

## Fitness Gear Review:

### The Everlast Cross Conditioner XV “Compact Home Gym Offers Core, Cardio, & Strength Training”

By Bruce Pechman, The Muscleman of Technology®  
[www.mrbicep.com](http://www.mrbicep.com)

September, 2008



#### Summary:

- First affordable Cross Conditioning Home System that's truly simple & fun to use
- Amazing technology including Curvalinear Resistance Arms with SwitchPort multi-color coded intensity system, plus auto resistance loaded seatback
- Integrated Leg Press & Rowing machine (with multiple bands of resistance) to suit any user's fitness level
- Incredible versatility allows any user to add muscle, tighten core, & work their heart in the seated position without stressing joints and bones
- Excellent build quality—first home exercise machine with renowned “Everlast” name on it

#### What is the Everlast Cross Conditioner XV?

The Everlast Cross Conditioner XV is a revolutionary approach to a complete affordable home based low impact fitness system that focuses on four primary areas: Core, Cardio, Strength and Stretching. I can tell you up front this machine is perfect for folks with space constraints (it's about 2 by 6 feet, or to be more exact, 45" tall by 28" wide by 72" long). It only weighs about 100 pounds and has a built-in handle and wheels to make it easy to move from room to room. The Cross Conditioner will easily fit through any standard doorway. It also conveniently folds for compact storage. The Cross Conditioner XV allows you the freedom to choose either an aerobic, anaerobic, or combo workout. The spring-back loaded seat can be made stationary so as not to move for certain exercises— this gives you even more flexibility and intensity in your daily workouts.

### Whose Idea is this Anyway?

I had a chance to track down and interview the developer Mark Wallach, of C Systems. Mark, an athletic person his entire life, was in a traumatic downhill skiing accident (which left him staring death in the face) falling 1,200 vertical feet and requiring 4 knee surgeries and 9 straight months of rehab. Mark became intensely focused on getting himself back to his pre-injury fitness level and became obsessed with researching and inventing a machine that would allow anyone, including kids, achieve a higher level of fitness in 15 minutes a day. Mark told me “I wanted a product from which all family members could benefit, including children; being low impact is one of many benefits for all ages and is not harmful to children’s growth plates.” I asked Mark what the “C” stands for in C Systems. “I founded C Systems, and named it such because “C” represents so many things to me: Change, Core, Cardio, Cross Conditioning, Challenge, Care, Courage, Confidence, Control, Collagen, Comfort, Curvilinear and more.” When Everlast got wind of this new revolutionary machine, they not only licensed it, but it’s the first Home Fitness machine on which they ever put the renowned “Everlast” name!



### Mr. Bicep Takes the 30 Day Challenge

When Greg Comeaux, fitness and celebrity spokesperson for the Everlast Cross Conditioner XV jumped out of the truck and wheeled the unit into my garage my jaw just dropped! After a 5-minute pose down (it was close, but Greg had me on legs, but I had him on Biceps) we got down to business. Greg showed me the light and oriented me on the ins and outs of the CCXV (Cross Conditioner XV). By the way, you can get the same “one on one” training Greg gave me when you purchase the unit because every CCXV comes with Greg’s patented 15 minute Starter Workout Routine and Wall Chart. You’ll also get the complete instruction manual which covers the fundamentals and basics. Let’s get started!



First, Greg explained to me how the SwitchPort Technology works—this is critical to ensure you're using the proper resistance that is right for you. It's simple; there are 3 primary color coded switch positions. They are Green (easiest), Yellow (medium), and Red (hardest). To activate or engage the color of your choice, simply slide the color switch clockwise (to disengage, just slide back counterclockwise). Here is the coolest part—you can use any color combination of your choosing to create a total of 7 intensity levels, thus ensuring you will never have to say 'this is too easy'! To get an idea how the SwitchPort Docking mechanism works, follow this link to watch a 10 second clip [www.crossconditioner.com/SwitchportDockingSystem.aspx](http://www.crossconditioner.com/SwitchportDockingSystem.aspx)

I was a wise guy and said the Green was way too easy; with a flip of the switch to Red, I was like "this is a real tough work out!" Red is just nasty hard, but for some movements you'll appreciate having the flexibility. The simple core warm-up movement you need to master is called the "Core Motion Extension and Crunch" this will completely stretch you out, get your body warmed-up and limber, and prepare you for your 15 minute workout. Once you get used to this movement you'll be able to incorporate it into most of the basic exercises of the CCXV. The Curvalinear Resistance Arms can be instantly set into 3 different angles to ensure you get the proper range of motion for each exercise you select. Simply pull the yellow handled pin and slide the arm to your desired angle.

After using the Cross Conditioner XV for 30 days I want to tell you my shoulders have never looked better or been stronger. I particularly love the standing upright rear deltoid pull and the cardio boxing extended cross punch. There is no machine in any gym that can replicate this movement. I can tell you unequivocally having an integrated leg press, rowing machine, and crunch machine all in the same compact unit is a true time and life saver for anybody who is looking to raise their level of fitness or improve their game for any sporting endeavor.



### **What Are You Waiting For?**

I do want to mention the build quality of the CCXV. These are not just run of the mill resistance bands—we are talking high tensile strength resistance bands, which were adapted from military specification shock cords. These resistance bands contain advanced polymers and long-memory nylon casings to deliver consistent resistance and long-life,

quality performance. While we are on the topic of quality, there is a Lifetime Warranty on the frame and a 2-year Warranty on parts. You can order risk free and get all the details from [www.crossconditioner.com](http://www.crossconditioner.com)

Because you get a 30 day in-home 100% Satisfaction Guarantee which includes full refund of purchase price, less S&H, just what are you waiting for!

### **Final Verdict**

With over 100 exercises to choose from and multiple levels of intensity, integrating core, cardio, strength and stretching at just MSRP \$1,395 this is the best investment you can make in yourself. In just 30 days your entire body will be more coordinated, balanced, and stronger while maintaining fluidity of motion in a perfect 15 minute workout. Don't overlook the lower body leg workouts either. The resistance loaded seat back with integrated leg press station will work core and leg muscles including calves. The CCXV also comes with 4 additional bands to slip on the leg press to make it more intense should you need to. Did I mention it conditions the most important muscle in your body...your heart! For more information about the Cross Conditioner XV, be sure to visit their web site at [www.crossconditioner.com](http://www.crossconditioner.com)

- \* Always consult a physician before starting any exercise program.
- \* For optimal results, a healthy reduced calorie diet may be recommended.

Bruce Pechman The Muscleman of Technology® is founder of Muscleman of Technology, LLC. He is a Technology and Fitness Expert appearing regularly on morning news programs, including Fox & Friends, KTLA Morning Show, and Good Morning San Diego with over 150 live TV appearances. Bruce's moniker reflects his 20 years of technology expertise and 30 years of fitness training. Visit him at [www.mrbicep.com](http://www.mrbicep.com)