

Bestek

ULTIMA

Sleek modern design
Advanced technology
Proven reliability



Get fit and stay fit with style: ULTIMA!

Our exclusive **ULTIMA** pedometer features our new MVPA fitness system which measures minutes of Moderate to Vigorous Physical Activity (MVPA), so any walker/jogger can easily read how much of their daily activity time was active enough to become a true health benefit. Simple to use, this feature aligns perfectly with the latest medical recommendations: *are you getting at least 60 minutes of MVPA per day?*

Every **ULTIMA** pedometer features a large, easy-to-read digital display that measures steps and total daily activity time. Plus, our new advanced G-sensor technology ensures accurate measurement wherever you wear your ULTIMA - on a lanyard, in a pocket or in a bag.

ULTIMA 104



ULTIMA 608



ULTIMA 809



	G-sensor	MVPA*	Step Counter	Daily activity timer	12/24 hr clock	Distance Steps/min and km/h	Calories	Speed	7-day memory	USB download
ULTIMA 104	✓	✓	✓	✓						
ULTIMA 608	✓	✓	✓	✓	✓	✓	✓	✓	✓	
ULTIMA 809	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

UT-104, 608 AND 809 come in black, red or green. Custom colours are available with a minimum order of 3000 units. Comes with lanyard.

*UT-608 and 809 have a customizable MVPA threshold and time filter. UT-104 has a preset MVPA threshold of 110 steps per minute and a preset MVPA time filter of 0.

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ULTIMA

featuring our new
MVPA Fitness System

GET FIT AND STAY FIT WITH **MVPA** TECHNOLOGY

The World Health Organization's Physical Activity Guidelines suggest that adults should accumulate at least 150 minutes of **Moderate to Vigorous Physical Activity (MVPA)** weekly in bouts of 10 minutes or more. You can use a pedometer to count your steps and even time your daily activity. But how do you know just how much of that time is spent in that key MVPA aerobic zone?

The ULTIMA is not just about walking - it's about getting fit.

With its built-in **MVPA timer**, the Ultima monitors your walking and calculates the time you spend doing moderate to vigorous activity. It even measures bouts of un-interrupted aerobic activity with its **MVPA time filter**. Know exactly how much of your walking is spent in that key aerobic zone with **ULTIMA's** unique MVPA feature!

Set your own MVPA threshold*

Personalize your MVPA zone based on your fitness level.

Accumulate time on the MVPA counter only when you move at a speed over your selected steps-per-minute (SPM) threshold.

SPM levels can be adjusted from 90 to 160 SPM in increments of 5.

Set your own MVPA time filter to record bouts of continuous activity*

Measure only continuous bouts of MVPA time to ensure you accumulate the full benefits of aerobic activity.

Accumulate time on the MVPA timer only if your moderate to vigorous physical activity exceeds your time filter setting. The MVPA time filter can be set from 0 to 15 minutes at 1 minute intervals.

Measure how much of your walking time is spent in your ultimate fitness zone with ULTIMA.



*Available with **UT-608** and **UT-809** only. **UT-104** has a preset SPM of 110 and a preset MVPA time filter of 0.
Blue pedometer shown above is available as a custom colour only. A minimum order of 3000 units for custom colours is required.