



# FITEXPRESS

USER  FRIENDLY EXERCISE MODULES  
*age*



*Exercise for Us!*

# IMAGINE THE POSSIBILITIES

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Imagine the possibilities, exercise equipment that is elegant, functional, yet incredibly safe and simple to use. From the sculptured lines of precision cut laser frames to flowing tubular components, these inviting units are as much art as exercise.

Natural fluid resistance offers both cardio and strength benefits in a small package that requires less space and lower cost than conventional exercise equipment. Add to this, low maintenance, minimal supervision and the best warranty in the industry and you have a winner.

Fit Express natural fluid resistance modules... truly user, and buyer friendly!



# CUSTOMIZE YOUR EQUIPMENT

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# SURROUND YOURSELF WITH THE BENEFITS



## Abdominal/Low Back

- Abdominals
- Low Back
- Intercostals



## Chest Press/Row

- Pectoralis Major
- Triceps
- Anterior Deltoid
- Latissimus Dorsi
- Rear Deltoid
- Rhomboids
- Biceps



## Inner/Outer Thigh

- Gluteus Medius
- Adductor Magnus
- Longus
- Brevus
- Gracilis
- Abductor



## Knee Flex/Leg Extension Curl

- Quadriceps
- Hamstrings

# SURROUND YOURSELF WITH THE BENEFITS



## Leg Press

- Hamstrings
- Gluteus Maximus
- Quadriceps



## Pec Fly

- Pectoralis Major
- Anterior Deltoid
- Rear Deltoids
- Rhomboids
- Latissimus Dorsi
- Infrapinatus
- Teres Major & Minor



## Rotary Torso

- Obliques
- Intercostals
- Abdominals



## Shoulder Press/Lat Pull Down

- Deltoids
- Triceps
- Latissimuss Dorsi
- Biceps

*It Feels Different.*

# BUYER AND USER BENEFITS

## Minimal Space

FIT Machines have a small footprint thus requiring less space. In addition, most have more than one function, which also means less floor space.

## Less Cost

Most machines are designed to provide resistance on both the push and pull. Therefore, instead of buying a chest press and row machine you get one with both functions. Singlepiece panel construction is less costly to build but produces a stronger product.

## Enjoyable

FIT Machines offer the option of a circuit format, which is a quicker, more efficient way to exercise. People enjoy it because they can interact with their friends while each is working toward their own goals. Relationship building is enhanced with FIT.

## Classes or Solo

Class formats can be used with simple instruction. 'Easy Access Controls' allows each person to instantly exercise at their own ability and stay in harmony with other class participants, no matter what their fitness level.

## Strength Training

The Hydraulic FIT machines can be adjusted to higher settings to provide a progressive overload to the involved muscles, thus meeting the requirements for continual strength gains.

## Cardio Training

Low resistance at relatively faster speeds while using muscle mass is required to achieve aerobic benefits. FIT machines challenge multiple muscle groups (push/pull). Doing intervals provides greater overall cardio benefits with less time investment.

## More users in less time

Interval training incorporating strength and cardio benefits concurrently, allows more users to complete their workout in less time.

## Safe

Users are always in control of their exercise and can adjust intensity by either increasing or decreasing their speed (resistance and work out put) or changing the resistance controls. Dual concentric resistance reduces excessive stress to tendons and ligaments thus lowering the risk for muscular injury.

## Results

Results are always based on each individual's motivation and energy level for that day. The FIT workout fully accommodates anyone's ability to generate work. This applies to every rep, every set, and every workout. It is truly an optimal workout. When done properly it cannot be beat for calorie consumption or increasing fitness.

## Low Maintenance

FIT machines have few moving parts and the ones that are used are of high quality. If maintenance is required, it is simple and low cost.

## Time Efficient

For most people time is of prime importance and exercise is not a place where most like to spend it. In short, they want the most for the least. FIT is the quickest place to achieve that. Those who choose to work out conventionally (set training with recovery intervals then aerobic training) must be prepared for a greater time expenditure.

# TESTIMONIALS

## None Intimidating

The majority of people find conventional exercise intimidating. There are many reasons for this, some real, some perceived. The bottom line is to offer something people will do and be successful at; the first time. Why not provide a safe, simple and enjoyable way for them to achieve results.

## No Impact

Because no eccentric loads exist, there is virtually no impact to the joints. This is especially important as people age and begins to have joint problems. FIT exercise can help assure users are not injured and are able to sustain exercise for life.

## Simplicity

FIT machines are almost self-explanatory. Sit on the seats and move the handles. Adjust speed and resistance with the 'Easy Access Controls.' Exercise at a pace that keeps you in the target zone. It doesn't get any simpler than this.

## Easy To Instruct

It is simple to teach people how to use FIT on their own. Teaching classes is also simple and does not require highly trained instructors. In fact, coaching techniques work much better and only require someone with basic fitness knowledge and good motivational skills. We provide training and formats as well as CD led classes if you choose.

## Reduce Stress on High Maintenance Equipment

Because FIT offers simple, Total Body Conditioning in minimal time, many people will migrate to this program. This takes the



### Member testimonial

"My wife has been doing the circuit for a number of years and got me to come about a year ago. I thoroughly enjoy it and find it easy on the joints. I work hard but the water takes my mind off it. My energy has improved a lot. I would recommend it to anyone."



### Ron and Sandy Franco

"FIT Express equipment has been a fundamental part of our programming for nearly 10 years. It has worked well for us by freeing up other equipment and reducing maintenance issues. It's a great place to start new members because anyone can do it. The ambience of the space enhances relations and we see a lot of bonding in the classes. We believe the FIT Circuit would enhance any club."

*It is Different.*