



The Evolution Training Station

The Evolution is a compact, versatile, and easy to use piece of equipment designed to make exercise convenient, accessible, and inclusive, regardless of experience, skill, and ability.



EvolutionVN

All Inclusive Exercise

<https://evolutionVN.com>

A woman with long brown hair, wearing a black t-shirt and dark pants, is seated in a blue wheelchair. She is using a rowing machine that is mounted on a black metal frame. The machine has a blue handle and a yellow resistance band. She is looking down at the machine. The background is a stone wall with a dark door or window. The text 'Table of Contents' is overlaid on the left side of the image.

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Our mission is simple: to make exercise accessible to all.

EvolutionVN Ltd. was founded in 2016, to make exercise convenient, accessible, and inclusive, regardless of experience, skill, and ability.

To achieve this, CEO and Lead Innovator, Vu Nguyen, combined his extensive backgrounds in engineering, design, and coaching to create the Evolution Training Station.

According to the World Health Organization, 80% of the North American population fail to meet minimum requirements for physical activity.

Vu understood that there needed to be a better alternative.

The Evolution was his answer.

With Vu leading the way, [EvolutionVN](#) designs with functionality, simplicity, and usability in mind and is committed to customer success.



Vu Nguyen
CEO, Lead Innovator

EvolutionVN is a purpose-driven health and fitness company.

Their flagship product, the Evolution Training Station, is a compact, versatile, and functional piece of equipment that makes exercise and rehabilitation more convenient, effective, and sustainable. It was designed to fit any space and help every user.

As a Canadian-innovated product, the Evolution was designed with quality and the needs of users in mind.

With over 200 exercises in the exercise library, there are exercises for every muscle and workouts for every goal. The options are virtually endless! Regardless of the goals they have or the service they provide, the Evolution is the piece of equipment they need.

And, to ensure that users and practitioners know how to use their Evolution, an Online Training System was created that provides access to hundreds of exercise videos, assembly videos, and other instructional videos.

[Learn more about the Evolution](#)

A woman with long brown hair, wearing a black t-shirt with a yellow graphic, black pants, and red sneakers, is seated in a blue wheelchair. She is using a specialized exercise machine with a horizontal bar to perform a pull-up. The machine is dark grey and stands on a carpeted floor. The background is a wall made of stacked stone. The text "WE HELP MAKE EXERCISE ACCESSIBLE" is overlaid in white, with "EXERCISE" in a larger font, and is enclosed in a white bracket-like frame.

WE HELP MAKE
EXERCISE
ACCESSIBLE

Tammy Cunningham
2x Paralympic Athlete
Canadian Swimming Record Holder

The Evolution Training Station

Unassembled



Assembled



See assembly video [here](#)

A close-up photograph of a person's hand, wearing a blue ribbed sleeve, resting on a black bicycle handlebar. Several black resistance bands are looped around the handlebar and the hand. The background is dark and out of focus, showing parts of the bicycle frame and wheels.

The Need to Adapt

According to the WHO, over 1 Billion people live with some form of disability.

We have learned that this community is unjustifiably underserved, and their needs are overlooked. In general, when it comes to exercise, the barriers are many. These barriers include, but are not limited to, the lack of time, access, finance, confidence, and ability. We know that for those with disability, the barriers are far greater. Traditional equipment requires modification and “adapted” equipment is complex, expensive, and cumbersome. Therefore, they are not as inclusive as they were designed to be.

The gap is large, and the pandemic has only exacerbated this.

Given the simple structure and versatility of the Evolution, it can bridge this gap and be an inclusive solution. And while we cannot guarantee that it will be the right tool for *every* disability, we are confident that the unique combination of resistance bands and parallel bars gives it application and creates equal opportunity for this community.

The bottom line: this community needs more support, and we believe that we can contribute and make a meaningful impact.

General Exercise

The Evolution has a unique, patented design that allows users to leverage resistance bands at different heights and locations to maximize their effectiveness.

In its small, 3' x 3' footprint, the Evolution delivers hundreds of exercises ranging from assisted exercises, resistance exercises, parallel bar exercises, rehabilitation-oriented exercises, and more.





Adaptive Applications

While compact, the Evolution can accommodate *most* standard wheelchairs. It provides a stable platform through which users can safely leverage resistance bands to perform modified versions of exercises to suit their specific needs.

Further, the parallel bars are a tool that can be leveraged to help wheelchair users stand.

And, for non-wheelchair users, the unique design and the combination of resistance bands and parallel bars make the Evolution a safe exercise tool, regardless of their specific requirements.

To learn more, check out our [website](#).



Anthony Lue
Aspiring Paralympian
2024 Paris Olympics Games



“It was always difficult for me to find ways to exercise at home. I hated tying resistance bands to doorknobs, table legs and other furniture. It just didn’t feel safe. The Evolution is so simple in nature but allows me to train effectively and safely. The Evolution is a game changer.”



The Evolution in Facilities

We are proud to have the Evolution in facilities like the [Disability Resource Center](#) (DRC) at the University of Arizona.

The DRC is a world class facility that takes a progressive and proactive approach to accessibility.

The University of Arizona is home to a leading wheelchair and adaptive sports community with the largest and most successful collegiate-based program in the United States.

It has seven competitive teams with more coming soon. They are also the third largest producer of Paralympians.

Anthony is an athlete at the university and with their support is certain to succeed.



DISABILITY RESOURCE CENTER
Adaptive Athletics

Product Specification

Package Size: 42 x 37 x 7" (L x W x H)

Assembled Size: 36 x 36 x 36 - 54" (L x W x H)

Assembled Weight: 77lbs (34kg)

Material: Steel Frame, Plywood Platform

Weight Capacity: 300lbs (on Parallel Bars)

Exercises: 200+

Included Resistance: 170lbs



Canadian
Designed



★★★★★ 2018-09-12



The Evolution is awesome! My favourite part about it are the assisted pushups, that was a game changer for me considering I wasn't able to do pushups before!

Natalie H.

★★★★★ 2018-10-01



I don't normally write reviews, but after experiencing the Evolution, as a fitness professional, I had too. The simplicity of the design, and portability make it a must have for your home gym. If you are a beginner and don't have the strength yet to do these movements with just your body weight it can be very discouraging, but with the adjustable assistance provided by the Evolution it allows full range of motion and a way to work up the strength to do them unassisted. It really is a product for all levels, and if you get the chance I urge you to check it out.

- John N.

★★★★★



I found a huge issue with going to gyms was the amount of time it took out of my day. I was looking for a workout option that I could do at home. I found the evolution to be what I was looking for in terms of a full body workout, targeting strength, conditioning and mobility. Training with the evolution over the past 6 months I have noticed huge improvements in my body and in how I feel overall.

- Stacey B.

[See more reviews](#)



Competitors



X3 Bar Elite - Price: \$649 USD

“The X3 is a complete home gym system that provides faster, better exercise benefits than conventional weight machines, squat racks, home gyms, etc.”

Total Gym FIT - Price: From \$1,599 USD

“The Total Gym can deliver a total-body workout with over 85 exercises, including cardio, strength training and stretching, all in one compact machine.”



Theraband Wellness Station - Price: \$2,099 USD

“The TheraBand Rehab and Wellness Station is the first compact, total body rehabilitation center for in-clinic strength, balance, range of motion, and core training.”



Why Choose the Evolution



“The Evolution is a compact and versatile system used for traditional exercise, physical therapy, adaptive exercise, and more. We included as much functionality as we possibly could into this one piece of equipment. It really is your "all-in-one" training station and is designed for everyone regardless of experience, skill, and ability.”

[Evolution Training Station](#) – ALL OF THIS FOR **JUST \$599 USD**

A woman with long brown hair, wearing a black t-shirt with a yellow maple leaf logo and black pants, is seated in a wheelchair. The wheelchair is positioned on a black platform, and she is holding the handlebars of a stationary bike. The background is a wall made of stacked stones. Overlaid on the image is contact information and social media icons.

Contact Information

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EvolutionVN