

Fitness Management

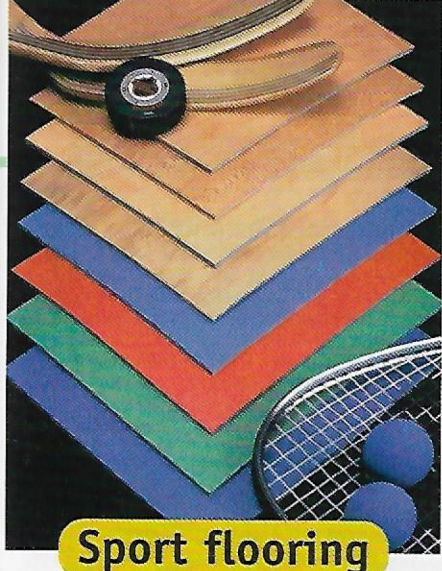
ISSUES AND SOLUTIONS IN FITNESS SERVICES JUNE 2002

emPOWERing YOUR MEMBERS

Strength Training for Sports Performance

Varying Programs to Beat Training Plateaus

Programming to Strengthen Posture



Sport flooring

Lonseal Flooring

- Sport Flooring program features products specifically designed for fitness and recreation centers
- Range of products and patterns designed for beauty and performance
- Loncourt is available in a wide range of solid and custom colors, as well as realistic wood patterns
- Lonwood Performa is crafted with an anti-fatigue foam-cell layer that's sound-dampening and helps to prevent injuries; available in wood patterns and custom colors

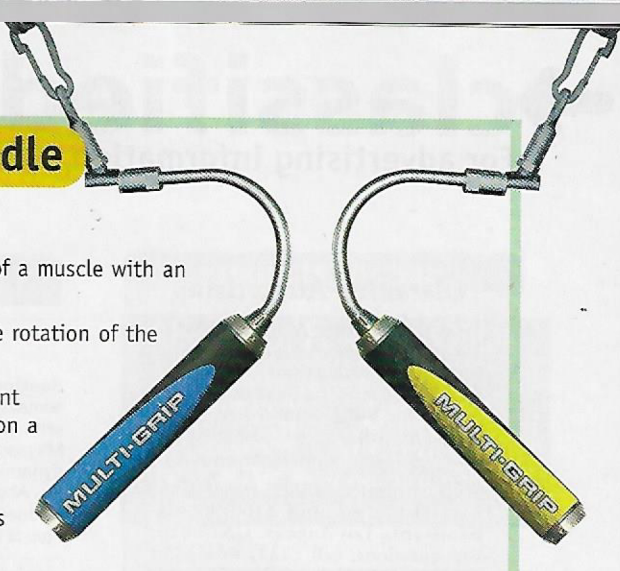
Lonseal Flooring: 800 832-7111; www.lonseal.com

Cable handle

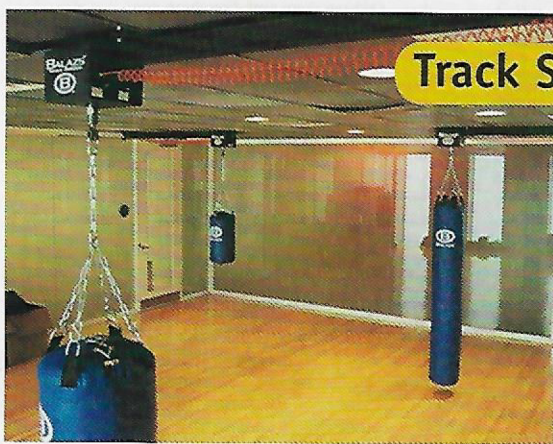
Multi-Grip

- Allows the user to train all parts of a muscle with an unlimited range of motion
- Unique design includes 360 degree rotation of the handle and bi-directional curves
- Handle can be used in four different positions, each position focusing on a different part of the muscle group being trained
- Reduces stress on wrists and joints
- Works with any cable machine
- Adds variety to workouts, and can be used for rehabilitation, the de-conditioned market, sport-specific training and bodybuilding

Multi-Grip: 877-HANDLES; www.multigriphandles.com



Track System for heavy bags



Balazs

- Track System eliminates the need to manually hang and remove heavy bags
- System consists of a ceiling-mounted track and moveable trolleys that hold the bags
- Switch operates a locking mechanism that either locks the trolley in position, or allows it to move freely along the track; tracks can extend into a closet or remote area of a room where the bags are stored when not in use

Layout of the Balazs Track System can be customized to meet each facility's preferences and structural requirements

- Heavy Hanging System (H2S) reduces noise, vibration and jarring that cause excess wear and tear on heavy bags

Balazs Inc.: 888 466-6765; www.boxingsource.com

Leg Extension

FreeMotion

- Leg Extension selectorized machine
- Seated cable and pulley design
- Allows users to define own path and range of motion
- Extension movements are not restricted by machine design
- Movements can be performed symmetrically or asymmetrically

FreeMotion Fitness: 877 363-8449; www.freemotionfitness.com



TMX30/30 Treadmill

Trackmaster

- Speeds up to 30 mph
- Up to 30 percent incline
- Running surface measures 30 by 76 inches
- Interfaces with cardiac stress and pulmonary function testing systems, plus PCs
- Bright digital controller with advanced displays

Trackmaster: 800 965-6455; www.trackmastertreadmills.com

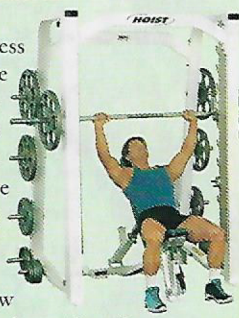


directory

injury. The plates feature a durable, solid rubber casing. Hampton Fitness: 877 339-9733; www.hamptonfit.com

Heartline Fitness Systems • Heartline offers a line of athletic training systems including racks (MegaRack Training Series), auxiliary and plate-loaded machines, and modular training and selectorized machines. Its design philosophy of multifunctional, durable systems promote space optimization, equipment flexibility, safety and athletic performance. Heartline Fitness Systems: 800 262-3348; www.heartlinefitness.com

Hoist Fitness • Hoist Fitness introduces its HD line of dual units, which due to their ease of movement, provide greater versatility in floor placement. They are easy to use, offer instructional placards to explain proper form and function, and have intuitive adjustments. Hoist Fitness: 800 548-5438; www.hoistfitness.com



Icarian • Icarian's 310 Seated Row features a slightly declined position for increased comfort and stability. It is easy and intuitive to use, and features a side-mounted weight stack for convenient access. Its slightly oversized and curved handles help users to locate the most comfortable position, and variation in hand positions can also create slight variances in muscle recruitment. It is made from 2-by-4-inch formed steel tubing. Icarian, Fitness Products International: 800 883-2421; www.icarianfitness.com



Iron Grip • Iron Grip's line of Urethane-coated free weight equipment (Olympic plates and dumbbells) is impact-resistant and durable. It offers a smooth, non-tacky feel, no odor, and the option to be custom-engraved with original logos and text. To ensure strict quality control, Iron Grip operates its own onsite urethane production facility. Iron Grip Barbell Co.: 800 664-4766; www.iron-grip.com



Ivanko • Ivanko's E-Z Lift, rubber-coated weight plates are now available in five colors: include black, gray, red, yellow and blue. A seven-hole grip design makes for easy handling and aesthetic appeal. Ivanko Barbell Co.: 310 514-1155; www.ivankobarbell.com



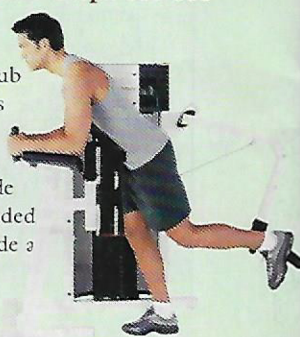
Jade • Jade's Olympic plates feature a contoured tri-handle design that makes them easy to handle. They are available in steel and steel-surfaced. Jade Olympic Plates, Fitness Products International: 800 883-2421; www.fpfift.com



Keiser • The Keiser E-Card is a computerized feature for use with Keiser's

air-powered strength-training equipment. It functions like an electronic workout card and displays workout progress, recalls seat adjustments and can be downloaded onto a PC for personal or group program tracking. Once users insert the E-Card Chip into the machine console, the display will show previous workouts and recall set-up information. Clubs can download information to track attendance and member progress. Keiser Corp.: 800 888-7009; www.keiser.com

Life Fitness • The Life Fitness Club Series Selectorized Strength line features equipment that offer users traditional exercises. The Club Series is designed with durability and ease-of-use in mind. Machines feature Silent Glide weight stacks and easy-to-adjust, spring-loaded Quick Click seats. Favorable ergonomics provide a comfortable, total-body workout. Life Fitness: 800 634-8637; www.lifefitness.com



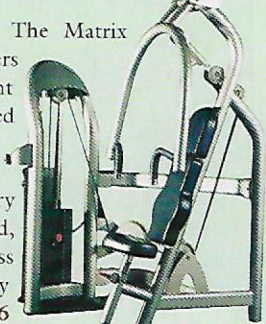
Magnum Fitness Systems

• Magnum offers a complete line of selectorized and plate-loaded machines featuring Biangular technology that delivers safe, effective, converging motion. The Magnum line also consists of free weight benches and racks, expandable jungle systems and multi-function machines. Magnum's strength line features more than 100 different pieces of equipment. Magnum Fitness Systems: 800 372-0554; www.magnumfitness.com



Matrix

• The Matrix strength line offers selectorized weight machines for isolated targeting, multi-stations designed for maximizing floor space, and plate-loaded and free weight pieces. Every Matrix machine features curve-based, comfort-focused design, high-gloss metallic paints and added safety features. Matrix Fitness: 866 MXFITNESS; www.matrix-fitness.com



MedX

• The MedX EXL has made clinic-level spine strengthening available to clubs. The EXL patterns its pelvic restraint system after that used on the computerized MedX Lumbar Extension featured in rehab centers. Teamed with the MedX Abdominal, Rotary Torso and the MedX Stretch, fitness facilities can offer the MedX Core Four of trunk strength and flexibility. MedX: 800 876-6339; www.medxonline.com



• Multi-Grip is a cable handle that allows the user to train all parts of a muscle. This is achieved through its unique design that includes 360 degree rotation of the handle, and bi-directional curves. The handle can be used in four different positions, each position focusing on a different part of the muscle

