



EFFICIENT TRAINING
HAS A NEW NAME.



INTRO- DUCTION

Welcome to the Revbox community...

You are about to view the most efficient trainer on the market, used by professional cyclists, renowned coaches and fitness enthusiasts alike, worldwide.

The Revbox is the one trainer that is going to make the difference that really counts...

The difference between; fitness and inner strength, endurance and optimal stamina, between winning and losing.

...USED BY
THE BEST TO
BE THE BEST.



ABOUT REVBOX

For several years now Revbox has undergone intensive design and development processes. It is now in use by 100's of professional athletes, coaches and fitness enthusiasts alike - globally.

The goal was to create a trainer that was not only lightweight, compact and easy to transport but allowed the user to improve precise muscle strength and stamina in less time, anywhere.

German founder and developer of the Revbox, Philipp Schacht has perfected what is known today as the Revbox MK 7.0 & it's lightweight version, the LT 1.0 but the journey hasn't stopped there. Philipp is passionate about precision training and continues to innovate products to specifically target the bigger vision - to help teams and individuals achieve their personal best and far beyond.

With the addition of the Boxbike - the Revbox training vision is becoming something of a following, specifying in a complete precision training program with more results in less time.

The unit itself is precision engineered, comprising of elite materials and components. It has undergone endless trials and testing globally.

Using a large, central fan - which does not gather momentum - the system requires the users constant, even pedal stroke which is integral to the results seen in those that train with it.

The fan also plays the crucial role of providing the user with audible feedback - the cyclist can instantly hear from the fan if their pedal stroke is even, unwavering and strong.

Unlike other trainers on the market - the Revbox requires all of the lower muscle groups to engage on the entire 360° stroke. Along with the audible feedback, the user will know when they are pedaling in a perfect circle, resulting in the most efficient training ever experienced.

- ✓ **LOW INERTIA**
Engages all lower limb muscle groups.
- ✓ **LIGHTWEIGHT**
Weighing in at under 10kg, it is the lightest trainer of its performance class.
- ✓ **EFFICIENT**
Users report improved performance in a short period of time.
- ✓ **MOBILE**
Compact & portable with no need for an external power source.
- ✓ **SAFE**
The unit is fully enclosed - providing peace of mind whenever you train.
- ✓ **DURABLE**
Precision machined, top-end components.

KEY POINTS

Compared to other erg and inertia trainers on the market, the Revbox revolutionises the way you train.

The Revbox is the only unit on the market that touches on all aspects of precision training.

Revbox is dedicated to real results, muscle development, rehab, performance and general fitness.

Compatible with all conventional road bicycles (10/11 speed) by simply removing the rear wheel.

RR and MTB through axle conversion kits are available as well.

REVBOX LT 1.0 (COMPACT)

The lightweight central fan constructed of 6061 aluminum, gains extremely little forward momentum, equaling the very low inertia.

ABS side panels that are extremely durable, lightweight and rigid.

Support stand made from CNC machined aluminum for ultimate stabilisation and durability.

REVBOX MK 7.0 (STANDARD)

CNC precision machined componentry & parts.

Protective mesh casing for a fully enclosed unit.

Removable stabiliser leg made from stainless steel.



THIS IS NOT A TRAINER,
THIS IS TRAINING.



T R A I N Y O U R B R A I N T O P E D A L I N C I R C L E S



THE SCIENCE

This study by Vincent Graziano, PhD (Case Western Reserve University of Ohio) outlines the science behind the way the Revbox works for the user.

Intermuscular Coordination: This is the first in a series of forth-coming articles to discuss the benefits of incorporating an air-braked trainer (an erg) into a cyclists training program.

Hunter Allen recently wrote an article on Functional Threshold Power (FTP) and Indoor Training. He outlines various factors that contribute to the usual drop in FTP associated with riding on an indoor trainer. Here's an excerpt:

As you ride outside on the road, your bike continues to move forward with momentum from the force that you exerted onto the pedals from roughly the 1 o'clock to 5 o'clock position in the pedal stroke. Across the bottom and top of the pedal stroke, the legs have little ability to create any meaningful force against the pedals because of biomechanical inefficiencies in body position due to being seated almost directly above the crank.

This lack of resistance to pedal against may even give the legs a micro-rest in each pedal stroke as the momentum of the rear wheel continues moving forward and the legs try to keep up with the rpm's needed to move the crank.

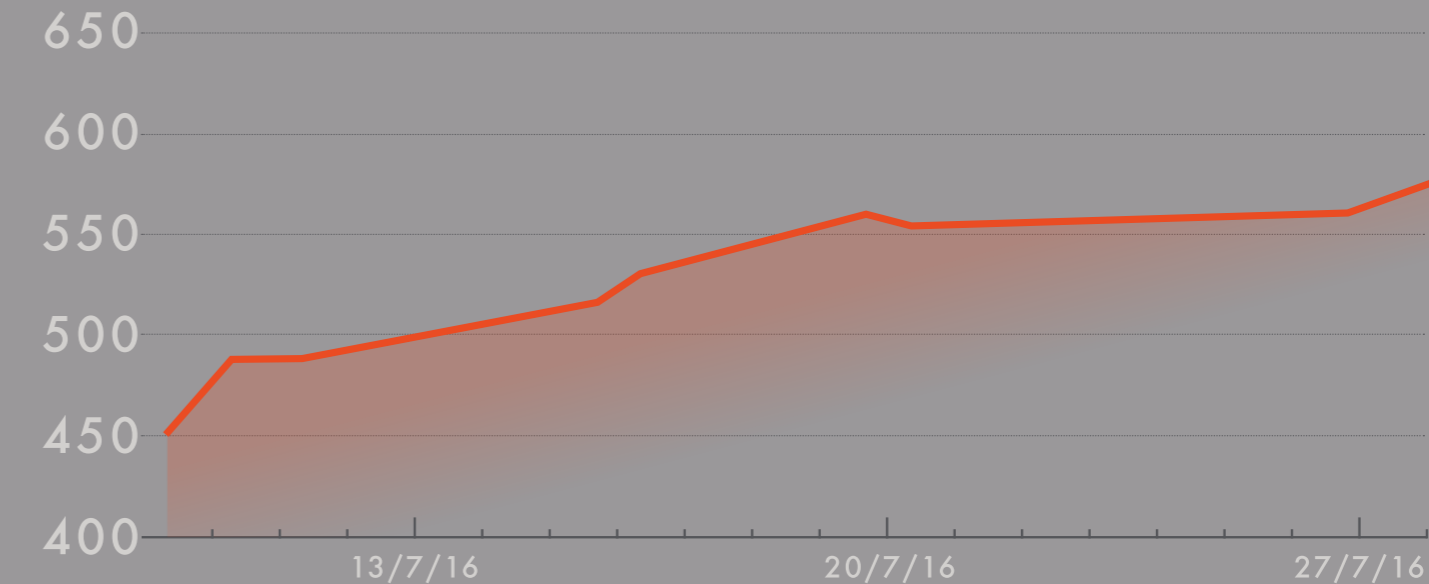
On a rear wheel resistance trainer, there is little to no momentum of the rear wheel. If you stop pedaling the rear wheel comes to an almost immediate stop. Because there is resistance around the entire pedal circle, your legs are not used to having to produce power throughout the entire pedal stroke. As a result of this inefficiency, more strain is put on your cardiovascular system. As a result, this reduces your ability to create the same wattages as outdoors.

Hunter's article informs us on how to progress as a cyclist.

Indeed, after training on a flywheel-based trainer the legs are not trained to produce power at the top and bottom of the pedal stroke. This is true also for outdoor training when the diet is deficient in extensive climbing. However, the amount of momentum on indoor trainers is in general under-stated. An air-braked trainer such as the Revbox Erg provides an absolute minimum of momentum, the rider is provoked to engage throughout the entire circle to achieve a smooth pedal stroke.

A need to use the muscles that bring the foot through the top and bottom pedal positions is the first step to developing these muscles. It is not enough to simply develop strength in these muscles. For example, a cyclist needs resilient tendons,

AVERAGE POWER FOR 2x1 MINUTE INTERVALS



advanced capillary development, and high mitochondrial density. Even with these developments in place, a cyclist still needs the neuromuscular system developed so that the timing of tension and relaxation is perfect. Anything less than perfect synchrony of neuronal firing spells inefficiency. It takes high-quality, deliberate practice to bring a skill to its highest level. Consistent and well-designed training on an erg goes a long way toward reaching these goals.

One doesn't generally pedal in a fully engaged fashion when out and about in the world. Rather this skill is needed to develop other skills. Elite cyclists will vary, both consciously and subconsciously, how muscle groups are recruited at any

particular moment. For example, a simple shift in position on the saddle results in changing the muscles being recruited. Changing recruitment patterns allows the athlete to rest tired muscles, to work hard after making a hard jump, and to accelerate efficiently during extensive climbs.

The plot (above) comes from data collected while training on the Revbox Erg. Data points are the average power of 2x60s at 100rpm. Rest 2 minutes between. Done, not maximally, rather to complete the warm-up. There's a 100+ watt gain in 10 days. How? Improved intermuscular and intramuscular coordination. Everything is a skill. One must train from the brain down.

WHAT IT DOES

The Revbox is fast becoming what it was always designed to be, the preferred trainer of choice for those wanting to;

- ✓ Perfect muscle tone, strength and stamina.
- ✓ Engage & train all lower muscle groups evenly.
- ✓ Achieve more in less time with an efficient system.
- ✓ Loose fat, gain tone and become more fit.

1. The fan, which forms the heart of the trainer, operates almost entirely without centrifugal mass, giving the Revbox its very low inertia. This means that the athlete does not at any point in the 360° pedal stroke receive any assistance from the weight of the flywheel, as is the case with most other trainers.

2. The entire pedal stroke becomes audible through the sound of the fan, enabling the athlete to achieve an even and smooth pedaling motion. If the athlete succeeds in generating a sound from the Revbox that is even and constant throughout the pedal stroke, they can be sure that they are training all muscles equally. This is an invaluable advantage that no other trainer on the market can rival.

3. Due to these 2 very important contributing factors when training, the Revbox creates training conditions that are accurate and efficient, achieving more in less time. High-precision training that can be repeated in a controlled environment, independent of environmental factors



- Hip Extensors
- Knee Extensors
- Ankle Plantar Flexors
- Ankle Dorsiflexors
- Knee Flexors
- Hip Flexors

Using the audible feedback, the rider can tell when they are completing a perfect circular pedal stroke. When the sound is constant and smooth, all of their lower muscles are engaging during the points around the stroke as indicated.

WHO IS IT FOR?

Recreational cyclists, commuters & fitness enthusiasts can improve fitness while getting faster and stronger in less time.

Those recovering from accidents, injury or surgery, will benefit from the extremely low centrifugal mass - which provides a gentle, non aggressive workout - avoiding any unwanted stress on any of the joints.

Elite and world class athletes will gain a real edge and train more efficiently, with better personal results than ever before.

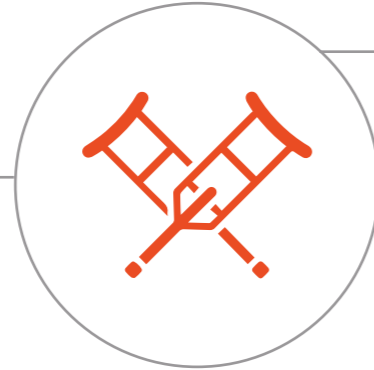


FITNESS ENTHUSIASTS:

At Home
Fitness Centres
Outside Training
Gym Classes
Bike Fitting Studios...

ASSAD ATTAMIMI / SINGAPORE

"The Revbox allows me to make the best use of my time and I can maximise my training effort for any given session. It doesn't matter if it's an easy spin or hard big gear intervals, the Revbox provides a real road feel and there is zero tolerance for cheating at any point in the pedal stroke."



REHABILITATION & RECOVERY:

Recovery Clinics
Accident & Health Services
Rehab Programs
Physios & Health Experts
Strength Building
Medical Experts...

ROBIN DOWELL / HEAD COACH OF THE SWISS NATIONAL ROWING TEAM.

"We found the Revbox to be a fantastic training tool and our athletes much preferred this experience to others that they have tried. The results we have had from athletes training on the Revbox have been really positive."



PROFESSIONAL ATHLETES:

Cyclists
Triathletes
Runners
Swimmers
Rowers
All Sports People...

TIM DON / WORLD CHAMPION IRONMAN

"Staying in prime condition for the next race means I can't afford to waste a workout, and using the Revbox makes it much easier to train smart for power and speed on the bike. The fan on the back wheel guarantees very smooth pedalling at all cadences and where ever I want."



THE REVBOX MATCHES YOUR
LIFESTYLE & TRAINING NEEDS
& IS SUITABLE FOR ANYONE
WANTING TO IMPROVE FITNESS,
STAMINA & STRENGTH...

...REGARDLESS OF
AGE OR ABILITY.

TEAMS & RIDERS

As well as the preferred trainer of choice for leading athletes and coaches worldwide, Revbox are proud to be the official stationary trainer sponsor of the Lotto Soudal UCI World Tour Cycling Team from Belgium.

“I was really impressed by the Revbox and I am looking forward to seeing the gains our cyclists can achieve training with them. The trainers are compact, light, easy to transport and will give our cyclists as tough as a workout as they possibly need.”

Bart Leysen

Head of the technical department, for Team Lotto Soudal.



“Training on the Revbox has significantly improved my pedal stroke.”

André Greipel

Team Lotto Soudal.

Pro World Tour rider & multiple stage winner of the Tour de France.



2017/18 SELECTION

Lotto Soudal 

Maloja Pushbikers 

Team Skoda 

Paralympics New Zealand 

Swiss National Rowing Team 

Andrea Hewitt 

Ben Allen 

Florian Angert 

Hayden McCormick 

Linda Villumsen 

Tim Don 



ANDREA HEWITT // NZ

Andrea Hewitt is ranked 4th in the world and is one of New Zealand's top triathletes. Having successfully competed at the ITU Triathlon World Championships as well as at the Commonwealth Games she holds over 35 podium wins.



BEN ALLEN // AU

A World Class Professional Triathlete with over a decade of racing experience, Ben specialises in the non-drafting format from 70.3 Ironman, Long Distance and the Xterra World Off-Road Triathlon Tour. Ben is based in Wollongong, Australia and from April through to October he joins the World's Elite Endurance Athletes in Europe, basing himself in France.



FLORIAN ANGERT // DE

German triathlete, Florian is seen as one of the upcoming stars in the German triathlon scene. Florian has competed in various national and international events with promising results.



HAYDEN McCORMICK // NZ

Hayden is a cyclist with the New Zealand team ONE Pro Cycling Rider. Having had some great results on the road Hayden has been moving his way up the podium.



LINDA VILLUMSEN // NZ

Linda Villumsen is a World Champion cyclist having won Commonwealth and World Titles. Originally from Denmark Linda now rides for New Zealand in races all over the world.



TIM DON // GBR

The world's fastest IRONMAN Tim Don holds the world record for the fastest time in an IRONMAN race. Don has dominated the triathlon field across a number of races, ranging from ITU Olympic Distance World Champion, 3x member of Britain's Olympic triathlon team and multiple IRONMAN 70.3 Champion.

THE REVBOX FAMILY

Easily dismantled in 2 hand motions, the Revbox is the lightest stationery trainer of its performance class weighing in at under 10kg.



REVBOX LT 1.0 2017/18:

The compact version is perfect for athletes with an FTP of <280 and for traveling.

RRP \$999 USD



REVBOX MK 7.0 2017/18:

The standard version is perfect for athletes with an FTP of >250.

RRP \$999 USD



REVBOX CARRY BAG:

Heavy duty black carry bag to protect your Revbox when traveling or while in storage.

RRP \$179 USD



BOTTLE CAGE:

Revbox Carbon Fiber drink bottle holder.

RRP \$39 USD



TRAINING MAT:

Protect your floor, dampen the noise and capture any sweat/drink bottle spills.

RRP \$59 USD



FAN DAMPENER:

For reducing and dulling the sound of the fan.

RRP \$6 USD



INERTIA SET:

Inertia Set allowing you to increase the inertia if required by approximately 144g.

RRP \$20 USD



DUAL SENSOR SET:

Dual Sensor Set to measure your power and cadence output. Bracket included.

RRP \$129 USD



POWER SENSOR:

Power Sensor to measure your power output. Bracket included.

RRP \$75 USD



HEART RATE MONITOR:

Heart Rate Monitor to track your heart rate during your workout.

RRP \$78 USD



AXLE CONVERSION SET:

Through Axle Conversion Set to use on most bikes with 142/12 thru axles.

RRP \$30 USD

REVBOX PARTNERS



Paralympics New Zealand delivers high performance programmes and encourages the community to become involved in Para sport - raising awareness, understanding and acceptance of disability.

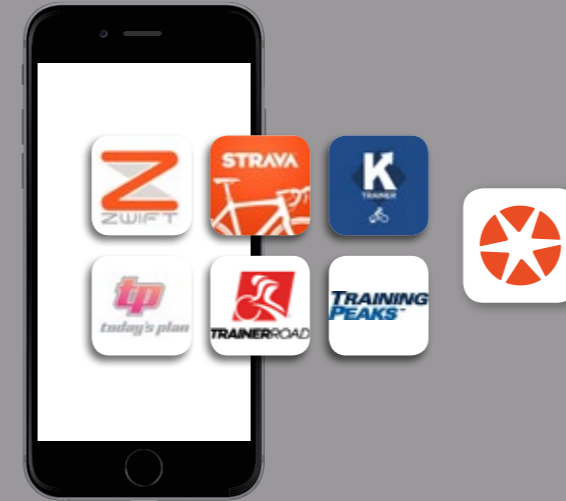
In April 2017 Revbox partnered with Paralympics New Zealand, offering support with our high-performance trainers and supporting Paralympics create awareness around their sport programmes.



Belgian professional cycling team Lotto Soudal, has made a name for themselves at some of the world's biggest cycling races.

Revbox has been the official stationary trainer sponsor for Lotto Soudal since January 2016 and is thrilled to be part of the team's world-wide success.

ONLINE INTEGRATION



Integration and connectivity is integral to the Revbox training, we visualise a world where athletes can seamlessly connect and integrate their training no matter where their physical or global location may be.

Training on the Revbox is supported by some of the world's leading cycle training applications.

It is important that users of the Revbox can get the full indoor riding experience, whether it's a structured workout like Trainerroad, that has over a hundred training plans and over thousand focused workouts, through to Zwift, Sufferfest and VeloReality that offer the latest visual integrated software programmes where you can simulate riding on some of the world's best known and scenic routes.

+ Revbox Power App allows uploads to:

Strava	www.strava.com
TrainingPeaks	www.trainingpeaks.com
Today's Plan	www.todaysplan.com.au

As well as the 'Revbox App', the Revbox is currently supported by the following applications:

Zwift	www.zwift.com
Trainerroad	www.trainerroad.com
Sufferfest	www.thesufferfest.com
Fulgaz	www.fulgaz.com
VeloReality	www.veloreality.com
Kinomap	www.kinomap.com
Virtualtraining	www.virtualtraining.eu

MARKETING & MEDIA

A range of marketing and point of sale materials are now available to promote Revbox globally.

With a refresh of the website and branding, Revbox is supported by new marketing collateral at the request of the distributor.

Social media avenues are a great way to connect and share with the Revbox community.





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