

AKROsolutions is imagining fitness.

AKROsolutions bridges the gap between fitness, daily living, and fun by providing simple, effective, and beautiful equipment designed for the human body and its movement.

We are Ari and Eli Akerstein, two brothers who formed Akrosolutions with a simple goal of enhancing the workout experience. Immersed from childhood in competitive athletics as diverse as diving, lacrosse, wrestling, martial arts, swimming, and circus sports, we have enjoyed the developmental benefits of healthful aerobic, anaerobic, and acrobatic activity. In order to make our daily exercise routine as equally dynamic and effective while remaining simple, we designed our own fitness equipment. We've benefited substantially from workouts that address our individual needs AND at the same time are creative, improvisational and exciting...and we want everyone to experience working out the way we do!

Body Weight Training

As adults, we have both become certified professional fitness trainers creating exercise programs for individuals from all walks of life and fitness abilities. We've come to realize that our favorite equipment - for ourselves, and our clients - allows the most freedom of

afford even the most elite athlete with a tough workout that continuously evolves along with your abilities, and develops the body through means previously employed only by gymnasts and acrobats.

But don't take our word for it! Give your new Akrowheels a try! Take them onto the grass outside, onto the carpet, try them on hardwood, on a gym mat; see how each surface changes your experience. Likewise, different angles, leg positions, torso positions, and inclines will challenge you. Take time to explore what you can do with these simple wheels ...and don't be surprised if you begin to feel more in touch with your old childhood self, the one that wants to climb trees and maneuver through jungle gyms. It happens to all of us when we begin to understand our bodies and rediscover the joy of movement.

We'd like to take this opportunity to thank you for buying our Akrowheels. We hope you will enjoy using them as much as we have enjoyed creating them.

Ari and Eli Akerstein

movement, forcing the body to stabilize itself using its own core musculature. Bodyweight training employs athleticism and grace in its approach towards integrated muscular development, not typically found through the use of today's exercise equipment.

Akrosolutions developed from a desire to create simple body weight exercise tools that afford maximal adaptability and versatility, are challenging to use, and effective. You will find our equipment to be full of possibilities for playful experimentation, as well as intense, gymnastic muscular development. It is our mission to create the best bodyweight fitness equipment available - functional, elegant, imaginative.

So what are Akrowheels?

We're glad you asked, and we are excited because you are about to rediscover your body's natural abilities. Many people think of working out as a chore, and it can be if you're just repeating the same isolated movements over and over. At Akrosolutions we realize that fitness doesn't just happen in the gym - it happens when you take the stairs instead of the elevator, stretch for groceries on the top shelf, and as you wrestle and play with your kids. Akrowheels helps you to direct this type of natural movement into an effective workout.

Don't be fooled by the simplicity. With simplicity comes options, and with options comes freedom. This handle between two wheels will orient your body in new ways and



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Advanced Fly

