based directly on how hard you are training, Exerfly seamlessly adapts to increasing fatigue. Maintaining resistance proportionate to the your performance, Exerfly safely adjusts to your movements at step of the way.



Durability

Designed to be virtually unbreakable, all of our equipment is built to last. Since its creation, we've never had a single Exerfly break, and that's probably because we put so much hard work and attention into carefully hand-crafting every single machine.



Rehabilitation

Exerfly can be used for rehabilitation and physiotherapy, as a safe way to build muscle with less risk of reinjury. It provides a reactive training solution that is easier on joints and muscles, reducing the risk of injury from poor form.



Unlimited Possibilities

With countless exercises able to be performed at a higher level than traditional gym machines, Exerfly supports a huge range of motion that includes horizontal, vertical and/or diagonal movements.



Adaptability

Exerfly offers something for everyone because it adapts to the individual needs of the athlete. Whether it for beginners or professional athletes elite, Exerfly is perfect for any stage of strength training.



Maximizing Efficiency

Exerfly saves time and space while maximizing performance. With its compact design, our equipment can fit just about anywhere, meaning you can train right in the comfort of your home. The lack of bulky weight also means you can switch quickly between exercises or athletes for team training.



Andre Mattson

Strength & Conditioning Coach. Previous Strength & Conditioning Coach for the Charlotte Hornets, Seasonal Assistant Strength & Conditioning Coach for the New York Knicks. Previous Performance Coach at Velocity Sports Performance.

“Eccentric overload promotes muscle turnover and allows you to get stronger at a faster rate. I can create a high velocity concentric movement and then get loaded through the eccentric phase – you can’t find that with anything other than a flywheel.”



Exerfly: The way of the Future

With Flywheel training scientifically proven time and time again to enhance performance, optimise movement, and generate powerful results, Exerfly has quickly been recognised by Olympians, elite athletes, sports teams, and coaches as the way of the future. With safer technology and impressive results, Exerfly is a market leader.

Mimicking sports movements and providing constant resistance to maximise performance, Exerfly is able to vary resistance and speed depending on the force applied by the athlete. Studies show impressive results, maximised athletic advantage, and heightened performance, leaving no doubt of Exerfly's power and effect.



All-in-One Solution



Safety Focused



Performance Results



Advanced Technology

Exerfly is the way of the future, and we're already here.



Chris Chase

Director of Performance - Memphis Grizzlies

Both the exerfly portable and platform products will continue to be beneficial for our basketball players. The unique resistance profile can facilitate higher impulse-oriented loading at troublesome joint angles, such as deeper ranges of flexion during squatting exercises.

Traveling with the Exerfly Portable has added immense value to our training on the road. The type of resistance provided by the flywheel is just something that is hard to mimic without the equipment itself. The Portable is extremely easy to set up and break down, and has stood up against the rigors of NBA travel.



All-in-One Training Solution

Incredibly versatile, Exerfly has something for everyone.

Designed for versatility and flexibility, Exerfly caters to a wide range of athletes and abilities. Its simple, sleek design means it can be used for an almost unlimited amount of exercises with maximum resistance.

Because resistance is based on the input force of the athlete, Exerfly equipment can adapt to suit any skill level.



An all-in-one training solution accommodating an endless range of exercises



Suitable for all athletes, of all abilities

From physiotherapy and rehabilitation, to commercial gyms, to high performing sports teams and elite athletes, Exerfly caters to every athlete, regardless of their journey.

Our motorised technology takes us another step above the crowd, enabling athletes to push past their normal limits in a safe and effective way.

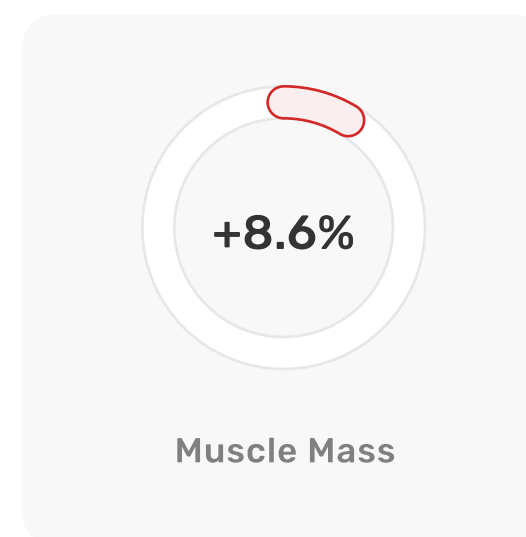


Unlimited resistance exercises in one machine

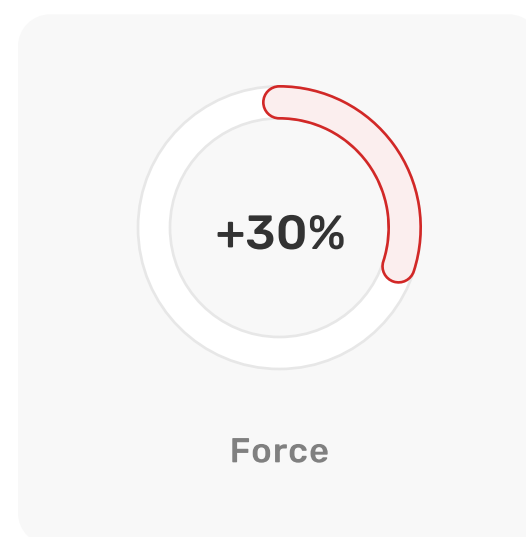


Motorised Technology to take your workout to the next level

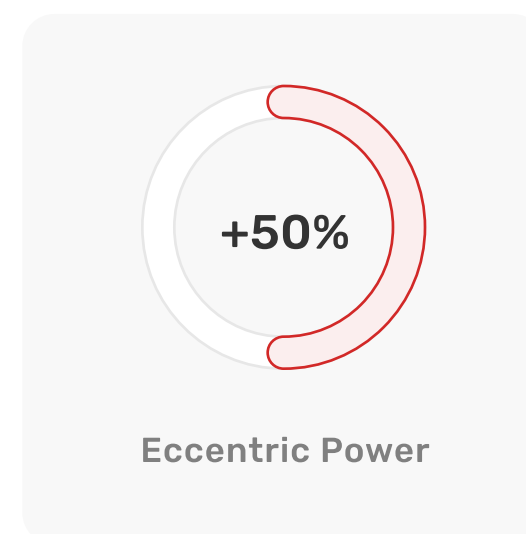




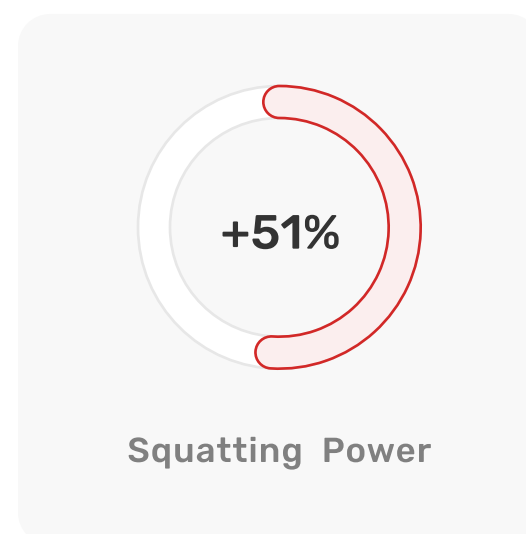
Muscle Mass



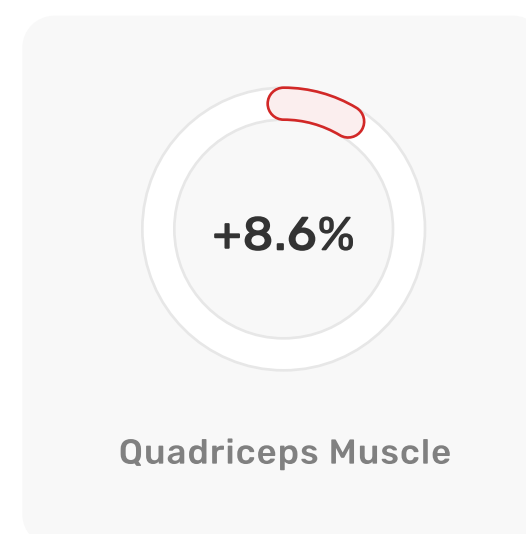
Force



Eccentric Power



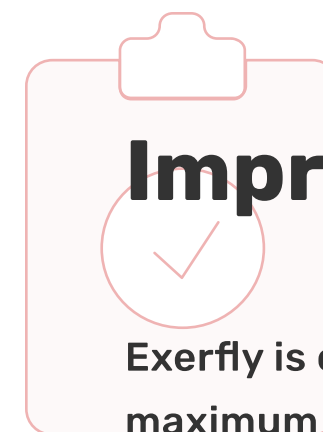
Squatting Power



Quadriceps Muscle

For more information on the scientific benefits of flywheel training, please visit our website:

<https://exerflysport.com/scientific-studies>



Impressive Results

Exerfly is completely results-driven, using scientifically proven methods to generate maximum results.

Building strength faster and more effectively than traditional gym equipment, Exerfly offers athletic benefits such as increased strength, muscle power, hypertrophy, and muscle type conversion.

A recent study of Flywheel training showed significant increase in muscle mass among participants, with an 8.6%

increase in mass, a 30% increase in force, and a 50% increase in concentric and eccentric power over 4 weeks.

Another study investigating flywheel training found that over a 4-week period, participants increased their squatting power by 51%, and saw an average quadriceps muscle gain of 8.6%.

Rehabilitation

Scientific studies also provide strong support for the use of Flywheel training in Physiotherapy and Rehabilitation, due to the reduced physical strain and pressure on the athlete. Exerfly is a safe and efficient training solution for rehabilitation users as it provides constant, adaptive resistance throughout workouts, strengthening muscles in both the concentric and eccentric phase, preventing the risk of injury and assisting the longevity of tendon health and fast-twitch fibres.

The Science Behind Exerfly

There are numerous studies supporting the benefits of Flywheel training for increased muscle strength and the prevention and rehabilitation of musculoskeletal injuries, validated by our work with elite sports teams and Auckland University of Technology - here is a brief synopsis of just a few.

Analysis of Flywheel training for injury prevention and in musculoskeletal rehabilitation

Study determined Flywheel training can be used for injury prevention, training after a period of unloading, tendon and muscle rehabilitation, as part of post-operative rehabilitation, during late stage sport specific rehabilitation as well as for fall prevention and treatment of sarcopenia among elderly.

Effects of Strength Training with Eccentric Overload on Muscle Adaptation in Male Athletes

The enhanced eccentric load apparently led to a subtly faster gene expression pattern and induced a shift towards a faster muscle phenotype plus associated adaptations that make a muscle better suited for fast, explosive movements.

Effects on sports participants (Volleyball/Basketball) at risk of patellar tendinopathy

Adding a weekly eccentric overload squat training bout to a regular basketball and volleyball exercise routine enhances lower limb muscle power without triggering patellar tendon complaints.

Meta-study identifying the effects of Flywheel training on multiple strength-related variables affecting athletic performance

Flywheel training for a period of 4-24 weeks shows statistically significant increases in all strength aspects. The evidence is particularly strong for beneficial effects from flywheel training in the development of maximal strength and power in trained younger individuals, and utilization of this training modality in shorter more intensive blocks.

Effect of Flywheel hamstring training programme on the occurrence and severity of hamstring injuries in elite male soccer players

The results showed a reduced risk of hamstring strain injuries, with occurrences clearly lower in the flywheel training group (3/15) than in the control group (10/15). In addition, there were significant increases in strength and speed in the flywheel training group.

Meta-Analysis: Flywheel Training vs Traditional Resistance Training

Meta-analysis from compared outcomes between Flywheel Eccentric Overload training vs traditional weight training. The meta-analysis showed significant superiority of Flywheel training over traditional weight training, with better results in concentric and eccentric strength, power, hypertrophy, vertical jump height, and running speed, among other things.



Eddie Dawkins

NZ track cyclist. Two time Olympian silver medallist, three time World Champion Track Cyclist, two time Commonwealth Games Champion, winning two silver medals and three bronze.

“Eccentric overloading through Exerfly has been instrumental in my posterior chain development, meeting the demands of my new sport, the Bobsleigh. Using the Exerfly just once or twice a week, my deadlift from cycling to bobsleigh has gone from 220kg to 300kg in a matter of weeks, and my trap bar from 260kg to 380kg.”

Safety

At Exerfly, we believe that prevention is key. That's why we've engineered a product with a strong focus on safety and injury prevention that maximises effort and results.



Constant Tension

The constant tension and emphasis in the eccentric phase of the exercise adapts muscles for power and speed, and helps reduce the likelihood of injury. Exerfly mimics natural sports movements, meaning the athlete is less likely to injure themselves both on and off the machine.



Self-Managed Resistance

Users are able to manage their own resistance load in a safe range of motion and determine their own force output, meaning the resistance is based directly on the expended effort of the athlete. This allows the athlete to warm up at their own pace, then slowly increase their effort while the machine adapts to their movements, as opposed to conventional weight training with static loads unable to adapt and respond to the athlete's needs.



Reduces Risk of Injury

A recent study of flywheel training shows that adding a weekly eccentric overload squat training to a regular basketball and volleyball exercise routine enhanced lower limb muscle power without triggering patellar tendon complaints. Another study also showed that football players participating in eccentric overload training just 1-2 times a week were significantly lower risk for hamstring injuries.



Recovery from Injuries

Exerfly's carefully engineered design makes it the perfect tool for recovery. Whether recovering from surgery, when atrophy and loss of muscle strength occurs rapidly, in early rehabilitation and strength training, or in late-stage rehabilitation of musculoskeletal injuries, Flywheel training addresses both strength and power and can be used in most stages of rehabilitation.

Studies show that Eccentric training for injured tendons leads to a reduction in pain, decreased stiffness in the tendon, increased neovascularization, enhanced neuroplasticity, and increased shielding of muscles.



Continuous Motion

Flywheel training provides a constant, smooth resistance for muscles throughout the entire range of movement of an exercise. The motion of pulling a flywheel is incredibly fluid and smooth, with no snap between the concentric and eccentric phases of motion, meaning less risk of injury to the athlete.



Rehab & Physio

Exerfly's reactive resistance training methods make it perfect for use in rehab and physio, as athletes can vary the resistance from rep to rep as needed. Its smooth motions make it the ideal option for slowly rebuilding muscle according to the needs of the individual user.



Preserve Joint Health and Prevent Injury

Lower body eccentric training using the Exerfly can be performed with a harness. This reduces injury risk by distributing the load evenly across the shoulders and lower back throughout the movement, reducing strain commonly experienced by the lower back in exercises such as weighted squats.



Andrew MacLennan

NZ Strength & Conditioning Coach. Worked with top NZ athletes and sports teams, including Canterbury Crusaders Rugby Team, individual All Blacks, NZ Rowing, Canterbury Netball, NZ under 21's Netball, NZ Women's Hockey, NZ Cricket Academy, NZ Triathlon Academy, Olympic Swimmers & Cyclists, Champion Boxers, and many other high-profile individuals such as Olympian Tom Walsh.

“The Exerfly has clear benefit in that it teaches the body to absorb force. Everyone needs to maintain their elasticity and tendon health to prevent injury and collapsing into the ground, which means everyone involved in any kind of activity from walking to running will benefit from Exerfly and the force production-absorption models it allows.”

Advanced Technology

Equipped with an optional motor for an additional boost in the eccentric phase, Exerfly allows the athlete to push past their normal limits and reach new heights in their strength and conditioning training.

The optional motor gives the athlete the option to add an additional boost to the eccentric phase of motion, from anywhere between a 1% - 80% increase. This increases the resistance in a safe, yet impactful way that means the athlete can experience an eccentric overload higher than they could physically produce on their own, for optimal results. Adding an eccentric overload boost increases the intensity of the resistance for a much more extreme experience. This contributes to quicker fatiguing, which in turn means greater gains.

This advanced motorised technology is a game changer in the world of Flywheel training, setting Exerfly above the rest in elite gym equipment.

If you're an elite athlete looking to gain the upper edge, you need Exerfly. With motorised technology allowing you to reach new levels unachievable with traditional weights, Exerfly is a true game changer, setting itself above the rest and allowing you to reach your goals faster and more efficiently.





Marcin Rutkowski

Strength & Conditioning Coach, Crossfit Athlete.

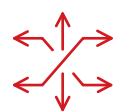
“So many athletes who have dedicated their lives to training are burnt out with serious injuries after only a few years. From a coaching standpoint, it is very important to do your research and invest in good equipment – to better understand and participate in your sport. Using the best equipment like the Exerfly means that training takes less time, is a lot safer and therefore the athletes can focus on other things as well.”



How Exerfly Reinvented the Wheel

Built for Athletes, By Athletes

Exerfly is a game-changer because it's a results-driven product designed to be an elite market leader. Engineered with a high-quality design that cuts no corners, we've worked with elite athletes and trainers over the span of many years to find out how to achieve unparalleled athletic performance with our equipment.



Versatile

Hugely versatile, Exerfly boasts a portable set-up that is easy to manoeuvre, making it the perfect fit for all spaces. Its simple design also offers maximum efficiency, meaning users can perform a huge range of exercises in a compact space.

With its motorised technology, sensor equipment, and high-level versatility, Exerfly has redesigned the wheel as we know it. Effectively, it broke the boundaries of Flywheel technology and introduced unlimited athletic potential.

Encouraging an elite level of performance from even the average user, Exerfly invites users to push beyond their limits, to feel the power of the Flywheel and take that step towards becoming the best version of themselves.



Motorised Technology

But even more than that, understanding the power and effectiveness of Flywheel technology, Exerfly decided to go a step further by adding specially engineered motorised technology and sensors.

This optional motor gives athletes the opportunity to take their workout even further, adding an eccentric overload that optimises resistance and increases athletic advantage.



In-Built Sensor

While motorised technology pushes the athlete to new levels of performance, the high-quality sensor technology tracks every rep and sends it to the Exerfly app, meaning the athlete can track their workout in real time.



What Makes Exerfly Different?

Our all-in-one motorised training solution and high-end sensor technology sets Exerfly apart from the rest.

Exerfly is unique in the specifically engineered motor technology and sensors used to enhance and track an athlete's performance.

With regular, unmotorised Flywheel training, the strength of resistance is variable based on the amount of effort being put into the movement. The harder the athlete pulls, the harder the Flywheel pulls back. However, without a motor, by the time the Flywheel gets to the eccentric phase, it is already losing speed and energy, with the athlete's resistance slowing it down even more.

With the Eccentric Overload Boost provided by the motor, by the time the flywheel gets to the eccentric phase, the speed has increased and takes significantly more strength to slow down, meaning the athlete gets an eccentric overload right through the whole eccentric phase.





Versatile

Exerfly is designed to be the all-in-one, multi-purpose solution that meets all your fitness needs.

The Exerfly Platform with the added bench press and squat harness allows an extensive range of exercises, including bicep curls, lunges, squats, chest presses, weighted hip thrusts, and many more.

The Exerfly Portable offers the ultimate flexibility, with the stable platform allowing standing exercises like squats and lunges, while the top can also be easily detached and fixed to any vertical structure for more upper body and rotational exercises. With Exerfly equipment, you can still perform the exercises you know, but now, you can gain better outcomes for strength, power & speed.



Portability

The Exerfly equipment is designed with portability in mind to make it accessible for every user, unlike other solid gym equipment that is almost impossible to move.

Exerfly equipment fits in wherever it needs to – light and portable enough to move around, it can fit into small corners of your home or garage, or small gym rooms where other equipment can't. The Exerfly Portable is even more lightweight, yet is just as strong and durable as all Exerfly products.

The portability of Exerfly only compliments the versatility of the equipment, making both the workouts and the product adaptable to your needs.



Motorised Technology

Both the Exerfly Platform and the Exerfly Rack Mount can be fitted with a motor that provides a boost in the eccentric phase of a movement. The Eccentric Max motor utilizes smart electric motor technology that allows the athlete to select their desired eccentric overload through the app, and enjoy the added resistance during the workout.

The motor is used to provide more energy to the flywheel speed in the eccentric phase of a movement. The energy boosted to the flywheel in the eccentric phase is based on how much energy the user produces in the concentric phase for each rep; however, you can select from 1-80% energy boost in the Exerfly App and the motor will apply that energy boost in the form of extra speed to the flywheel in the eccentric phase.



Adjustable Plates

Exerfly equipment is unique in its ability to add up to 7 Flywheel plates at 0.1 inertia for a huge amount of force. No other flywheel training competitors can offer this level of force, making us market leaders in the Flywheel training industry.

The Eccentric Max feature of the motorised Exerfly lets the athlete select increased resistance and speed during the eccentric phase of a movement to increase intensity even further and maximise results.

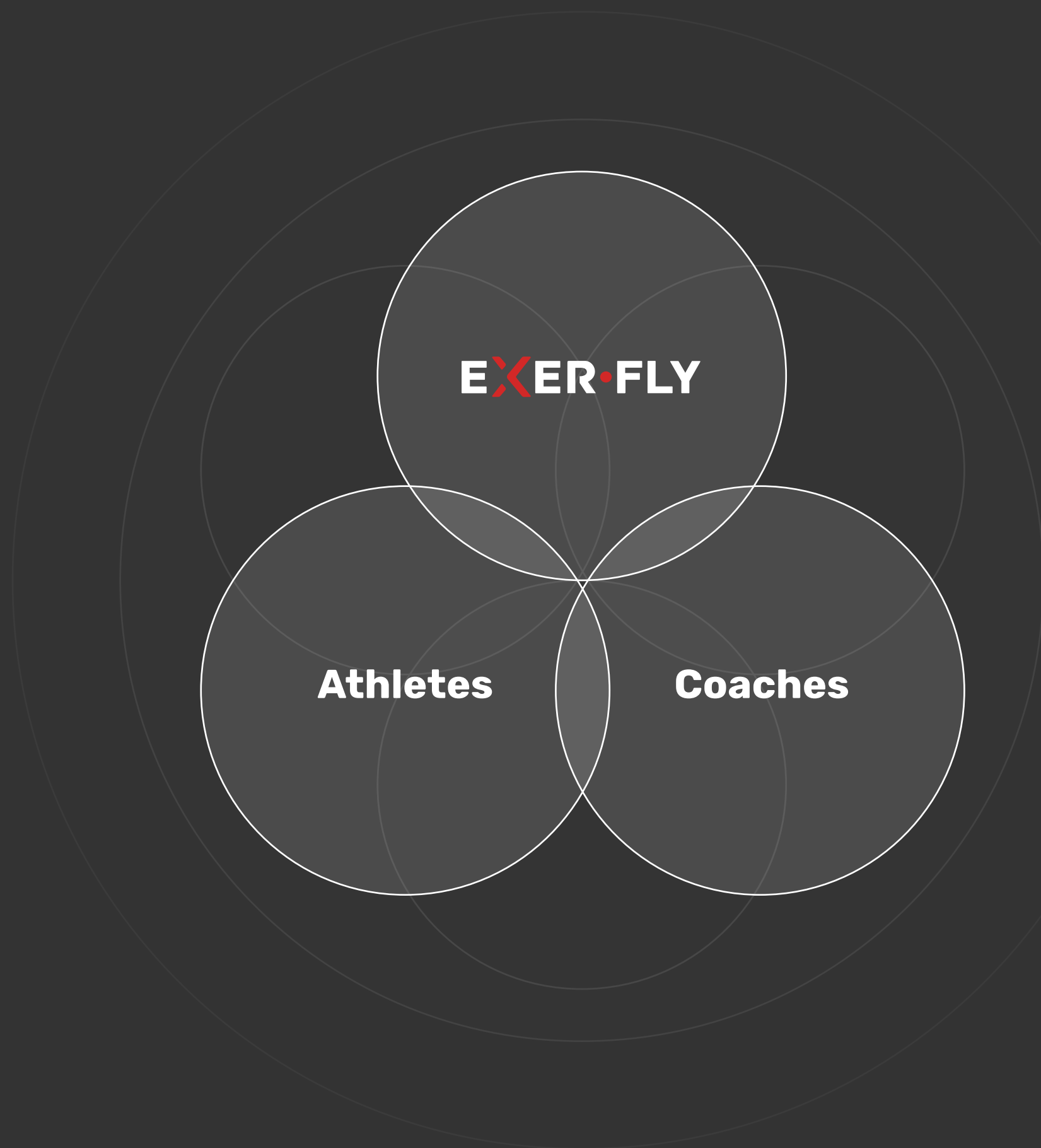


Sensor Technology

Exerfly equipment also includes advanced sensor technology to monitor the athlete's performance in real time.

Unlike traditional weights, the Exerfly app gives you useful feedback on your performance to measure your progress, providing statistics for reach rep on energy, speed, force, time, power, and much more.

The app also controls the optional motor to give a percentage boost to the eccentric phase of an exercise.



Building Long-Term Relationships

At Exerfly, we value building relationships with athletes and coaches the most.

Our goal is to build long-lasting relations with our customers. We've put our blood, sweat and tears into Exerfly and have created an elite product that generates the best results possible, and we want to share it with the world.

We pride ourselves on having the best customer service you can get. We have an unbelievable work ethic and will go above and beyond to make sure everyone has the best possible experience.

We are people who care greatly about offering the best service possible, and we always encourage feedback from our customers because we are keen on learning more and collaborating with them.

We're confident in our product, and we know you will achieve impressive results with our equipment, so have as much fun using Exerfly as we did creating it.

Our Strategy

Here at Exerfly, we believe that community is key. We put our customers first in every way – which is why we’ve developed a unique digital marketing strategy that aims to reduce costs for clients.

We care more about connecting with our clients and connecting our clients with each other, so that’s what we’ve focused on.

By cutting out third-parties and retailers, customers deal directly with us for a more personalised experience – because we care, and we want you to have the best possible experience.



No Risk, Hassle Free

We also offer a no risk, hassle free purchase. This means that with every single purchase, you’ve got a 30-day money-back guarantee if you’re not completely satisfied with your equipment.

We also offer a 2-year warranty on all our products should anything go wrong – although our high-quality products are so virtually unbreakable that we’ve never had any sent back. Not even once.





Pate Young

Fitness Coach & CEO of Gladiator. Clients include chiro's, Physiotherapists, LMT's, and other fitness professionals. Known for balancing the body and working in cumulative care with body workers and physicians using a holistic approach, increasing neural activity to skeletal muscle.

"I love meeting other professionals all over the world who are just as excited as I am to be a part of the Exerfly experience. It's exciting to innovate, explore, and discover new capabilities of the product, and of myself."



Unlike traditional weights and gym equipment, Exerfly breaks down the barrier between man and machine.

Exerfly has re-engineered exercise equipment by implementing high-end technology to create an all-in-one training solution – a solution that pushes you further than you ever thought you could go, assists you as you do it, tracks your results, and provides feedback on your performance, all in one piece of incredibly versatile equipment.

Exerfly has re-engineered exercise equipment by implementing high-end technology to create an all-in-one training solution – a solution that pushes you further than you ever thought you could go, assists you as you do it, tracks your results, and provides feedback on your performance, all in one piece of incredibly versatile equipment.

Unlike traditional weights and gym equipment, in a more safe way that traditional training

Who is Exerfly For?

Though each Exerfly product emphasises different strengths, all are carefully engine-ered for excellence, designed with expert advice and tested on professional athletes. Because of its ability to adapt to its user, Exerfly can be customised for each individual’s needs.

This means it can be used by anyone and everyone, regardless of skill level. Whether that be sports teams, profes-sional athletes, physiotherapists, rehabili-tation centres, commercial gyms, or personal trainers, the Exerfly has a product for everyone.



Physio & Rehab

It’s impressive safety features and smooth movements make Exerfly perfect for rebuilding strength without aggravating previous injuries.

Proven to reduce risk of injury or re-injury and preserve joint health, Exerfly aids rehabilitation and recovery in a safer, more efficient way.



Athletes & Strength and Conditioning Coaches

Used by Olympians such as Tom Walsh and Kevin Mayer, Exerfly is the tool needed to push high-performing athletes to new levels.

With motorised technology and in-built sensor technology, Exerfly takes athletes to new heights and monitors progress and results in real time.



Sport Teams

Mimicking sports move-ments and enhancing performance through ec-centric training, Exerfly is the perfect option for sports teams wanting to optimise their training.

Exerfly is already used by countless professional sports teams all over the globe, including the LA Dodgers, the All Blacks, the Wolverhampton Wanderers, the Crusaders, and many more.



Commercial Gyms

Ideal for private training sessions, specialised workouts or group fitness classes, Exerfly will transform your gym into an elite training ground. Our equipment can be fitted into many different spaces and we offer a comprehensive interior design service to create your perfect fitness centre.

However big or small your space is, we will accommodate the Exerfly to suit your needs, and offer the equipment that will offer you the best results in the shortest amount of time. Upgrade your practice with the market leader of flywheel training equipment.



Businesses

The Exerfly app allows coaches and trainers to configure their own online gym with our equipment. This is possible due to the interactivity of the app, which gives Exerfly’s users the ability to access personalised workout programs curated and uploaded by trainers on Exerfly.

Coaches can set up their business online and offer their services as a trainer by creating customised training programmes that Exerfly users can purchase.

Exerfly’s earning potential for trainers also translates into the real world as the equipment can be sold as a leasing option or finance option, with full ownership guarantees.



Home Users

With our equipment, home users can perform a huge variety of exercises within compact spaces, spanning across maintenance, rehabilitation, and strength & conditioning training.

Our advantages in portability and versatility compared to traditional weights are massively advantageous as our equipment is lightweight and provides a lower barrier of entry for individuals, because flywheel training is much more forgiving for those without perfect technique.

Furthermore, the development of our app opens the possi-bility for Exerfly users to connect with coaches and trainers around the world for guidance, as well as being able to access precise workout metrics of their performance, further quantifying their results and enhancing their fitness journey.



Joseph Parker

Professional NZ Boxer and Heavyweight champion. Previously held the WBO heavyweight title from 2016 – 2018. Multiple regional heavyweight championships including the WBO Oriental, Africa, and Oceania titles; as well as the PABA, OPBF, and NZ titles.

“The biggest benefit of the Exerfly is the constant resistance and the reduced pressure on the body. Whatever you give, it gives back to you. It’s also very portable, so you can take it with you anywhere you go, all over the world. It’s just this incredible piece of equipment that can really do anything and everything.”

Sports Teams

Exerfly is the all-in-one training solution for travelling sports teams that need elite equipment on the move.

Used by the LA Dodgers for training while they travel during peak baseball season, Exerfly is perfect for professional sports teams needing consistent, elite training no matter where they go. Its market leading motorised technology gives Exerfly athletes the upper edge in their sport, maximising performance and optimising results.

For the Black Caps, the NZ National Cricket Team, the Exerfly was a real problem-solver when travelling internationally, as it meant the team could be confident that familiar, elite training equipment would be available to them no matter their destination.

Professional Sports Teams

Exerfly has been used by an impressive range of professional sports teams worldwide, including the All Blacks, the LA Dodgers, the Detroit Pistons, the Wolverhampton Wanderers, the Brisbane Broncos, and many more high-performance teams.

Targeting eccentric over concentric training with its emphasis on power, explosiveness, and strength conditioning, Exerfly technology mimics natural sports movements in a way that conventional weight training can't.



Clients

We are lucky to have a number of clients from who we have received a huge amount of support, here are some of them that are currently using our equipment.





Take it on the Go

It has become increasingly essential for professional sports teams to travel with their own equipment, as it eliminates the risk of being unable to train due to unforeseen circumstances or the inability to access equipment in certain destinations.

Constantly moving locations can be a disorienting and unstable environment for athletes- but having a consistent, familiar and reliable piece of training equipment available means teams can rest assured knowing their training won't be compromised.

We designed Exerfly for New Zealand athletes, who are always on the road, allowing them to bring their entire gym with them when travelling. With the ability to attach to any vertical structure, our equipment is an uncomplicated, stress-free portable training solution.

Train Multiple Athletes Simultaneously

Because Exerfly seamlessly adapts to each player's needs, it allows for a quick and efficient turnover between players. With no heavy weights to swap between athletes, Exerfly is perfect for group training and getting through multiple workouts in the most efficient time.

Exerfly provides optimal resistance to each player in quick succession, without any lag or excessive wait times between uses. Additionally, with the motorised technology and rack mount, teams can add extra resistance and movements for an even quicker workout that still achieves maximum results. Or, teams can set up multiple stations for multiple exercises – with Exerfly, the possibilities are endless.



Chris Donaldson

Two-time NZ Olympic Sprinter. Current strength and conditioning coach for NZ National Cricket Team, the Black Caps. Strength and conditioning coach of IPL franchise Kolkata Knight Riders.

“With the high demands of flying around the world and being limited for facilities and equipment, the Portable Exerfly has given us the ability to keep loading and improving the physical attributes with many different exercise options. Using the Exerfly while touring, we’ve found strength gains have been maintained or improved and resilience has continued.”



Ross Dewar

Head Strength and Conditioning Coach at Worcester Cricket Club and co- founder of Cricket Strength

"It's especially useful for training fast bowlers. With the Exerfly, we are able to train in the sagittal plane and eccentrically overload parts of the bowling action that is not possible with any other machine."



Blair Mills

**All Blacks Sevens Rugby Strength and Conditioning Coach, Chiefs
Rugby Senior Strength and Conditioning Coach**

“The boys are finding it a real challenge, and we are seeing signs of the transfer on the field which is great.”

Athletes & Strength and Conditioning Coaches

Athletes all over the world are choosing to invest in themselves and strive for maximum performance. If you want cutting edge equipment, choose Exerfly.

Professional Athletes

Exerfly also boasts an impressive resume of professional athletes all over the globe that have chosen to invest in themselves and train with Exerfly.

Used by Olympian and Decathlon World Champion Kevin Mayer, Olympic silver-medallist Tom Walsh, professional NZ boxer Joseph Parker, and many more professional athletes and champions, Exerfly's unique motorised-technology makes it an elite competitor on the global stage. Athletes from all over the world are using Exerfly for its high- quality design and impressive results.





Travel with Ease

Exerfly is the perfect solution for athletes on the road with limited gym access, as it can be easily packed up and transported with minimal effort. This means travelling athletes can carry their gym on the road in the most efficient way, saving space and optimising efficiency.

Athletes can also take the Portable with them to the gym to train – just like Joseph Parker does, taking the Exerfly to the boxing gym to maximise his workout with an elite, portable gym.

Train from Home

Due to its easy set-up, portability, and manoeuvrability, Exerfly is also perfect for home-use, saving the athlete the time and hassle of going to expensive gyms or buying numerous amounts of home gym equipment.

Offering a huge range of exercises, versatility, and varying resistance levels all in one machine, Exerfly is the perfect addition to the home for athletes wanting elite training equipment and incredible results.



Maximum Performance

Exerfly's motorised technology offers athletes an optional boost in the eccentric phase of motion, so that athletes can achieve eccentric overloading safely. This means athletes can push themselves to levels they otherwise would not have been able to achieve and reach maximum performance.

Exerfly is perfect for athletes wanting to take their training to the next level, and achieve peak performance and results that translate onto the field.





Will Collins

World Class Sprint Coach, Professional Speed/Biomechanics Specialist, Founder of Fast University. Trained Tiffany Townsend, world's fastest high schooler 2007; Hezekiah Jones, world fastest 200m at 14 years old 2014 and many more. Currently coaching 3 athletes rated US TOP 10 in the 60m and 200m.

"Using the squatting motion on the Exerfly mimics the experience of a sprinter coming out of the block. The Exerfly allows athletes to master their first step, by facilitating mimicry at the highest level."



Jeremy McColl

Athletics NZ Pole Vault Coach. Coached multiple Pole Vault champions to success, including Eliza McCartney, who won bronze at the Rio 2016 Olympic Games.

“It has been working incredibly well, exercises are endless – limited by imagination only.”

Commercial Gyms

Become a market leading gym with elite training equipment, an early adopter in an industry that is rocketing to new heights.

Become an Elite Gym

Commercial Gyms are also recognising the huge potential of Exerfly and the unlimited possibilities it offers in a commercial landscape. Exerfly is the easiest way to take your gym to the next level, marketing to elite athletes for a specialised training experience.

Providing equipment used by professional athletes and sports teams gives you the upper edge over regular gyms, giving you the push you need to stand out from the crowd.

Rent by the Hour

Highly sought after in the field of fitness, Exerfly machines could also be rented out by the hour to personal trainers or clients for private training sessions.

For \$80 - \$100 NZD per half hour, Exerfly is a great source of extra revenue and value for commercial gyms, increasing profits and marketability across the board.





Save Space and Maximise Efficiency

Because of its sleek, simple, and multi-purpose design, Exerfly is an incredibly effective way to make the most of small spaces, rooms, or corners where large and bulky equipment often can't fit.

Exerfly's small and versatile design saves space without compromising efficiency, meaning so much can be achieved in such a compact footprint. Place the Exerfly in a small, unused corner of your gym and convert the space into an elite workout zone for maximum efficiency.

Group Classes

Because there's no large weights to move around and resistance is based on the strength of the individual athlete, Exerfly is perfect for group fitness classes.

With little to no transfer time between users and no need to stop and adjust the weights every few minutes, athletes can swap between machines and exercises much faster and more efficiently than with regular weights.

- Group fitness classes
- Private training sessions
- Rent by the hour



Pate Young

Fitness Coach & CEO of Gladiator. Clients include chiro's, Physiotherapists, LMT's, and other fitness professionals. Known for balancing the body and working in cumulative care with body workers and physicians using a holistic approach, increasing neural activity to skeletal muscle.

"My clients also really enjoy connecting in new ways with the eccentric overload. I train a lot of stability strength, and the Exerfly does such a great job of teaching a person not to produce more power than they can control, while simultaneously increasing strength and power."

Physio & Rehab

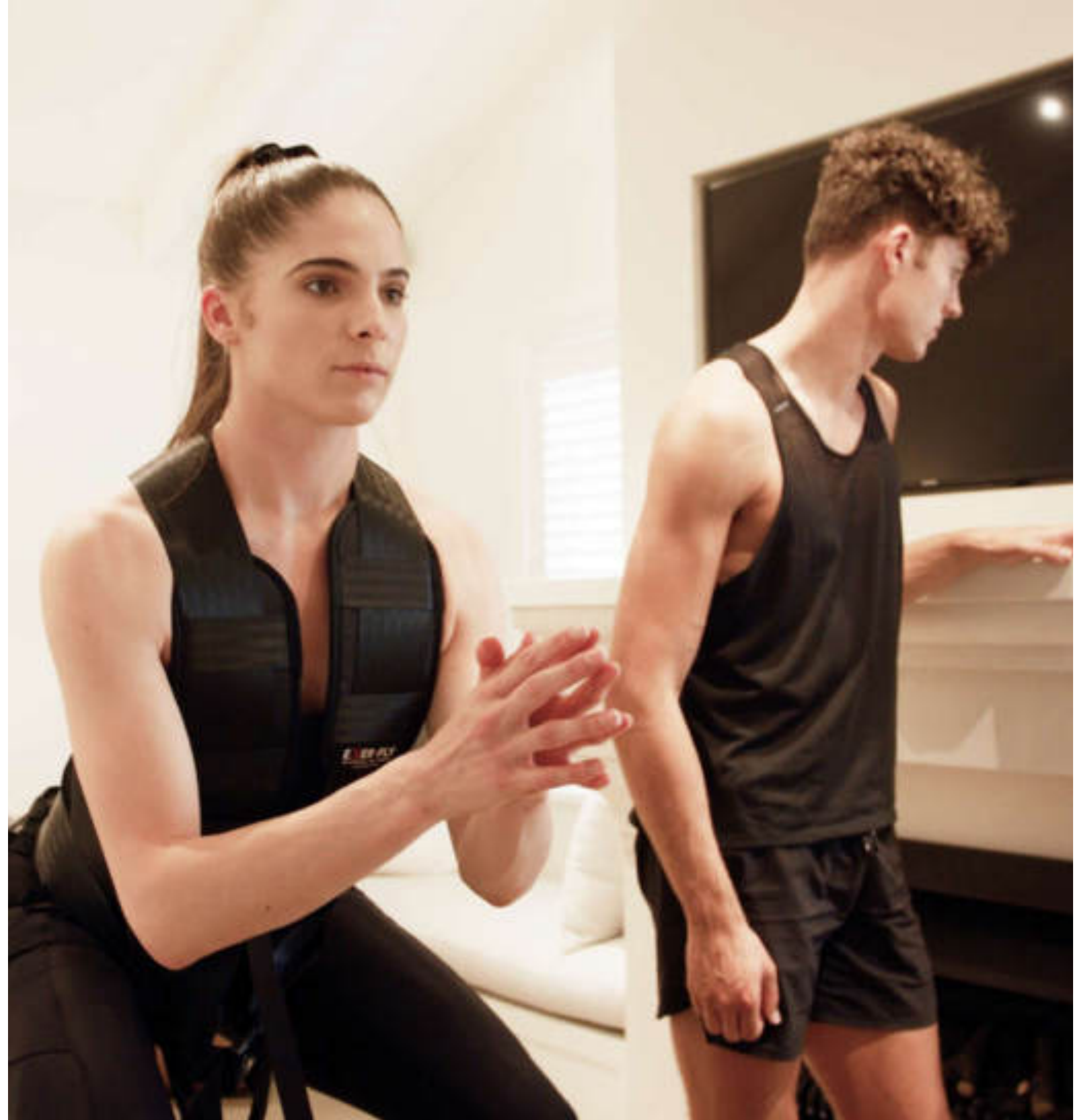
Reactive and responsive, Exerfly offers a tailored recovery far more forgiving than static weights.

Adaptive resistance

Resistance is based on the inertia of the flywheel and the input force of the athlete expended effort. This means the machine adapts to the needs and capabilities of the individual athlete- whether that be intermediate, intense or recovery.

Preserve joint health and prevent injury

Lower body eccentric training using Exerfly can be performed with a harness. This reduces injury risk by distributing the load evenly across the shoulder, reducing the strain commonly felt in the lower back region in exercises such as weighted squats.



Space Efficient

The compact size of Exerfly means it is ideal for office or home use, eliminating the need for gyms or large training spaces. It is portable and easily manoeuvrable, fitting neatly into small spaces without compromising on value.

Client Recovery

The Exerfly is also mobile enough to be used for client visits when needed, or rented out to clients for set periods of time to aid with recovery. Customised exercise recovery plans specifically for Exerfly could also be given to clients, with the data from the workout used to track performance and monitor progress.

Because it is such a versatile, multi-use piece of equipment, it can be used for an extensive range of injuries and recovery plans.

Rehabilitation after Injury

A crucial part of Anterior Cruciate Ligament (ACL) rehabilitation focuses on knee control and landing form, which is best rebuilt through eccentric training.

For upper body injuries, attachments such as the squat harness can be attached so the athlete is not totally restricted by their ability to hold heavy weights.





Daniel Lavipour

Physical Performance Coach at The Football Association in London. Previously worked for High Performance Sport New Zealand, the British Olympic Association, the English Institute of Sport, the FA and multiple national sporting organisations. Coached multiple elite athletes to Olympic and World Championship gold medals.

“The Exerfly is a fantastic piece of kit which has allowed us to load our players above what we would be able to in conventional weightlifting exercises, where our tall players do not all feel comfortable in heavy squats and deadlifts. Furthermore, in a sport that has a high component of eccentric work through jump landings and rapid decelerations, the Exerfly has meant we can really target improvements in our eccentric strength. Highly recommended piece of equipment.”



Cost Effective

With only a one-off initial purchase cost, Exerfly offers unlimited potential, unlimited results, and unlimited personal gain from investing in your own future.

Exerfly is an incredibly cost-effective solution, saving you time and money while maximizing results.

Exerfly offers solutions across the board. In addition to its versatility in the athletic landscape, it is also an incredibly cost-effective solution.

With only a one-off initial purchase cost and no need to source further equipment, receive unlimited potential, unlimited results, and unlimited personal gain from investing in your own future.

Exerfly's small and sleek design saves space wherever it is installed, meaning you can install the platform right in your own home or office without it getting in

the way, or even tuck the Exerfly Portable into a small corner of the closet between uses.

With Exerfly, you can save space, save time, and save money and effort on daily gym visits with a highly efficient piece of equipment that brings elite training direct to you.

Our Exerfly app is totally free, so you can stay up to date on all your statistics and easily track your progress without having to pay exorbitant fees. It's important to us that our Exerfly community has free access to the most amount of data possible, in order to achieve the best results and have the best experience.



Equipment

Exerfly has something for everyone.

In line with the versatility Exerfly is so proud of, there are several Exerfly products to choose from, each with different strengths and emphases.

Each product has been designed with expert advice, tested on professional athletes, and engineered to exceed the high standards we set for ourselves.

Exerfly Platform



The Exerfly Platform is a stable, multi-use flywheel training platform built for everything from heavy duty workouts to rehabilitation. Versatile and efficient, the Platform allows users to perform an

endless range of exercises in a compact space. From elite athletes and sports teams to rehabilitation clients, the Exerfly Platform is truly an all-round, one stop solution.

The Platform also includes an optional motor that can provide an extra boost to the eccentric phase of an exercise, taking the athlete to new heights otherwise unachievable with traditional weights.


The in-built sensor tracks progress and monitors athletic performance in real time, sending your rep-by-rep data straight to the Exerfly app for effortless accountability.

How much Force can it with stand?


The Exerfly Platform is virtually unbreakable, designed to withstand huge amounts of force. It is incredibly durable, and over the last 6 years of manufacturing, we’ve never had an Exerfly break – probably due to the extreme care and attention we use to handcraft each piece of equipment.

What Flywheels are available?


Users can load up to seven large red flywheels on their equipment, generating unlimited amounts of force. The flywheels are attached via a quick-release screw cap, making changing the flywheels quick and easy.

- 


0.01 KG/M2

Used for incremental movements
e.g. shoulder rehab
- 

0.025 KG/M2

Used to recreate different sporting movements and is used for smaller muscle groups to train at low force high speed e.g. glutes
- 









0.05 KG/M2

Used for higher force loads and at a quicker speed
- 

0.1 KG/M2

Used for big muscle groups, one red flywheel can produce up to 100kgs/220lbs of force. One to two red flywheels are for high forces at high speeds. Any flywheels added to that are for performing at a lower speed with high forces and increased resistance, mostly used by powerlifters.

Specifications

 Material <p>Powder coated Aluminium, Steel, Plastic</p>	 Size <p>1300mm x 1050mm (51" x 43")</p>
 Resistance <p>Unlimited amount of resistance</p>	 Weight <p>40kg/88lbs (excl. accessories)</p>
 Power <p>110v/240v</p>	 Optional Motor <p>110-240v supply (110v will only supply 2/3 of output power)</p>
 Ceramic Bearings <p>Ensures friction is reduced so users can achieve maximum speed and response</p>	 Single rope system <p>Prevents tangling during workouts, allowing for a smooth and seamless experience</p>

What Accessories does it come with?

The Exerfly Platform comes with two ropes, giving it an extra range of motion, and making it perfect for the bench press or for hip thrusts. The rope guide can also be attached to the Platform, allowing users to do horizontal exercises like rowing, rotational exercises and hip exercises off the equipment.

The Platform Bench fixes on to the Platform to allow for a more diverse range of exercises such as a bench press or hip thrusts. The bench can also tilt to 90 degrees, enabling the use of a second rope, and includes a removable seat for inclined or upright exercises.

The foot block enables users to do lateral leg exercises for those sports which require a change of direction. It is also useful for glute activation and elevation of the foot for calf raises. The T-Bar attaches to the Exerfly Platform to help a user balance while they do their exercise, useful for lunges or squats when a user needs something to hold on to.





Jacko Gill

NZ Shot Put champion. Gold Medal in Shotput at the Oceania Area Championships 2019, Gold Medal in Shotput at the Oceania Area Championships 2014, Gold Medal in Shotput at World Junior Championships 2012, Gold Medal in Shotput at World Junior Championships 2010.

“My eccentric strength has always been a weakness. Since using the Exerfly it has filled that gap in my training and my strength levels have increased greatly.”

How many Exercises can it Facilitate?

The Exerfly Platform allows users to perform an almost unlimited range of exercises, all in a compact space. Adding the optional Platform Bench and/or Foot Block only introduces a wider range of exercises, including bench presses, Bulgarian squats, hip thrusts, leg raises, and much more.

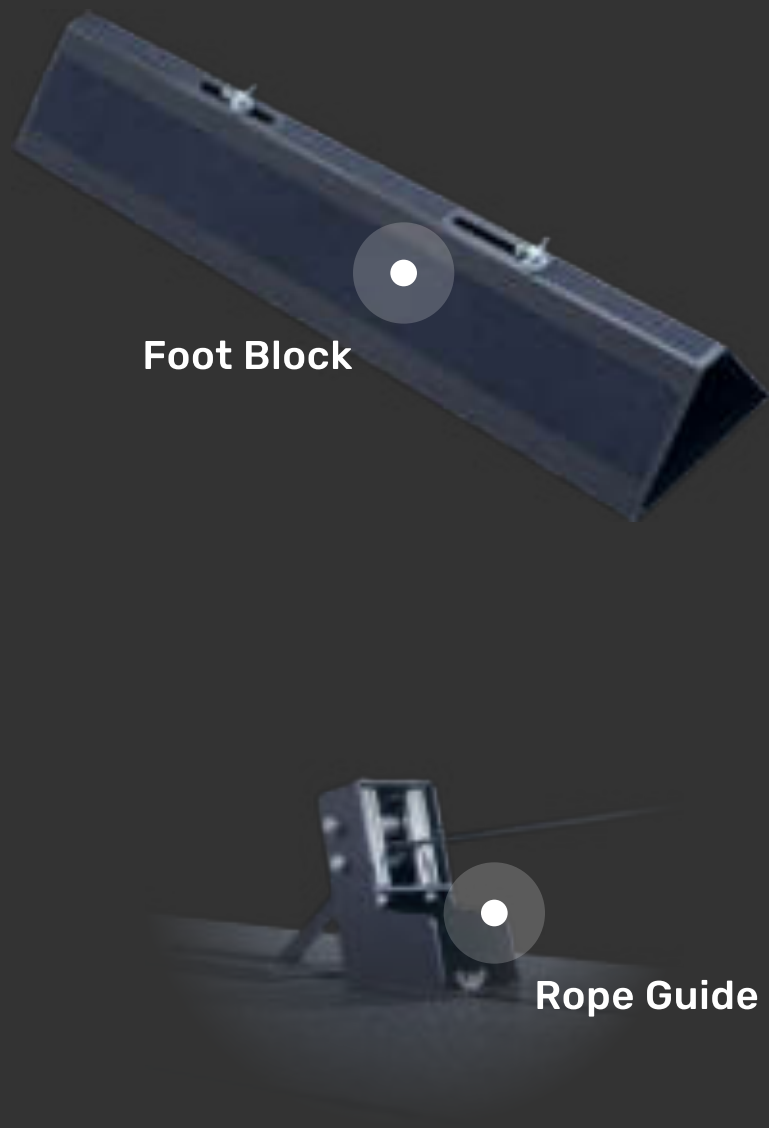
Exterior

The Platform’s sleek, simple design was carefully chosen to reflect the ease and simplicity of the product itself.

The flat platform comes with a non-slip surface over powder coated aluminium to accommodate an enormous range of exercises, with no set limitations or restrictions on what the athlete can or cannot do. With small wheels on one side, the Platform is easy to move and stack – simply lift on one side and roll it where it needs to go.

Interior

Additionally, the Exerfly Platform allows you to perform heavy and fast exercises for strength and power, stimulating both the concentric to the eccentric phase of the motion. No corners have been cut, and we are proud of the quality of the material we have used to build the Platform.



Benefits of the Exerfly Platform

Sports teams

- **Elite training with motorised technology** that pushes athletes further than they could ever achieve with static weights.
- **Manage multiple athletes in one workout without** the hassle of changing weights or adjusting the machine.
- **Totally versatile training with unlimited exercises**, limited only by your imagination. A multipurpose machine adjustable for each individual.
- **Achieve peak performance** with technologically advanced equipment that will push your players above the rest with higher loads and higher resistance.
- **Save time and hassle** by sending workouts directly to your players and receiving their workout data in real time from the app. Perfect if players can't travel to train.
- **Recover faster from injuries** with an adaptive machine that takes the stress off your joints and lowers the risk of injury and re-injury.

Athletes & Strength and Conditioning Coaches

- **Train from home or from the office** with the Exerfly Platform, bringing your entire elite gym into the comfort of your own home, office, or garage, without paying for expensive gym memberships.
- **Send workouts** from coach to athlete, meaning coaches can create specially tailored exercise plans for athletes, specifically designed for the Exerfly Platform.
- **Receive data via the inbuilt sensor**, allowing for real-time tracking of performance and progress. This can then be sent to coaches for monitoring.
- **Elite level equipment** that is readily accessible to athletes no matter the circumstances, allowing them to reach peak performance.
- **Save time and money** on travelling to expensive gyms or sourcing large amounts of home gym equipment.



Andrew MacLennan

Strength & Conditioning Coach. Worked with top NZ athletes and sports teams, including Canterbury Crusaders Rugby Team, individual All Blacks, NZ Rowing, Canterbury Netball, NZ under 21's Netball, NZ Women's Hockey, NZ Cricket Academy, NZ Triathlon Academy, Olympic Swimmers & Cyclists, Champion Boxers, and many other high-profile individuals such as Tom Walsh.

"An immense number of exercises can be done on the Exerfly at home. This gives the individual the space and privacy to do their workout from the comfort of their own home."

Benefits of the Exerfly Platform

Commercial Gym's

- **Market yourself as an elite gym** with high-performance equipment used by professional sports teams, athletes, and strength and conditioning coaches.
- **Rent it out for extra revenue** to clients, personal trainers, or coaches for private training sessions.
- **Save space and maximise efficiency** with the Platform a sleek, compact design that easily fits into small spaces.
- **Perfect for group fitness classes**, easily switching between users and exercises with no need for long wait times switching or adjusting weights.

Physio & Rehab

- **No need to buy lots of equipment** for each individual client, as the Platform is versatile and multi purposed, perfect for an extensive range of exercises.
- **Safer for recovering athletes and old injuries**, as resistance is responsive to the performance of the athlete. Ideal for rehabilitation.
- **Fits into small spaces** meaning you can set up the Platform in your office or workspace without the need to rent out a gym or workout space.



Platform

All our packages are fully customisable, because we know that every client is different and has unique needs based on their unique goals.
Check out our website or get in touch with us today for more information on customising your order.



Starter

- ✓ 1 x Exerfly Platform
- ✓ 1 x Squat Harness
- ✓ 2 x Large Flywheels
- ✓ 1 x Medium Flywheel
- ✓ 1 x Small Flywheel
- ✓ 2 x Rope Clamps
- ✓ 2 x Stirrup Handles
- ✓ 1 x Long Bar
- ✓ 1 x Short Bar
- ✓ Sensor + app

Platform Size

1300mm x 1050mm
(51" x 41")
Top – 1200mm x 950mm
(47" x 37")
Height – 310mm
(12")

Materials

Aluminum & Steel



Intermediate

- ✓ 1 x Exerfly Platform
- ✓ 1 x Squat Harness
- ✓ 2 x Large Flywheels
- ✓ 1 x Medium Flywheel
- ✓ 1 x Small Flywheel
- ✓ 2 x Rope Clamps
- ✓ 2 x Stirrup Handles
- ✓ 1 x Long Bar
- ✓ 1 x Short Bar
- ✓ Sensor + app

- + 1 x Exerfly Bench
- + 1 x Foot Block

Platform Size

1300mm x 1050mm
(51" x 41")
Top – 1200mm x 950mm
(47" x 37")
Height – 310mm
(12")

Materials

Aluminum & Steel



Advanced

- ✓ 1 x Exerfly Platform
- ✓ 1 x Squat Harness
- ✓ 2 x Large Flywheels
- ✓ 1 x Medium Flywheel
- ✓ 1 x Small Flywheel
- ✓ 2 x Rope Clamps
- ✓ 2 x Stirrup Handles
- ✓ 1 x Long Bar
- ✓ 1 x Short Bar
- ✓ Sensor + app

- + 1 x Exerfly Bench
- + 1 x Foot Block
- + The Eccentric Max Motor add-on.

Platform Size

1300mm x 1050mm
(51" x 41")
Top – 1200mm x 950mm
(47" x 37")
Height – 310mm
(12")

Materials

Aluminum & Steel



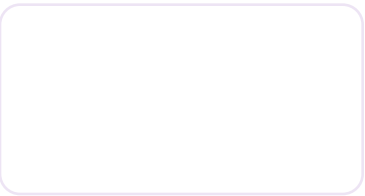
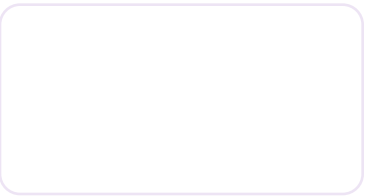
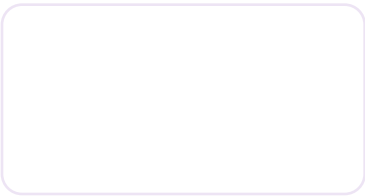
Enterprise

Custom completion for need of your business.

Can choose your colours of the flywheels to match your gym specifications organise a call with our team today.

+64274-974-940

sales@exerflysport.com



Equipment Comparison



Portable

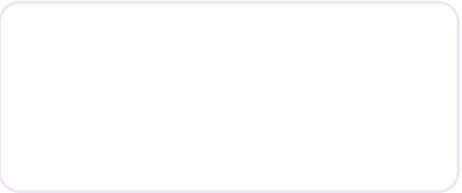
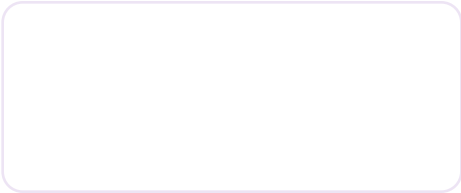
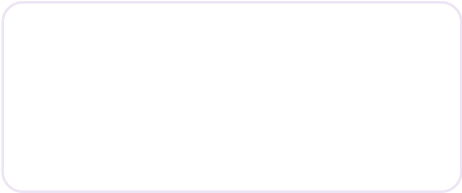


Rack-Mount



Platform

Transportability	Suitcase	Suitcase or Middle bag	Moving on wheels
Weight	7.5kg/16.5lbs (excl accessories)	2-5kg/4-10lbs (excl accessories)	40kg/88lbs (excl. accessories)
Size	800 x 540mm (31.5" x 21")	210 x 430mm (8 x 17 inches)	1300mm x 1050mm (51" x 43")
Material	Fibreglass composite, Aluminium, Plastic	Aluminium, Plastic, Steel	Powder coated Aluminium, Steel, Plastic
Maximum weight	500kg / 1102 lbs	Unlimited lbs	Unlimited lbs
Max Interia	0.7 interia	0.7 interia	0.7 interia
Starting Price	-----	from \$ 1,439 (or from \$ 40 per month)	from \$ 7,254 (or from \$ 201 per month)
Pulley System	Single	Single	Double
Motorised Technology	No	Yes	Yes





Tom Walsh

Gold medallist in Commonwealth Games Shotput, 2018, silver medallist at the Glasgow 2014 Commonwealth Games, Olympic bronze medallist in Rio 2016 Games. Current national record holder both indoors and outdoors for Shotput. Won the 2017 World Athletics Championships.

“The Exerfly Platform is one piece of equipment I use a lot in the gym. It is very reliable and easy to use.”

Exerfly Portable

The Exerfly Portable is a lightweight and robust piece of equipment for flywheel training, offering ultimate flexibility, portability, and accessibility without compromising on quality.

Completely portable, the Exerfly Portable has a removable top that can be attached to any vertical structure to train horizontal and vertical movements. It also features an optional sensor that monitors your progress for effortless accountability.

Fitting into a suitcase for effortless travel and easily set up and packed down in under a minute, you've got an elite gym that you can take anywhere in the world.



Key Features

How many Exercises can it Facilitate?

The Exerfly Portable offers the best of both upper and lower body exercises with ultimate flexibility, allowing for both horizontal and vertical movements. While the stable platform allows standing exercises like squats or lunges, the top piece can be detached and quickly fixed to any vertical structure or squat rack to allow for more upper body and rotational exercises.

How much Force can it with Stand?

The Portable can hold 7 large flywheels for a total inertia of 0.7kg. m2, although most strong athletes find 4 large flywheels quite challenging. The fibreglass has a breaking strain of 500kg.

Specifications



Material

Fibreglass composite,
Aluminium



Size

800 x 540mm
(31.5" x 21")



Resistance

up to 500kg/1102lbs of
resistance



Weight

7.5kgs/16.5lbs (excl.
Flywheels and other
accessories)



Flexibility

Use the Portable Mounting
Kit to easily clip your
equipment on and off any
vertical structure, such as
a tree or a pole



Versatility

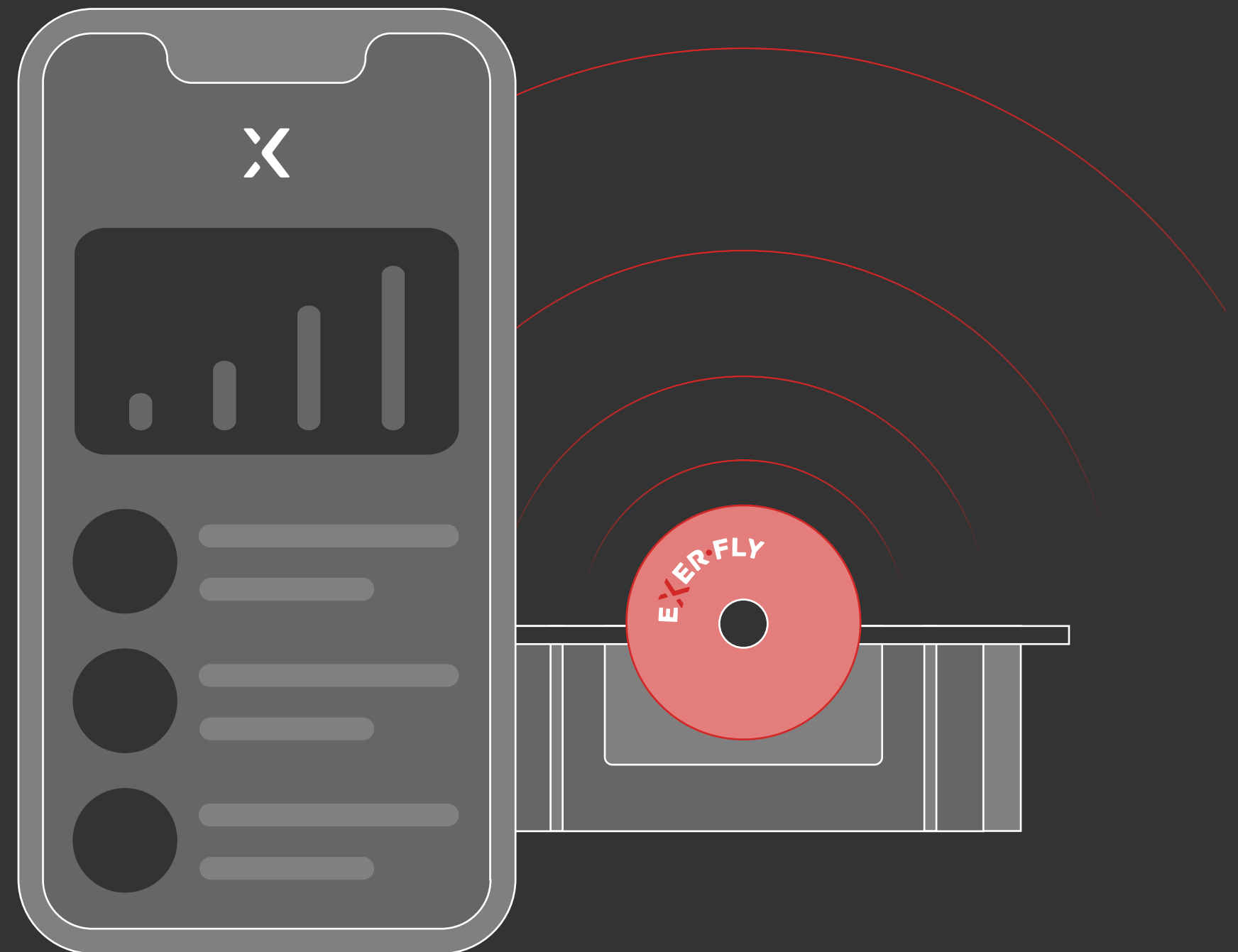
You can attach the
Portable to the Slider,
which can attach to any
squat rack, and slide up
and down easily.

Does it come with the Eccentric Max Motorised Technology and Sensor?

While the Portable does not feature motorised technology, the sensor can be added as an option to monitor your progress effortlessly.

Tracking data points 4,000 times per second, now you can monitor your workout data in an easier, more efficient way and receive feedback on every single rep.

Track statistics such as force, power, speed, and torque, and watch your performance improve with quantifiable data that allows you to maximise your training and results.



Interior

The Portable top is made from a 12mm fibreglass composite board, with fiberglass reinforced dense foam. Painted with an epoxy paint, like high strength glue paint, it is very robust and well balance. The shafts are made from 7075 aircraft aluminium, making the Portable incredibly strong, durable, and capable, yet impressively lightweight. It has heavy-duty components built to last, and built to perform.

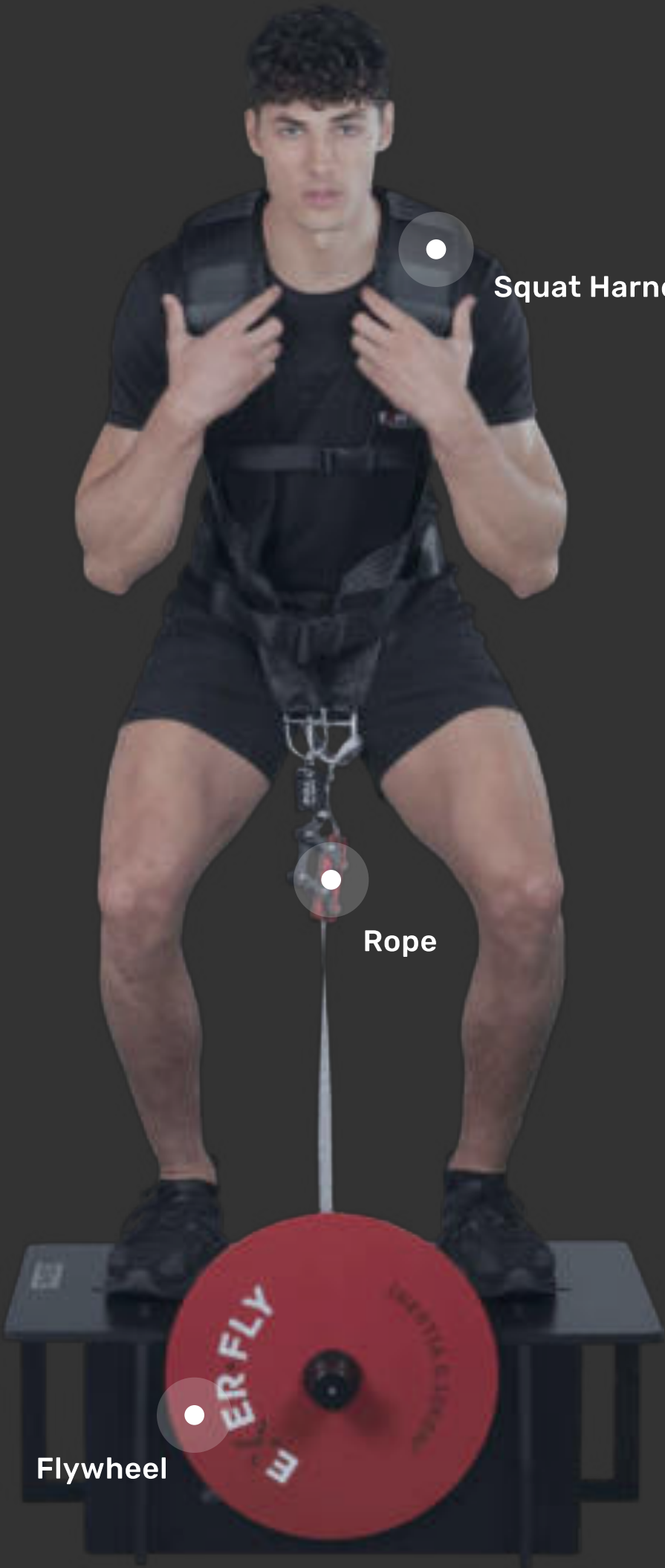
It offers a custom-made, heavy-duty, abrasion resistance rope with a breaking strain of 3 tonnes, used to cope with the heaviest workouts and ensure longevity. A heavy-duty rope clamp made from aircraft aluminium with a grip strength of 1.5 tonnes is used to ensure there's no slippage of the rope. The higher the force, the harder it clamps, ensuring your form stays constant during the hardest workouts.

Exterior

Designed with flexibility and portability in mind, the Exerfly Portable is quick and easy to put together, and lightweight enough to carry and move around with ease. With just nine pieces of computer-cut fibreglass material and four fasteners, it can be easily assembled in just one minute. It can also be quickly assembled or packed down and stored away when not in use, easily fitting into a suitcase with room to spare.



Portable
Mounting Kit



Squat Harness

Rope

Flywheel

Portable Mounting Kit and Slider

Upgrade your workouts with the Exerfly Portable Mounting Kit and the Slider, making your workouts seamless and effortless.



Portable Mounting Kit

The Portable Rack Mount is a clip-on clip-off device that can be fitted onto any vertical structure, allowing your workouts to be completed anywhere you want. Follow our quick tutorial on Youtube to get started, or reach out to us for any questions.



Slider

The Exerfly Slider is an adjustable mounting bracket that attaches to any gym rack and allows the user to quickly adjust the height of the Exerfly Rack Mounted Flywheel equipment, making transitions between workouts easier than ever. Follow our quick tutorial on Youtube to get started, or reach out to us for any questions.



Versatility Reimagined

Featuring a removable top that can be attached to any vertical structure for an even wider range of movement, the Portable is our most versatile, flexible, and adaptable piece of equipment.

With a top that can be removed and attached to any vertical structure, the Exerfly Portable enables you to train horizontal, vertical, and rotational movements much easier. Simply detach the top of the Portable from the machine, and fit it to any vertical structure – a post, a squat rack, a tree, or anything in between. You can then use the Exerfly to train different movements, which is especially beneficial for arm, shoulder, or core exercises. For example, the LA Dodgers use this function to train before a game or when on the road, as the horizontal movement effortlessly replicates the throwing motion used in Baseball. This is the beauty of the Portable’s removable top – it so easily

replicates real sports movements, whether that be throwing, punching, swinging, hitting, or pulling, the Exerfly Portable is the one piece of equipment you need to train the right way for your sport.

This function also makes the Portable ideal for upper body rehabilitation exercises. Used for injury prevention and injury rehabilitation, the removable top allows for an incredibly diverse range of exercises, facilitated in a safe and effective way. Whether used for sports training, rehabilitation, or targeted athletic training, the versatility of the Portable offers an elite option for everyone.





Angus Ross

NZ Olympian in Bobsleigh, competed in three Olympic games. Power Physiologist & NTC Strength and Conditioning Manager at High Performance Sport New Zealand. Doctor of Physiology.

“I’ve used Exerfly for over three years now, and have seen advantages in higher power qualities in different planes and movements. I’m using it because it works. But even more than that, the on- going feedback and development are outstanding, and I’ve never seen a piece of equipment so portable and ideal for travelling.”

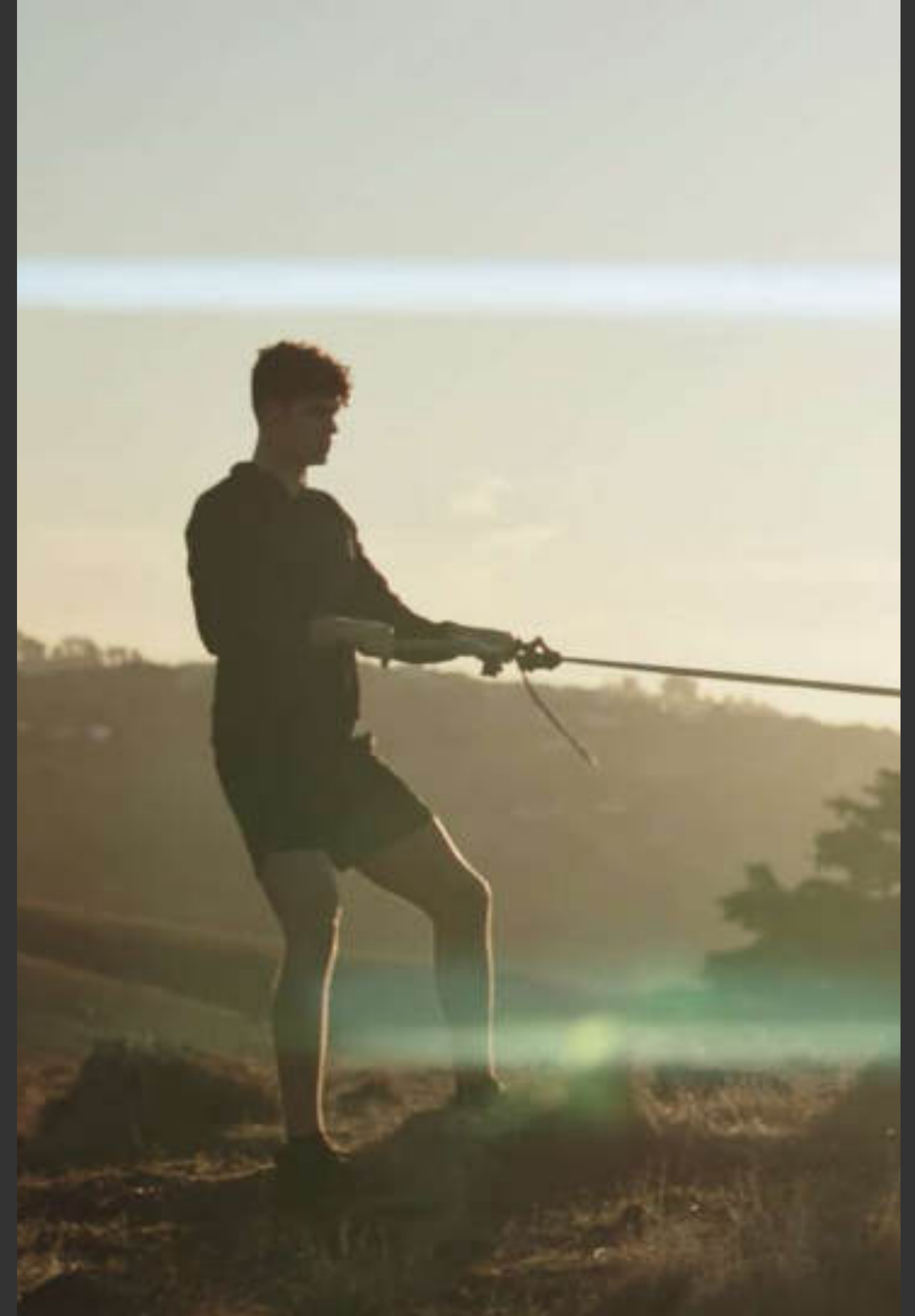
Benefits of the Exerfly Portable

Sports Teams

- **Easy to transport and travel with**, so that even when your team is travelling around the country during peak season, you can rest assured their elite gym is going with them.
- **Players can use from home** if they are unable to travel to training, meaning elite training is always accessible to players.
- **Take your elite gym with you** no matter where you go, whether on the road, at the gym, or on the training grounds.

Athletes & Strength and Conditioning Coaches

- **Portable and easy to transport**, meaning athletes can easily manoeuvre the Portable for an elite workout anywhere they choose.
- **Take it on the road** when travelling, with the Portable easily packing down into a suitcase and a quick set up that makes transporting it a breeze. Brings consistency and reliability to travelling.
- **Send data to users**, whether that be coach or athlete, for tracking statistics and performance and maximising progress.





James Redden

Head of Sports Science at Luton Town Football Club, previously first team sports scientist at White Hart Lane. Played major role in the north London club's emergence as Premier league title challengers and Champions League finalists.

"We found the Exerfly Portable to be easy to assemble, durable and reliable. It is lightweight to transport, yet has the ability to generate excellent levels of eccentric overload when set up. This makes it an ideal training tool when travelling or away from the training ground."

Benefits of the Exerfly Portable

Commercial Gyms

- **Workout in all parts of the gym**, even the small corners or rooms that can't fit big, bulky equipment, making the most of the space you've got.
- **Perfect for Group Fitness Classes** where the Portable can be easily moved around quickly, with no heavy weights to swap between uses.
- **Rent it out to clients and personal trainers** for private training sessions, adding extra revenue and marketability to your gym.
- **Market yourself as an elite gym with** high-performance equipment used by professional sports teams, athletes, and strength and conditioning coaches.

Physio & Rehab

- **Packs down into a suitcase** for easy, hassle-free transportation.
- **Easy to travel with**, meaning you can easily bring it on client visits when on the road.
- **Can send it home with clients** who can then follow a tailored rehabilitation plan to exercise from their own home with confidence.
- **Send and receive workout data** to track client performance and monitor progress and recovery.
- **Lesser risk of injury** as the Portable is easier and smoother on the joints. A versatile machine that caters for almost all clients, regardless of injury.

Home User

- The Portable is also a great fit for **home-workouts due to its compact**, lightweight design and impressive versatility. Able to be used as both a floor-mounted platform for standing exercises or a vertical-mounted attachment for rotational upper bodywork, there's not much the Portable can't do.
- The Portable is **lightweight and transportable**, and is easy to set up or store away when not in use. Quickly assemble and disassemble your equipment in less than two minutes, and keep it stored in a bag or suitcase when not in use.
- The Exerfly Portable can be **quickly packed up in just minutes**, and taken in a bag to wherever it is you're going next. Don't get locked into the same training routine day after day - add a little variety to your workout without compromising on quality training.
- With a removable top that can be attached to **any vertical structure** (such as a tree, pole, or squat rack), the Exerfly Portable enables you to train horizontal, vertical, and rotational movements. Your entire gym in one compact, lightweight piece of equipment.
- Most Exerfly equipment features **an in-built sensor** that tracks and monitors your workouts. The in-built sensor provides feedback at 4,000 data points per second each rep, and detailed statistics on your performance, sending it directly to the Exerfly app, where you can monitor your progress or forward it on to a coach or physiotherapist for further guidance.



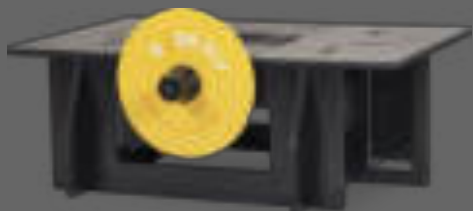
Luke Stevenson

Experienced Performance Analyst and Rugby Coach with a demonstrated history of working in sports science and Coaching at the elite level. Previous Performance Manager at Athletic Edge, where he designed and implemented exercise, rehab and athletic development programmes based around a profitable business model and scientific evidence based strength and conditioning philosophies.

“Exerfly has been a game changer in delivering physical therapy to children with cerebral palsy. It gives us the versatility to work with them anywhere, and the ability to vertically mount the Exerfly gives us more adaptability than we could have hoped for. Not only can we isolate joint movements, but we can now design more effective, adaptable exercises to fit each child’s individual movement challenges. The sensor then gives us the edge we need to collect meaningful data for these kids.”

Portable

All our packages are fully customisable, because we know that every client is different and has unique needs based on their unique goals. Check out our website or get in touch with us for more information on customising your order.



Starter

[More](#)

- ✓ 1 x Exerfly Portable
 - ✓ 1 x Large Flywheel
 - ✓ 1 x Rope Clamp
- ✓ 1 x Squat Harness
 - ✓ 1 x Medium Flywheel

Portable Size

Top – 800mm x 540mm
(31.5” x 21”)
Height – 270mm
(10.6”)
Weighs – 7.5kg
(16 lbs)

Materials

Fiberglass
composite and
aluminum alloy



Intermediate

[More](#)

- ✓ 1 x Exerfly Portable
 - ✓ 1 x Large Flywheel
 - ✓ 1 x Rope Clamp
- ✓ 1 x Squat Harness
 - ✓ 1 x Medium Flywheel
- + 1 x Squat Harness
 - + 1 x Small Flywheel
 - + 1 x Flywheel Bag
 - + 1 x Straight Bar
- + 1 x Large Flywheel
 - + 1 x Stirrup Handle
 - + 1 x Sensor + App
 - + 1 x Portable Mounting Bracket

Portable Size

Top – 800mm x 540mm
(31.5” x 21”)
Height – 270mm
(10.6”)
Weighs – 7.5kg
(16 lbs)

Materials

Fiberglass
composite and
aluminum alloy



Advanced

[More](#)

- ✓ 1 x Exerfly Portable
 - ✓ 1 x Large Flywheel
 - ✓ 1 x Rope Clamp
 - ✓ 1 x Small Flywheel
 - ✓ 1 x Flywheel Bag
 - ✓ 1 x Straight Bar
- ✓ 2 x Squat Harness
 - ✓ 1 x Medium Flywheel
 - ✓ 1 x Tiny Flywheel
 - ✓ 1 x Stirrup Handle
 - ✓ 1 x Sensor + App
 - ✓ 1 x Portable Mounting Bracket
- + 1 x Squat Belt
 - + 1 x Flywheel Holder
 - + 1 x Lightweight Curl Bar
- + 1 x Ankle Cuff
 - + 1 x Exerfly Slider

Portable Size

Top – 800mm x 540mm
(31.5” x 21”)
Height – 270mm
(10.6”)
Weighs – 7.5kg
(16 lbs)

Materials

Fiberglass
composite and
aluminum alloy

Equipment Comparison



Portable

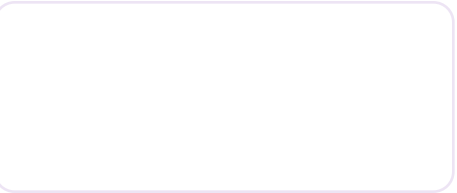
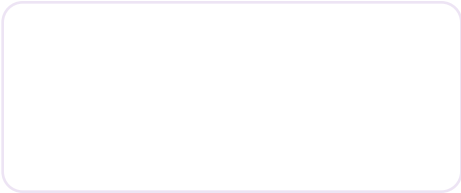


Rack-Mount



Platform

Transportability	Suitcase	Suitcase or Middle bag	Moving on wheels
Weight	7.5kg/16.5lbs (excl accessories)	2-5kg/4-10lbs (excl accessories)	40kg/88lbs (excl. accessories)
Size	800 x 540mm (31.5" x 21")	210 x 430mm (8 x 17 inches)	1300mm x 1050mm (51" x 43")
Material	Fibreglass composite, Aluminium, Plastic	Aluminium, Plastic, Steel	Powder coated Aluminium, Steel, Plastic
Maximum weight	500kg / 1102 lbs	Unlimited lbs	Unlimited lbs
Max Interia	0.7 interia	0.7 interia	0.7 interia
Starting Price	from \$ 2,700 (or from \$ 75 per month)	from \$ 1,439 (or from \$ 40 per month)	from \$ 7,254 (or from \$ 201 per month)
Pulley System	Single	Single	Double
Motorised Technology	No	Yes	Yes



Exerfly Rack-Mount



The Exerfly Rack Mount is a simple set up that can be attached to any gym rack to train horizontal & rotational movements, for example to exercise shoulders, arms, torso or hips. The Rack Mount can be

quickly moved anywhere for different exercises, and its lightweight design makes it perfect for transporting. An optional motor that provides an extra boost to the workout is also available as

an added extra to the Exerfly Rack Mount, as is an optional sensor to track your results in real time on the Exerfly app.

Key Features

How many Exercises can it Facilitate?

Because the Exerfly Rack Mount attaches to any squat rack, it is a great addition to any exercise routine, including multi-directional and throwing sports, as well as general upper and lower body rehab. The Rack Mount allows various upper body exercises like single arm pulls and pushes, rotational exercises, abdominal exercises, yet it can also be used to accomplish lower body exercises for hips and thighs.



Portable Slider

The Exerfly Slider is an adjustable mounting bracket that attaches to any gym rack and allows you to quickly adjust the height of the Exerfly Rack Mounted Flywheel equipment, warranting unlimited versatility in your workouts.



Specifications



Material

Aluminium, Steel



Size

210 x 430mm
(8 x 17 inches)



Weight

5kg/11lbs (excl Flywheels
and accessories)



Power

110v/240v



Optional Motor

110-240v supply (110v will
only supply 2/3 of output
power)



Resistance

Unlimited amount of
resistance



Slider

An adjustable mounting
bracket that attaches to
any gym rack and allows
the user to quickly adjust
the height of the Exerfly
Rack Mounted Flywheel
equipment

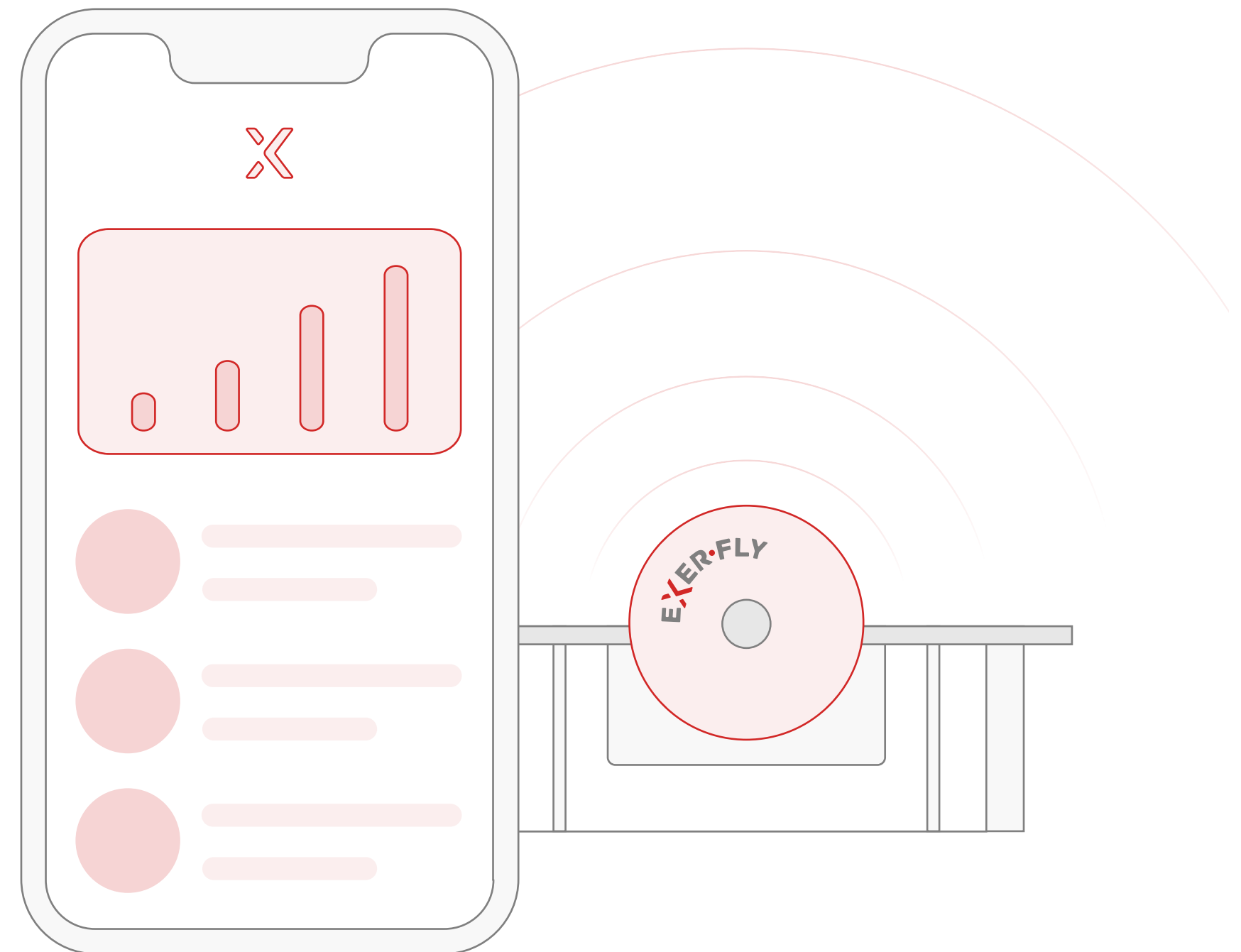


App

Receive precise workout
data sent straight from the
in-built sensor and keep
track of your results for
effortless accountability

Does it come with the Eccentric Max Motorised Technology and Sensor?

While the Rack Mount does not come with the motorised technology, it can easily be added as an optional extra upon purchase of the Rack Mount. The sensor is already built into every Rack Mount with Eccentric Max.



Interior

The Exerfly Rack Mount uses a steel or aluminium shaft with super smooth hybrid ceramic bearings to ensure friction is reduced so you get the most speed and response from your workouts. It is made from plastic and steel, weighing just 4kgs.

The Rack Mount allows you to perform heavy and fast exercises for strength and power, with no delay or snapback going from the concentric to eccentric phase of motion.

Exterior

Designed for flexibility and manoeuvrability, the Exerfly Rack Mount can be quickly and easily adjusted to accommodate a wide range of exercises. Simple to use, the Exerfly Rack Mount fits any gym or crossfit rack and can be easily moved up or down as needed.

Simply attach it to the squat rack with 2 bolts and wingnuts, attach a flywheel or two, and start your workout.



Benefits of the Exerfly Rack Mount

Sports Teams

- **Train horizontal and vertical rotational exercises** much easier than with traditional weights, allowing for a broader scope of exercises for your team.
- **Add motorised technology** for an additional force that pushes the workout to a whole new level, allowing players to reach levels otherwise unattainable.
- **Easily attachable to any vertical structure** like a squat rack, meaning training with the Rack Mount can be even more versatile.

Athletes & Strength and Conditioning Coaches

- **Train horizontal and vertical rotational exercises** much easier than with traditional weights, allowing for a broader scope of exercises for the athlete.
- **Add motorised technology** for an additional force that pushes the workout to a whole new level, allowing athletes to reach levels otherwise unattainable.
- **Easily attachable to any vertical structure** like a squat rack, meaning training with the rack mount can be even more versatile.
- **Portable and easy to move**, making it an ideal option for travelling on the road or visiting different gyms.



Benefits of the Exerfly Rack Mount

Commercial Gyms

- **Elite level products** for traditional exercises, giving you the opportunity to push your gym to the next level.
- **Quickly swap between athletes** for less wait times between uses.
- **Rent it out to clients, personal trainers, and athletes** for private training sessions.

Physio & Rehab

- **Train horizontal and vertical rotational exercises** much easier than with traditional weights, allowing for more targeting exercises.
- **Targeted exercises for shoulder rehab**, meaning injured athletes can access elite level equipment specially designed to assist in rotational movements and recovery.
- **Can add to any squat rack** for quick and easy set up, making it easy to move and portable enough to take with you.

Home Users

- **The Rack Mount is our smallest option.** Lightweight and portable, it easily can be set up or stored away into small corners of your home or when not in use.
- The Rack Mount is a great way to add to **your existing home gym set up** to achieve a variety of exercises from the upper and lower body.
- **Train from home, the park, the gym, or the office** - Exerfly is one gym you can take with you wherever you go. Whether moving from room to room or from home to park, the Rack Mount equipment offers unmatched versatility.
- **With our in-built sensor technology**, you can now track your performance data with quantifiable statistics at 4000 times per second, right from the comfort of your own home. With data such as power, force, speed, torque, and more, the sensor provides a detailed overview of your workout performance.



Shannon McLachlan

Strength and Conditioning Coach, former NCO in the NZ Defence Force's Physical Training Corps, former Head of Athletic Performance (NRLW) for the Warriors.

The Rack Mount has been a game changer for us when developing shoulder capacity in our female athletes. Exerfly makes it easy to get an eccentric overload stimulus that is almost impossible to do with traditional free weights alone - it's one of my favourite pieces of gym equipment."

Rack Mount

All our packages are fully customisable, because we know that every client is different and has unique needs based on their unique goals.
Check out our website or get in touch with us for more information on customising your order.



Starter

- ✓ 1 x Exerfly Rack-Mount
- ✓ 1 x Large Flywheel
- ✓ 1 x Medium Flywheel
- ✓ 1 x Stirrup Handle

Rack Mount Size

210 x 430mm
(8" x 17")

Materials

Plastic/high
strength
aluminum/steel



Intermediate

- ✓ 1 x Exerfly Rack-Mount + 1 x Small Flywheel
- ✓ 1 x Large Flywheel + Sensor + app
- ✓ 1 x Medium Flywheel + Mini Rope-Clamp
- ✓ 1 x Stirrup Handle

Rack Mount Size

210 x 430mm
(8" x 17")

Materials

Plastic/high
strength
aluminum/steel



Advanced

- ✓ 1 x Exerfly Rack-Mount + 1 x Small Flywheel
- ✓ 1 x Large Flywheel + Sensor + app
- ✓ 1 x Medium Flywheel + Mini Rope-Clamp
- ✓ 1 x Stirrup Handle + The Eccentric
Max Motor add-on.

Rack Mount Size

210 x 430mm
(8" x 17")

Materials

Plastic/high
strength
aluminum/steel



Enterprise

Custom complectation for need of your
business.

Can choose your colours of the flywheels to
match your gym specifications organise a
call with our team today.

+64274-974-940

sales@exerflysport.com

Equipment Comparison



Portable

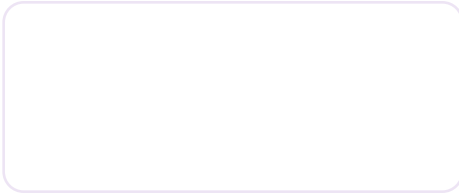
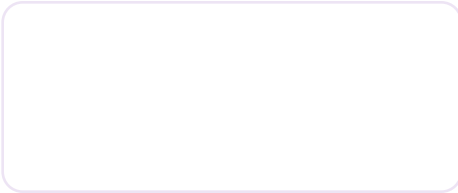
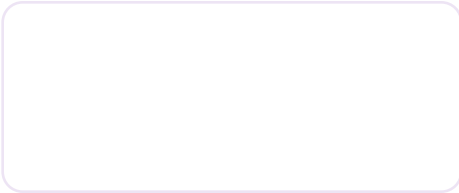


Rack-Mount



Platform

Transportability	Suitcase	Suitcase or Middle bag	Moving on wheels
Weight	7.5kg/16.5lbs (excl accessories)	2-5kg/4-10lbs (excl accessories)	40kg/88lbs (excl. accessories)
Size	800 x 540mm (31.5" x 21")	210 x 430mm (8 x 17 inches)	1300mm x 1050mm (51" x 43")
Material	Fibreglass composite, Aluminium, Plastic	Aluminium, Plastic, Steel	Powder coated Aluminium, Steel, Plastic
Maximum weight	500kg / 1102 lbs	Unlimited lbs	Unlimited lbs
Max Interia	0.7 interia	0.7 interia	0.7 interia
Starting Price	from \$ 2,700 (or from \$ 75 per month)	from \$ 1,439 (or from \$ 40 per month)	from \$ 7,254 (or from \$ 201 per month)
Pulley System	Single	Single	Double
Motorised Technology	No	Yes	Yes



Maintenance

The Exerfly requires minimal maintenance, and has been designed to be durable and virtually unbreakable. New Zealand Olympics have been using our equipment for a number of years, which has withstood the forceloads of their athletes excellently.

Some moving parts will wear faster than others, so it is important to monitor this for best performance. If something does go wrong, we have support service centres all over the world, including both a London and New Zealand office.

We've tested the product for 5 years to make it virtually unbreakable, but should you need any assistance, we are readily available.

Bearings

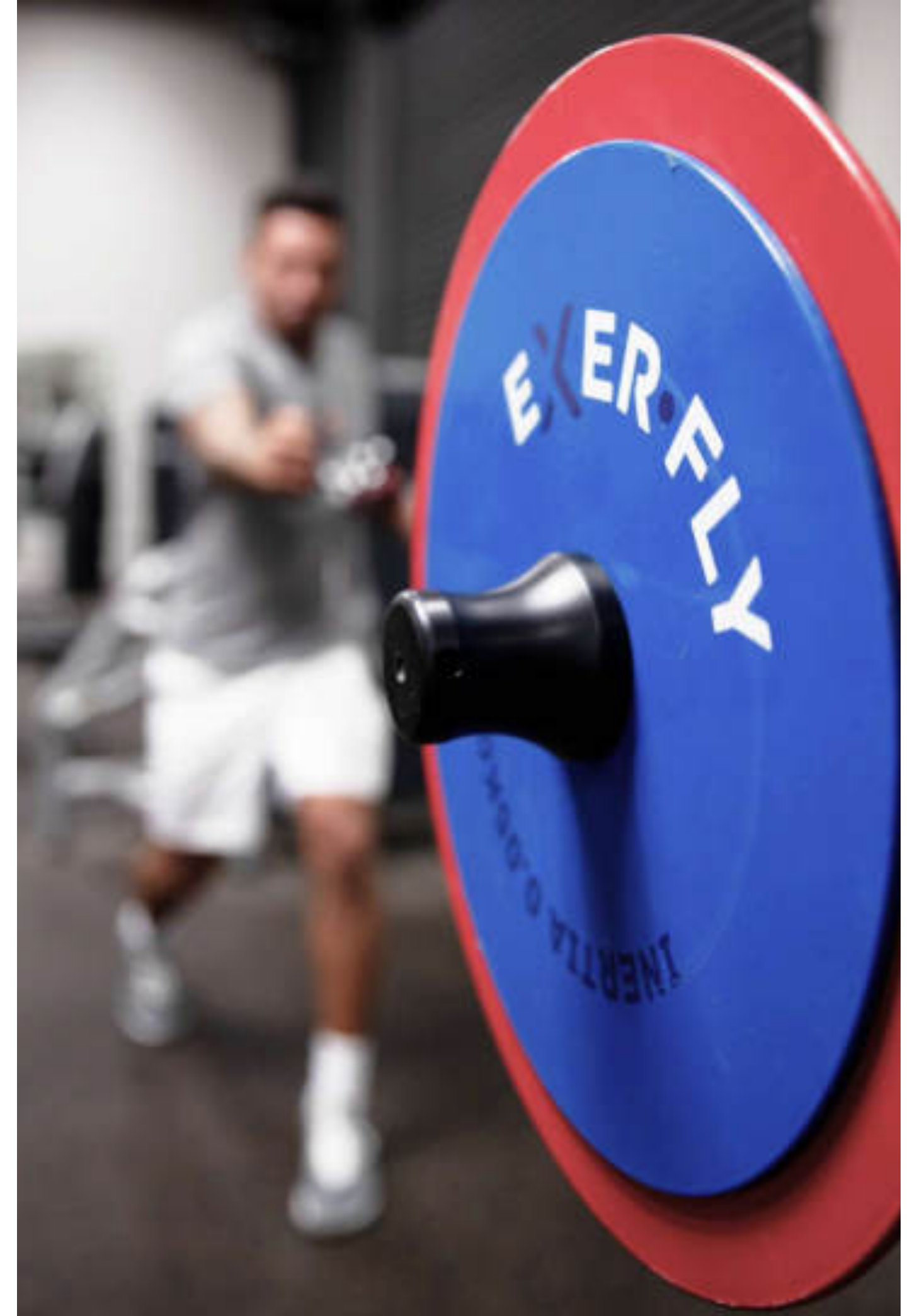
These are ceramic bearings, so they require minimal maintenance. Just oil them or spray some WD40/ CRC every 12 months to keep them running smoothly.

Webbing / Rope

The Exerfly rope is very strong and resistant, and works smoothly when oiled every 12 months. Like all equipment, you might see some wear and tear over time, so please replace the rope if this happens.

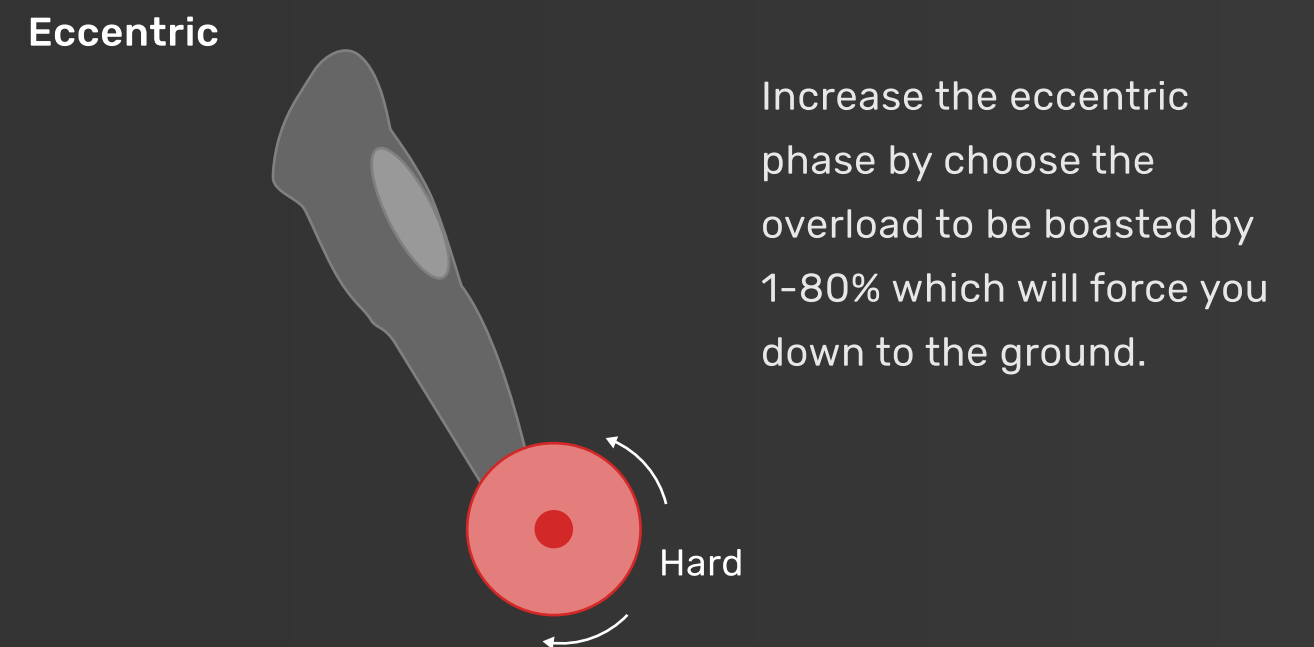
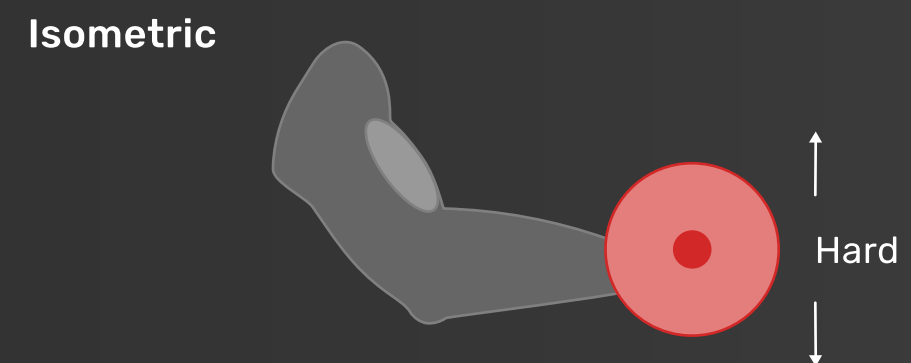
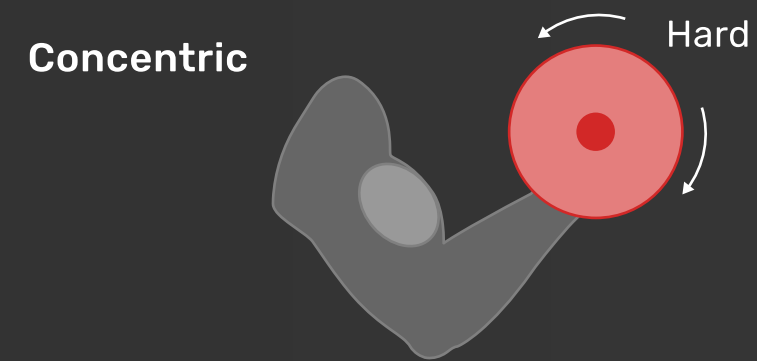
Book in for an appointment:

www.calendly.com/jordan-308



Motorised Technology

The Eccentric Max is an optional motor providing an extra boost in the eccentric phase of a movement when exercising, meaning athletes can control how much of an overload they want.



How does the Eccentric Max work?

Eccentric Max utilizes smart electric motor technology to provide more energy to the flywheel speed in the eccentric phase of a movement, based on how much energy the user produced in the concentric phase for each rep.

Using the app, athletes can select the amount of eccentric overload for different phases of training, from 1%- 80%, and the motor will add extra energy and speed to the flywheel during the eccentric phase. For example, if the Eccentric Overload Boost is set to 20%, the flywheel will be given 20% more energy in the eccentric phase of a movement than it had in the concentric phase. The flywheel will spin faster and the user will get an eccentric overload. The statistics in the app will reflect this.

Recommended Use

While you can dial the overload down from 0% - 5%, small flywheels are still going to spin quite quickly, so the motor is not recommended for rehab or untrained athletes.

However, it is perfect for trained individuals who want to increase their eccentric strength and overall speed. Because you can train with fast movements with a constant load throughout the entire movement, it can be quite intense with a large load at speed.



What are the Benefits of the Eccentric Max?

Without a motor, by the time the flywheel gets to the eccentric phase of the movement, it is already losing speed and energy, and the resistance provided slows the flywheel down even more.

However, with the Eccentric Overload Boost, by the time the flywheel gets to the eccentric phase, the speed has increased and takes significantly more strength to slow down, so you get an eccentric overload through the whole eccentric phase.

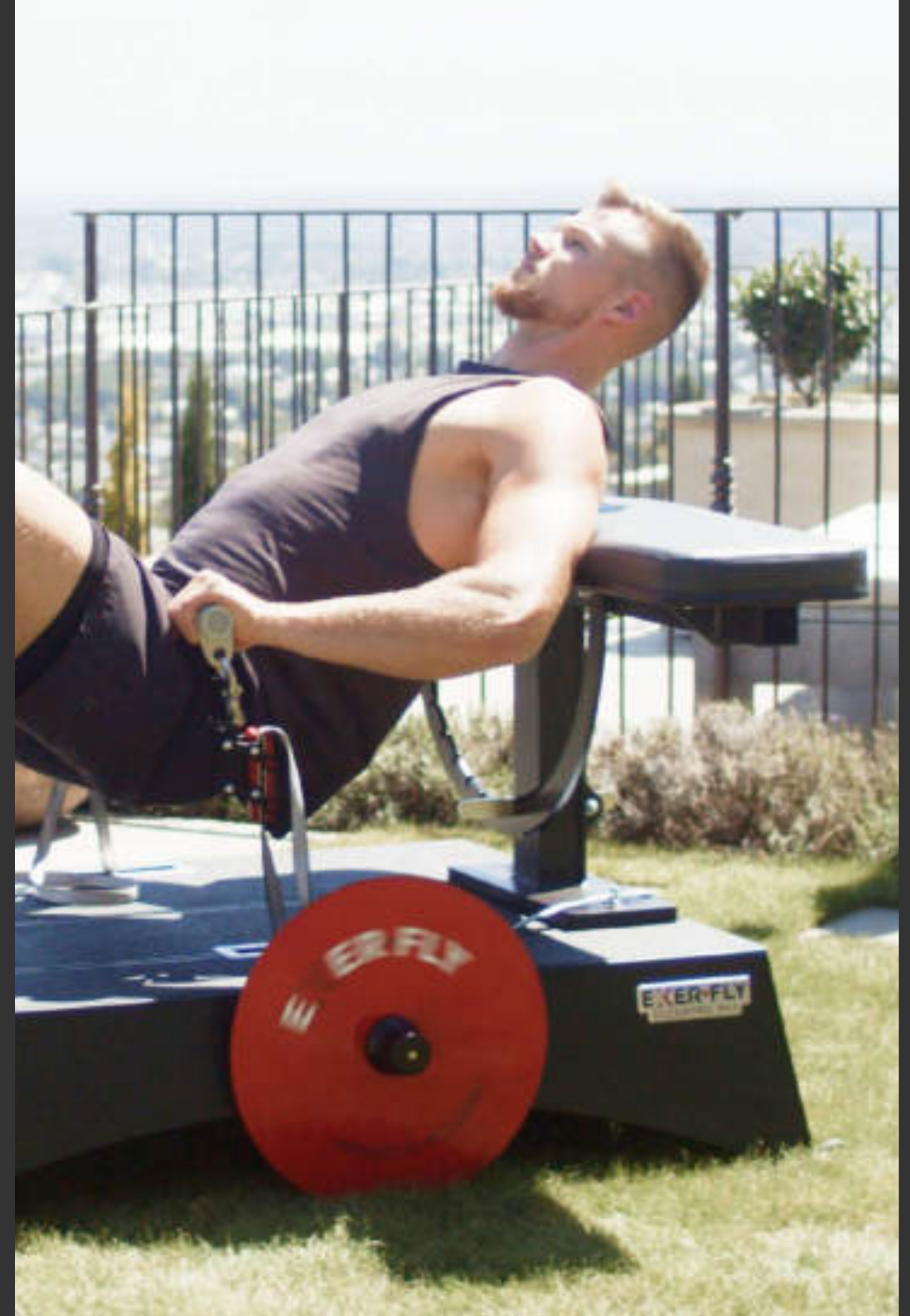
If the athlete puts a reasonable amount of effort into the concentric phase, then the eccentric phase will feel a lot harder.

How does the Boost Feel?

The added boost provided by Eccentric max can feel pretty intense. Imagine pushing up in the bench press, but instead of letting gravity push the bar down, it is forced down on you hard and fast.

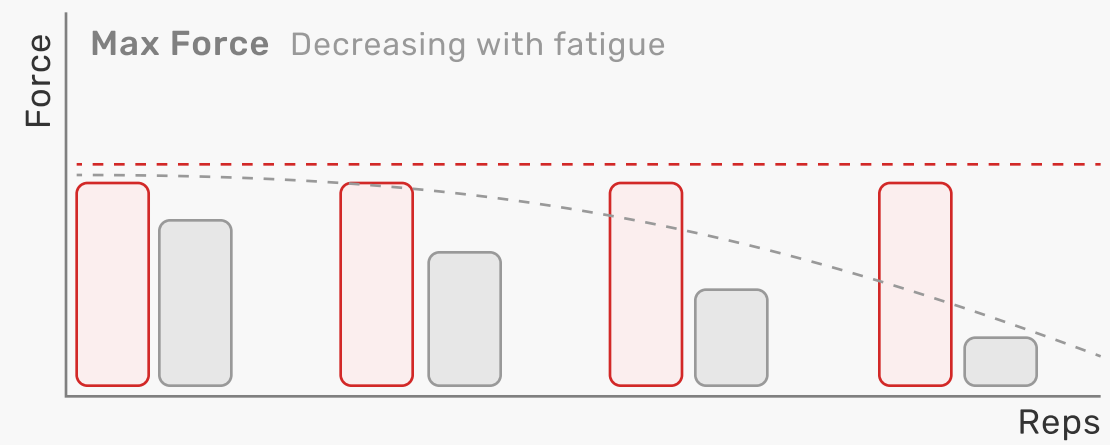
It can feel very intense, fast, and new, and is guaranteed to take It can feel very intense, fast, and challenging, and is guaranteed to take Flywheel training to the next level.

The Eccentric Max is included in the Exerfly Platform, and can be added as an optional extra to the Exerfly Platform and Rack Mount.

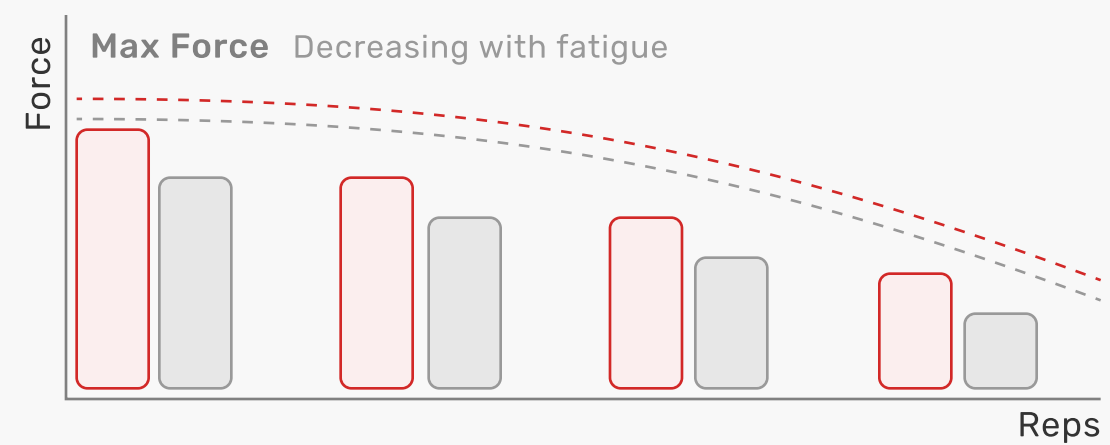


----- Concentric ----- Eccentric

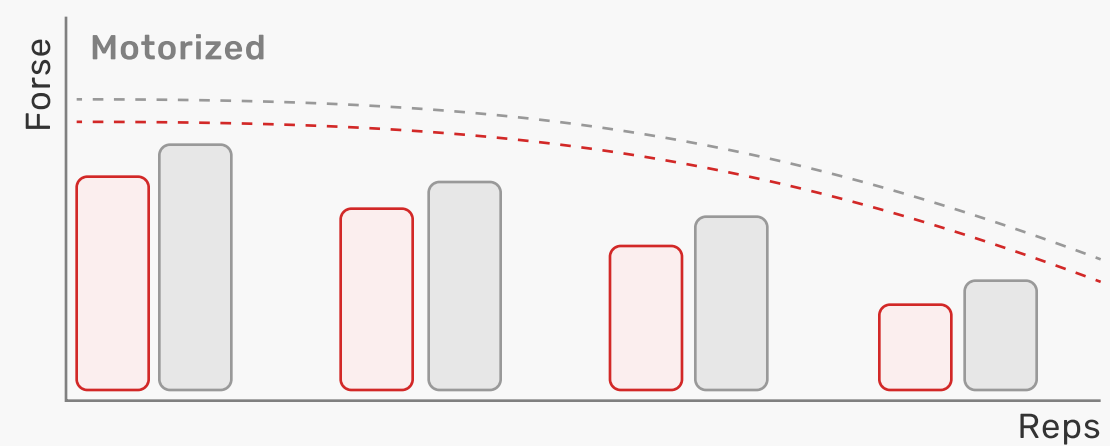
Conventional Weights



Flywheel Training



Motorised Boost





Marcin Rutkowski

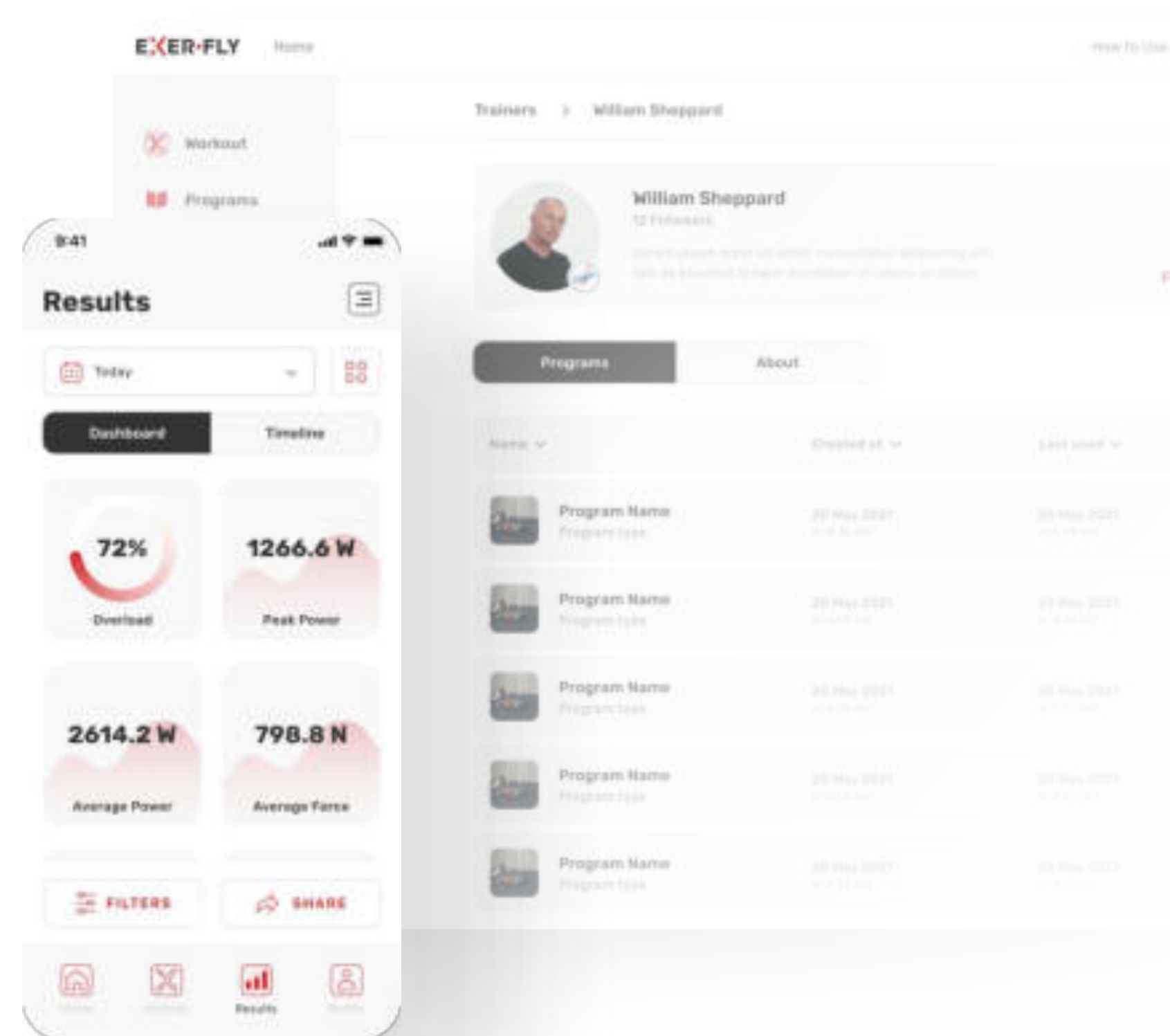
Crossfit Athlete and Strength & Conditioning Coach

“With the motorized technology feature, you can choose the eccentric overload, which is a big point of difference. You can reach whole new levels than what you’d otherwise be able to achieve with other equipment. With Exerfly, my athletes are actually reaching strength levels they normally can’t get to.”

COMING SOON

In-Built Sensor & Exerfly App

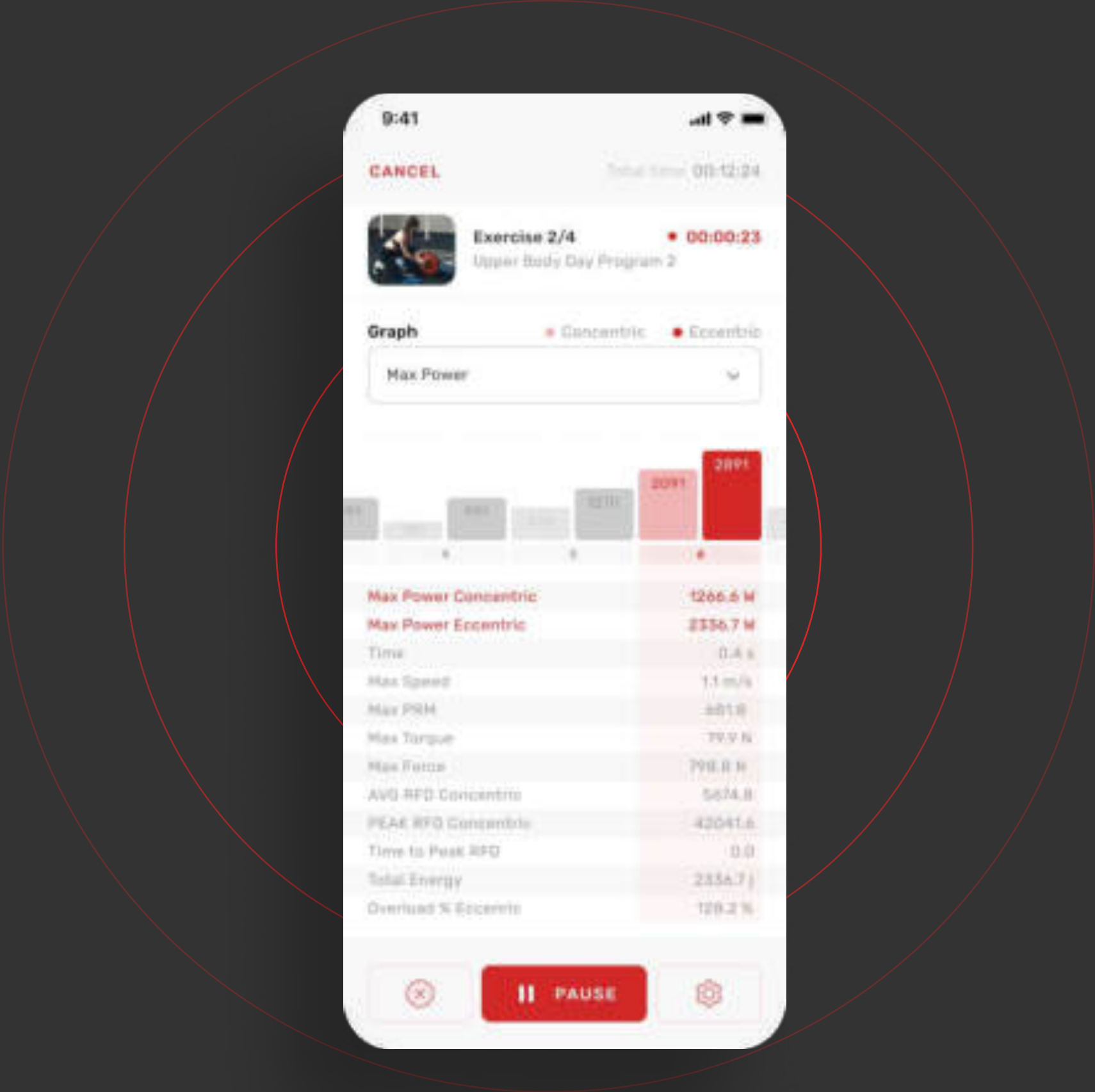
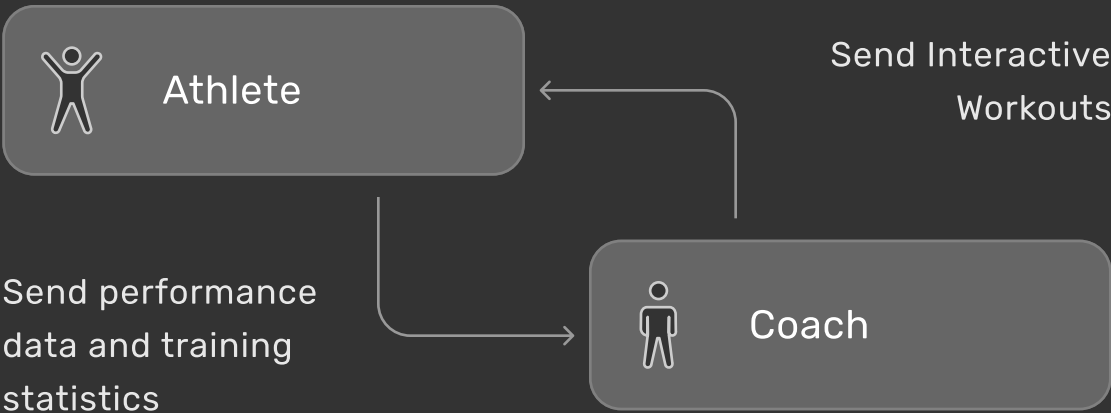
The in-built Exerfly Sensor tracks and monitors your workouts in real time, rep to rep. It then provides feedback and detailed statistics on your performance in the Exerfly app, tracking your progress for effortless accountability.

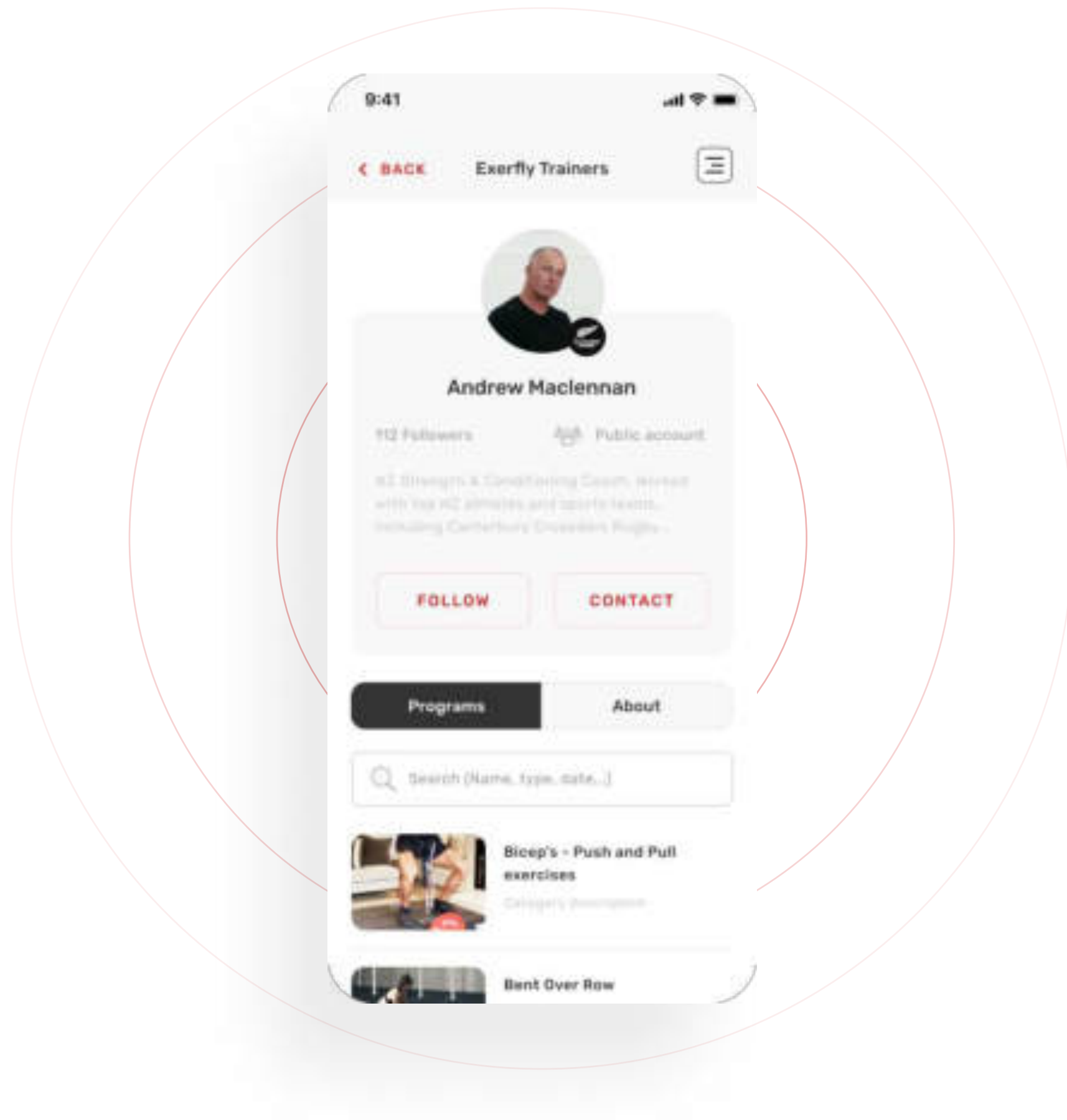


Send Workouts and Performance statistics

With data sent to your app in real time, it means athletes can send their workout data and performance statistics straight to their coach for evaluation and monitoring.

And with new updates rolling into the Exerfly app in 2021, you will soon be able to receive interactive workouts directly from your coach, and send your results straight back for a seamless long-distance training experience.





How does the Sensor Work?

The Exerfly Platform features a sensor that tracks the performance of the athlete for every rep during their workout and sends that data to the Exerfly app.

The app then provides the athlete feedback on their performance, on metrics such as power, force, energy and speed. The app also controls the optional motor to give a percentage boost to the eccentric phase of an exercise.

The app is available in six languages, and is compatible with Windows, Mac, Linux, Android and IOS.

What Statistics does it Provide?

A rotational sensor provides real-time data 4,000 times per second. The sensor uses the inertia of the flywheel, RPM, time and direction to calculate the energy in the flywheel, as well as force, power, speed, torque, and much more.

What are it's Benefits?

Unlike traditional weights, the sensor provides invaluable feedback to the athlete by tracking their performance, allowing them to monitor their progress and continually challenge themselves to go further than they imagined.

The app is an easy to use way of storing this data, so the athlete can access and track their physical results as they continue to improve in their workouts. Athletes can also send their training data directly to their coach, making long distance training easily trackable for effortless accountability.

Is it included in All Exerfly Products?

The sensor is included in the Exerfly Platform, but is also available as an optional add-on for the Exerfly Portable and Rack Mount.

Customisation

Much like the Flywheel itself, Exerfly is designed for elite versatility and flexibility, meaning Exerfly equipment can be customised to meet the needs of all individual users.

Though all our products offer a 'Standard Package', we know for a fact that every athlete is different, every athlete is unique, and every elite athlete needs their own, individualised training plan. With this in mind, all of our products offer personalised options depending on the needs of the athlete – whether it's for sports teams, commercial gyms, physio and rehabilitation, or athletes and households.

Book in for an appointment:

www.calendly.com/jordan-308

We know it can be difficult choosing new products and not knowing what to get – that's why we offer standard packages, to give you a general idea of what you might need. However, our packages can all be tailored specifically for your needs, and we'd love to help you decide which products are perfect for you.

This includes choosing which Exerfly product best suits your training style, which flywheels to get and how many, and which accessories you might need. We're here to help, because Exerfly is designed specifically for you, and we want to help you make the most out of your purchase.



Pricing

Our products come in a range of different prices, depending on what packages you’re wanting to buy.

And yes, you do pay for quality, but Exerfly will pay itself off a thousand times over with how much money, time, space, and effort you’ll save.

That being said, we know it can be a lot up front. That’s why we offer SplitIt and Klarna, so you can buy now and pay later.

Both offer flexible pay-over-time options for your purchase, so you can get your Exerfly equipment as soon as possible, no matter your situation.

Free Shipping

We offer free shipping & import taxes to all our customers using FedEx and DHL Express Shipping

Money Back Guarantee and Warranty

We also offer a 30-day money back guarantee, and a 2-year warranty on all our products. Because we believe in our products, and we’re confident you won’t be disappointed. Our products have been tried, tested, and proven over and over again to deliver incredible results, so you can be confident you’re getting value for your money.

- ✓ Visa
- ✓ Mastercard
- ✓ American Express
- ✓ Bank Transfer
- ✓ Apple Pay
- ✓ Google Pay
- ✓ PayPal
- ✓ SplitIt
- ✓ Klarna



30 days

Risk free trial



2 years

Warranty



Depending on the country of delivery please ask!

Shipping and taxes



NO CREDIT CHECKS

One of the many finance options we offer is Splitit, an easy to use after-pay method with no credit checks, which allows users to make split payments, so you can shop now and pay later.



Add what you want to
cart



Select Splitit at
checkout



You choose how you
pay it back over time
(up to 36 months)

At the time of purchase, you will only be charged for the first installment. The remaining balance will be held on your credit card until the final payment is made. After each monthly payment, the amount held from your available balance will be reduced to the new remaining balance. To be eligible, you must own a VISA or MasterCard credit card and have the entire amount of your purchase available on your card. Learn more on [Splitit.com](https://www.splitit.com).



Community & Support

With Exerfly, our support doesn't stop when you receive your equipment. We are constantly evolving, upgrading, and offering unlimited support to our Exerfly community. Along with your top-quality products, we also connect you with top strength and conditioning coaches via blogs, videos, and collaborations.

Building a Community

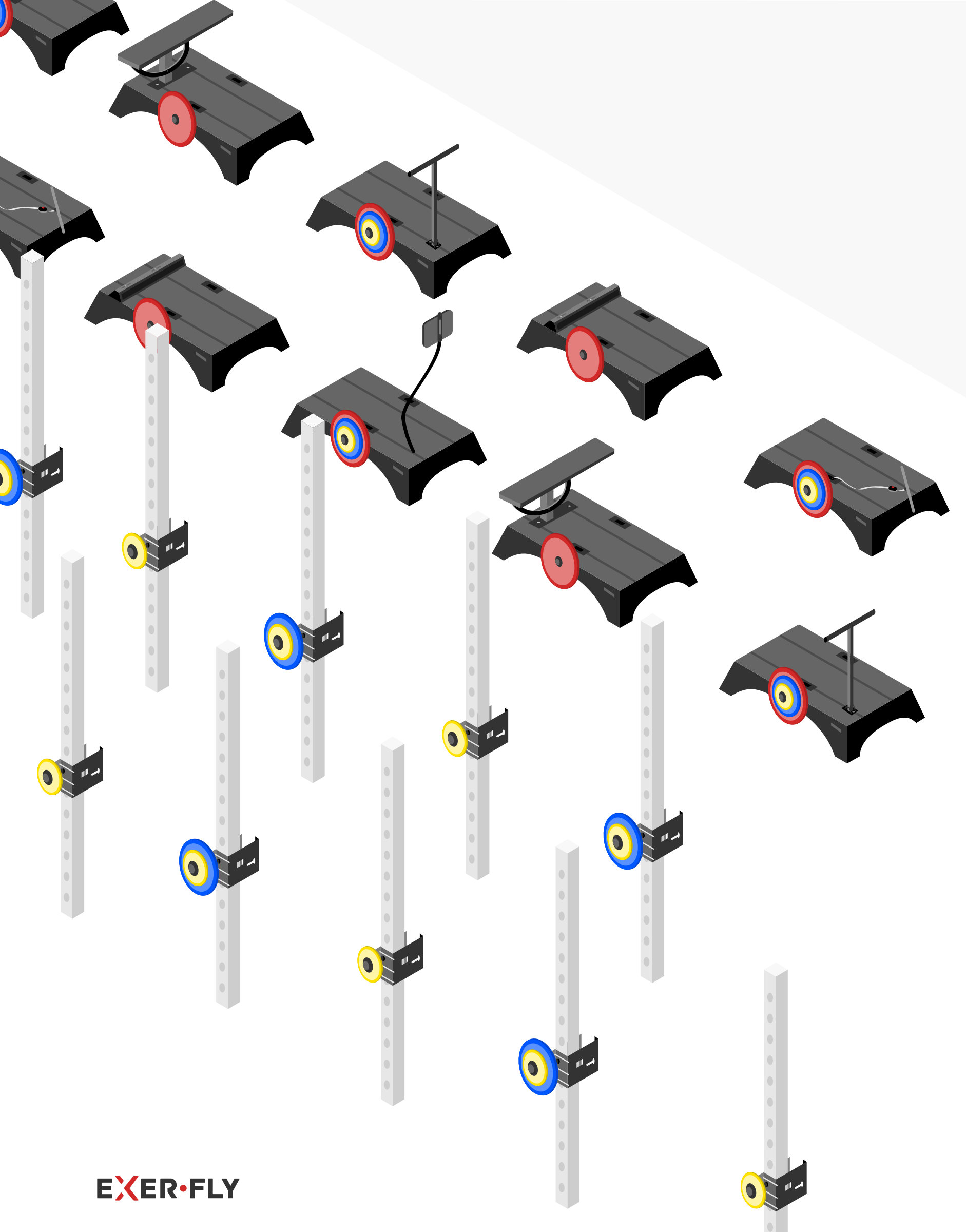
At Exerfly, we're not just selling products. We're building a community. A community of elite athletes, trainers, coaches, sports teams, Olympians, gyms, physios, and unique individuals that all want the best in elite training.

Right from the start in Exerfly's earliest days, our focus has always been on the community. We wanted to create a product built for athletes, because providing athletes with maximum benefits and results has always been our main focus.

Exerfly is more than just equipment, it's a brand that can be trusted and a community that brings people together and keeps us connected. Through blog posts, user reviews and online personal training models, Exerfly offers continual support to our users. Our goal is to create a training community that works together for continual improvement – people helping people.

We love to see collaborations between top coaches and clients, because at Exerfly, we want to foster a community that works together for constant, collective improvement.





Exerfly Performance Centres

As a part of our consultation process, we offer 3D renders of your space to assist you in the design phase. Our in-house CAD designer will work closely with you to create the space of your dreams. Not only does this help bring your vision to life but it also creates a cohesive layout that makes the most out of your space.

Our equipment is ideal for gyms and group class settings. In absence of heavy weights, resistance adjustments are much quicker and easier to use than traditional equipment, making workouts seamless and enjoyable.

Compact and transportable, Exerfly can be set up anywhere and used by anyone, creating an inclusive competitive environment. Become the leading fitness centre with elite equipment that was designed to stand above the rest.

The **Rack Mount** can easily be mounted to any Squat Rack. Using the Slider, quickly mount the Rack Mount in any part of your facility. Compact and versatile, it can be adjusted to fit any hole distance. Set up multiple rack mounts across your centre for many different users to utilise, enabling group exercise.

The **Portable** can be used as a platform or can be mounted onto a squat rack. The Portable is capable of recreating a range of different exercises and is perfect for group classes. Personal trainers mainly use the Portable to showcase multiple exercises to their classes. The portable can also be used for one on one classes to show a point of difference, or be rented out to various members outside of classes.

The **Platform** is the ultimate setup for different types of training. The platform can be used by multiple trainers in a performance aspect, or for particular exercises. Elevate your customer experience by connecting performance statistics from the Platform on a TV, and showing them as a leaderboard.

Product Support & Purchases

We offer a 2-year warranty on all our products and a 30 day money back guarantee, because we're confident in the quality of our product. We have both a New Zealand and a European office, both open 24/7. If there's a problem, we'll do our very best to fix it, no matter what.

We really care about our clients, which is why we work seven days a week to provide the best quality service. We want all Exerfly users to have the best possible experience and get premium enjoyment from using our products, because we've had the best experience working with elite level athletes to create a fantastic product and we want to share that with you.

Financial Services



We've teamed up with key partners that are always on hand to take you through the process of financial assistance.

After Sales

We always try to keep in touch with our community, and we love hearing new reviews and thoughts on Exerfly! We pride ourselves in being innovators, and we're not ones to stand still, that's we love hearing feedback on your Exerfly products and experience so that we can continue to grow and improve.

Technical Support

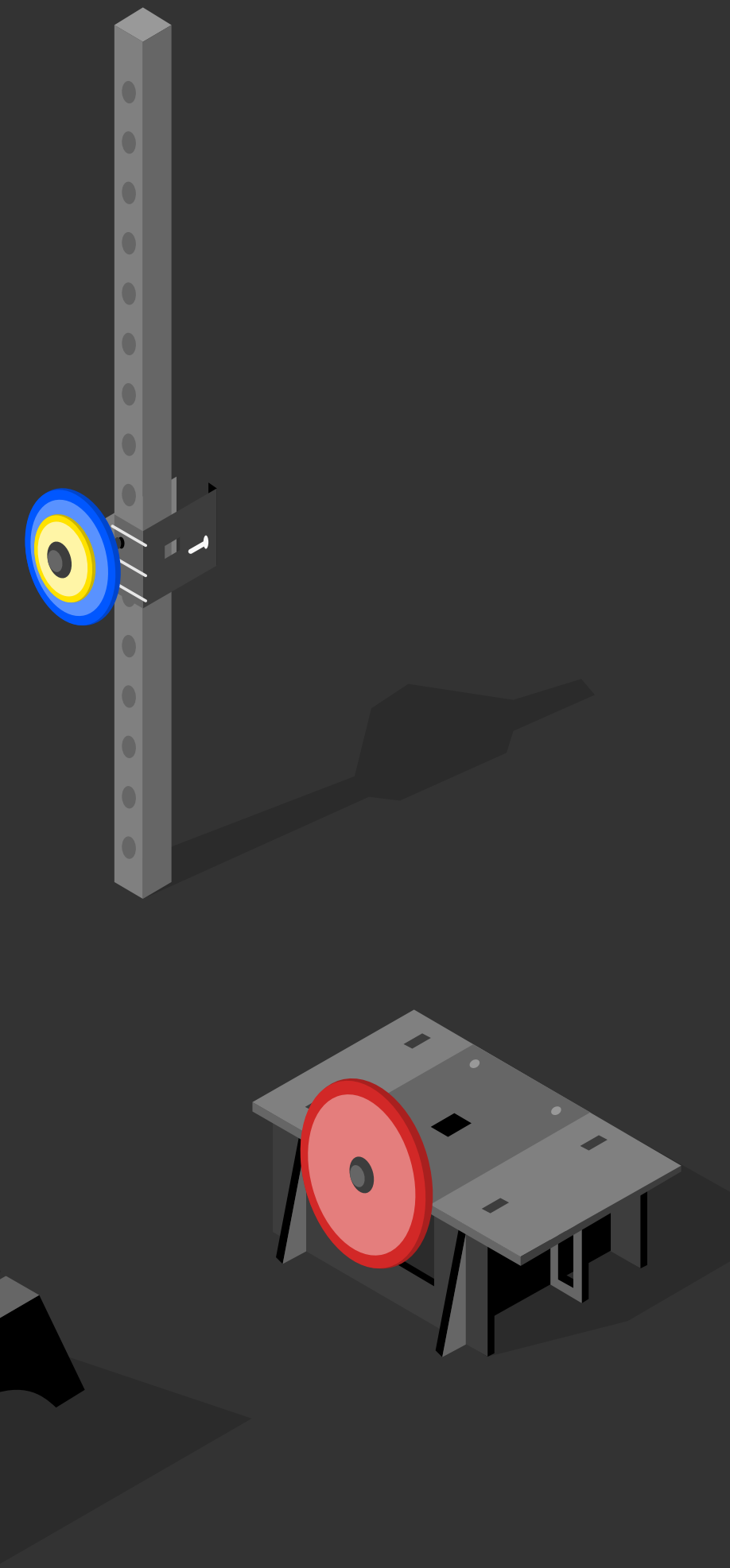
We offer 24/7 technical support, should you have any issues, and are happy to answer phone calls or emails at any time. We have FAQs available on our website, as well as a live chat system and a huge range of information available. We're always happy to help, and aim to get back to you within 24 hours. We also have service providers who can tend to your every need, and only will only take 10-15 minutes to set up the Platform when it has arrived.

Testimonials:

<https://exerflysport.com/testimonials>

Marketing Support & Branding

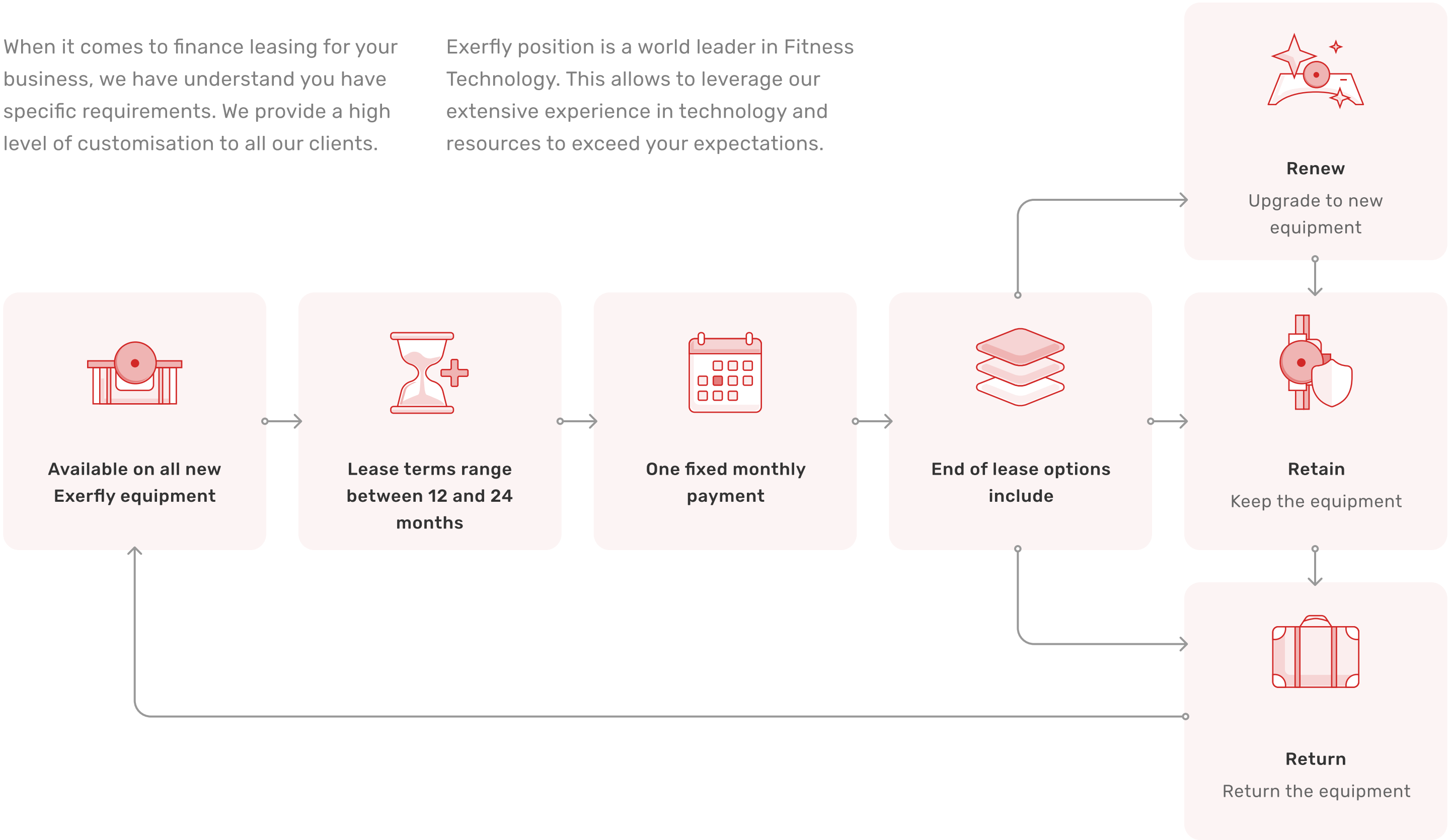
We have a team of people that can help with marketing and branding for small businesses, large corporations, or unique individuals, because we know we can provide real value to a variety of people and networks. Ultimately, we're wanting to help people be the best they can be, so we love helping you create content, campaigns, sales brochures, or whatever you need to develop your brand and tell your story in the best way possible. With clients across the globe, we're here to help in whatever way we can.

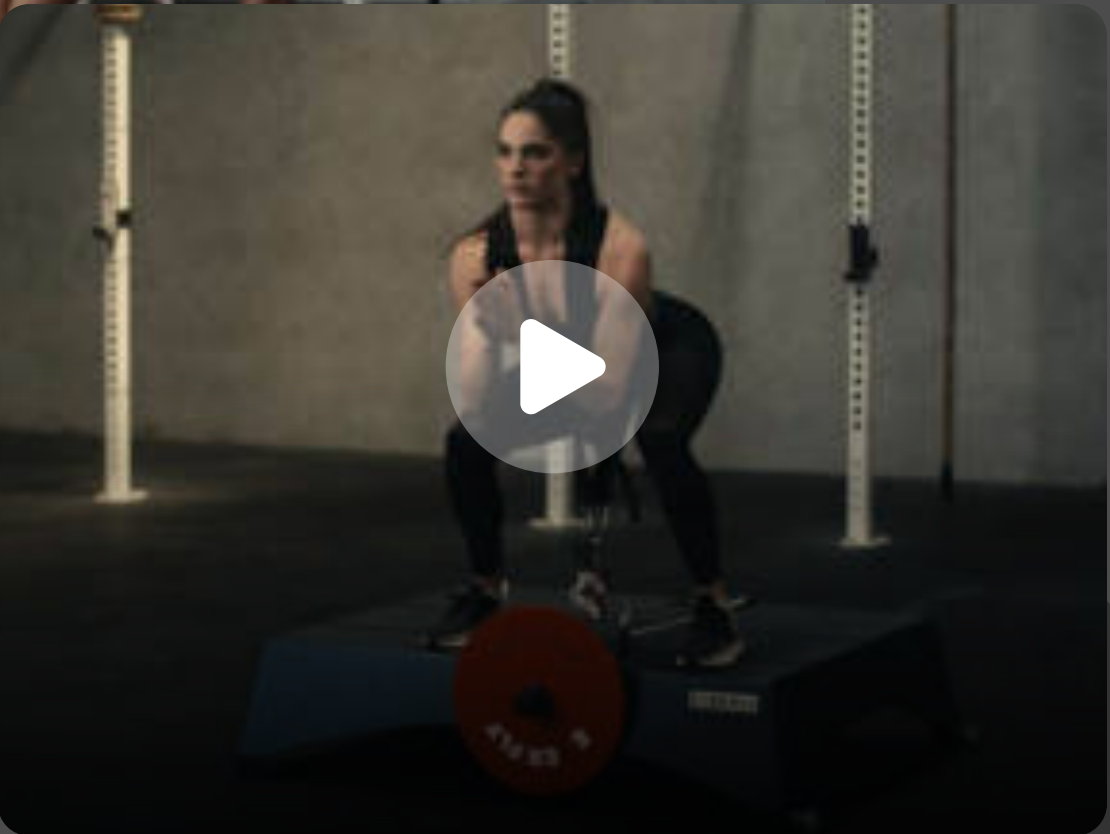
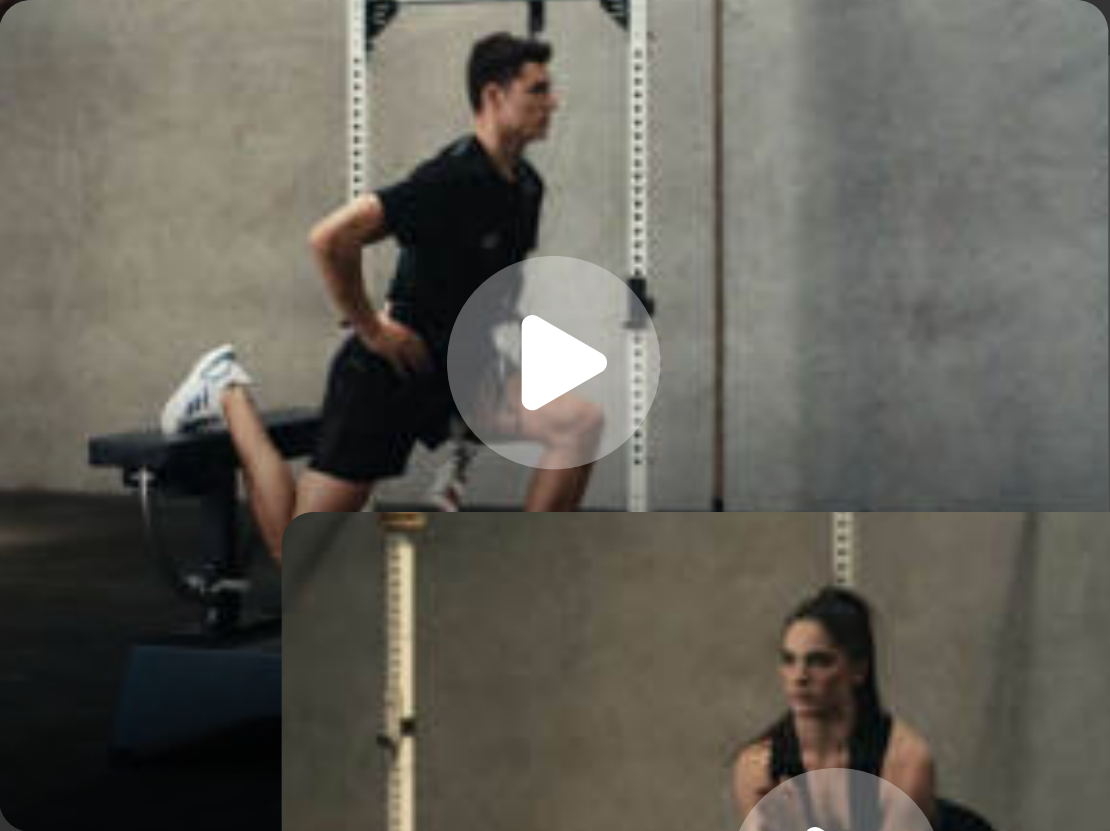
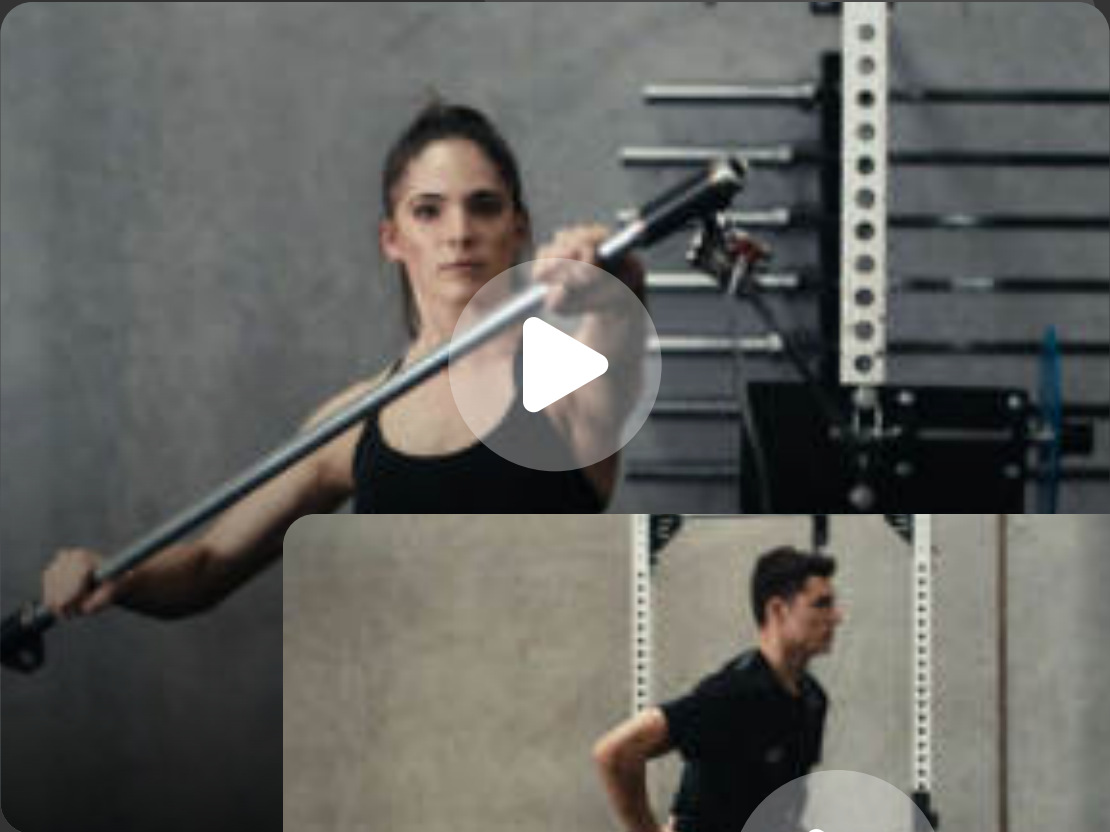


The easiest and simple for most business Finance **Leasing**

When it comes to finance leasing for your business, we have understand you have specific requirements. We provide a high level of customisation to all our clients.

Exerfly position is a world leader in Fitness Technology. This allows to leverage our extensive experience in technology and resources to exceed your expectations.





Achieve Greatness

We know you want to achieve your goals. To set challenges for yourself, and smash them out of the park. We know you strive for greatness, we know you want to prove to yourself that you've got what it takes to be the best version of yourself. We know you want the best, and we want that for you too.

That's why we created Exerfly. Exerfly is here to help you smash your goals in the best, most effective way possible, and come out the other side a better version of yourself. We have engineered Exerfly with all the tools you need to exceed your goals, reach heights you couldn't normally meet, and achieve the best possible results.



Accessories





Platform Bench

Compatible with:

PLATFORM

The Platform Bench fixes to the Exerfly Platform to allow for a more diverse range of exercises. The bench can tilt to 90 degrees, enabling use of a second rope and includes a removable seat for incline or upright exercises.

The bench lets you easily perform exercises like the bench press, hip thrusts, Bulgarian squats, and much more. It even inclines to allow for incline bench presses, and can slide on in any direction.



Foot Block

Compatible with:

PLATFORM PORTABLE

The Foot Block fixes to the Exerfly Platform and enables users to do lateral leg exercises for those sports which require change of direction. It is also useful for glute activation and elevation of the foot for calf raises.

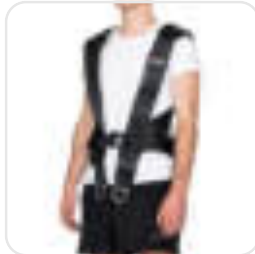


Tricep Rope

Compatible with:

PLATFORM PORTABLE RACK MOUNT

The Tricep Rope is used for any exercise where flexibility is needed with both hands. Can be used for sit ups, tricep exercises, kettlebell swings and more.



Squat Harness

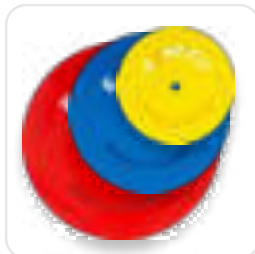
Compatible with:

PLATFORM PORTABLE RACK MOUNT

The Exerfly Squat Harness can be used on both the Exerfly Platform and Portable, giving users the confidence to approach squats with ease.

The Squat Harness evenly spreads the load across the shoulders and lower back, so it is much more comfortable to use and is more forgiving for those with improper technique. It is available in a small/medium and medium/large size, or can be fully customised upon request.

The Squat Belt can be used for further comfort, letting you only load the hips instead of the back when doing squats, so you can focus on lower body exercises.



Flywheels

Compatible with:

PLATFORM PORTABLE RACK MOUNT

Flywheels of different inertia are used to provide a range of training stimulus for strength, power, eccentric overload, or even warmups. For higher inertia flywheels, the exercises will be slower. For a lower inertia, the flywheels move faster, and skill and balance are needed to overcome the inertia. Made from steel with a plastic powder coat for durability.

Red flywheel = 0.1 inertia
Blue flywheel = 0.05 inertia
Yellow flywheel = 0.025 inertia
Yellow flywheel = 0.01 inertia

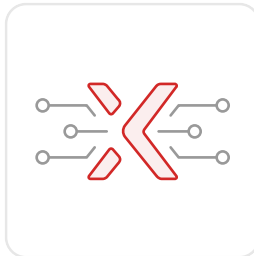


Flywheel Holder

Compatible with:

PLATFORM PORTABLE RACK MOUNT

A modular floor standing or wall mounted holder for Flywheels and other accessories. Comes with floor mounting and wall mounting kit. Add more sections if you purchase more flywheels.

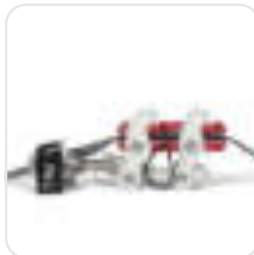


Exerfly Sensor + App

Compatible with:

PLATFORM PORTABLE RACK MOUNT

The Exerfly Sensor gives you feedback on your exercises for each rep of energy, speed, time, force, power and much more. Works with Windows, Mac, Linux, Android and IOS. Available as an add-on for the Exerfly Portable and Rack Mount. Comes as standard on the Exerfly Platform.



Rope Clamp

Compatible with:

PLATFORM PORTABLE RACK MOUNT

The Rope Clamp is a simple high-performance clamp to ensure there's no slippage on the rope between you and the flywheel under high force. The higher the force, the harder it clamps ensuring your form stays constant during the hardest workouts.



Rope

Compatible with:

PLATFORM **PORTABLE** **RACK MOUNT**

A flat webbing type rope, high tension and low abrasion. Made with Nylon and Dyneema, with a 3000kg breaking point.

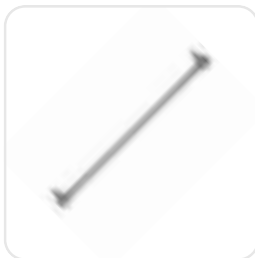


Rope Guide

Compatible with:

PLATFORM

An accessory for the platform to allow users to do horizontal exercises like rowing, rotational exercises, and hip exercises. Made from Steel and Teflon.



Short Bar

Compatible with:

PLATFORM **PORTABLE** **RACK MOUNT**

A Short Bar to enable exercises like hip thrusts where the bar fits across hips. Made from stainless steel, sand blasted to give a firm comfortable grip.

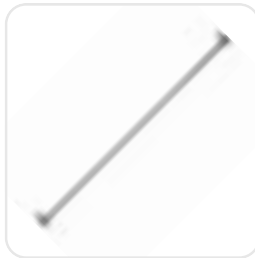


End Cap Tool

Compatible with:

PLATFORM **PORTABLE** **RACK MOUNT**

Used to tighten and loosen the end cap which holds flywheels on. Made from 8mm stainless steel.



Long Bar

Compatible with:

PLATFORM **PORTABLE** **RACK MOUNT**

A Long Bar to enable exercises such as the bench press, with 2 ropes and rotational exercises where one rope is used. Made from stainless steel, sand blasted to give a firm comfortable grip.



Lightweight Curl Bar

Compatible with:

PLATFORM **PORTABLE** **RACK MOUNT**

The curl bar is used for arm exercises like bicep curls, high pulls, and deadlifts. Grip areas angled for optimal comfort when performing exercises. Made from stainless steel, sand blasted to give a firm comfortable grip.



Lightweight Straight Bar

Compatible with:

PLATFORM **PORTABLE** **RACK MOUNT**

The straight bar is a lightweight bar, only 600mm long weighing 750 grams. Great for deadlifts and other exercises. Made from stainless steel, sand blasted to give a firm comfortable grip.



Stirrup Handle

Compatible with:

PLATFORM **PORTABLE** **RACK MOUNT**

Used for pulling single handed exercises.



Ankle Cuff

Compatible with:

PLATFORM **PORTABLE** **RACK MOUNT**

Designed for leg exercises where the cuff can be attached to the ankle or below the knee. Exercises to target glutes, hips, hamstrings, and quads are made easier with the Ankle Cuff.



Carabiner

Compatible with:

PLATFORM **PORTABLE** **RACK MOUNT**

Stainless steel, fits any accessory.



Spare Parts

Compatible with:

PLATFORM **PORTABLE** **RACK MOUNT**

Spare parts are available. Please contact sales@exerflysport.com



Combo: Slider + Portable Mounting Bracket

Compatible with:

PORTABLE

Get the Slider and Portable Mounting Bracket as one package to make it easy to mount your Exerfly Portable to a gym rack and perform rotational and upper body movements. The Portable Mounting Bracket lets you easily attach your Exerfly Portable to any vertical pole for upperbody and rotational exercises. It can either be attached permanently to a wall or post, or attached with tie downs.



T-Bar

Compatible with:

PLATFORM

The T-Bar attaches to the Exerfly Platform to help a user balance while they do their exercise. Useful for lunges or squats when a user needs something to hold on to.



Portable Mounting Bracket

Compatible with:

PORTABLE

The Portable Mounting Bracket lets you easily attach your Exerfly Portable to any vertical pole for upperbody and rotational exercises. It can either be attached permanently to a wall or post, or attached with tie downs. Additionally, combined with the Exerfly Slider you can attach it to a squat rack and easily adjust the height.



Exerfly Slider

Compatible with:

PORTABLE RACK MOUNT

The Exerfly Slider is an adjustable mounting bracket which attaches to any gym rack and allows the user to quickly adjust the height of the Exerfly rack mounted flywheel equipment.

Fits any gym rack uprights from 50mm x 50mm to 100mm x 100mm (2" x 2" to 4" x 4") and all combinations inbetween (Square and rectangle).



Flywheel Bag

Compatible with:

PLATFORM PORTABLE RACK MOUNT

The Flywheel bag is a robust holder of up to 3 flywheels. Handmade in NZ



Gooseneck tablet/phone holder

Compatible with:

PLATFORM

The gooseneck tablet/phone holder attaches to the Exerfly Platform to make it easy for users to control the app and view their stats on their tablet or phone while exercising. It fits all tablet and phone sizes, and can be easily moved to suit the athletes position.



Platform Shell Only

Compatible with:

PLATFORM

The Exerfly Platform is a stable multi-use flywheel training platform built for everything from heavy duty workouts to rehabilitation. The Exerfly Platform allows users to perform a vast range of exercises in a small footprint, and caters to a wide range of users.



Squat Belt

Compatible with:

PLATFORM PORTABLE RACK MOUNT

The squat belt lets you only load the hips instead of the back when doing squats.



Portable Shell Only

Compatible with:

PORTABLE

The Exerfly Portable is robust and lightweight portable flywheel training equipment. Appropriate for athletes at all levels, it is designed for home use or on the road. It can be used as a self contained platform or attached to any vertical structure to allow rotational or horizontal movements.

The Exerfly Portable shares the same benefits and range of exercises as the Exerfly Platform, but in a more compact and mobile footprint. The Exerfly Portable can be assembled in one minute and packs down to the size of a carry-on suitcase, with room to spare. Can fit 7 flywheels.



Rack-Mount Shell Only

Compatible with:

RACK MOUNT

The Exerfly Rack-Mount is a simple-to-use attachment that allows users to adapt any existing gym rack for flywheel training. The Exerfly Rack Mount caters to a full range of users, from novice to elite athletes, and it suitable for both training and rehabilitation purposes.

Meet the Founders of Exerfly



Nick Bolton

Founder of Exerfly and New Zealand Athlete

Nick Bolton, founder of Exerfly, is a New Zealand track and field athlete, strength and conditioning enthusiast, and software engineer. Coming from an impressive tech background, Nick founded Mailwasher, the first email filtering software before venturing into flywheel training. As a Masters track athlete, Nick needed equipment that allowed him and his friends at NZ Olympics to remain injury free whilst competing at the highest level. Wanting to combine his two passions, software and fitness, he sought out to create something that was effective and quantifiable. After meeting Jordan Barron, together they founded Exerfly in 2015, and set out to reinvent the flywheel. Since then, Exerfly has captured the attention of leading sports figures worldwide, and continues to push boundaries with its equipment. Today, Nick still competes in track and field athletics and came 4th in the recent open national championship, whilst managing the production of Exerfly in Christchurch.



Jordan Barron

Co-founder of Exerfly

Jordan Barron, co-founder of Exerfly, met Nick through their mutual interest in sports and athletics. Always at the front of Exerfly's innovations, Jordan plays a key part in strategizing the design of the equipment through continuous communication and feedback from all customers. Jordan is passionate about connecting with people, and leads a global community of Exerfly members supporting each other and pushing for greatness. Often the first point of call, Jordan has worked with leading sporting and medical professionals over the years analysing sports performance and scientific data to ensure that all users are achieving their peak performance with Exerfly. When onboarding Exerfly customers, Jordan will find the best way to customise the equipment according to specific needs and is always on hand to answer any questions.

Contact Us



Nick Bolton
Founder
+64 21-622-070



Jordan Barron
Co-Founder
+64 274-974-940

24/7 Support

Exerfly is designed to support athletes along every step of the journey. That’s why we offer 24/7 contact and support across the globe. You can get in touch with us via phone, the website, email, or even WhatsApp, because we’re going to be there for you in every way

Phone

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United Kingdom	+44 020-8138-3259
New Zealand	+64 0274-974-940
Germany	+49 (0) 6403 6099351
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Postal Address

P.O.Box 4620, Christchurch 8140, New Zealand

Location



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67 Halton St, Christchurch 8052



USA

Movement Lab - Stefan Valdez
7403 Miami Lakes Drive, Miami Lakes, Florida, 33104 US



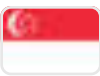
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PWR Sports & Human Performance - Ricky Mcfarlane
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Justin Tang



France

4ter Boulevard Jacques Duclos, 40220 Tarnos,
Jofrey Bonelli



Thank You!

We just wanted to say a quick thank you for considering Exerfly, and for taking the time to understand who we are and what we offer. We really can't say it enough – our biggest goal is truly to help you become the best version of yourself, both physically and mentally, and we want to say thank you for letting us prove to you that we can.

But we haven't gotten this far alone: for the last six years, we've had an incredibly valued and supportive community around us every step of the way, and we would love for you to be a part of it. Exerfly is about more than just equipment, it's about community, improvement, and support, which is why we're going to be here for you every step of the way.

Always innovating, we're never going to stop reinventing the wheel, and we've got lots of exciting plans ahead. We can't wait for what the future holds, and we think you should be a part of it too.

Nick Bolton & Jordan Barron