



alatech.com



attacusfitness.com



Alatech Technology Co., Ltd. 39F, No.758, ZhongMing S. Rd., South Dist.,
40255 Taichung, Taiwan Tel: +886-4-2260 8341 Fax: +886-4-2260 8346
Website: www.alatech.com | www.attacusfitness.com

PRODUCT
CATALOG
HOME FITNESS EQUIPMENT



From Taiwan, Embracing the World

ALATECH sets out from Taiwan and enters the global markets with its unique product designs and applications. We have designed and manufactured quality cardio equipment with connectivity technology pairable with wearable devices and applications for more than 20 years. We endeavored to build smart gym environments by integrating our equipment, wearable devices, applications, and the cloud into a system. By staying ahead of fitness industry trends and data, we envision enabling more people to enjoy efficient training and a healthy lifestyle.



CONTENTS

05 APPLICATION

ALA Connect APP | ALA Cloud Run APP
ALA Fitness APP

09 FOLDING TREADMILL & FITNESS EQUIPMENT

Smart Treadmills AT100
Spinning Bike Firefly AP1000

13 MID-RANGE SMART TREADMILL

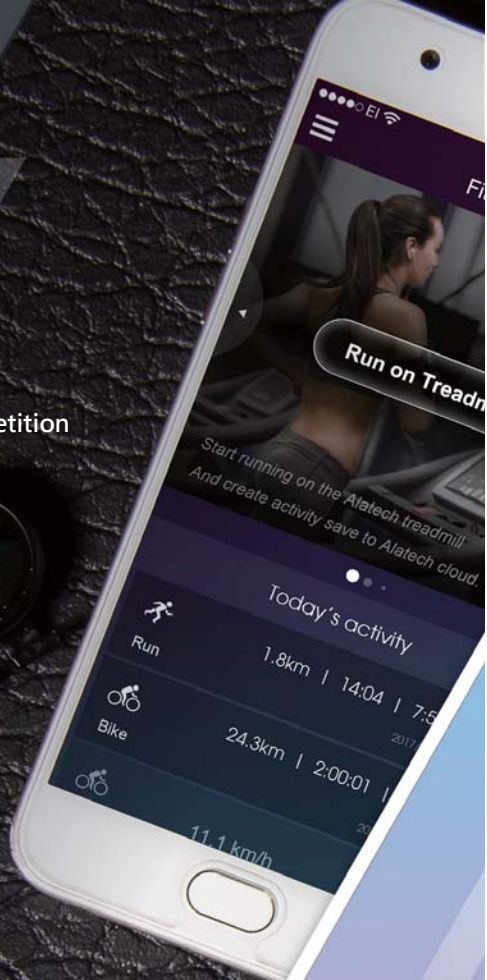
Smart Treadmills AT400 | AT300 | AT200

19 HIGH-END SMART TREADMILL

Smart Treadmills AT800 | AT500

APPLICATION

- ▶ ALA CONNECT for Wearable Products
- ▶ ALA CLOUD RUN App for Runner Training and Virtual Competition
- ▶ ALA FITNESS App for Indoor/outdoor Sports



APPLICATION

ALA CONNECT

Ala Connect™ for Wearable Products



ALA CONNECT™



Features

Compatible with ALATECH/ATTACUS devices: Smart wearable device management.

Syncing Alatech Heart Rate devices to your Ala Connect app to keep track of your training and daily goals. These devices are great recorders and indicators for different sports such as running, cycling, swimming, weight training, group training, etc. Once synced, your data will be stored to cloud and may be viewed at anytime and anywhere. You can view basic statistical data, such as distance, pace, speed, weight, cadence, and calorie, on app and more in-depth analysis online.



Life Tracking and Analysis

Track and analyze changes and improvements in physical fitness, steps, sleep, and heart rate.

Training Activity Recording

Sync device data to your device after classes or workouts, integrating your exercise data.



Exercise Data Analysis

Detailed presentation of exercise data analysis, including route, heart rate analysis, exercise data (pace, cadence, heart rate, etc.), data comparison, and more.



Exercise Reports

View data analysis reports after activities, and see your accumulated exercise performance daily, weekly, monthly, and annually.

Ala Cloud Run™

App for Runner Training and Virtual Competition

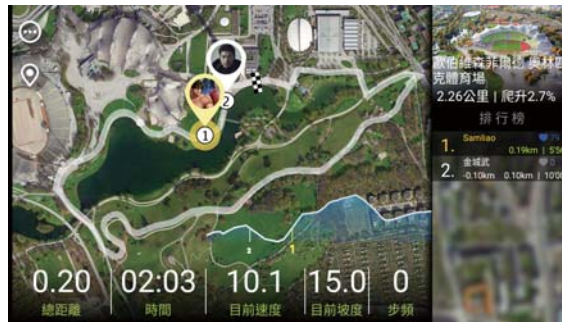
Features

With the exclusive Cloud Run app, you can invite your friends or training group to run a race. There are more than 60 world-famous marathons to choose from. You can experience the inclination automatically shifted underneath your feet to simulate the actual routes. After each race, a full ranking is ready to view!

※Compatible with the following ATTACUS motorized treadmill models:
AT6000/AT800/AT500/AT400/AT300/AT200/AT100



ALACLOUDRUN™



Virtual Runner Training

Make running training more interesting and less efficient.



Customized Running Training Plans

Input the menu and schedule of renowned coaches, and activate treadmill training.



Personal Achievement Rewards

Offer a personal achievement reward system to quickly win ranking medals and motivate yourself.

Ala Fitness™

App for Indoor/outdoor Sports

Features

ALA Fitness™ is an exercise activity recorder that can record real-time exercise data. Use this app for outdoor and indoor activities: Connect to monitors and sensors for outdoor running and cycling or to indoor equipment such as treadmills, spinning bikes, rowers, etc. It can record different exercise data depending on the type of exercise, such as GPS routes, time, distance, calorie, speed, segments, cadence, pace, heart rate, etc. You can achieve your workout goals more efficiently by syncing the data to the GPTfit™ sports platform, which provides a more in-depth data analysis.



ALA FITNESS™



Multiple Exercise Modes, Tracking, Recording in One Device

Integrate multiple exercise modes, including outdoor (running, cycling), aerobic, treadmill, stationary bike, rowing machine, etc. Easily access detailed information (including pace, speed, cadence, GPS route, distance, altitude, heart rate, cadence, calorie, and splits, etc.).



Compatible with Bluetooth Wearables and Devices

Supports various brands of standard Bluetooth wearables and fitness equipment.



GPTfit™ Sports Platform Makes Exercise Management Extremely Easy

On GPTfit™, you can achieve your training goal by keeping track of the fitness data analysis.

FOLDING TREADMILL & FITNESS EQUIPMENT

- ▶ Smart Treadmill AT100
- ▶ Spinning Bike Firefly AP1000
- ▶ Rower AR7000

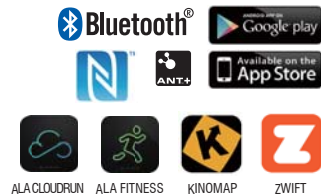
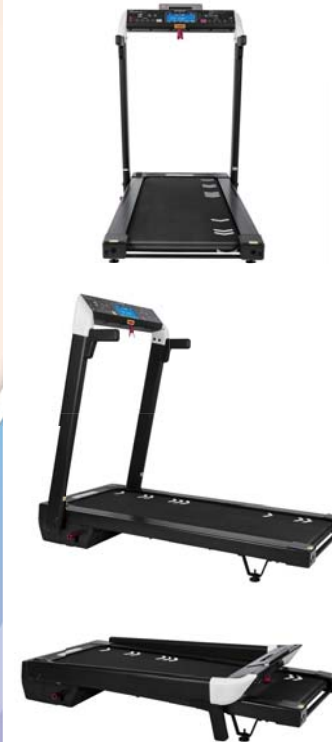


480x 1300 mm Running Area

AT100 / AT100 Smart Treadmill

MACHINE SPECS AT100

Running Area	480x 1300 mm (19"x51")
Running Belt	1.8mm
Cushioning	8-points Shock Absorption System
Incline Range	3-9%
Speed Range	1-16km/h
Drive Motor	1.5hp (3.0hp Peak)
Console Display	180x75mm
Workout Feedback	Time, Distance, Steps, Cadence, Incline, Pace, Speed, Calories, Heart Rate, Cal/Hr
Workout Programs	Basic/Advanced/HRC/Goal/Custom
Extras	Quickstart Button, Tablet Rack, USB charge
Heart Rate Monitoring	Wireless (ANT+ / Bluetooth / NFC)
Workout with App	ALA CloudRun™, ALA Fitness™, Kinomap, zwift
Cloud Integration	GPTfit
Assembled Dimensions (L x W x H)	1410x 740x 1234 mm
Foldable	Yes
Max User Weight	100kg
Assembled Weight	54kg
Container Loading	20'=70pcs, 40'=154 pcs, 40' HQ=176pcs



High quality contrasting LCD display panel with diverse training mode

▲ Strengthening training Incline Range 3% to 9%



Spinning Bike



6 Colored Heart Rate LED indicator
The indicator changes color according the heart rate intensity zones.

AP1000-LCD/TFT

Features

•A Green System

The self-powered system frees the bike from the hassle of battery change or plugging in. The console provides real- time training data and a vibrant zone indicator.

•Train Live — Make the Most of Outstanding IoT Service!

Enjoy Group Training through Train Live, your best workout companion!

•APP CONNECTIVITY

Compatible with Zwift® and Kinomap® via Bluetooth® and ANT+ connection.

•Quiet and Stable

Smooth magnetic resistance system delivers a well-balanced sensation.

•POLY-V Belt Drive

POLY-V 8PK belt transmission is quiet, comfortable, and smooth without slipping.

•Covered Design — Safe and Durable

The fully covered flywheel and steel structure prevent sweat erosion and accidental contact, keeping a safe operation environment.

•SPD Compound Pedal

Suitable for both professional cycling shoes and sports shoes.

Spinning Bike



Specifications

Item	Bike + Generator+ LCD Console	Bike + Generator+ TFT Console (touch panel)
Description	Dual-position Zone Indicator: 1.On the top of the console 2.On the rear end of the flywheel. *Heart rate monitor is required for heart rate display. Heart Rate Armband (optional)	

Resistance System	Magnetic
Resistance Level	20
Emergency Stop	Push
Flywheel	Aluminum
Handlebar	Multi-position
Handlebar Adjustments	Vertical & horizontal
Saddle	Ergonomically sculpted seat
Saddle Adjustments	Vertical & horizontal
Drivetrain Gear Ratio	1:6.2
Drivetrain	Poly-V
Frame Material	Steel
Shrouds & Guard	Full Frame
Frame Design	Off-set
Q Factor	178mm
Crank Type	170 mm
Pedal Type	Dual-sided SPD & toe cage
Frame Stabilizer Bars	With calf stretch footrest & Leveling feet
Protection Plates	Yes
Console	Optional LCD/TFT
Workout Tracking	Yes
Wireless HR	Bluetooth/ ANT+
Overall Dimensions (L x W x H)	1340x530x1060 mm
Product Weight	52 kgs
Max User Weight	159 kgs
Container Loading	20'=56pcs, 40'=112pcs, 40'HQ=128pcs



LCD dashboard and indicator lights

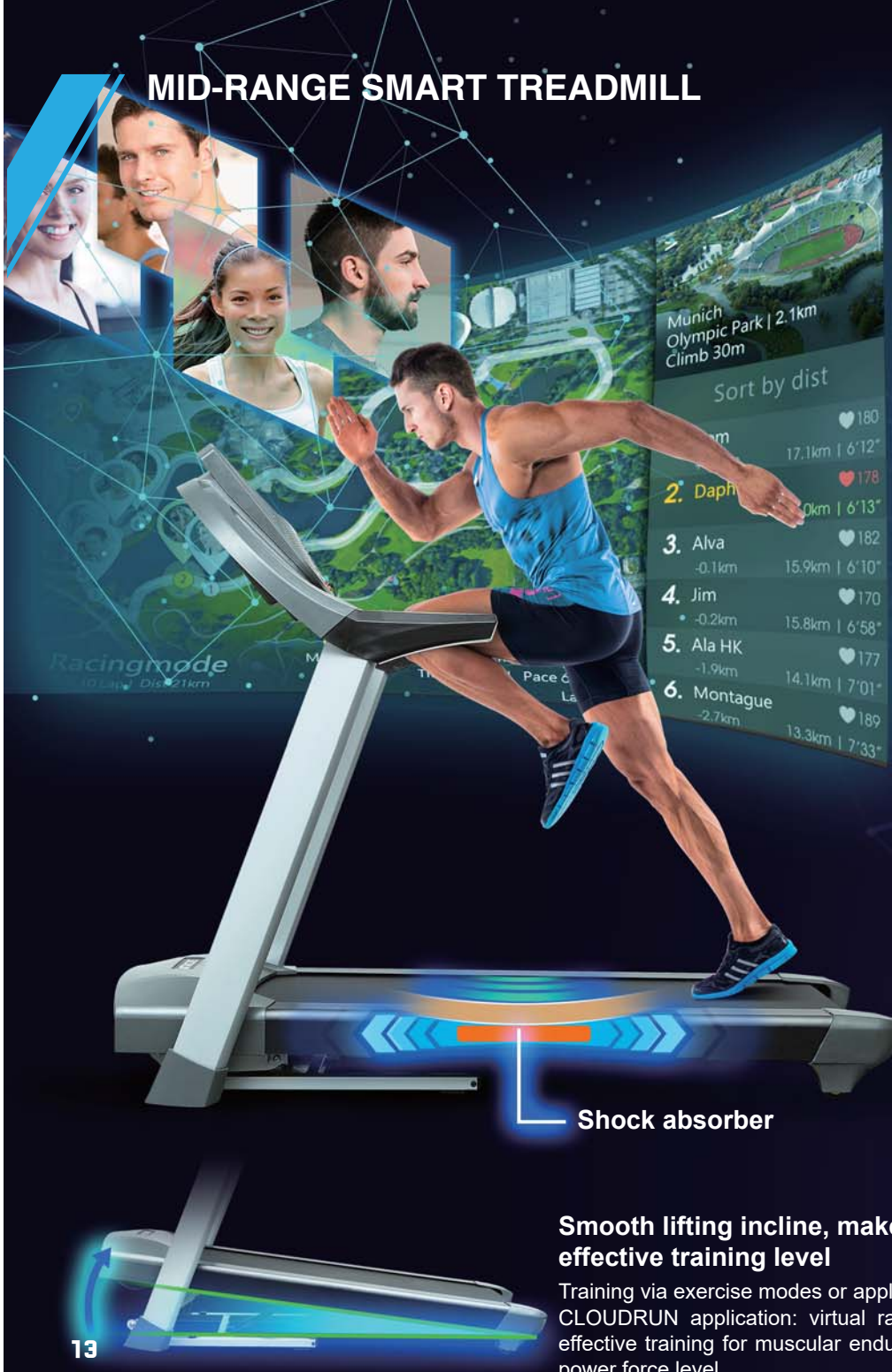


TFT dashboard and indicator lights



Patented illuminated heart rate warning device on the rear flywheel light

MID-RANGE SMART TREADMILL



More than 20 workout programs



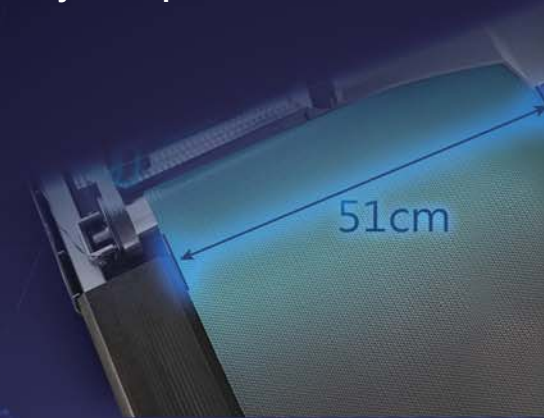
Powerful turbo fan



Hi-Fi Bluetooth Speaker

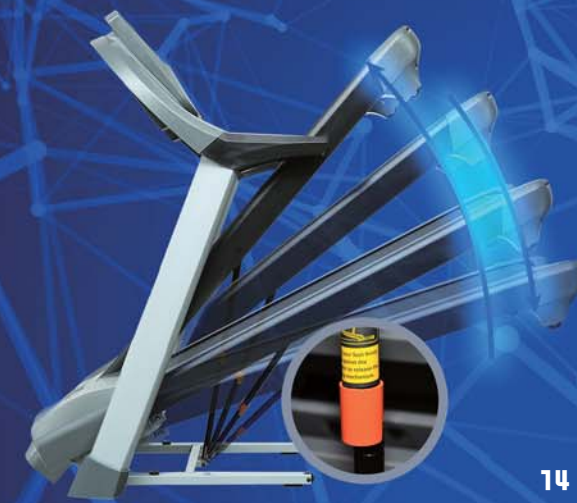


51cm width comfort running rack and wearproof running belt both beyond equivalent



Multi-segment hydraulic foldable rack promise for your security

Lifting steady preventing fall down, descend slowly as safety protection.



AT 400

AT400 Smart Treadmill



MACHINE SPECS

AT400

Running Area	51 x 153 cm (20"X60")
Running Belt	1.8mm
Cushioning	Yes
Incline Range	0-12% (24 Level)
Speed Range	0.8-24km/h
Drive Motor	2.5 Continuous Duty (5 HP peak)
Roller	2" (50mm)
Console Display	9 " Blue and White LCD Display
Workout Feedback	Time Remaining, Time Elapsed, Distance, Pace, Step, Step Frequency, Step length, Speed, Elevation Gain, Incline, Calories, Calories per H, Heart Rate, METs.
Preset Workouts Program	Basic : Manual, Random, Cross Country, Weight Loss, Interval 1-1, Interval 1-2, Hill HRC : Target HR Goal, Fat Burn, Cardio, HR Hill, HR Interval , Extreme HR Advanced : Hill Climb, Aerobic, Interval1-4, Interval 1-2, EZ Incline, Marathon Mode Goal : Calorie, Distance 1.6K, 5K, 10K Custom : Custom 1, Custom 2, User 1, User 2
One Touch Speed Button	2, 4, 6, 8, 10, 12, 14, 16, 18
One Touch Incline Button	0, 1, 2, 3, 4, 5, 6, 8, 10
Extras	Intelligent Energy Saving, Quickstart Button, Tablet Rack, Water Bottle Holder, Fan, Transport Wheels
Entertainment	Built-In BLE Speakers, 3.5mm Audio Input Jack
Heart Rate Monitoring	Touch, Wireless (5.3kHz, BLE 4.0, ANT+)
Assembled Size (L x W x H)	197 x 93 x 135cm
Folding	Yes
Assembled Weight	91kg / 200 lbs
Max User Weight	135 kg / 300 lbs
Workout with App	Ala Cloud Run/Ala Fitness, Cloud based
Cloud Integration	Yes
Firmware update (OTA)	Yes, via Ala CloudRun App
Container Loading	20'= 36 pcs, 40' =76 pcs, 40' HQ= 87 pcs



AT 300

AT300 Smart Treadmill



MACHINE SPECS

AT300

Running Area	51 x 140 cm (20"X55")
Running Belt	1.8mm
Cushioning	Yes
Incline Range	0-12% (24 Level)
Speed Range	0.8-22km/h
Drive Motor	2.0 Continuous Duty (4 HP peak)
Roller	2" (50mm)
Console Display	6.5 "Black and White LCD Display
Workout Feedback	Time Remaining, Time Elapsed, Distance, Pace, Step, Step Frequency, Step length, Speed, Elevation Gain, Incline, Calories, Calories per H, Heart Rate, METs, Laps.
Preset Workouts Program	Basic : Manual, Random, Cross Country, Weight Loss, Interval 1-1, Interval 1-2, Hill HRC : Target HR Goal, Fat Burn, Cardio, HR Hill, HR Interval , Extreme HR Advanced : Hill Climb, Aerobic, Interval1-4, Interval 1-2, EZ Incline, Marathon Mode Goal : Calorie, Distance 1.6K, 5K, 10K Custom : Custom 1, Custom 2
One Touch Speed Button	2, 4, 6, 8, 10, 12, 14, 16, 18
One Touch Incline Button	0, 1, 2, 3, 4, 5, 6, 8, 10
Extras	Intelligent Energy Saving, Quickstart Button, Tablet Rack, Water Bottle Holder, Fan, Transport Wheels
Entertainment	Built-In BLE Speakers, 3.5mm Audio Input Jack
Heart Rate Monitoring	Touch, Wireless (5.3kHz, BLE 4.0, ANT+)
Assembled Size (L x W x H)	185 x 93 x 135 cm
Folding	Yes
Assembled Weight	90kg / 198 lbs
Max User Weight	135 kg / 300 lbs
Workout with App	Ala Cloud Run/Ala Fitness, Cloud based
Cloud Integration	Yes
Firmware update (OTA)	Yes, via Ala CloudRun App
Container Loading	20'= 36 pcs, 40' =76 pcs, 40' HQ= 87 pcs



AT 200

AT200 Smart Treadmill



MACHINE SPECS	AT200
Running Area	51 x 130 cm (20"x51")
Running Belt	1.8mm
Cushioning	Yes
Incline Range	0-10% (20 Level)
Speed Range	0.8-20km/h
Drive Motor	1.5 Continuous Duty (3 HP peak)
Roller	2" (50mm)
Console Display	6.5" Blue and White LCD Display
Workout Feedback	Time Remaining, Time Elapsed, Distance, Pace, Step, Step Frequency, Step length, Speed, Elevation Gain, Incline, Calories, Calories per H, Heart Rate, METs, Laps.
Preset Workouts Program	Basic : Manual, Random, Cross Country, Weight Loss, Interval 1-1, Interval 1-2, Hill HRC : Target HR Goal, Fat Burn, Cardio, HR Hill, HR Interval Advanced : Hill Climb, EZ Incline Goal : Calorie, Distance 1.6K, 5K, 10K Custom : Custom 1, Custom 2
One Touch Speed Button	2, 4, 6, 8, 9, 10, 12, 14, 16
One Touch Incline Button	0, 1, 2, 3, 4, 5, 6, 8, 10
Extras	Intelligent Energy Saving, Quickstart Button, Tablet Rack, Water Bottle Holder, Fan, Transport Wheels
Entertainment	Built-In BLE Speakers, 3.5mm Audio Input Jack
Heart Rate Monitoring	Touch, Wireless (5.3kHz, BLE 4.0, ANT+)
Assembled Size (L x W x H)	175 x 93 x 135 cm
Folding	Yes
Assembled Weight	82kg / 181 lbs
Max User Weight	135 kg / 300 lbs
Workout with App	Ala Cloud Run/Ala Fitness, Cloud based
Cloud Integration	Yes
Firmware update (OTA)	Yes, via Ala CloudRun App
Container Loading	20'= 40 pcs, 40'= 83 pcs, 40' HQ= 92 pcs



Obeat3 NFC

Obeat3 Optical Heart Rate Armband



FEATURES

- Six-color heart rate intensity light display
- Compatible with sport watch, cycling computer, fitness equipment and smart devices with NCF, Bluetooth 4.0 and ANT+ features; work with most Bluetooth Smart Fitness Apps.
- The built-in memory can record and store heart rate data and SPM (steps per minutes) independently; there is no need bringing your smart phone or wearing a smart watch during workout sessions.
- Synchronize the data with the Ala Connect app via Bluetooth and view training report anytime and anywhere.
- The sensor and armband together are less than 20 grams. Can be worn comfortably on either forearm or upper arm.

SPECIFICATIONS

Dimension	L48xW32xD15.5mm
Armband	See package for size 380x25mm
Weight	13.9 g (armband excluded)
IP rating	IPX7
Memory	capacity up to 25 of hours training. (Single recording file up to 13 hours)
Wireless transmission interface	NFC, Bluetooth®, ANT+,
Wireless transmission frequency	2.402~2.480 GHz
Battery	Rechargeable Lithium battery
Input voltage	5V
Run time	20 consecutive hours (max.)

SIX-COLOR HEART RATE INTENSITY LIGHT DISPLAY

TRAINING INTENSITY%

Zones	%MHR	%HRR	Effort*	Feel	Fuel Burned**	Function	Purpose
Z0 DAILY UP	~50	~55		normal daily life Activity			
Z1 WARM UP	50~60	55~60	Easy	Fully relax	█ Fat █ Carbs █ Lactate █	Facilitate warm-up & energy recovery	Get fit
Z2 FAT BURN	60~70	60~65	Steady	Talking while exercising	█ Fat █ Carbs █ Lactate █	Improve metabolism	Lose excess weight
Z3 AEROBIC	70~80	65~75	Moderate	Tired & hard to keep talking	█ Fat █ Carbs █ Lactate █	Enhance aerobic power	Aerobic fitness
Z4 ANAEROBIC	80~90	75~85	Hard	Feeling strenuous, can't talk comfortably	█ Fat █ Carbs █ Lactate █	Increase speed & lactate threshold	Get faster & stronger
Z5 MAXIMUM EFFORT	90~	85~	Very Hard	Out of breath & short heartbeat	█ Fat █ Carbs █ Lactate █	Increase anaerobic ability	Explosive power

* Strength should be adjusted according to exercise needs (training plan or coaching)

** Proportion of workout energy source:
Fat █ Carbs █ Lactate █

HIGH-END SMART TREADMILL

HIGH-END SMART TREADMILL

Smart Treadmill

Luxurious light-commercial frame, outrun the world

More than 13 programs
of exercise modes

CROSS CO

Step count /
pace /
Step frequency /
Stride /



High-performance motor, long lasting and durable



Incline multi-stage slope, training is smooth and not annoying



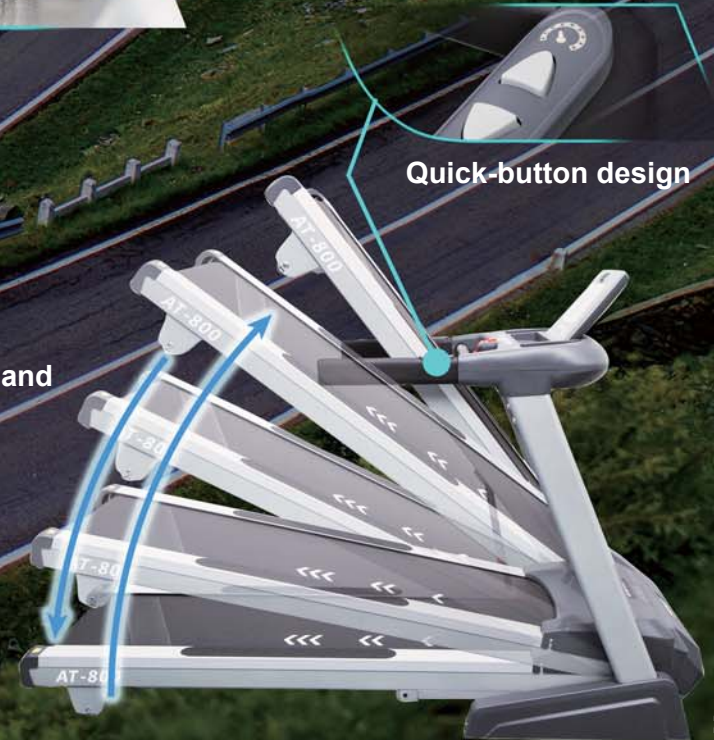
Luxury big running platform with wear-resistant running belt



Double hardness shock absorber, comprehensive protection

Quick-button design

Two-way hydraulic folding design, safe and easy storage



AT 800 / AT800 Smart Treadmill



MACHINE SPECS	AT800
Running Area	51x 152cm(20"x60")
Running Belt	1.8mm
Cushioning	Yes
Incline Range	0~15% (30 Level)
Speed Range	0.8 ~ 20km/h
Drive Motor	2.5HP Continuous Duty (5HP peak)
Roller	2.36" (60mm)
Console Display	9 "Blue and White LCD Display
Workout Feedback	Time Remaining, Time Elapsed, Distance, Pace, Step, Step Frequency, Step length, Speed, Elevation Gain, Incline, Calories, Calories per H, Heart Rate, METs.
Preset Workouts Program	Manual, Interval, Weight Loss, Hill Climb, Cross Country, Distance Goal, Target Step, Basic HRC 80%, Basic HRC 60%, User1, User2
One Touch Speed Button	3, 6, 9, 12, 14, 16, 18, 20
One Touch Incline Button	0, 2, 4, 6, 8, 10, 12, 15
Extras	Intelligent Energy Saving, Quickstart Button, Tablet Rack, Water Bottle Holder, Fan, Transport Wheels
Entertainment	Built-In BLE Speakers, 3.5mm Audio Input Jack
Heart Rate Monitoring	Touch, Wireless (5.3kHz, BLE 4.0, ANT+)
Assembled Size (L x W x H)	200 × 89 × 135cm
Folding	Yes
Assembled Weight	124kg / 272 lbs
Max User Weight	150kg / 331 lbs
Workout with App	Ala Cloud Run/Ala Fitness, Cloud based
Cloud Integration	Yes
Firmware update (OTA)	Yes, via Ala CloudRun App
Container Loading	20'=30pcs, 40'=60pcs, 40'HQ=72pcs



AT 500 / AT500 Smart Treadmill



MACHINE SPECS	AT500
Running Area	51x 140cm(20"x55")
Running Belt	1.8mm
Cushioning	Yes
Incline Range	0~10% (20 Level)
Speed Range	0.8~18km/h
Drive Motor	1.75HP Continuous Duty (3.5HP peak)
Roller	2.36" (60mm)
Console Display	6.5 "Black and White LCD Display
Workout Feedback	Time Remaining, Time Elapsed, Distance, Pace, Step, Step Frequency, Step length, Speed, Elevation Gain, Incline, Calories, Calories per H, Heart Rate, METs, Laps.
Preset Workouts Program	Manual, Interval, Weight Loss, Hill Climb, Cross Country, Target Lap, Target Step, Basic HRC 80%, Basic HRC 60%, Custom
One Touch Speed Button	3, 6, 9, 12
One Touch Incline Button	0, 3, 6, 10
Extras	Intelligent Energy Saving, Quickstart Button, Tablet Rack, Water Bottle Holder, Fan, Transport Wheels
Entertainment	Built-In BLE Speakers, 3.5mm Audio Input Jack
Heart Rate Monitoring	Touch, Wireless (5.3kHz, BLE 4.0, ANT+)
Assembled Size (L x W x H)	188 × 89 × 135cm
Folding	Yes
Assembled Weight	114kg / 251 lbs
Max User Weight	130kg / 287 lbs
Workout with App	Ala Cloud Run/Ala Fitness, Cloud based
Cloud Integration	Yes
Firmware update (OTA)	Yes, via Ala CloudRun App
Container Loading	20'=30pcs, 40'=60 pcs, 40'HQ=72pcs

