

# SOME THINGS IN LIFE REALLY ARE FREE!

- \*FREE TREADMILL MATS!
- \*FREE EQUIPMENT SETUP!
- \*FREE PICKUP OF OLD EQUIPMENT!

## EXERCISE DIRECT

### WHO'S USING WHOLE BODY VIBRATION?

Everybody from celebrities to professional sports teams (National Baseball and Football Leagues), to professional athletes, personal trainers, physical rehab centres and Individual Health Enthusiasts.

Vibration platforms represent a global fitness revolution. Vibration technology dates back to 1859 but it was the early days of the "space race" that Soviet Space Program found that vibration technology was a great way to combat decreased bone density. In the 1990's the technology made its way to Europe and began to make its way into the fitness market. Thanks to Whole Body Vibration (WBV) you can work all muscle groups, not only those aligned longitudinally. WBV works like a wake up call to the body, by stimulating the musculoskeletal structure, the vibration starts exciting the tissue cells via the "Stretch Reflex". This creates an overall increase of blood circulation throughout the entire body. The immediate effect can be felt as the muscles are able to work faster and more efficiently.

- BETTER RESULTS IN LESS TIME
- ADVANCE MUSCLE STRENGTH
- BOOSTS METABOLISM TO BURN FAT FASTER
- DECREASES STRESS THROUGH HORMONE BALANCE
- INCREASES FLEXIBILITY AND CORE STRENGTH
- BREAK THE FITNESS PLATEAU!



RESIDENTIAL AND COMMERCIAL UNITS NOW AVAILABLE!!!

#### Resistance Tubing

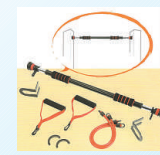
Economy from **\$14<sup>99</sup>**  
Lifeline from **\$20<sup>99</sup>**



Rubber Medicine Balls from **\$16<sup>99</sup>**



Power Pushup Handles **\$39<sup>99</sup>**



Dual Action Door Gym Inc. Handles, Bands, Mounting Accessories and pins. Sale **\$26<sup>49</sup>**



Kettle Bells from **\$7<sup>90</sup>**



CLUB QUALITY Aerobic Step Adjusts to 6", 8" or 10" **\$119<sup>99</sup>** Now



Yoga Foam Rollers from **\$18<sup>99</sup>**



Fitness Set Includes Toning Tube, Push up Bars, Handgrips, Canvas Bag

Sale **\$24<sup>99</sup>**



Body Bars from **\$21<sup>99</sup>**



Door Gym Chin-up-bar Model EUDG **\$39<sup>99</sup>**



Anti-Burst Balls from **\$19<sup>99</sup>**  
1000 lb. rating



The Great Yoga Handbook Series Choose from 12 different books

TOP SELLER **\$10<sup>95</sup> ea.**



Balance Boards starting at **\$27<sup>49</sup>**

### BOSU™ BALANCE TRAINER



RESIDENTIAL AND COMMERCIAL UNITS AVAILABLE!

A completely unique and multi-dimensional training device. The Bosu™ Balance Trainer allows the user to combine all the elements of fitness: cardiovascular, toning, and flexibility in unique and highly effective combinations. Includes the Total Body Workout video combining balance, cardiovascular, toning and stretching in dynamic and effective workouts. Challenging and fun, Bosu™ gives a whole new meaning to "moving with control" as the user learns to workout on Bosu's ever changing surface. Includes Bosu™ Balance Trainer, 30 minute instructional video, owner's manual, and foot pump.

### EUROSPORT INVERSION TABLE

- Easy to use height adjustment for heights up to 6'8"
- Ankle clamp lever improves safety and ease of use
- Solid commercial grade steel tubing
- Soft rubber and foam ankle clamps for security and comfort.
- Removable, washable, nylon base
- Strong corner stabilizers
- 350 lbs user capacity

Model EUIM



EASY TO USE HEIGHT ADJUSTMENT

OUR PRICE **\$399<sup>99</sup>**  
MSL: \$499.99

### MIXED MARTIAL ARTS & BOXING EQUIPMENT

Check out our full selection of MMA & Boxing Equipment and Accessories

- Body Shields
  - Heavy Bags
  - Shin Guards
  - Muay Thai Bags
  - Gloves MMA & Boxing
  - Target Mitts
  - Speed Bags, Stands
  - Head Gear
- and more!



### IRONBODY INVERSION TABLE

- Easy height adjustment
- Removable, washable nylon base
- 250 lbs user capacity



OUR PRICE **\$299<sup>99</sup>**  
MSL: \$399.99

\*\*FINANCING PACKAGES AVAILABLE OAC. TERMS DEPEND UPON PLAN CHOSEN. SEE STORES FOR DETAILS. • PRODUCTS MAY NOT BE EXACTLY AS SHOWN. • PRICES SUBJECT TO CHANGE WITHOUT NOTICE. • NO RAINCHECKS • PLATE SOLD SEPARATELY WHERE PICTURED  
\*FREE OFFERS are valid from Feb4/10 to Feb 28/10. Free treadmill mat, while supplies last, included with any residential treadmill purchase. Free setup of delivered treadmill, elliptical, exercise bike, spinner or rower included with paid delivery of the item to a private residence. Free curbside pickup of your used cardio equipment included with paid delivery of your new equipment. Number of pieces picked up cannot exceed number of pieces being delivered. No discounts in lieu of offer acceptance.

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