My life-long love affair with the bike began when I took my first ride as a child in South Africa. Over the years and over thousands of miles, I encountered innumerable physical, mental and emotional challenges. In the process, I developed self-awareness and discovered a sense of spiritual balance; and as my grueling physical training and philosophical approach came together, I found inspiration.

That inspiration manifested in 1987 when I created the first Spinning® bike. Initially, I’d envisioned a piece of equipment that I could use to train for ultra-distance races. As I began to develop the accompanying program however, I realized that its application would transcend that of a simple exercise machine; it could foster balance, consciousness, and harmony for people of all fitness levels.

In 2002, while attending a cycling event for physically challenged athletes, I had the opportunity to try a participant’s homemade hand-cycle. I never imagined that using my arms alone to power a cycle could be so much fun – or so physically demanding. This memory became my inspiration: if such a bike were re-engineered properly and integrated with a training system steeped in mind-body philosophies, the possibilities would be vast.... and the Krankcycle® was born.

When I created spinning, it came from my soul. It was about every human being finding the champion within themselves. When I found kranking, it came from my heart. It is about never giving up and always moving forward. Life gives us an opportunity to be truly great. It is up to each of us to embrace it and never look back.
Making the impossible possible.

The Philosophy
Kranking® combines physical, mental and spiritual aspects to create a challenging athletic program that fosters a journey of self-awareness.

The Immortality Symbol
This symbol represents the earth, heaven and mankind and is defined as a philosophical way or path.

What is Kranking?
Kranking is the first exercise program to focus on the upper body as a way to build cardio fitness. It provides a new way to build aerobic capacity and upper body strength, burn calories and build core stability. Since it utilizes the upper body instead of the legs, it also represents a unique cross-training opportunity for athletes of all types.
The Johnny G Krankcycle® by Matrix Puts an Exciting New Spin on Training.

From the cycling studio to the cardio floor, instructors and trainers from over 30 countries are getting members in shape and reaching new populations. This incredibly versatile tool will improve strength and endurance while promoting balance in the upper-body. Challenging elite athletes and beginners alike, the Krankcycle offers an innovative way for everyone to train.

- Members looking for something new
- Athletes
- Overweight/obese
- Older adults
- Individuals with lower-body injuries
- Individuals in wheelchairs

"Changing your perspective on training."
The Synergy to Change the Fitness Industry

Johnny was determined to team up with an equipment manufacturer capable of sharing his vision for the Krankcycle. He found it in Matrix Fitness. By combining Kranking’s philosophically-inspired approach to education and training with Matrix’s ability to manufacture and market a durable, high-quality product, the Krankcycle is truly state of the art and is profoundly changing the fitness industry.
Specifications

Independent crank arms for greater variety of movement to keep users engaged

Narrow crank axis allows for higher RPMs, increasing speed and endurance

Adjustable crank arm height encourages greater range of muscle activation

Ergonomically designed saddle allows for easy transitions between seated and standing movements

Removable seat for wheelchair access and advanced movements

Crank and flywheel assembly rotates to accommodate forward and reverse movements

User Interface:
Drive system: chain drive

Frame:
Steel base frame with cast iron drive frame treated with zinc oxide and polyester powder coating

Technical Specifications:
Overall dimensions: 56.5” L x 26.8” W x 41.5” H
Weight: 142.4 lbs
Max User Weight: 350 lbs

Warranty:
Frame: 5 years
Cranks, brackets, flywheel: 2 years
Bearing, tension knob assembly: 1 year
Wearable items: 6 months
Labor: 90 days
What you put in, you’re going to get out!
The Benefits of Kranking®

Cardiovascular Training
- Kranking is an intense and effective workout that exceeds the ACSM recommendations for cardiovascular benefit
- There is minimal difference between heart rate max values when comparing the bicycle and Krankcycle (University of Wisconsin–LaCrosse)
- Effective cross-training for runners and cyclists

Upper-Body Strength Training
- Increases upper-body muscle growth
- Decreases percentage of body fat
- Stabilizes the shoulder-girdle

Weight Management/Weight Loss
- Kranking burns between 9-13 calories/min (ACE funded study)
- The Krankcycle makes cardiovascular training more accessible for the overweight population
- Increases muscle density in the upper-body improving 24-hour fat oxidation rate
Club Integration

The Johnny G Krankcycle® by Matrix is extremely versatile and can be integrated five different ways: Kranking® only, Krank Fusion, Krank Express, Krank PT and Krank Circuit. With its broad appeal, the Krankcycle is a perfect fit for any facility, of any size, anywhere in the world.

Kranking®

Place four or more Krankcycles on the gym floor or in a studio to experience Kranking, the most exhilarating and effective way to get fit using your arms.

The Johnny G Energy Training System uses heart rate training principles to provide a well-rounded and complete training program for performing at different levels of intensity to suit individual training goals.

Kranking Class Formats

Flats and Rolling Hills - Strength training
Power Kranking - High intensity
Krank and Restore - Endurance and base building
When you bring the Johnny G. Krankcycle® by Matrix into the indoor cycling room and combine an equal number of bikes with an equal number of Krankcycles, you get a comprehensive full body workout. It’s well balanced, increases strength, improves cardiovascular fitness and incinerates calories.

Krank Fusion will enhance your current programming and bring a whole new audience into your studio.

Krank Express is one of the many ways you can utilize the Johnny G KRANKcycle by matrix in your facility. Krank Express is done in a small group setting on the main cardio floor, making it very visible and highly accessible.

One of the advantages of Krank Express is your instructor or trainer doesn’t need a microphone or studio music; just four KRANKcycles® on the gym floor, and you have a fun and effective way to train in just 20 minutes!
KRANK PT

Personal trainers can use the KRANKcycle to work one-on-one with their clients to restore balance and symmetry in the upper-body, increase strength and endurance, and effectively manage weight. It doesn’t matter whether your clients are athletes; like boxers, swimmers, or triathletes; or general fitness enthusiasts, the actively-aging, or even clients rehabbing an injury; the KRANKcycle complements any existing program and helps clients get the results they are looking for.

With such a versatile training tool, personal trainers will be able to retain their current clients, attract new ones and enhance the facilities bottom line.

KRANK Circuit

Infuse new life into a traditional circuit by adding one or two Krankcycles. With the addition of an upper-body cardio or strength station, participants can perform heavier lower-body exercises for a perfectly balanced total body burn, for both the muscles and the heart.
The Johnny G Kranking® education platform is based on scientific training principles as well as decades of training experience in and out of the studio. It allows facilities to get the training they’ve come to expect from Johnny G, giving their instructors and trainers the tools they need to create an inclusive, effective and successful Kranking program. There are two ways to get Kranking:

**Get Educated!**

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**Become a Johnny G. Instructor**

**KRANKING FUNDAMENTALS**

A live, comprehensive 8-hour course that provides ACE, AFFA, NASM, Can Fit CECs and covers:

- Krankcycle setup
- Core movements and body positions
- Kranking biomechanics and physiology
- Personal training applications and program creation
- Johnny G Energy Training System
- Teaching methods and class design
- Successful implementation strategies
- Hands on practical training

**KRANKING ESSENTIALS**

An online quick-start program that provides ACE CECs and covers:

- Krankcycle setup
- Core movements and training techniques
- Successful implementation strategies
- Kranking and personal training
- Kranking with other fitness equipment
- Kranking and group fitness
- ‘12 weeks to getting fit on the Krankcycle’ program

Kranking Essentials does not replace certification

For more information on how to create a successful Kranking program in your facility, contact education@krankcycle.com or 877.816.1671.
Inclusive Fitness

Kranking® Knows No Boundaries.

We believe that those with disabilities and those who are overweight or challenged by age-related health issues should have the opportunity to enjoy the physiological, social and psychological benefits of group exercise.

Kranking can help maintain and even improve cardio fitness during the healing period following a lower-body injury. Kranking is also ideal for the actively aging and the obese, allowing individuals the ability to control the intensity of their workouts, with no impact to ankles, knees, hips or lower back. This also means that most pregnant women can enjoy a fun and safe exercise program throughout their pregnancies.

For tens of millions of people worldwide with physical disabilities, fitness centers can be a daunting environment. The equipment options for these athletes are few; the group exercise choices are even fewer.

The Kranking program opens the door to a whole new world of fitness for challenged athletes around the world. The Krankcycle® creates unprecedented training opportunities with a fitness program that is effective, fun and approachable. The Krankcycle is wheelchair accessible, enabling people with limited mobility to participate in sharing the same program, using the same equipment, and enjoying the positive energy of a group fitness environment.

The Inclusive Fitness Initiative (IFI) is a powerful concept centering on developing programs, equipment and people in order to make fitness environments not just accessible but truly inclusive.

Johnny G and the Kranking team are committed to supporting and promoting inclusive fitness worldwide.
Kranking® Gear by Jodi G.

Look the part by wearing Kprising Gear by Jodi G. We offer a complete line of apparel from casual wear to technical wear with moisture-wicking technology. Whether you are Kprising, hiking, walking on the beach, or doing your favorite activity, may you feel the warmth and well being with which they were created. This line is always changing, so make sure to check out our online store at www.krankcycle.com

Want to bring kprising gear to your facility?

We now offer a wholesale program for Kprising Gear by Jodi G. Have the clothes that your members want to work and play in by carrying this exclusive line in your facility.

To bring Kprising apparel to your facility, contact us at 877.816.1671 or shop@krankcycle.com