



A VOTRE SERVICE DEPUIS 1995

HFS GROUP



**new cardio range
reliable technology**



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Powered by **Hitachi, Hyundai, Samsung**

GET INTO A WORLD OF TECHNOLOGY



SMOOTH,
SILENT AC MOTOR

INVERTER AND OTHER
ELECTRONIC COMPONENTS

INTEGRATED TV LCD 15"
SCREEN DISPLAY

T3 SERIES / TREADMILLS, BIKES, ELLIPTICALS, CROSSTAIRS, STEPPERS

TECA is proud to introduce a complete range of solutions highly advanced both for the quality of the workout and for the design and technological value, granted by the partnership with Samsung, Hitachi and Hyundai. Ideal for the success of the forefront fitness club, and designed to offer effective exercising and enjoyable cardio session to any kind of user.



• LEADING WORLD
COMPANIES



*have been involved to contribute
their technology to equip
our cardio machines*





Intuitive console

One touch control and sensitive keys

COMPLETELY INTEGRATED
TV LCD 15" screen display



MINIMUM SPEED
0,1 km/h

MAXIMUM SPEED
21 km/h

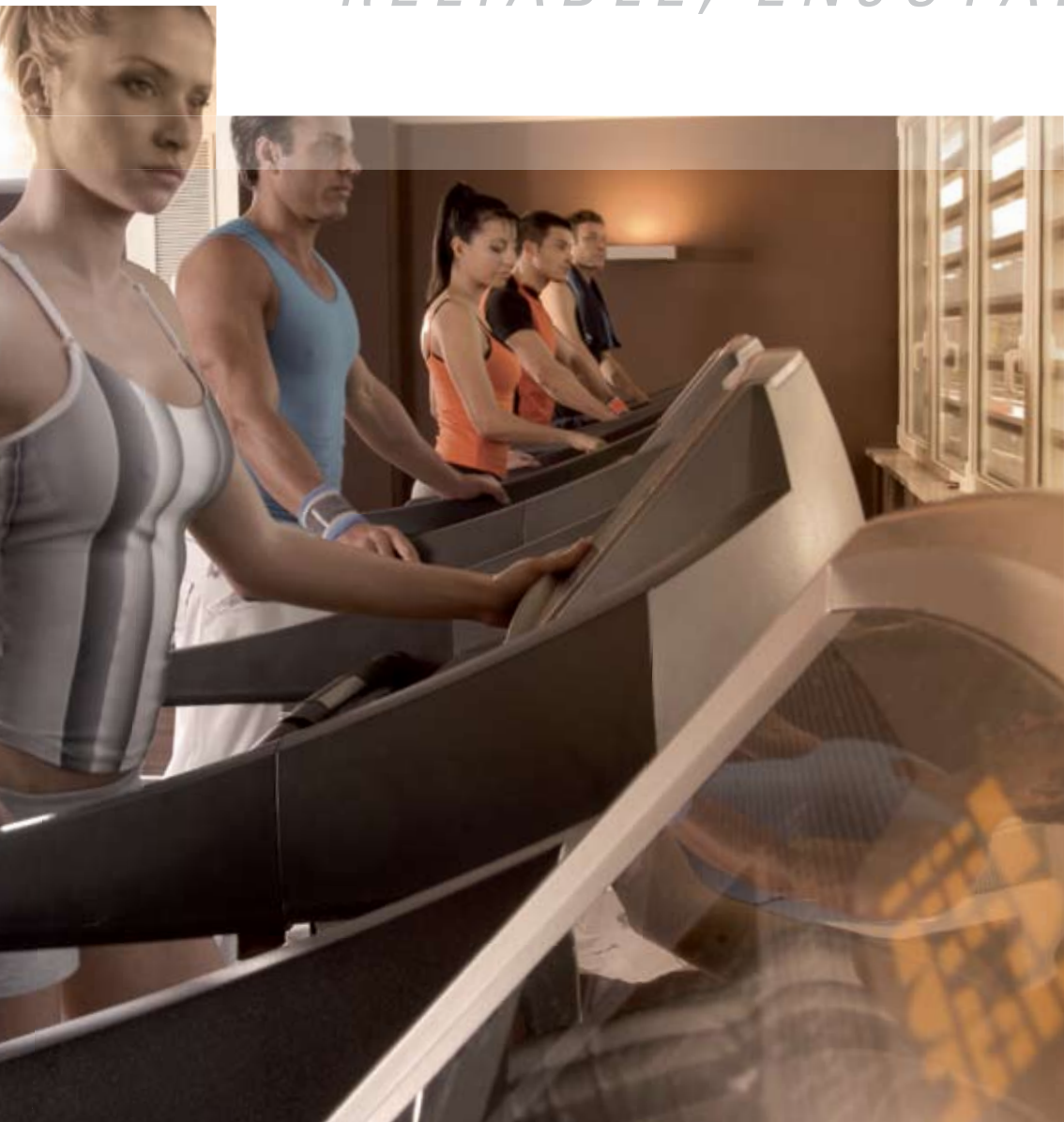
SPEED INCREASE STEPS
0,1 km/h

high control speed rate

Ideal for progressive performance and rehab needs



RELIABLE, ENJOYABLE AND SUITABLE



THE ULTIMATE FRONTIER FOR EXERCISERS

TECA Lab. managed to obtain a compact, efficient, safe and strong line of cardiovascular training equipment, tested and built to stand a lifetime. All of this combined with extremely elegant design, reliability in the long run and absolute ease of use for professionals or new comers.

• VERSATILITY AND SAFETY



Easy access



Low step-up height



THE BEST ENTERTAINING PERFORMANCE
for all the exercisers in your club

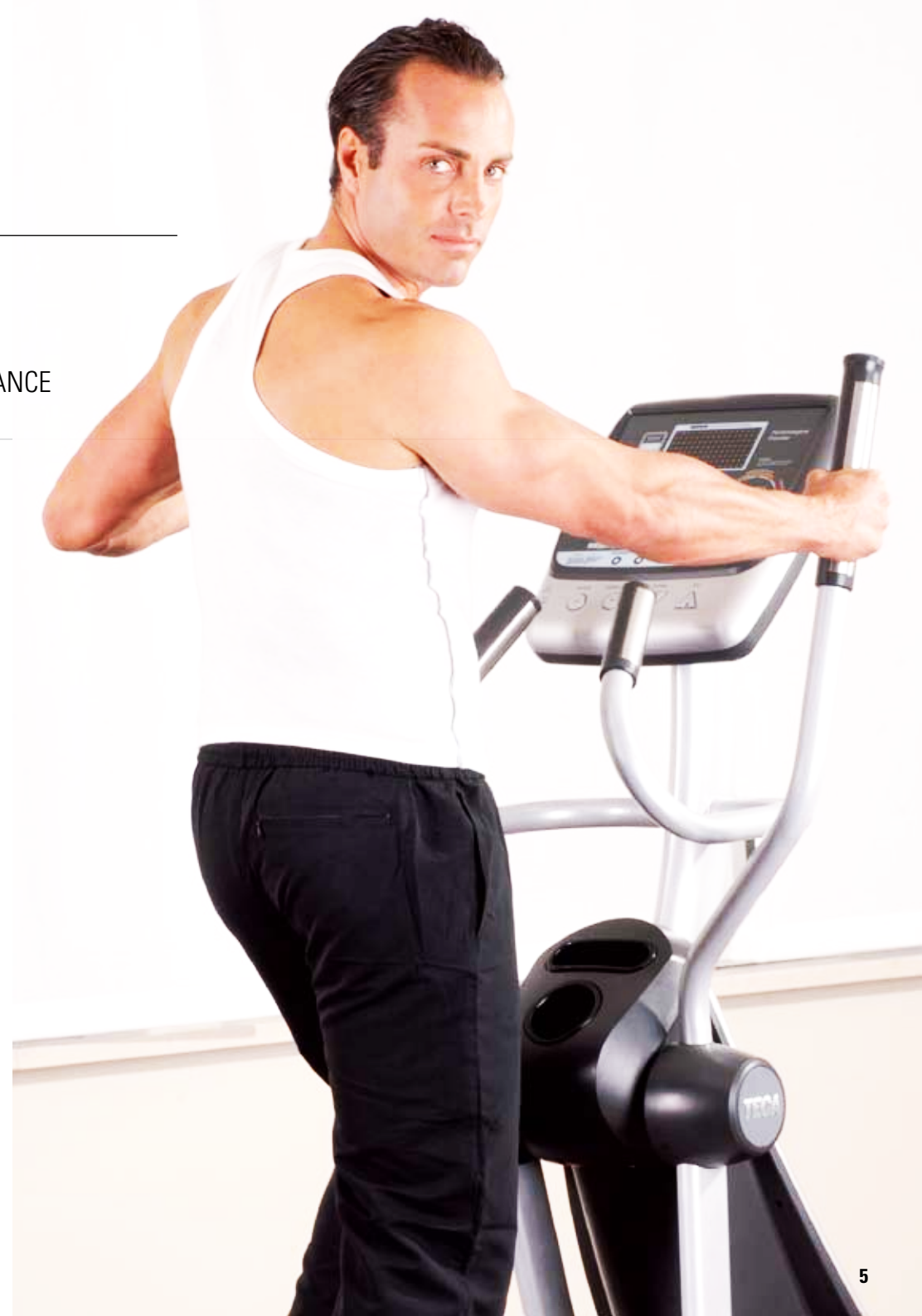
• *ABSOLUTE
INFO-TAINMENT*



Audio video experience

INFORMATION CONTENTS
AND ENTERTAINMENT

**to make the workout
more enjoyable**





T3Treadmill

INNOVATIVE DESIGN COMBINED WITH A CUTTING-EDGE TECHNOLOGY

Our goal was to manufacture a treadmill that people would like to use instead of running outdoors. So, we built a revolutionary treadmill that's fully-loaded with patented technology and exclusive performance features, perfect as running, walking, and jogging machines. Our treadmills are equipped with Multiple Shock Absorber System (M.S.A.S.), reproducing the natural way the user steps on the ground, while running or walking. This system reduces shock and impact to the knees, back, and joints.

PERFORMANCE AT THE HIGHEST LEVEL



HITACHI

SMOOTH, SILENT AC MOTOR



HYUNDAI

INVERTER AND ELECTRONIC COMPONENTS



INTEGRATED TV LCD 15" SCREEN DISPLAY



excellent performance

- High-quality AC motor and precise motor control
- Higher torque even at a low speed
- Ultra quiet operation of unit and minimal vibration enhance workout experience
- Belt leaning control
- Enhanced hard frame structure
- Pre-lubed and reversible deck

large size LCD monitor (T3TL)

- Integrated 15" LCD monitor
- Enjoy exercise while watching TV, VCR, DVD
- Support headphone function

scientifically tested exercise programs

- Various built-in programs
- Goal orientated programs
- H/R programs (Cardiovascular, Fat Burn, Stamina, etc)

set up manager mode

- Advanced setup manager mode
(Allows manager to customize treadmill setup according to specific environment of club)

extreme safety and convenience

- Low profile structure
- Multiple shock absorption system delivers ongoing stability and cushioning to minimise impact on joints
- Nano-silver antimicrobial handlebar
- Touch-sensitive control buttons
- 2 kinds of emergency keys (button+rope)
- Spacious accessory tray
- User-friendly interface

T2Treadmill

THE IDEAL TREADMILL FOR A HIGHLY SAFE AND PERSONALISED WORKOUT

An absolute winner when it comes to a treadmill which guarantees reliability in the long period for high use facilities, personalised workout programs for different types of members, and an easy to use display to make the training accessible and enjoyable.

RELIABILITY & EASINESS OF USE



HITACHI

SMOOTH, SILENT AC MOTOR



HYUNDAI

INVERTER AND OTHER ELECTRONIC COMPONENTS



LCD MONITOR (T2TL)

POSSIBILITY TO ADD A TV
MONITOR AS AN OPTIONAL

excellent performance

- High-quality AC motor and precise motor control
- Higher torque even in a low speed
- Decreased noise and minimized vibration in every speed range
- Belt leaning control
- Enhanced hard frame structure

large size LCD monitor as an optional

- External 15" LCD monitor
- Enjoy exercise while watching TV, VCR, DVD

scientifically tested exercise programs

- Various built-in programs
- Goal orientated programs (Time, Distance, Calories)
- H/R programs (Cardiovascular, Fat Burn)
- Custom programs
- C-SAFE compatible

set up manager mode

- Advanced setup manager mode
(Allows manager to customize treadmill setup according to specific environment of club)



T0Treadmill

THE BEST OF RELIABILITY WITH ACCESSIBLE QUALITY

This model represents the best solution for club owners who search safety and versatility at affordable pricing.

excellent performance

- Decreased noise and minimized vibration in every speed range
- Belt leaning control
- Enhanced hard frame structure

extreme safety and convenience

- Low profile structure
- Multiple shock absorption system
- Ergonomic design
- User-friendly interface

exercise programs

- Various built-in programs
- Goal orientated programs (Time, Distance, Calories)

SIMPLY EFFECTIVE & EASY



Specification		T3TL	T3T	T2T	T0T
Motor		Hitachi AC 3.0 HP controlled by inverter		Hitachi AC 3.0 HP controlled by inverter	AC 2.0 HP continued, AC 4HP Max
Speed		0.1-21 Km/h with increments equal to 0.1 Km/h		0.1-18 Km/h with increments equal to 0.1 Km/h	0.1-16 Km/h with increments equal to 0.1 Km/h
Incline		0-15% with increments equal to 0.5% increment		0-15% with increments equal to 0.5% increment	0-15% with increments equal to 0.5% increment
LCD Display Console	Size	15" TFT LCD TV panel	NO	Optional	NO
	Control Buttons	Channel, Volume, LCD screen on/off	NO	Optional	NO
	Communication System	NTSC PAL SECAM	NO	Optional	NO
	Signal	Cooaxial, RCA, S-VIDEO	NO	Optional	NO
16x32 Dot matrix Size		4 x 8,1	9,6 x 18,2	16 x 32 Dot (128 x 64 mm)	16 x 16 Dot, 64x64 mm
Exercise Information Display 7 Segments, FND		Time, Remaining Time, Incline, Calories Burned per Hour, Distance, Total Calories Burned, Speed, Heart Rate		Time, Remaining Time, Incline, Calories Burned per Hour, Distance, Total Calories Burned, Speed, PACE (min/km), H/R	Time, Remaining Time, Incline, Calories Burned per Hour, Distance, Total Calories Burned, Speed, PACE (min/km), H/R
H/R System	Contact System	Current system		Current system	Current system
	Wireless system	Current system		Current system	Current system
Exrcise Program	Built-in	10	10	10	6
	H/R	2	2	2	NO
	Custom	10	10	10	NO
	Goal	Distance, Calories, Time		Distance, Calories, Time	
Communication Port		RS232C		Network CSAFE Ready, RJ45	RS232C
Accessory Tray		3 (for Bottle, MP3, Mobile, etc.)		2 (for Bottle, MP3, Mobile, etc.)	
Headphone		YES	NO	NO	NO
Emergency		Switch Button (Push), Magnetic Key (Pull)		Magnetic Key (Pull)	Magnetic Key (Pull)
Handlebar		Side, front		Side (Polyurethane foam), front (ABS)	Side, front
Handlebar for Medical Use		Optional		Optional	NO
Running Surface		52 x 160 cm		51 x 152 cm	52 x 152 cm
Lubrication		Pre-lubed deck	Pre-lubed deck	Manual	Manual
Power		220/240V AC 50/60 Hz		220/240V AC 50/60 Hz	220 volts/15 amp
Others		Touch Sensitive Keys (Built-in Lamp), Aluminium Support and Side Platform, One touch Speed Control and Incline		Support and Side Platform, One touch Speed Control	Aluminium Support and Side Platform, One touch Speed Control
Manager Mode		Workout duration, maximum speed, measurement unit, pause time, total distance, total time, lubrication amount, lubrication interval, error log, software version, system control		Workout duration, maximum speed, measurement unit, pause time, total distance, total time, lubrication amount, lubrication interval, error log, software version, system control	Workout duration, maximum speed, measurement unit, pause time, total distance, total time, lubrication interval, error log, software version,system control, lubrication message enable
Maximum User Weight		186 kg		185 kg	180 kg
Lenght x Width x Height		216 x 90 x 152 cm		212 x 85 x 134 cm	212 x 85 x 134 cm
Weight		204 kg		195 kg	194 kg

The specification is subject to change without prior notice for products improvement.



T3Elliptical

THE BEST BALANCE BETWEEN SAFE MOTION AND THE HOTTEST ENTERTAINMENT

TECA elliptical trainers deliver an intense exercise experience, motivating exercisers - whatever their fitness level. Integrated 10,4" Samsung LCD screen and dual headphone connection make the session more enjoyable. With a smooth and fluid motion reflecting the movement of the body, it provides cardio conditioning which strengthens different muscle groups at the same time. And so the machine gives the user the natural exercise you can expect from a low-impact elliptical workout.

EXCELLENCE IN BIOMECHANICS



Safe & natural

Fits perfectly the natural movement of your ankles, maintaining a continuous and total contact of heels on the foot plate.



HYUNDAI
ELECTRONICS



INTEGRATED TV LCD 10,4" SCREEN DISPLAY



SPECIFICATION T3EL T3E

- Extreme safety and convenience
- Front joint and rear joint surrounded by plastic covers
- Balanced combination of upper body and lower body motion
- Smooth Safety Stride(TM) reduce strain on achilles tendon that often occurs when heels lift off pedals
- Heart rate sensors are located on both moving and stationary handles
- Touch sensitive buttons allow for simultaneous viewing of workout statistics and entertainment options
- User-friendly and interactive use
- Spacious accessory tray, sturdy reading rack and easy to use cup holder provided

exercising while enjoying TV, VCR and DVD (T3EL)

- 10.4" LCD monitor integrated in display console
- Protective layer for LCD screen
- Headphone socket available

scientifically tested exercise programs

- Various built-in programs
- Goal orientated programs (time-distance-heart rate)
- H/R programs

self-powered machine

- Elliptical Cross Trainer can be placed anywhere

other features

- 25 resistance intensity levels
- Transport wheels for easy mobility and adjustable foots for leveling



Specification		T3EL	T3E
Power		220V ac 50/60 Hz	Self-powered, cordless, 6V rechargeable battery
Battery Charger		NO	Current
Workout Intensity		25 levels by PWM control	
Drive System		Poly V belt/Generator	
Stride Lenght		46 cm	
LCD Console	Size	10,4" TFT LCD TV panel; 8,3" x 6,2" (active area)	NO
	Control Buttons	Channel, Volume, LCD screen on/off	NO
	Broad Capabilities	NTSC, PAL, SECAM	NO
	Video/Audio signal connection	TV Coaxial connector, RCA	NO
Display	8x16 Dot matrix	1,25" x 2,5"	2,36" x 4,72"
	FND	Elapsed time, remained time, intensity, distance, total calories burned, speed, watts, heart rate	
H/R System	Contact System	On moving handlebars and stationary handlebars	
	Wireless System	Optional	
Workouts	Preprogrammed	10	
	Heart rate control	Cardiovascular, Weight Loss	
	Customized	5	
	Goal	Distance, Time, Calories	
Communication Port		Ethernet	
Accessory Tray		2 (for water bottle, MP3, Mobile, etc.)	
Headphone		YES	NO
Foot plate	Step-up Height	30 cm	
	Dimensions	17 x 376 cm	
Color		Dark grey with silver	
Other features		Button with lighting lamp, one touch intensity control, reading rack, transport wheels for easy mobility adjustable feet for leveling, manager setting, moving handle bar and fixed handle bar	
Maximum User Weight		160 kg	
Lenght x Width x Height		216 x 66 x 170 cm	
Weight		131,5 kg	

The specification is subject to change without prior notice for products improvement.



T3Recumbent

FITNESS GETS MORE COMFORTABLE

TECA bikes offer an intuitive and comfortable ride together with a smooth and natural feel. The machines are designed for ease-of-use with intuitive displays that help users get on and get going, and are as close to real cycling as you can imagine.



Specification		T3RL	T3R
Power		220/240 V AC, 50-60Hz	Self-powered Battery Charger included
Workout Intensity		25 levels by PWM control	
Drive System		Poly-V belt /generator	
Console LCD	Size	10,4" TFT LCD TV panel	NO
	Control buttons	Channel up/down, Volume up/down, Power on/off	NO
	Broad Capabilities	NTSC, PAL, SECAM	NO
	Video signal connection	TV Coaxial connector, RCA	NO
Display	8x16 DOT Matrix	1,25"x2,5 Workout profile	2,4"x 4,8" Workout profile
	FND	Elapsed time, remained time, workout level, distance, total calories burned, speed, watts, heart rate	
Heart Rate measurement	Contact	Current system	
	Wireless	YES	
Workouts	Preprogrammed	10	
	Heart rate control	Cardiovascular, fat burn	
	Customized	5	
	Goal	Distance, time, calories	
Communication Port		Ethernet	
Accessory Tray		2 holders for water bottle e 1 holder for MP3 and mobile	
Headphone		YES	NO
Handlebar		Front & Side handlebars with retractable arm rests	
Seat		Sliding	
Color		Dark grey with silver	
Other features		Buttons with lighting lamp, one touch intensity control, reading rack, Auto tensioner, transport wheels, adjustable feet for leveling	
Lenght x Height x Width		163,8 x 129,5 x 56,9 cm	
Maximum User Weight		150 kg	
Weight		93 kg	93 kg

The specification is subject to change without prior notice for products improvement.



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INTEGRATED TV LCD 10,4" SCREEN DISPLAY



T3Upright

A GROUNDBREAKING TAKE ON A CLASSIC WORKOUT

Many workout options include heart rate controlled workouts, interval training, customised workout programs and digital heart rate controls. If the programs are the brains, then the belt-drive and self-powered alternator systems are the body of our bikes.



Specification		T3UL	T3U
Power		220/240 V AC, 50-60Hz	Self-powered Battery Charger included
Workout Intensity		25 levels by PWM control	
Drive System		Poly-V belt/generator	
Console LCD	Size	10,4" TFT LCD TV panel	NO
	Control buttons	Channel up/down, Volume up/down, Power on/off	NO
	Broad Capabilities	NTSC, PAL, SECAM	NO
	Video signal connection	TV Coaxial connector, RCA	NO
Display	8x16 DOT Matrix	1,25" x 2,5 Workout profile	2,4" x 4,8" Workout profile
	FND	Elapsed time, remained time, workout level, distance, total calories burned, speed, watts, heart rate	
Heart Rate measurement	Contact	Current system	
	Wireless	YES	
Workouts	Preprogrammed	10	
	Heart rate control	Cardiovascular, fat burn	
	Customized	5	
	Goal	Distance, time, calories	
Communication Port		Ethernet	
Accessory Tray		1 holder for water bottle e 1 holder for MP3 and mobile	
Headphone		YES	NO
Handlebar		Racing handlebar	
Seat		Pneumatic regulation	
Color		Dark grey with silver	
Other features		Buttons with lighting lamp, one touch intensity control, reading rack, Auto tensioner, transport wheels, adjustable feet for leveling	
Lenght x Height x Width		106,7 x 150 x 61 cm	
Maximum User Weight		150 kg	
Weight		68 kg	68 kg

The specification is subject to change without prior notice for products improvement.



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INTEGRATED TV LCD 10,4" SCREEN DISPLAY



Cross Sync Trainer

THE COMPLETE WORKOUT FOR THOSE WHO AIM HIGH

Ergonomically designed to encourage good posture and climbing technique, the machine offers a complete and total body workout experience, thanks to excellence in technology and design. The Cross Sync Trainer will bring the benefit of an overall efficacy of movement, which will lead to top performance training.



Specification		T3CSL	T3CS
Power		220/240 V AC, 50-60Hz	Self-powered Battery Charger included
Workout Intensity		25 Levels by PWM control	
Drive System		Poly-V belt	
Console LCD	Size	10,4" TFT LCD TV panel	NO
	Control buttons	Channel up/down, Volume up/down, Power on/off	NO
	Broad Capabilities	NTSC, PAL, SECAM	NO
	Video signal connection	TV Coaxial connector, RCA	NO
Display	8x16 DOT Matrix	1,25"x2,5 Workout profile	2,4"x 4,8" Workout profile
	FND	Elapsed time, remained time, workout level, distance, total calories burned, speed, watts, heart rate	---
	Level of step range	---	---
Heart Rate measurement		Contact HR & Telemetry HR	
Workouts	Preprogrammed	15	10
	Heart rate control	2	2
	Customized	5	5
	Goal	Distance, Calories, Time	
Communication Port		Ethernet	
Accessory Tray		Holder for water bottle	
Headphone		YES	NO
Pedal Size		400 X 170 mm	
Color		Dark gray	
Other features		Button with lighting lamp, One-touch intensity control, Reading rack, Transport wheels for easy mobility, Adjustable feet for levelling, Manager setting, Moving handle bars and fixed handle bars	
Lenght x Height x Width		1.450 X 880 X 1.935 (mm)	
Maximum User Weight		160 kg	
Vertical Step Range of Motion		377 to 489 mm, Variable	405 mm, Fixed
Pedal Angle Variation		0 to 18 degrees	0 to 4 degrees
Weight		160 kg	150 kg

The specification is subject to change without prior notice for products improvement.

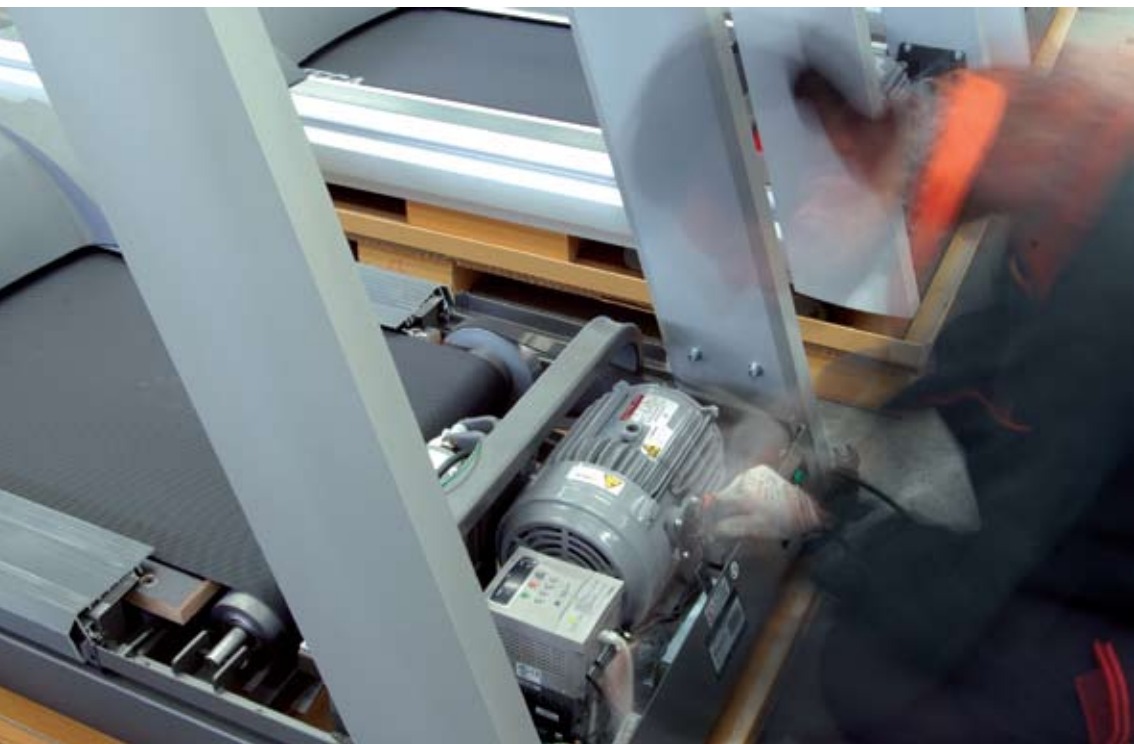


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INTEGRATED TV LCD 10,4" SCREEN DISPLAY

ALWAYS FURTHER AHEAD, ALWAYS RELIABLE



NEVER-ENDING RESEARCH TO ACHIEVE TOTAL RELIABILITY

TECA is in the business of creating advanced fitness solutions. This mission requires that we go on developing innovative products and services, anticipating market needs and desires, improving at the same time our ability in delivering them. We at TECA, with the care and quality that has distinguished us, guarantee that our cardiovascular equipment is totally reliable, and so virtually maintenance free.

Conformity controls are rigorously carried out by our internal Quality assurance Department, in order to satisfy the highest standards of reliability and safety.



OUR STRENGTHS



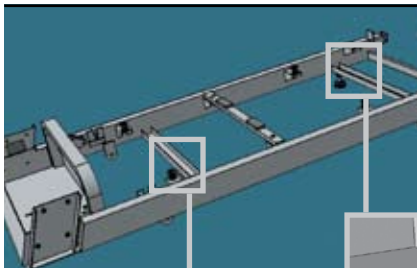
Heart Rate Course

The workout programs based on heart rate monitoring are the optimal way to exercise safely and efficiently within user's fitness capability. Built-in contact heart rate system and optional telemetry heart rate system, which measures user's heart rate exactly and then adjusts the workout intensity according to target heart rate.



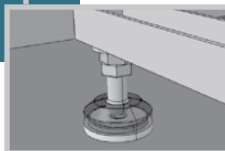
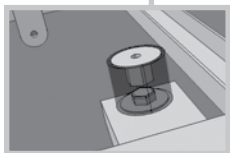
Ergonomic Design

Console screen, handlebars and side platforms are ergonomically designed based on body line, running stances and running habits or viewing angle. Various exercise information can be easily read through the display and touch sensitive keys allow the user to operate it conveniently while exercising.



Multiple Shock Absorber System

Multiple shock absorption not only helps to protect the joints of knees or ankles from the repetitive impact of running but also offers natural feeling during exercising .



Low Noise and Vibration

Through long-time manufacturing experience and know-how, up-to-date structure analysis and repeated tests, low noise is achieved and vibration is minimized in wide speed range from low speed to high speed. Higher torque in the low speed range results in a little speed variation, which is based on powerful motor and precise motor control.

Exercise Program

Built-in exercise programs, which are based on scientific analysis, allow users to enjoy various exercises, and custom programs allow users to edit exercise programs appropriate for themselves. Also users can enjoy goal orientated exercise programs based on distance, calories and time.

Artificial Intelligence System

High-tech electric control system based on artificial intelligence and high quality motor provides you with the best feeling of exercise and enables you to operate the treadmill under the optimum conditions.

Convenient Manager Mode

A manager can set up maximum exercise time, maximum speed limit, measurement unit, pause time, etc. Also, manager can check accumulated distance, accumulated time, error log, etc, so it enables the manager to maintain the product more effectively .

Nano silver Antimicrobial Handlebars

Equipment is provided with special handlebars made with antimicrobial nano silver, to assure best comfort and hygiene to exercisers.



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Créée en 1995, Health, Fit & Sport est une entreprise active dans la vente de matériel médical et sportif. Très bien implantée sur le marché suisse, elle bénéficie, depuis ses débuts, de l'expérience de professionnels de la santé ayant longtemps travaillé dans le domaine médical et de la physiothérapie. La santé et le bien-être sont depuis toujours au cœur de nos préoccupations et de notre philosophie d'entreprise. Hôpitaux et cliniques, centres sportifs universitaires, écoles, fitness et centres thermaux sont nos clients.

Très attentifs à leurs besoins, nous nous efforçons de répondre chaque jour à leurs nombreuses demandes dans les plus brefs délais, par des solutions concrètes, innovantes et concurrentielles.

Nous accordons une importance particulière à la qualité de nos relations avec la clientèle, ainsi qu'à la livraison et au service après-vente. Nous avons l'honneur de compter parmi nos clients des entités importantes de la région telles que l'UNIL, l'EPFL, le CHUV, le Fitnessparc de Malley, Le Centre Sport et Santé de l'université de Lausanne, le Let's Go Fitness ainsi que divers autres institutions

Notre expérience et nos solides références nous permettent aujourd'hui de répondre à votre appel d'offre avec intérêt et enthousiasme.