

# CMT<sup>®</sup>



## HIT THE CORE MORE ACCURATELY THAN EVER WITH THE **CORE MOMENTUM TRAINER (CMT).**

Now it's possible to perform precise movements for core exercises, with **instant feedback you can hear** to tell you when you are losing focus or are becoming fatigued.

### WARRANTY AND BUILD.

Warranty: 1 year.

### DIMENSIONS AND WEIGHTS.

1kg

2kg

4kg

### CLUB BENEFITS.

**PROVEN EFFECTIVENESS** IN EXTENSIVE DEVELOPMENT AND TESTING.

**HIGHLY VISIBLE AND FUN TOOL** CREATE A BUZZ AMONG MEMBERS.

**WIDE RANGE OF USERS** FROM GENERAL MEMBERS TO PROS.

### PT BENEFITS.

**AUDIBLE FEEDBACK** HELPS ASSESS PERFORMANCE.

**DELIVERS A SIGNIFICANT FORCE** GREATER THAN THE WEIGHT SUGGESTS.

**ENABLES SPORTS COACHING** BY REPLICATING SPORTS MOVEMENTS.

### USER BENEFITS.

**DEVELOP THE ABS** AND GET A CARDIO WORKOUT.

**ACHIEVE A LOT QUICKLY** IN JUST 10-20 MINUTES AT A TIME.

**HEAR HOW YOU ARE DOING** SO YOU KNOW THE INSTANT FATIGUE KICKS IN.



**THREE DIFFERENT WEIGHTS** so you can work on speed, strength or general fitness.



**DYNAMIC TRAINING TOOL** that combines sound with movement.



**REMOVABLE HANDLES** create even more workout options.



**PACKS DOWN INTO A SMALL SPACE** so it's ideal for the PT on the move.



**ERGONOMICALLY DESIGNED** textured surface makes it easier to grip.

The sound that users hear is the material inside the CMT colliding with the cavity walls. The force that's transferred to the user is much greater than you'd expect when picking up the CMT. It takes hard work to precisely control the force and that's what develops core strength.

"My core is stronger and any full body motions like swimming seem much easier and more controlled. The small muscles that help stabilise my body have become very important to my success in the pool because of the CMT. I will never again train without the CMT for however long I swim. Thank you CMT!"

**Nicholas 'Nick' Brunelli.**  
**USA National Swim Team member.**



**VIEW ESCAPE FITNESS ONLINE.**