

PRESENTING

EXER•FLY

MAXIMING MOVEMENT

YOUR ENTIRE GYM,
IN ONE SMALL FOOTPRINT

Presented by
Jordan Barron
& Nick Bolton



CONTENT

Beginning of greatness 3

Our Journey 4

Chasing Greatness 5

How Does Exerfly Work? 6

Flywheel Training VS Traditional Weight Training 7

Benefits of Flywheel Training 8

Exerfly: The Way of the Future 10

The Science Behind Exerfly 14

How Exerfly Reinvented the Wheel 23

What makes Exerfly Different? 25

Who is Exerfly For? 32

Exerfly Platform 47

Exerfly Portable 57

Rack Mount 67

Maintenance 74

Eccentric Max 75

In-built Sensor & Exerfly App 79

Customization 82

Pricing 83

Splitit 84

Community & Support 85

Achieve Greatness 87

Accessories 88

Meet the founders of Exerfly 94

24/7 Support 95

Contact Details 95

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 a reliable and challenging method of strength training that optimises performance, reduces 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 impressive results. For both strength training 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.

With one piece of equipment and one-of-a-kind motorised technology, Exerfly outperforms the rest, completely reimagining the future of strength training. Your entire gym, in one compact footprint.

BEGINNING OF GREATNESS

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

Exerfly emerged in 2015 when Nick Bolton, successful NZ athlete, decided to design an elite piece of training equipment that achieved the best results, kept him injury free, and performed a step above the rest. Soon, Nick brought Jordan Barron on board to further advance the Exerfly vision, and together they worked hard to design a product that was virtually unbreakable. Thus, right from the beginning, Exerfly was designed to be a master in its field, providing the best results for strength and conditioning training and maximising performance.

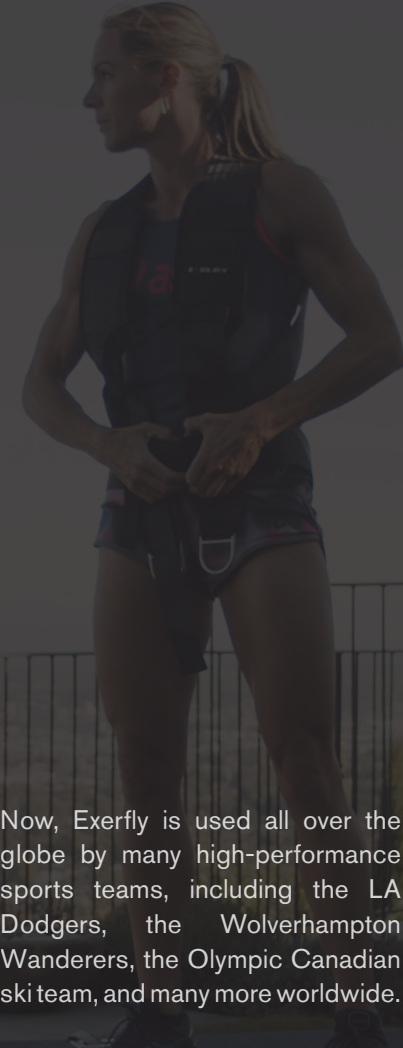
The Exerfly team worked with many New Zealand strength and conditioning coaches to perfect the equipment's design, and over the next five years, tested the equipment on many professional NZ athletes and sports teams such as the All Blacks, the Black Caps, the Crusaders, and NZ Olympians.

Soon, Exerfly was gaining traction internationally, and decathlon World Record holder Kevin Mayer's coach reached out to order Exerfly equipment, as did the Brisbane Broncos. This set the trend in Europe and Australia, and soon, numerous other international athletes and sports teams were getting in touch. So, after years of testing and with many professional athletes in NZ using Exerfly, the team decided it was the right time to go global.

Exerfly was launched internationally in the middle of Covid-19 – but the team wasn't worried. With proven results and incredible success among New Zealand's most elite athletes, Nick and Jordan knew that the quality and versatility of the product would ensure its international success, no matter the circumstances. And they were right.

Now, Exerfly is used all over the globe by many high-performance sports teams, including the LA Dodgers, the Wolverhampton Wanderers, the Olympic Canadian ski team, and many more worldwide.

Now, we're building a community that supports, collaborates, and pushes each other for greatness. And we want you to join us. We've put our heart, mind, and soul into our equipment, and we want to share that with other athletes and sports teams who will love Exerfly as much as we do.



OUR JOURNEY

2015

In the first year of Exerfly, we built many prototypes of the Exerfly Platform, each one improving on the last to create a product that could withstand the stresses athletes placed on it.

We tested the product with leading NZ athletes, Olympians, high jumpers, sprinters, shot putters, and sports teams such as the All Blacks and the Crusaders.

2016

In our second year, we made further refinements and enhancements to our equipment based on feedback from athletes and coaches.

We created a stronger version of the Exerfly, and started development of sensor equipment. Other NZ organisations such as the Chiefs, NZ Sports, NZ rowing, and other NZ Performance Organisations and rugby teams started using the Exerfly.

2017

In the third year of Exerfly, we introduced the Rack Mount flywheel. We also started development on the Eccentric Max using advanced motor technology to increase the eccentric load. We introduced many accessories, and released the basic app prototype. Our customer base continued to grow, with French Olympian Kevin Mayer's coach reaching out to purchase an Exerfly. This set the trend in Europe, and we continued to receive international requests for our product. In NZ, we also continued to see a boom in sales, with the Exerfly becoming a home gym solution and entering the household market.

2018

In our fourth year, we worked on countless prototypes of the Exerfly Portable to create an Exerfly that was light and strong.

We continued work on our Motorised technology, developing and testing the Motor prototype on the Exerfly Platform and Rack Mount. The Brisbane Broncos reached out to us for equipment, setting a trend that boosted sales in Australia.

2019

In our fifth year, we introduced the current Exerfly Portable, as well as motorised options for the Portable and Rack-Mount. We continued growing at a rapid rate, now catering to most professional athletes and high performance sports teams in New Zealand.

2020

Last year, we successfully launched Exerfly globally. Although our launch occurred in the middle of the Covid-19 pandemic, our elite equipment spoke for itself and exploded across the globe. With the added benefits of being portable enough to train from home, Exerfly was a huge success in the international market. Now we have clients all over the globe, including the LA Dodgers, the Wolverhampton Wanderers, the Canadian Olympic ski team, members of the Detroit Pistons, numerous US and European Olympians, professional athletes, and many more across the globe.

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. 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.

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

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. You use your muscles to spin the Flywheel, and the momentum of the Flywheel pulls back. This means constant resistance and stimulation through all phases of the movement in both the concentric and eccentric phase of motion - the harder the athlete works, the harder the resistance.

Eccentric movement occurs when a muscle lengthens while producing force – for example, while concentric force pulls a barbell up towards your shoulders in a bicep curl, the eccentric force lowers it back down to your thighs.

Training the eccentric phase builds strength at all points and angles of the movements and optimises the effectiveness of the strength training. By applying the inertia of the flywheel accumulated during the maximal-effort concentric phase, Exerfly is able to generate eccentric overload for maximum resistance.

“The harder the athlete works, the harder the resistance.”



FLYWHEEL TRAINING VS TRADITIONAL WEIGHT TRAINING

Flywheel training differs to regular weight training in that the athlete uses force first to accelerate a Flywheel, then to decelerate the Flywheel for constant resistance.

With traditional weights, the resistance never changes. Take for example a bicep curl. Typically, you pull a weight from your thigh to your chest, and you feel resistance as the weight is coming up towards you. But on the way down, you're no longer pulling against gravity, so it feels easier to lower the weight back to your thighs. This means that the athlete misses out on training the eccentric phase of movement.

With Flywheel training, you'll feel the resistance on the way up, and the way down. You use your force to spin the wheel, then to slow down the wheels momentum. This means that resistance is constantly adapting to your force, rep by rep.

You pull the Flywheel, it pulls back. The harder you pull, the harder the resistance. This means there is constant stimulation of the muscles, in both the concentric and eccentric phase. With Exerfly's motorised technology, the athlete also has the option to add a further boost in the eccentric phase, meaning an eccentric overload that truly pushes the athlete past their normal limits.

Traditional Weights (resistance is only in concentric phase)



Flywheel Training (resistance is constant)



Benefits of Flywheel Training



ADAPTS TO INCREASING FATIGUE

Because resistance is based directly on the force of the athlete, Exerfly seamlessly adapts to increasing fatigue.

Maintaining resistance proportionate to the athlete's performance, Exerfly safely adjusts to the athlete at every point of the workout.



REHABILITATION

Exerfly can also be used for rehabilitation and physiotherapy, as a safe way to build muscle with less risk of injury or re-injury.

For injured athletes, Exerfly provides a reactive training solution that is easier on joints and reduces the risk of injury from poor form.



SOMETHING FOR EVERYONE

Because it adapts to the individual needs of the athlete, Exerfly offers something for everyone.

Whether elite training or recovering from injury, Exerfly is perfect for any stage of strength training.



DURABILITY

Designed to be virtually unbreakable, all our equipment is built to last. In the last six years of business, we've never had a single Exerfly break – probably because we put so much hard work and attention into carefully hand-crafting every single machine, designed for the long term. In fact, we're so confident in the high-quality durability of our products, that we offer a 2-year warranty and a 30-day money back guarantee on all Exerfly equipment.



UNLIMITED POSSIBILITIES

With Exerfly, the possibilities are endless. 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, or diagonal movements in many different combinations.

Every part of the exercise – the motion, direction, speed, and force are all dictated by the athlete.



MAXIMISING EFFICIENCY

The Exerfly saves time, saves space, and maximises performance. With its compact design, Exerfly machines can fit just about anywhere, meaning you can train right from the corner of your lounge, without having to sit in traffic on the way to the gym.

The lack of bulky weights also means you can quickly switch between exercises or athletes for team training.



"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."

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.



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.

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



ALL-IN-ONE
SOLUTION



PERFORMANCE
RESULTS



SAFETY
FOCUSED



ADVANCED
TECHNOLOGY



“



“With the Exerfly, I can re-enact every punch I make in the ring, but with constant resistance. And that's not something you can do with any other machine.”

JOSEPH PARKER

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

”



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. 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.



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



Unlimited resistance exercises in one machine



Suitable for all athletes, of all abilities



Motorised Technology to take your workout to the next level



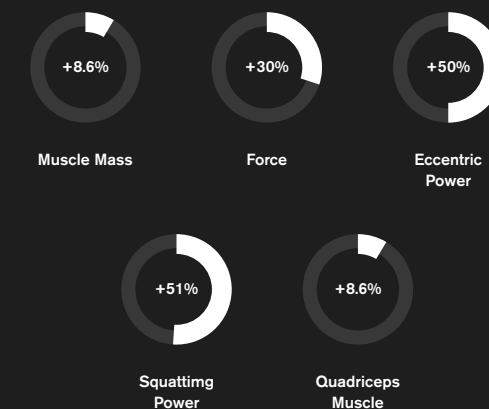
IMPRESSIVE RESULTS

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%.



For more information on the scientific benefits of flywheel training, please visit our website: <https://exerflysport.com/pages/what-is-flywheel-training>

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.

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 - 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.

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.

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.

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.

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-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.

“



“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.”

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.

”



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.



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.



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.



REHAB AND 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.



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.



CONSTANT TENSION

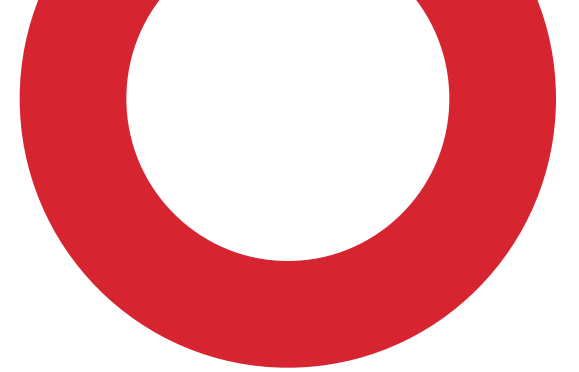
The constant tension and emphasis in the eccentric phase of the exercise adapts muscles for power and speed, and helps reduce the likelihood of injury. Exerfly mimics natural sports movements, meaning the athlete is less likely to injure themselves both on and off the machine.



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.



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.





“

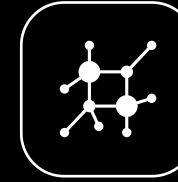


“The Exerfly has clear benefit in that it teaches the body to absorb force. Everyone needs to maintain their elasticity and tendon health to prevent injury and collapsing into the ground, which means everyone involved in any kind of activity from walking to running will benefit from Exerfly and the force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

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.

”



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.



“



“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.”

MARCIN RUTKOWSKI

Strength & Conditioning Coach, Crossfit Athlete.

”

HOW EXERFLY REINVENTED THE WHEEL

BUILT FOR ATHLETES,
BY ATHLETES



Exerfly is a game changer because first and foremost, it is a results-driven product designed as an elite market leader, engineered with a high-quality design that cuts no corners.



MOTORISED TECHNOLOGY

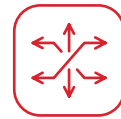
But even more than that, understanding the power and effectiveness of Flywheel technology, Exerfly decided to go a step further by adding specially engineered motorised technology and sensors.

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.



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.

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.

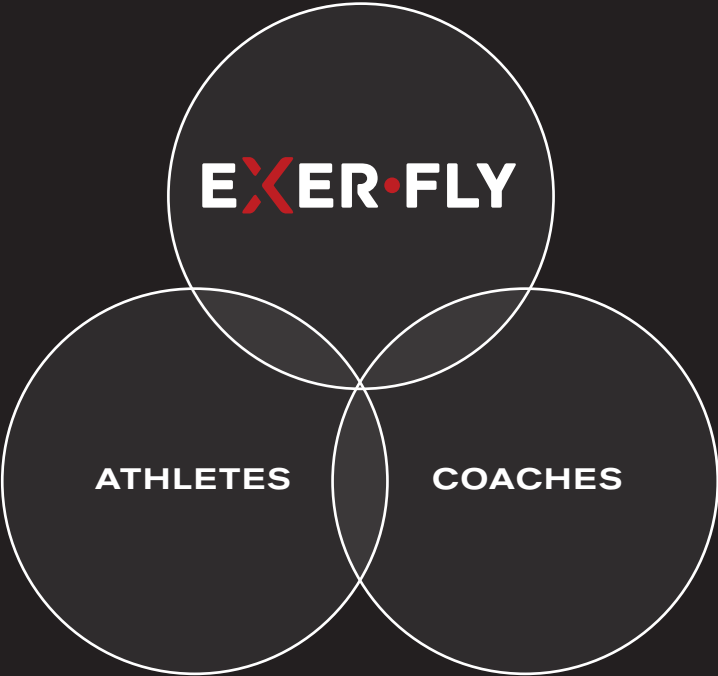
The app also controls the optional motor to give a percentage boost to the eccentric phase of an exercise.

BUILDING LONG-TERM RELATIONSHIPS

At Exerfly, the most important thing to us is starting the relationship with athletes and coaches.

Our primary goal is to build long-term relationships with athletes around the globe. We've put our blood, sweat, and tears into Exerfly to create an elite product that generates the best possible results, and we want to share that with the world.

We're confident in our product, and we know you will achieve impressive results, have fun, and love the equipment as much as we do.



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.



EXERFLY
MANUFACTURER IN
CHRISTCHURCH, NZ



EXERFLY
WEBSITE



OUR EXERFLY
COMMUNITY



YOU



“



“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.”

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.

”

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, Exerfly breaks down the barrier between man and machine. Forgetting the traditional way of exercising with static weights and unresponsive equipment, Exerfly provides an integrated platform that responds directly to the individual athlete's needs by adapting to their effort and performance, and tailoring the resistance to support and challenge the athlete as they work.

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

WHO IS EXERFLY FOR?

Though each Exerfly product emphasises different strengths, all are carefully engineered 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, professional athletes, physiotherapists, rehabilitation centres, commercial gyms, or personal trainers, the Exerfly has a product for everyone.



SPORTS TEAMS

Mimicking sports movements and enhancing performance through eccentric 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.



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.



COMMERCIAL GYMS

Ideal for private training sessions, specialised workouts, or group fitness classes, Exerfly will transform your gym into an elite training ground. Become a market leader in an exploding field of professional training equipment.



PHYSIO & REHAB

Its 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.

“



“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.”

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.

”



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.



TAKE IT ON THE GO

More and more, it has become increasingly essential for professional sports teams to travel with their own equipment, eliminating the risk of being unable to train due to unforeseen circumstances or inability to access equipment in certain destinations. Moving from hotel to hotel can be disorienting and unstable for players – but having a consistent, familiar, elite training equipment available means teams can rest assured knowing their training won't be compromised. Exerfly allows sports teams to bring their entire gym when they travel for 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.

A SAMPLE OF OUR CLIENTS:



“



“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.”

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.

”

“

“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.”

ROSS DEWAR

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



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

BLAIR MILLS

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

”



ATHLETES & STRENGTH AND CONDITIONING COACHES

Athletes all over the world are choosing to invest in themselves and strive for maximum performance. They're choosing 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.



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.



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.



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.

“

“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.”

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.



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 fitness classes
- Private training sessions
- Rent by the hour

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.

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

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.

”

“



“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.”

PATE YOUNG

Fitness Coach & CEO of Gladiator. Clients include chiros, 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.

”



PHYSIO & REHAB

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



ADAPTIVE RESISTANCE FOR RECOVERY

With Exerfly flywheel training, resistance is based on the inertia of the flywheel and the input force of the athlete's expended effort. This means the machine adapts to the needs and capabilities of the individual athlete, whether that be intense, intermediate, or recovery. As a reactive and responsive piece of equipment, Exerfly offers a better form of recovery than static, conventional weights that do not adapt to the individual's performance. It allows the athlete to ease into the exercise at their own pace, lessening or challenging the resistance as needed.

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.

SPACE EFFICIENT

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

REHABILITATION AFTER INJURY

Because of its low-impact nature, Exerfly training can effectively aid 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. By applying resistance throughout the entire range of movement, the muscle gains strength through this entire range as well, allowing for more force without the heavy weight and stress. For upper body injuries, for example arm injuries, attachments such as the squat harness can be attached so the athlete is not totally restricted by their inability to hold heavy weights.

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.

“



“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.”

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.

”



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.

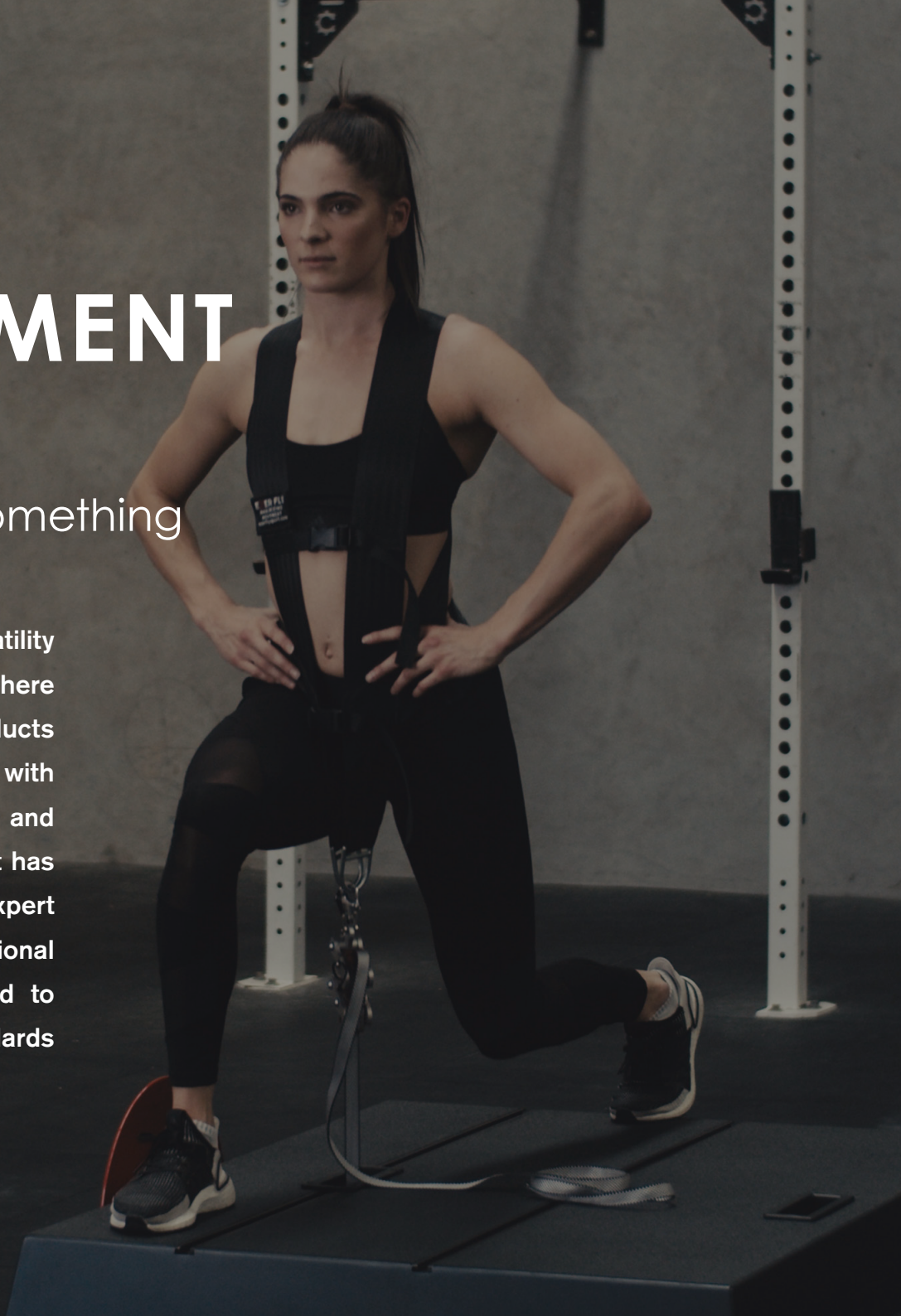
Exerfly's small and sleek design saves space wherever it is installed, meaning you can install the platform right in your own home or office without it getting in the way, or even tuck the Exerfly Portable into a small corner of the closet between uses. With Exerfly, you can save space, save time, and 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 BIG IS THE PLATFORM?

The Exerfly Platform, although our biggest piece of equipment, still measures only 1300 x 1050mm (51" x 41") at its widest point, and only 310mm (12") high. Featuring a heavy-duty, non-slip surface, it is made out of 3mm aluminium with a protective powder coating, and weighs only 45kg /100lbs.

With wheels on one side for easy rolling, the Platform is portable, easy to move around, and can be stacked and stored away when not needed.



WHAT FLYWHEELS ARE AVAILABLE?

- 0.1 kg.m2
- 0.05 kg.m2
- 0.025 kg.m2
- 0.01kg.m2

The Exerfly can take a huge 0.7kg m2, or 7 large flywheels, which is really pushing the limits. The flywheels are attached via a quick release screw cap, making changing flywheels quick and easy.



WHAT ACCESSORIES DOES IT COME WITH?

The Exerfly Platform comes with two ropes, giving it extra range of motion and making it perfect for the bench press or for hip thrusts. The rope guide can also be attached to train horizontal movements.

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

The foot block 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.

HOW MUCH FORCE CAN IT WITHSTAND?

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.



“



“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.”

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.

”

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.

INTERIOR

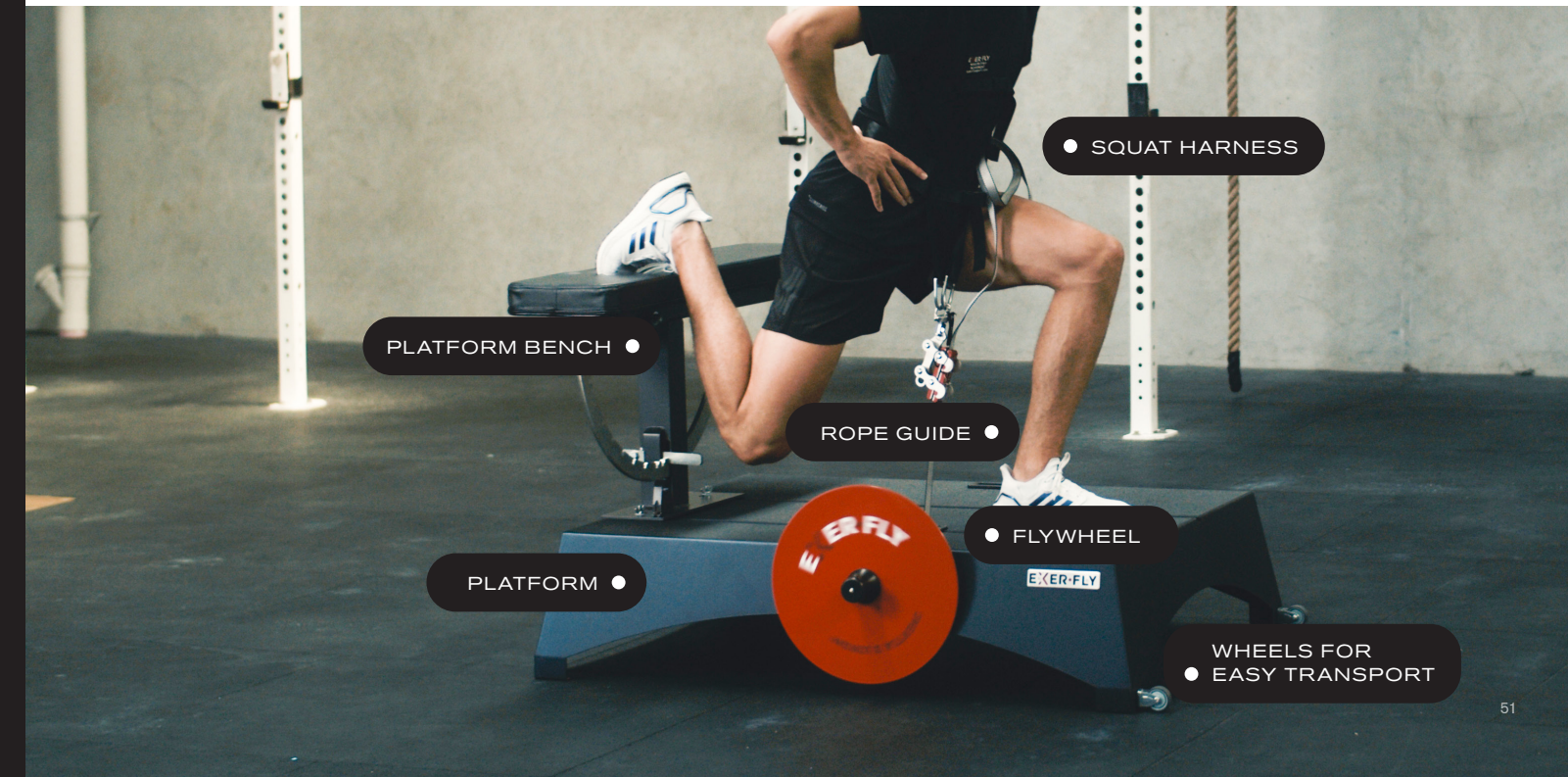
The Exerfly Platform has been carefully engineered with high-quality materials to ensure the best results. Using steel shafts to ensure long lasting use, the Platform also features super smooth hybrid ceramic bearings ensuring friction is reduced so the athlete can achieve maximum speed and response every workout.

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

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.



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.

“



“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.”

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.

”

BENEFITS OF THE EXERFLY PLATFORM

COMMERCIAL GYMS

- **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.

PACKAGES

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 PACKAGE INCLUDES:

- 1 x Exerfly Platform
- 2 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
- 1 x Sensor + App
- 1 x Rope Guide
- 1 x Squat Belt
- Flywheel holder

PLATFORM SIZE:

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

MATERIALS:

Made from Aluminum and steel.

From \$7,199
Includes free shipping

INTERMEDIATE PACKAGE INCLUDES:

- 1 x Exerfly Platform
- 2 x Squat Harness
- 3 x Large Flywheels
- 1 x Medium Flywheel
- 1 x Small Flywheel
- 2 x RopeClamps
- 2 x StirrupHandles
- 1 x LongBar
- 1 x Short Bar
- 1 x Sensor + App
- 1 x Exerfly Bench
- 1 x Foot Block
- 1 x Rope Guide
- 1 x Squat Belt
- Flywheel holder

BENCH SIZE:

1100mm (43") x 520mm (20") x 260mm (10")

MATERIALS:

Made from Aluminum and steel.

From \$8,351
Includes free shipping

ADVANCED PACKAGE INCLUDES:

- 1 x Exerfly Platform
- 2 x Squat Harness
- 3 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
- 1 x Sensor + App
- 1 x Exerfly Bench
- 1 x Foot Block
- 1 x Rope Guide
- 1 x Squat Belt
- Flywheel holder
- 1 x **Eccentric Max Motor** add-on.

SIZE:

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

MATERIALS:

Made from Aluminum and steel.

From \$11,951
Includes free shipping

“



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

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.

”

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 BIG IS THE PORTABLE?

The Exerfly Portable measures 800 x 540mm (31.5" x 21") and weighs only 7.5kg (16.5lbs) without Flywheels, making it conveniently small and lightweight for portability.

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 WITHSTAND?

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.



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 optional extra for effortless tracking.

INTERIOR

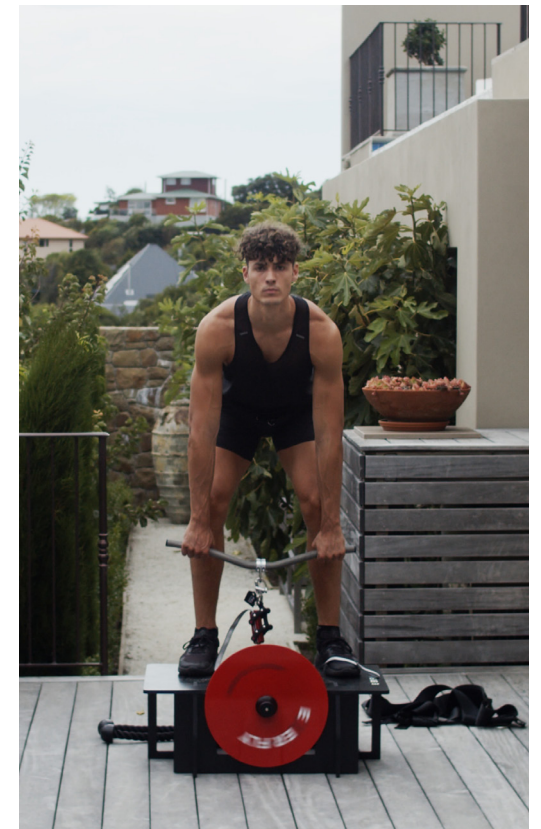
The Portable top is made from a 12mm fibreglass composite board, with fibreglass reinforced dense foam. Painted with an epoxy paint, like high strength glue paint, it is very robust and well balance. The shafts are made from 7075 aircraft aluminium, making the Portable incredibly strong, durable, and 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.



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.

“



“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.”

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.

”

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.



“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.”

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.



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.



“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.”

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.

PACKAGES

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 PACKAGE INCLUDES:

- 1 x Exerfly Portable
- 1 x Squat Harness
- 2 x Large Flywheels
- 1 x Medium Flywheel
- 1 x Mini Rope Clamp
- 1 x Stirrup Handle
- 1 x Garrotte Kit for Vertical Mounting

SIZE AND WEIGHT:

Top is 800mm x 540mm (31.5" x 21"),
Height is 270mm (10.6").
Weighs 7.5kg (16 lbs)

MATERIALS:

Made from Fibreglass composite and aluminum alloy.

From \$2,700 USD
Includes free shipping

INTERMEDIATE PACKAGE INCLUDES:

- 1 x Exerfly Portable
- 2 x Squat Harness
- 3 x Large Flywheels
- 1 x Medium Flywheel
- 1 x Small Flywheel
- 1 x Rope Clamp
- 1 x Stirrup Handle
- 1 x Garrotte Kit for Vertical Mounting
- 1 x Lightweight Straight Bar
- 1 x Sensor + App

From \$3,239 USD
Includes free shipping

ADVANCED PACKAGE INCLUDES:

- 1 x Exerfly Portable
- 2 x Squat Harness
- 3 x Large Flywheels
- 1 x Medium Flywheel
- 1 x Small Flywheel
- 1 x Rope Clamp
- 1 x Stirrup Handle
- 1 x Garrotte Kit for Vertical Mounting
- 1 x Lightweight Straight Bar
- 1 x Sensor + App
- 1 x Lightweight Curl Bar
- 1 x Ankle Cuff
- 1 x long lightweight bar
- 1 x Squat Belt
- Flywheel holder

From \$3,959 USD
Includes free shipping

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 FACTS AND FIGURES

HOW BIG IS IT?

The Exerfly Rack Mount is small and portable, measuring only 210 x 430mm (8" x 17") and weighing only 4kg (8.8lbs).
Made of plastic and steel.

COMING SOON

Sliding mechanism that enables you to slide the Exerfly Rack-Mount up and down a squat rack for different exercises and positions.

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.

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.

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.

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.



BENEFITS OF THE EXERFLY RACK MOUNT

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

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.



“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.”

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.



PACKAGES

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 PACKAGE INCLUDES:

- 1 x Exerfly Rack-Mount
- 1 x Large Flywheel
- 1 x Medium Flywheel
- 1 x Stirrup Handle
- 1 x Mini Rope Clamp

MATERIALS:

Plastic/high strength aluminum/steel

From \$1,475 USD
Includes free shipping

INTERMEDIATE PACKAGE INCLUDES:

- 1 x Exerfly Rack-Mount
- 1 x Large Flywheel
- 1 x Medium Flywheel
- 1 x Small Flywheel
- 1 x Tiny Flywheel
- 1 x Stirrup Handle
- 1 x Sensor + App
- 1 x Rope Clamp
- 1 x Long Lightweight Bar
- 1 x Garrotte Kit for Pole Mounting

From \$2,843 USD
Includes free shipping

ADVANCED PACKAGE INCLUDES:

- 1 x Exerfly Rack-Mount
- 1 x Large Flywheel
- 1 x Medium Flywheel
- 1 x Small Flywheel
- 1 x Tiny Flywheel
- 1 x Stirrup Handle
- 1 x Rope Clamp
- 1 x Sensor + App
- 1 x Long Lightweight Bar
- 1 x **Eccentric Max Motor** add-on.

From \$6,371 USD
Includes free shipping

MAINTENANCE

Much like you service your car in order to keep it performing at its best, the Exerfly may also need periodic maintenance, depending on the level of use. 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. However, a spray of WD40, CRC, or something similar every 6 months can help keep it running smoothly.

WEBBING/ROPE

The Exerfly rope is very strong and wear resistant. However, like all equipment, over a long period of time you may see some wear and tear. Please replace the rope if this happens.

EXCENTRIC MAX

The Excentric 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.

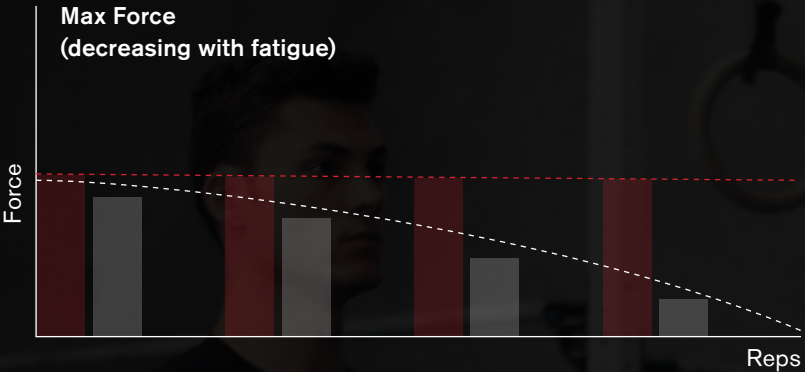
If the athlete puts a reasonable amount of effort into the concentric phase, then the eccentric phase will feel a lot harder.



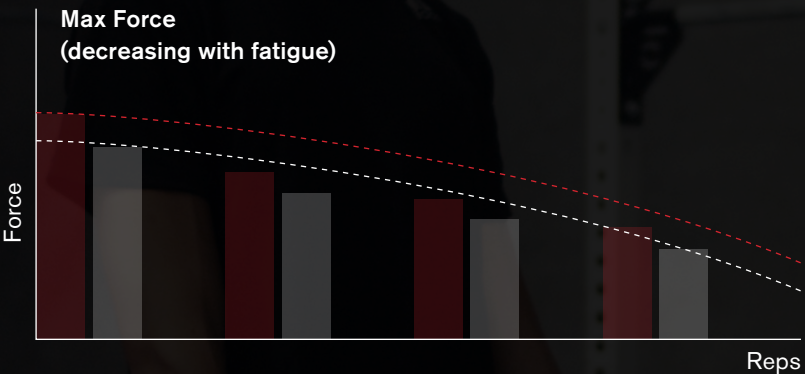
The Eccentric Max is included in the Exerfly Platform, and can be added as an optional extra to the Exerfly Platform and Rack Mount.

HOW DOES THE BOOST FEEL?

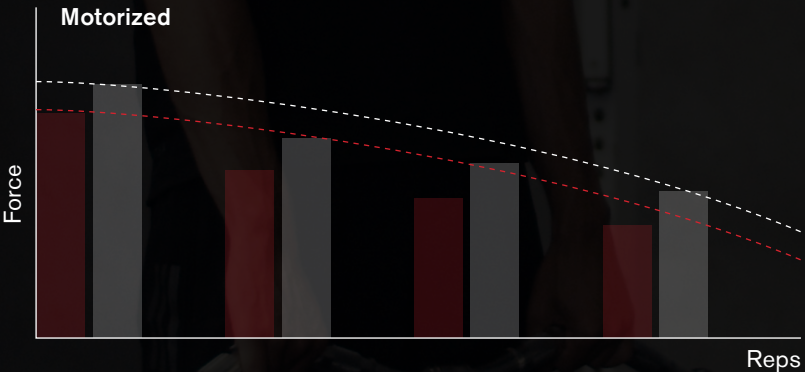
The added boost provided by Eccentric max can feel pretty intense. Imagine pushing up in the bench press, but instead of letting gravity push the bar down, it is forced down on you hard and fast. It can feel very intense, fast, and new, and is guaranteed to take It can feel very intense, fast, and challenging, and is guaranteed to take Flywheel training to the next level.



CONVENTIONAL WEIGHTS



FLYWHEEL TRAINING



MOTORISED BOOST

“



“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.”

MARCIN RUTKOWSKI

Crossfit Athlete and Strength & Conditioning Coach

”

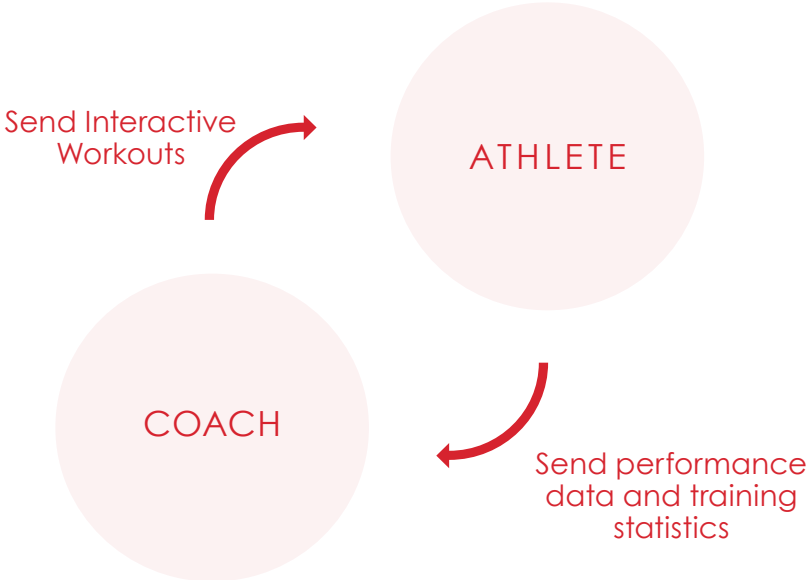
IN-BUILT SENSOR & EXERFLY APP

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 ARE ITS 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.

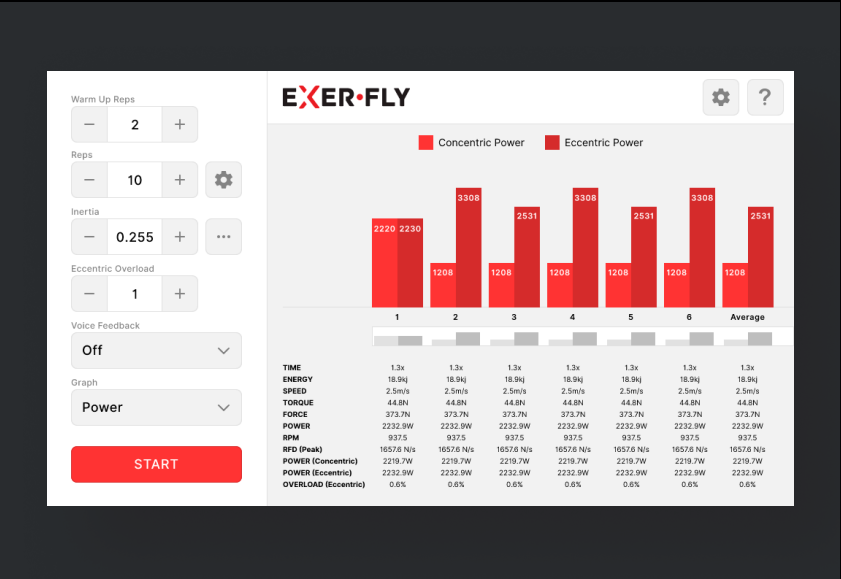
The app is an easy to use way of storing this data, so the athlete can access and track their physical results as they continue to improve in their workouts. Athletes can also send their training data directly to their coach, making long distance training easily trackable for effortless accountability.

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.

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.

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.

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.

FREE SHIPPING

We offer free worldwide shipping to all our customers using FedEx and DHL Express Shipping.



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

Splitit

One of the many finance options we offer is Splitit, an easy to use after-pay method which allows users to make various kinds of split payments, so you can shop now and pay later.



1. Choose Splitit at Checkout



2. Select Number of Payments



3. Pay Over Time

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://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.

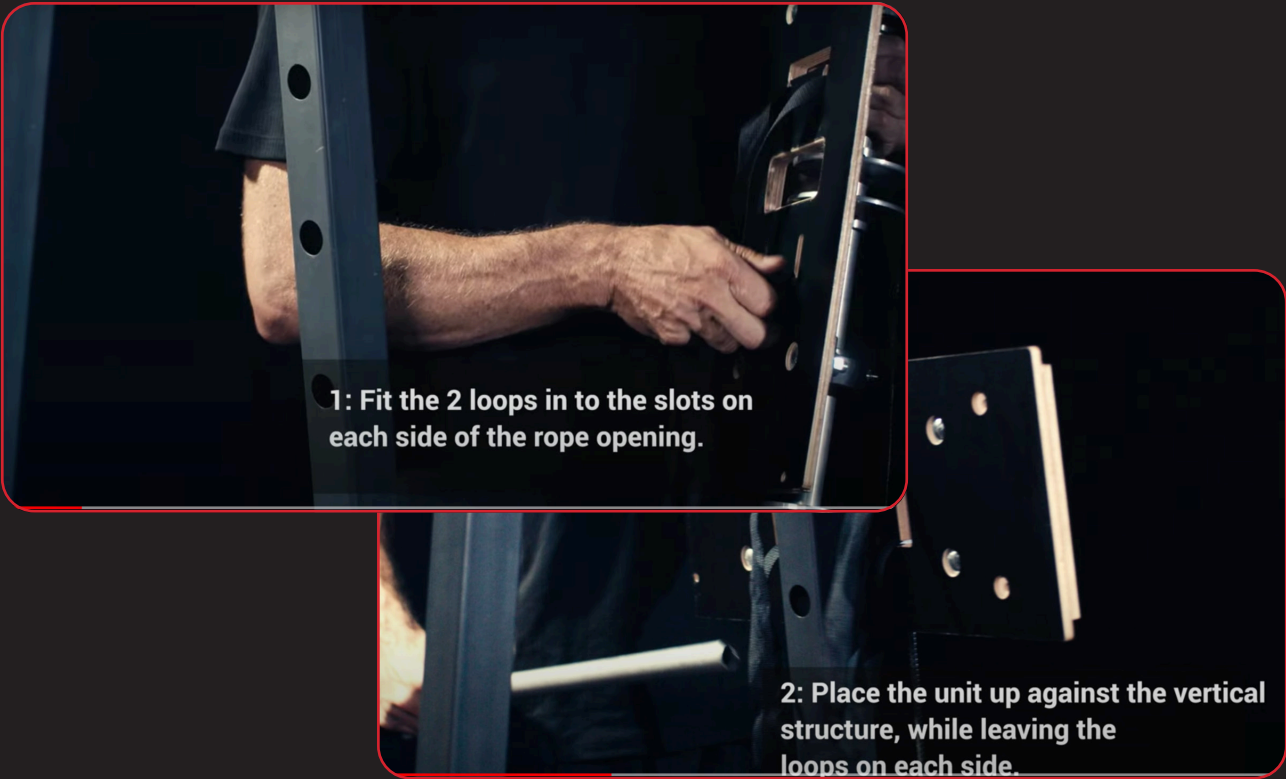
We love to see collaborations between top coaches and clients, because at Exerfly, we want to foster a community that works together for constant, collective improvement.

Videos & Tutorials

We want to be there for you every step of the way, which is why we offer a huge variety of YouTube videos and tutorials on how to set up your product, how to use it, what exercises you can do, and how-to tutorials on a huge range of exercises to make sure you're getting the most out of your Exerfly. We know you are on a journey of continual improvement, and so are we.

That's why we're committed to providing new content, blog posts, and videos as we learn and grow, so that you can learn and grow right along with us. Our weekly blog posts keep you up to date with what's going on at Exerfly, as well as offering hot tips from elite athletes and coaches, nutrition tips, and a whole range of other exercise related content that we can't wait to share with you.

We also offer personal Zoom calls with co-founder Jordan Barron, as well as his personal number and assured constant contact. You can call Jordan at any time on +64274974940.



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

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

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.



SQUAT HARNESS

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

The Squat Harness spread 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 small/medium and medium/large.



FLYWHEELS

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

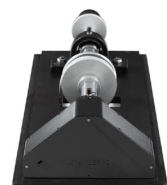
Yellow flywheel = 0.025 inertia

Green flywheel = 0.01 inertia



FLYWHEEL HOLDER

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.



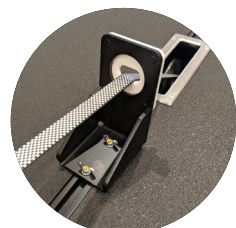
EXERFLY SENSOR + APP

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

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 GUIDE

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



ROPE

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



SHORT BAR

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.



LONG BAR

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

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.



TRICEP ROPE

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.



STIRRUP HANDLE

Used for pulling single handed exercises.



ANKLE CUFF

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

Stainless steel, fits any accessory.



SPARE PARTS

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

PRICE LIST							EXER-FLY
ACCESSORY	NZD	USD	EUR	AUD	CAD	GBR	
Flywheel	150	100	85	140	130	75	
Rope Guide	120	80	70	115	110	65	
Bench	1 500	999	865	1 400	1 340	780	
Portable	3 099	2 399	1 999	3 199	3 199	1 899	
Sensor	400	264	224	376	348	204	
Foot block	220	195	179	299	269	159	
Harness	150	99	95	159	145	85	
Rope Clamp	350	249	225	379	349	199	
Rack Mount	1 350	1 099	949	1 499	1 499	849	
Rack Mount with motor	6 999	4 999	4 199	6 999	6 999	3 799	
Platform	7 299	5 899	4 899	7 599	7 599	4 299	
Platform with motor	11 299	8 499	7 199	11 299	11 299	6 299	
Flywheel holder							
- 2 flywheels	160	159	145	240	220	130	
- 3 flywheels	200	180	170	280	255	150	
- 4 flywheels	240						
- 5 flywheels	280	230	210	355	325	190	
- 6 flywheels	300	245	225	370	340	200	
Lightweight curl bar	200	132	112	188	174	102	
Lightweight straight bar	100	66	56	94	87	51	
Long bar	149	98.34	83.44	140.06	129.63	75.99	
Short bar	95	62.70	53.2	89	82.65	48.45	
Small Rope Clamp	175	120	100	120	160	90	
Motor platform	4 000	2 600	2 300	3 700	3 700	2 000	
Motor Rack Mount	5 649	3 900	3 250	5 500	5 500	2 950	
Rack-Mount Advanced	8 399	6 371	5 309	7 997	8 009	4 601	
Rack-Mount Intermediate	3 499	2 843	2 369	3 440	3 599	2 053	
Rack-Mount Starter	1 599	1 475	1 229	1 673	1 889	1 065	
Portable Advanced	4 899	3 959	3 299	4 742	4 949	2 859	
Portable Intermediate	3 899	3 239	2 699	3 812	4 049	2 339	
Portable Starter	3 150	2 700	2 250	3 116	3 375	1 950	
Platform Advanced	14 999	11 951	9 959	14 879	14 939	8 631	
Platform Intermediate	9 999	8 351	6 959	10 229	10 439	6 031	
Platform Starter	8 399	7 199	5 999	8 741	8 999	5 199	

MEET THE FOUNDERS OF EXERFLY



NICK BOLTON

Founder of Exerfly and NZ athlete

Nick Bolton launched Exerfly with the goal of designing high-performance exercise equipment that seamlessly combined fitness and technology. As an ex-athlete, strength and conditioning coach, and software engineer, Nick wanted to create an elite product that combined fitness and technology to truly take athletes to the next level. Using scientifically proven technology to maximise athletic performance and deliver the best results, Nick worked tirelessly for five long years, collaborating with engineers, electricians, and athletes to create a product that was unbeatable. Tried, tested, and proven again and again to deliver measurable results, Exerfly was born. And now, it is an empire. Nick's real passion is helping athletes achieve the very best results. As an athlete himself, Nick has a wealth of knowledge and expertise that he uses to continue supporting the Exerfly community, dreaming big to create a progressive equipment that is continually improving. His software background also means he is intricately involved in continually improving the elite technology used in the motorised software and sensor technology to achieve the best possible results.

JORDAN BARRON

Co-Founder of Exerfly
WhatsApp +64274974940

Jordan Barron is the co-founder of Exerfly, and is passionate about the elite equipment. With a heart for connecting people, Jordan's vision for Exerfly includes a supportive community connected through Exerfly, that supports each other and pushes each other for greatness. His goal is to have every sports team, athlete, gym, coach, and physio using Exerfly in order to reach peak performance and achieve the best results. With total faith in the elite equipment due to years of testing and proven results, Jordan works tirelessly to ensure the Exerfly community has the best possible experience throughout the entire journey. Jordan is passionate about connecting athletes and coaches, and because he believes so strongly in being involved on a personal level with the wider Exerfly community, he is often the first point of contact for new clients. The most important thing to Jordan is starting that relationship between athletes and Exerfly, and Jordan will give 110% to make sure everyone gets the best out of Exerfly."



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.

CONTACT DETAILS

Exerfly Sport Limited

Phone

Worldwide: +64274-974-940
USA: +1 (833) 400-4101
Australia: +61 02-8378-7945
UK: +44 020-8138-3259
New Zealand: +64 0274-974-940

Email

Sales: sales@exerflysport.com
Support: support@exerflysport.com
Press: pr@exerflysport.com

Physical Address

Grid AKL: 12 Madden St,
Wynyard Quarter, Auckland, New Zealand

67 Halton St, Christchurch 8052,
New Zealand

Postal Address

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



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.

LOCATIONS

We are located in New Zealand and London, though we offer free worldwide shipping on all our products and cater to a global audience because what is most important to us making sure we start a relationship with our customer base.

We love meeting new people and are always at the end of the phone should you have any questions or concerns about a product!



AFTER SALES

We always try to keep in touch with our community, and we love hearing new reviews and thoughts on Exerfly! We're not ones to stand still, so we love to hear 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 FAQ's 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.



FINANCIAL SERVICES

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



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.

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



