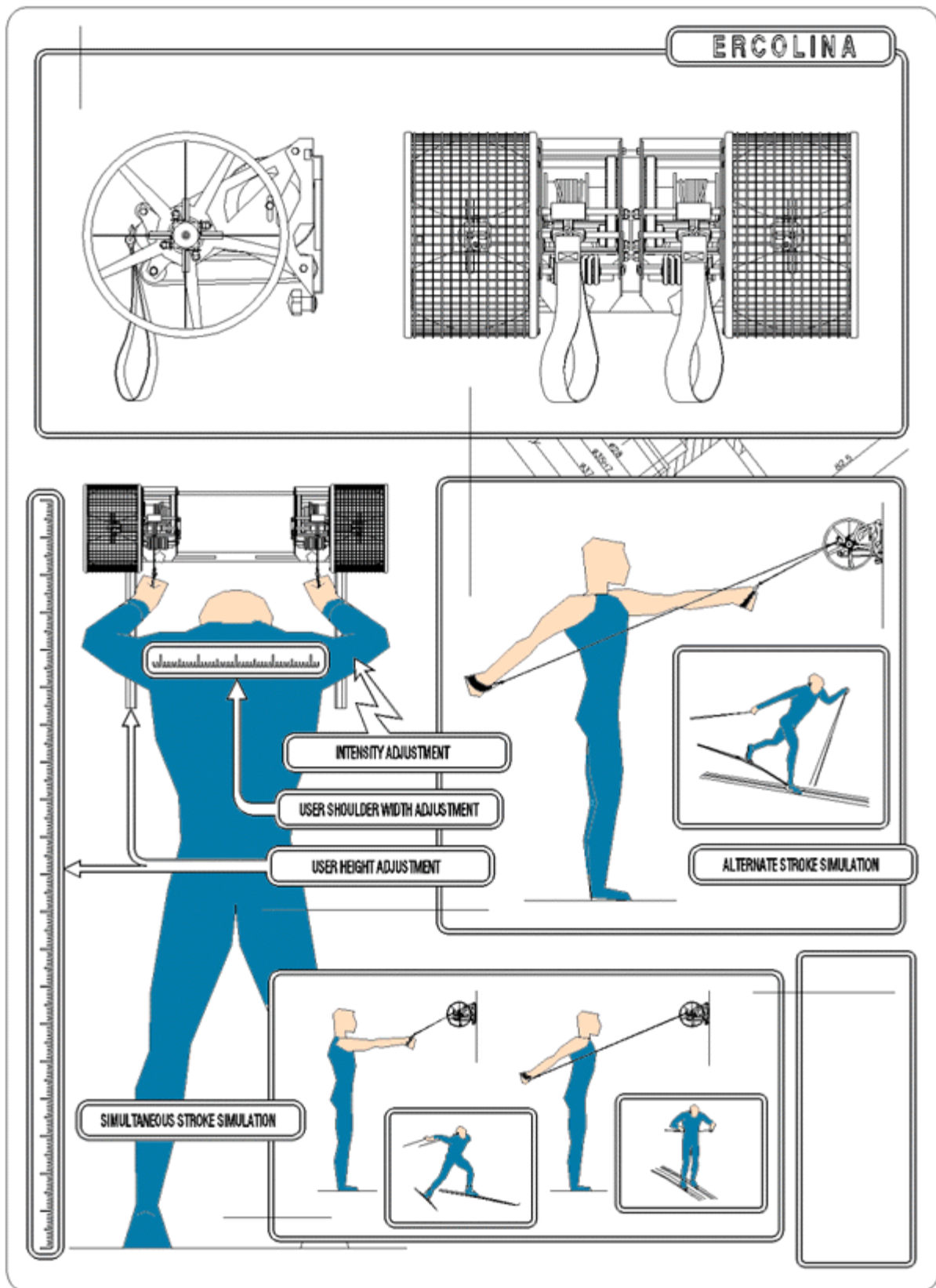
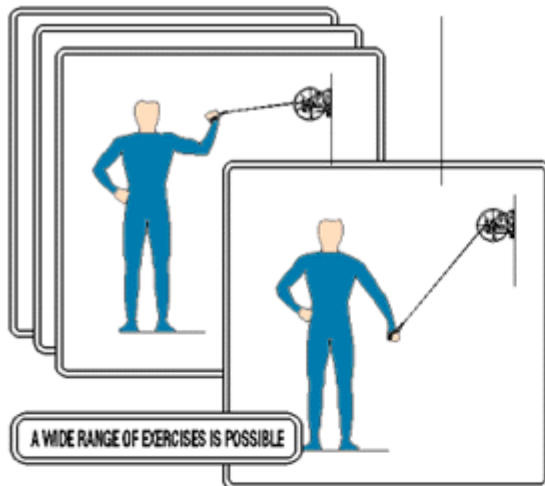


ERCOLINA by Mirco Collavo





In the summertime the majority of cross-country skiers take up alternative sporting activities such as running, cycling and roller skiing.

Although some of the movements in these sports may be similar to those of cross-country skiing they are not that effective in building arm strength. Lack of training may lead to loss of muscle strength and mass thereby not only hindering the athletic performance but also preventing correct execution of skiing technique. Problems may include, for example, rotation of the upper body, arm-pole disalignment at the conclusion of the arm stroke, difficulties in synchronising leg motion when practising double stroke skating style.

All of these problems are often to blame on an inadequate arm stroke.

"Ercolina" was born to fill a gap in the home fitness market because there was no machine able to provide this specific form of arm training. This machine perfectly simulates the motion and the intensity of a cross-country skiing pole stroke.

Cross-country skiing technique is characterised by repetition and the ability to rhythmically produce propulsive force over long periods of time. Training with the "Ercolina" is a convenient way to develop the strength and endurance needed for successful cross-country skiing.

The machine allows the intensity of the workout to be adjusted thereby catering for the needs of all athletes. An example training session can include a ten minute warmup at reduced intensity, followed by 4 one minute sets performed at the highest speed on a medium intensity setting. Each set should be followed by a three minute rest interval during which loosening up exercises should be performed.

Ercolina is ergonomically constructed. The stroke is the same as in cross-country skiing and allows both simultaneous and alternate arm stroke. The machine can be adjusted according to individual needs so that the training regimen can be easily personalised. The stroke phase is fluid and doesn't overstress the muscles; the return phase after the stroke requires no effort. A performance monitor kit will soon be available. It will allow the performance to be evaluated during an exercise session.

The ideas behind Ercolina are not new. In fact, a similar machine has been produced for a long time in the former Soviet Union where it has been used by professional and amateur athletes, sporting groups and societies. Since it has been proved that even only 5 or 6 days without training can cause a noticeable strength reduction, Ercolina offers an excellent alternative for people who can not ski every day in wintertime as well as for summer training.

Ercolina is designed and produced in Italy. It is the result of continuous technical improvement and it is sturdy and reliable. Ercolina is finished either in electrodeposited zinc (white or yellow) as well as powder varnish. It can be installed indoors or outdoors on a wall using two anchor bolts or a customised mounting. Ercolina is light and compact allowing for easy transport. A carry bag is available upon request.

DATI TECNICI:

WIDTH.....	560mm
LENGTH.....	295mm
HEIGHT.....	247mm
WEIGHT.....	8,7kg

For information:

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