



# 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 in a grey tank top and black shorts is standing on a black mat, using a suspension training device. She is holding the handles with both hands, and her arms are extended outwards. The device consists of a black frame with two vertical posts and a horizontal bar. The background is a dimly lit room with a wooden floor and a white wall.

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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 man wearing a white t-shirt with a red graphic, a black cap, and a wheelchair is sitting in a gym. He is looking down at his hands. In the background, there is a weight rack with a digital clock showing 1:28:13. The text "WE HELP MAKE EXERCISE ACCESSIBLE" is overlaid on the image in white, enclosed in a white bracket.

WE HELP MAKE  
**EXERCISE**  
ACCESSIBLE

# The Evolution Training Station

Unassembled



Assembled



See assembly video [here](#)

## How the Evolution is Different

Traditional equipment fall in one of two categories: functional but large, heavy, and cumbersome; or compact, light, and simple but limited.

The Evolution is the best of both worlds.

It is an all-inclusive system that provides assistance for foundation development, resistance for muscle development, parallel bars for strength development, and everything in between.

All in just 9 square feet.



See [how to do perfect push-ups](#) and [how to rehab and strengthen your hips and hamstrings](#)

**Denise Beatty**  
Exercise Physiologist  
The Fitness Fix



“As an Exercise Physiologist I look for ways to effectively train all of our weakest links, and create resistance profiles to optimize results and prevent injury, regardless of your size, shape and ability. The Evolution allows me to do that for every client! I have one in my Fitness Studio and in a few short weeks clients are in love with the applications, ease of set up and unlimited exercise options with the parallel bars, support sling, various tubing resistance levels and resistance strap options.”



## Physical Therapy

Resistance bands and parallel bars are fundamental tools for physical therapy. However, it is not always easy to find a stable frame to anchor resistance bands or find parallel bars stable enough for physical therapy.

The Evolution gives you access to both. Rather than securing resistance bands to table legs, attaching them to door frames, or looping them around your feet, the Evolution provides you with a strong, sturdy frame for you to anchor them.

And, in the matter of seconds, a set of parallel bars can be attached or removed.





## General Exercise

The Evolution's unique, patented design 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 squats to lunges, back rows to chest presses, and much more.

To get a glimpse of its potential, check out our [exercise library](#).



## 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.

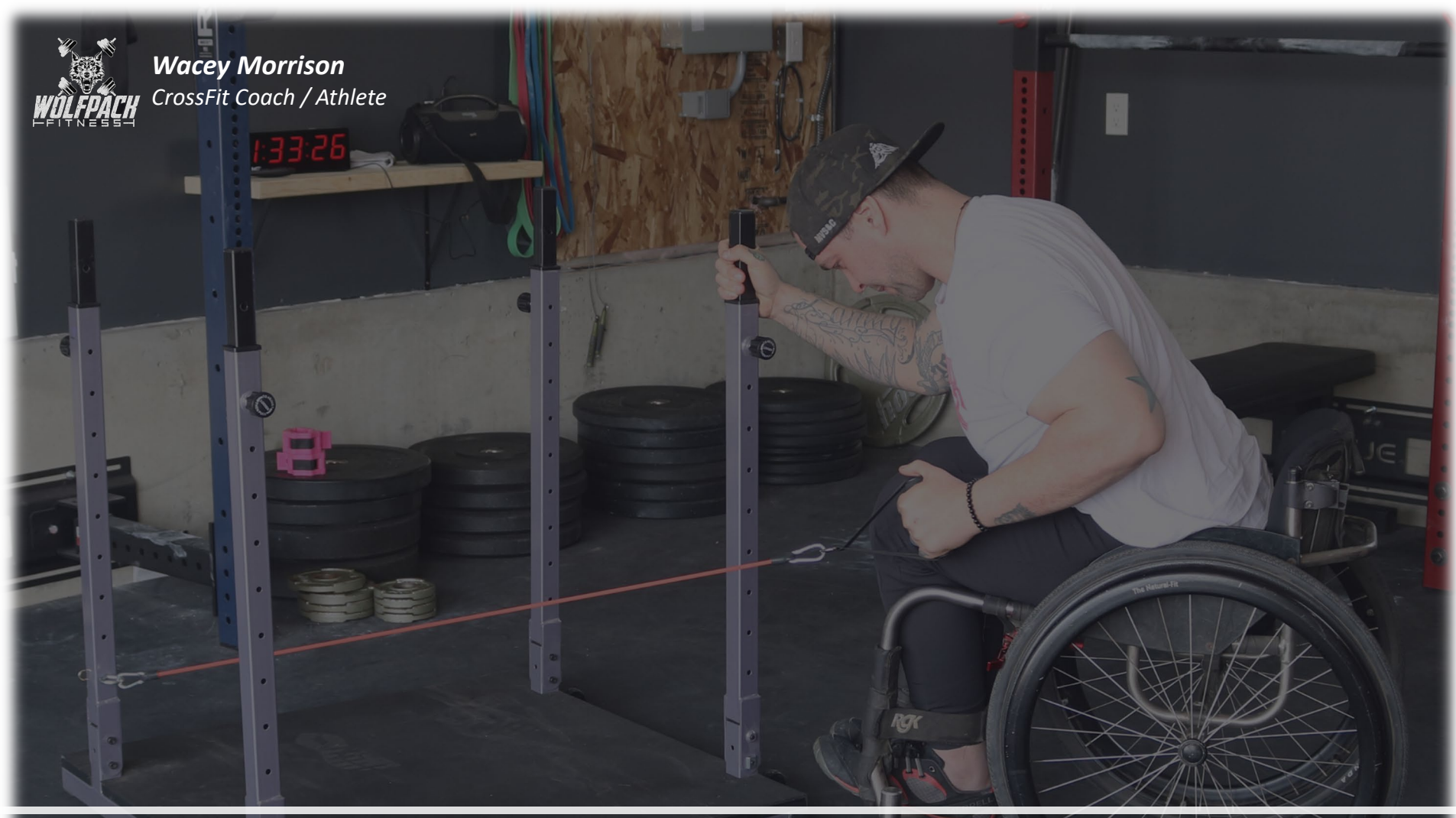
To learn more, check out our [website](#).





**Wacey Morrison**  
CrossFit Coach / Athlete

1:33:26



“I use the Evolution to supplement my CrossFit training. It’s so versatile - I can do all the accessory movements I need to keep my shoulders healthy as well as get a burner of a workout. For my clients it’s the perfect at home system. You can train any ability and fitness level and still have challenging workouts.

★★★★★ 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](#)



**Canadian  
Designed**



## 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





**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**



## 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.”