



Everyone knows they should exercise

But... *Don't have time... It's not convenient... Don't get results.*

Now X-iser has dramatic new programming that solves these issues.

Did you know that intense, short bursts of activity have a greater overall training effect than 20-30 minutes of traditional low-intensity aerobic activity?

- The American College of Sports Medicine has stated "accumulation of physical activity in intermittent, short bouts is considered an appropriate approach to achieving the activity goal".
- In July 2005, Burgomaster, et al. published a study in the Journal of Applied Physiology that demonstrated that just 16 minutes of sprint interval training, over a 2-week period, doubled the endurance capacity of the subjects.

With the X-iser Short Burst™ Program . . .

- Anyone of any age and ability can quickly learn and engage in this type of training.
- You can exercise at home or work in any attire, at any time.
- Accumulating as little as 12 minutes per week, in 20-second bursts of vigorous activity at a time, produces the following conditioning benefits and more:

- Higher rate of caloric expenditure than typical endurance activities
- Acceleration of weight loss plus an increase in lean muscle mass
- Improvement in cardiovascular health
- Increased functional strength for daily activities
- Increased speed and power
- Simultaneous training of the aerobic *and* anaerobic energy systems
- Elevated beta-endorphins resulting in improved moods
- Natural production of human growth hormone, the "elixir of youth"
- Strengthened immune system via increased plasma glutamine levels



using

The X-iser Machine™

A Multi-functional Tool for
Conditioning & Rehabilitation



Add Quad
Strength



Rehabilitate



Increase Hamstring &
Gluteal Strength

Standard Unit:
\$375 + \$20 S&H
Commercial:
\$425 + \$20 S&H



Improve Core Power

- Other Programs:**
- X-iser Warm-up Routine (2 minutes)
 - X-iser Core 4 Program (8 minutes per week)
 - X-iser Total Strength (20 minutes)
 - X-iser Total Endurance (20 minutes)

SIMPLE, SAFE &
HIGHLY EFFECTIVE

portable, space efficient & durable

Used by NFL, MLB, NBA, NHL, PGA, US Skiing & Rowing Teams, & US Navy S.E.A.L.s