

Beauty

Energy

Life

Strength

Harmony

Health



**Panasonic ideas for life**





# Harmony

Harmony comes about when the mind and body are balanced with each other and the world around us. A holistic approach toward balance and harmony in our lives requires keeping the body healthy and fit. As yoga enthusiasts have long known, the very essence of a strong and balanced body can be found in an often-overlooked group of muscles—the core muscles. All movement originates from this area so a weak core will lead to instability, improper posture and problems around the spine.



# Strength

*Now there's an intelligent, safe and enjoyable way to strengthen the critical core muscles, regardless of your level of fitness. Introducing the **Panasonic Core Muscle Trainer** series—the revolutionary way to get a low-aerobic core muscle workout with little or no joint impact.*

## The History of the Core Muscle Trainer

Developed in Japan by Panasonic in 2001, the original Core Trainer was designed to reproduce the core-strengthening benefits of low-impact, horseback-riding therapy. The Core Trainer has since evolved into a more dynamic piece of exercise equipment with a holistic approach to core strengthening while staying true to its low-impact roots.

## Muscle Structure of the Core

The core extends from the base of the hips up to the rib cage and includes various tissues, bones, muscles, ligaments and tendons. The core muscles are connected to almost all other muscles in the body. The Panasonic Core Muscle Trainer focuses on the two basic muscle layers that comprise the core:

- 1 – Outer (superficial) layer of muscles which controls movement of the torso
- 2 – Inner (deep) layer of muscles which stabilizes the spine

## Benefits of a Strong Core

Weak core muscles can lead to poor posture, straining the body and contributing to back pain. Strengthening core muscles improves posture and also the efficiency and ease of movement. Everyday chores become easier, less taxing. Further, it improves balance—so important in preventing falls in our later years. Nearly every movement—including running, reaching, bending and lifting—originates in the core.



# A Total Core Workout for Any Fitness Level

Persons of any fitness level can reap immediate benefits from the Core Muscle Trainer. It offers multiple speed and position adjustments, so simply choose a program that best matches your starting fitness level—from slow and gentle to a more rigorous workout. As your core strength improves, you can supplement your workout on the Core Trainer with resistance bands or hand weights. Only the Panasonic Core Trainer offers a comprehensive and robust core workout not available with other equipment.





# Balance

*A balanced and stable body is achieved by strengthening the abdominal and back muscles which support the spine. Some exercise equipment does more damage than good by putting stress on the body and producing muscle imbalances.*

## *How the Core Muscle Trainer Works*

The Core Trainer continually moves users slightly off their center of balance—to the left, right, backwards, and forwards. This forces the user to constantly readjust their body position thus working and strengthening the core muscles while improving balance and posture. With multiple speed and position adjustments, the Core Trainer can be used by people of all fitness levels.



## Target Specific Core Muscles

Using Counter-Balance exercise technology, the Core Trainer engages the thigh, back, abdominal and other core muscles, for low-impact strength training with high-impact results. With its pre-programmed settings and variable tilt and speeds, you can start slowly and build to an intense core workout. Core strengthening results can be seen with just one 15-minute per day workout.



**Twisting Movements**  
increasing activity  
in ab muscles  
*(EU7805 only)*



**Up/Down Movements**  
increasing activity  
in abs and thighs  
*(EU7805 only)*



**Forward/Backward Movements,**  
increased on abs  
and lower back  
muscles



**Sliding/Rolling Movements,**  
increased on  
abs, obliques  
and thighs





# EU7805K- Core Muscle Trainer



- New Twisting and Up/Down Movements as well as Forward/Backward and Sliding/Rolling Movements
- 7 Pre-Programs and a Manual Mode
- LCD Display shows the calories burned and the muscles activated during a workout session, in addition to the exercise program time remaining.
- Improved, Ergonomic Seat Design for added comfort

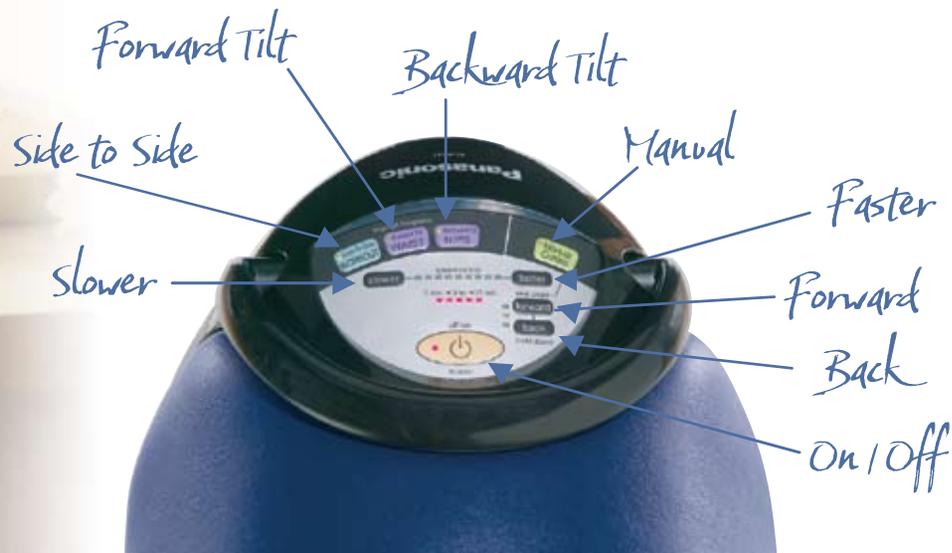






## EU6441A- Core Muscle Trainer

- Forward/Backward/Level Tilt
- 9 Levels and 3 Program Modes
- Simple Control Panel Operation—It requires only a few button pushes to turn the machine on and off, change the speed, and adjust the tilt with both manual and pre-programmed modes



Bonus DVD

# Core Muscle Trainer

## 12 Weeks to a Strong Core Using the Panasonic Core Trainer to Build Core Strength

To help you get the most out of your new exercise equipment, we've had Fabio Comana, a leading core training expert, develop this exercise program that walks you through the steps needed to build a strong and healthy core. Go to [www.panasonic.com/coretrainerDVD](http://www.panasonic.com/coretrainerDVD) for your free Panasonic Core Trainer Exercise DVD.

The Panasonic Core Trainer series is endorsed by the Japan Equestrian Federation for its ability to simulate and offer the health benefits of horseback riding.

To learn more about the Panasonic Core Muscle trainer, go to [www.panasonic.com/coretrainer](http://www.panasonic.com/coretrainer) or call 1-866-PANAFIT. Extended Service Plan is available from Panasonic Services Company 1-800-637-2007 or 1-800-973-7935 (Florida only)

## Specifications

Model	EU6441A	EU7805K
Digital LCD Display	N/A	Yes
Max. User Weight	264 lbs.	264 lbs.
Calories Burned Meter	N/A	Yes
Forward/Backward Tilt	Yes	Yes
Footrest Height Adjustment	4	4
Axels	3	5
Pre-Set Programs	3 (Basic Conditioning, Waist & Hips)	7 (Easy, Light, Moderate, Advanced, Waist, Hips, Legs)
Speed Adjustments	Manual (9 Steps)	Manual (9 Steps)
Timer	Automatic 15-minute	Automatic 15-minute
Accessories	Mat, 2 Footrests and 2 Footrest Brackets	Mat, 2 Footrests and 2 Footrest Brackets
Wheels	Built-in for easy moving	Built-in for easy moving
Power Supply	AC120V, 60Hz	AC120V, 60Hz
Power Consumption	120W	120W
Dimensions (HxWxD)	29.5" x 16.5" x 34.3"	29.5" x 18.1" x 35.0"
Weight	82 lbs.	77 lbs.
Origin	Japan	Japan
UPC	0 37988 43039 0	0 37988 43057 4

To reduce risk of injury, always consult your physician or healthcare provider before beginning any exercise program. Actual fitness results will vary. Exercise and proper diet are necessary to achieve weight loss and muscle definition.



**Panasonic**  
ideas for life

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10 am – 7 pm (EST) Saturday and Sunday: 1-800-211-PANA

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For hearing or speech impaired TTY users: 1-877-833-8855

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