

CARDIO - TRAINING

*Reliable, ergonomic and interactive.
For intensive professional use.*



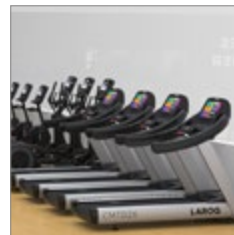
LAROQ
PERFORMANCE & FITNESS

**Complete, reliable and heavy-duty cardio-training
ranges to satisfy various training goals.**

LAROQ



CARDIO TRAINING



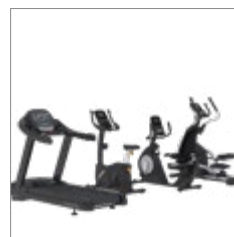
RELIABLE

With a reinforced mecano-welded structure, epoxy paint and reliable embedded electronic systems, our cardio-training equipment has been made for professional and intensive use.



PRACTICE

The use of the system is instinctive, with easily memorizable programs and functionalities. For easy maintenance, all elliptical and bikes are self-powered and easily movable.



INTERACTIVE

From beginners to top athletes, everyone can find the most appropriate training program among a large choice of workouts. Watch TV and movies, browse the Internet and social networks is possible on some models.

SERIAL 26



TECHNOLOGY

A connected treadmill with numerous options and parameters adaptable to all activities and goals.

Its Mirror Screen function enables users to visualize their smartphone screen on the LCD tactile screen of the CMTD26 treadmill.



Music / videos



Preset workout programs



TV



Connect your smartphone



Play while training



Auto-speed :
Speed adjusts automatically
based on user's motion



Android interface



Connected treadmill

CMTD26 TREADMILL



165 cm

227 x 97 cm

FEATURES

Speed : 0.5 à 26 km/h - 5 CV

Elevation : 0 à 16 %, de 1% en 1%

18,5" LCD touch screen & LED display

30 preset workout programs

USB, AUX, & TV ports

Pulsation on handles or chest belt

Power supply : 220/230 V ; 50/60Hz ; 2200 W

SERIAL 23

DIGITAL

Numerous training programs are available to meet the expectations of all practitioners, from beginners to accomplished sportsmen.

Series 23 is also equipped with a 12.1" LCD screen with USB port, AUX, and TV tuner, to provide an additional playful experience for the user.



Music / videos



Preset workout programs



TV



Electrical connection



CMTD23 TREADMILL



165 cm
227 x 97 cm

FEATURES

Speed : 0.5 à 26 km/h - 5 CV
Elevation : 0 à 16 %, de 1% en 1%
18,5" LCD & LED
30 preset programs
USB, AUX, TV ports
Pulsation on handles
Power supply : 220/230 V ; 50/60Hz ; 2200 W

CMRC23 RECUMBENT BIKE

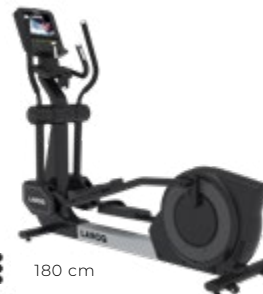


140 cm
145 x 65 cm

FEATURES

Power : 500W
30 resistance levels
18 programs - 1 customizable
TV, AUX, USB, music, videos
2 transport wheels
4 adjustable feet
Power supply : 220/230 V ; 50/60Hz ; 2200 W

CMEC23 ELLIPTICAL



180 cm
205 x 65 cm

FEATURES

Power : 500W
30 resistance levels
18 programs - 1 customizable
TV, AUX, USB, music, videos
Stride length 18 in
2 transport wheels, adjustable feet
Power supply : 220/230 V ; 50/60Hz ; 2200 W

CMVC23 UPRIGHT BIKE



150 cm
122 x 65 cm

FEATURES

Power : 500W
30 resistance levels
18 programs - 1 customizable
TV, AUX, USB, music, videos
2 transport wheels
4 adjustable feet
Power supply : 220/230 V ; 50/60Hz ; 2200 W

SERIAL 20

PERFORMANCE

The serial 20 is a good compromise for those looking for high performance material, with an attractive design, at an affordable price.

With 18 preset workout programs (30 for the CMTD20 treadmill) but also the possibility to create own program, the serial 20 devices will delight users : they are easy-to-use and ergonomic.



Select among pre-set workout programs or make your own



CMTD20 TREADMILL



167 cm
230 x 97 cm

FEATURES

Speed : 0.5 à 26 km/h - 4,5CV
Elevation : 0 à 16 %, de 1% en 1%
18,5" LCD & LED screen
30 preset programs
USB, AUX, TV ports

CMRC20 RECUMBENT BIKE SELF POWERED



140 cm
145 x 65 cm

FEATURES

Power : 500W
30 resistance levels
18 programs - 1 customizable
FND & LED screen
2 transport wheels
4 adjustable feet

CMEC20 ELLIPTICAL SELF POWERED



180 cm
205 x 65 cm

FEATURES

Power : 500W
30 resistance levels
18 programs - 1 customizable
Stride length 18 in
FND & LED screen
2 transport wheels
4 adjustable feet

CMVC20 UPRIGHT BIKE SELF POWERED



150 cm
122 x 65 cm

FEATURES

Power : 500W
30 resistance levels
18 programs - 1 customizable
FND & LED screen
2 transport wheels
4 adjustable feet

SERIAL 16

ENDURANCE

The serial 16 devices are particularly suitable for managers looking for simple, precise and versatile professional quality equipment for intensive use. Intuitive programs offer greater customization of workouts.



Preset workout prorams



Self-Powered (except CMTD16)



CMTD16 TREADMILL



148 cm
215 x 92 cm

FEATURES

Power : 0.5 à 20 km/h - 3 CV
Elevation : 0 à 16 %
9 preset programs
FND / LED screen
USB, AUX port, bottle holder
2 transport wheels
Adjustable feet

CMRC16 RECUMBENT BIKE SELF POWERED



134 cm
160 x 66 cm

FEATURES

Power : 400W
24 resistance levels
12 preset programs + 1 customizable
LCD screen
Tansport wheels
Adjustable feet
4 constant pulse programs

CMEC16 ELLIPTICAL SELF POWERED



162 cm
172 x 72 cm

FEATURES

Power : 400W
30 resistance levels
18 preset programs + 1 customizable
FND & LED screen
Stride length 20 in
2 tansport wheels
4 adjustable feet
Adjustable travel range by tilting rails

CMVC16 UPRIGHT BIKE SELF POWERED



147 cm
113 x 62.5 cm

FEATURES

Power : 400W
30 resistance levels
18 preset programs + 1 customizable
FND & LED screen
2 tansport wheels
4 adjustable feet

SERIAL 13

EFFICIENCY

The serial 13 represents a very interesting balance between quality and price. Reliable and efficient equipment, easy to install and connect, for users wishing to explore the intensity of sports exercise.



Preset workout prorams



Electrical connection



CMTD13 / CMTD13T TREADMILL



- 141 cm
- 179 x 90 cm

FEATURES

Speed : from 1 km/h to 22 km/h
Elevation : from 0 to 15% (engine : 1% +/-)
15,6" LED/LCD tactile connected screen
USB, AUX port
Tansport wheels, bottle holder
Adjustable feet

CMTD13T



TOUCH SCREEN CONNECTED

CMTD13



LCD SCREEN

CMEC13 ELLIPTICAL



- 164 cm
- 172 x 73 cm

FEATURES

Power : 350W
24 resistance levels
12 preset programs + 1 customizable
7" LCD backlit screen
Stride length 20 in
Transport wheels, bottle holder

CMVC13 UPRIGHT BIKE



- 148 cm
- 118 x 63 cm

FEATURES

Power : 350W
24 resistance levels
12 preset programs + 1 customizable
7" LCD backlit screen
Transport wheels, bottle holder

BIKING

SPINIX04

SPINNING BIKE



103 cm
120 x 50 cm



FEATURES

Display on integrated screen :
Speed, RPM, Time, Distance, Calories, Pulse

Double function pedals (automatic / classic)



Ergonomics



Magnetic
resistance



Practicality

ROWER

RCL20



108 cm
240 x 50 cm



FEATURES

10 levels of air resistance
8 preset programs
Heart rate monitor
2 transport wheels
Easy to fold

Display : strokes, time, cycle, distance, heart rate, calories, watts

TREADMILL NON MOTORIZED

CMTD03

CURVED TREADMILL



- 133.5 cm
- 166 x 78.5 cm

FEATURES

Running surface : 43 cm x 164 cm
LCD screen
Digital display : speed, distance, time
Natural elevation curve

CMTD07

CURVED TREADMILL WITH RESISTANCE



- 170 cm
- 176 x 78 cm

FEATURES

Running surface : 43 x 164 cm
5x7 FND screen
Digital display : speed, distance, time, resistance
Electrical resistance : 20 levels

CARDIO-TRAINING

BIKAIR

AIR BIKE



●●● 121 x 65 cm ●●● 130 cm

FEATURES

Self-powered generator
10 resistance levels
Display : time, distance, calories, watts, speed
Predefined interval programmes
LCD screen
Transport wheels
Integrated foot-rests
Tubular steel
Reinforced drive shafts
Forged steel connecting rods
Extra-thick lever arms

SKPM

NORDIC SKI SIMULATOR



OPTION
Assembly platform
by Skierg PM5

●●● 132 x 61 cm ●●● 216 cm

FEATURES

Practice of the movements for Nordic walking / cross-country ski-ing
Air resistance
Comfortable and ergonomic grip
Wall mounting possible
Independent power supply
Wireless heart rate
ANT+ and Bluetooth Smart compatible
Internal storing or USB
Transport wheels

WATBIKP

MAGNETIC RESISTANCE AIR BIKE



●●● 125 x 66 cm ●●● 130 cm

FEATURES

Bluetooth, ANT+, Wattbike hub connectivity
Wireless cardiac frequency
Air resistance system and magnetic brakes
PMC screen
Adjustable seat from 35 to 51 in
Bottle holder
Transport wheel
Integrated foot-rests
Display : polar, sinusoidal and defined limit graphs
26 resistance levels at 300+ watts
15 resistance levels at 200+ watts

CARDIO-TRAINING

BIKERG

AIR BIKE WITH FREE WHEEL



●●● 122 x 61 cm

FEATURES

Air resistance
Free wheel system
Easy maintenance
Saddle height between 79 and 103 cm
Bluetooth, ANT+, connectivity
Wireless heart rate
PM5 type screen
Endurance, interval and speed training

AN067

STEPPER



●●● 122 x 77 cm ●●● 172 cm

FEATURES

24 preset profiles
25 resistance levels
Double handlebars
Structure in aluminium and steel ST52
Bottle holder
ABS frame
Vertical elevation pedals
Transport wheels
Non-slip pedals

SIMMAR

WALK SIMULATOR



●●● 125 x 66 cm ●●● 214 cm

FEATURES

20 speed levels
Silent AC 2.0 HP engine
Oversize steps
Transport wheels
Integrated ventilator
Pulse sensors
Lateral foot-rests and handrails
2 bottle holders
Display: levels, calories, time, distance, speed
USB port

DISCOVER OUR OTHER RANGES

PERFORMANCE

30 years of collaboration with physical trainers and high-level sportsmen



ACCESSORIES

Quality accessories to answer all the needs of all kinds of training session



FITNESS

Personalized machines for comfortable, safe training



FUNCTIONAL TRAINING

Functional training redesigned with LARQ's know-how and expertise



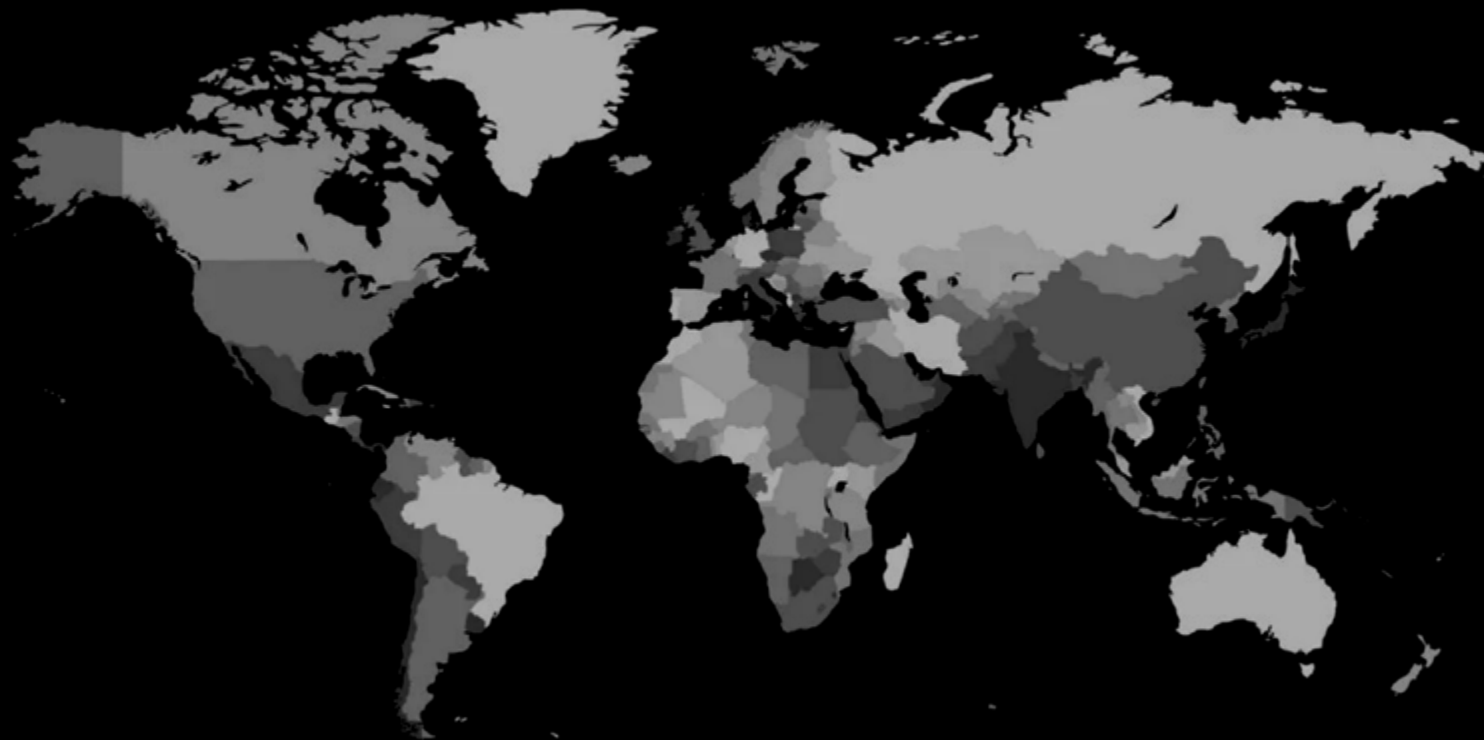
WWW.LAROQ.COM

FLASH THE QR CODE OPPOSITE





LAROQ



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