



Made in the U.S.A. from durable steel, the patented Surge360 has two independent hydraulically loaded arms that can move in any direction. Hydraulic training provides variable resistance determined by the force applied - building total body strength, power & endurance



Hydraulic Performance Training



BUILD dynamic power, endurance & core strength through low-impact, high intensity training

BALANCE your musculature & create efficient movement strengthening weak links in the kinetic chain

BURN more calories in 10 minutes work than in 30 minutes of traditional cardio



www.coastalfitness.com

561-712-0381



SURGE 360





360 Power Patterns

Push



2-Hand Push

Pivot



Chops

Pull



2-Hand Pull



ALT Push



2-Hand Chops



ALT Pull



Power Push



Wipers



Fly

Workouts

A: 4-MIN ABS

20 sec. work / 10 sec. rest
(Intensity: high)

ALT PUSH

Chops (L)
Chops (R)
Wipers

Repeat

B: 10-MIN CIRCUIT

30 sec. work / 30 sec. rest
(Intensity: moderate-high)

Power Push
2-Hand Chops
ALT Pull
Flys
ALT Push/Pull *All Out

Repeat

WWW.SUREGPT.COM

Summary of Findings

- Burn *49% more calories* than typical weight lifting workouts lasting 30 minutes
- Burn 14% more calories than other cardio workouts lasting 30 minutes
- Burn up to 47% more calories than other cardio workouts lasting 30 minutes
- Burn as much as 81% more calories than a typical weight lifting workouts lasting 30 minutes
- Burn more calories than a 30 minute cardio or lifting workout doing only 10.6 minutes of actual exercise.
- Reach complete ***total body anaerobic failure in just 3 minutes*** to complete any workout.



UNITED STATES TENNIS ASSOCIATION



SURGE 360
Mobile Platform



SURGE PERFORMANCE
TRAINING

SURGE 360 Floor
Mount with fixed base



SURGE 360

