

# MS. FITNESS

Fitness Lifestyle For Today's Active Woman

SPRING 2003

## The Body of Your Dreams... NOW



Ask Tony Little

- How to Keep New Year's Resolutions
- Train Smart! Quick Tips That Work
- The 21 Day DETOX Diet

### The EAS 2003 Ms. Fitness World Else Lautala

### Are Food Sensitivities Making you FAT?

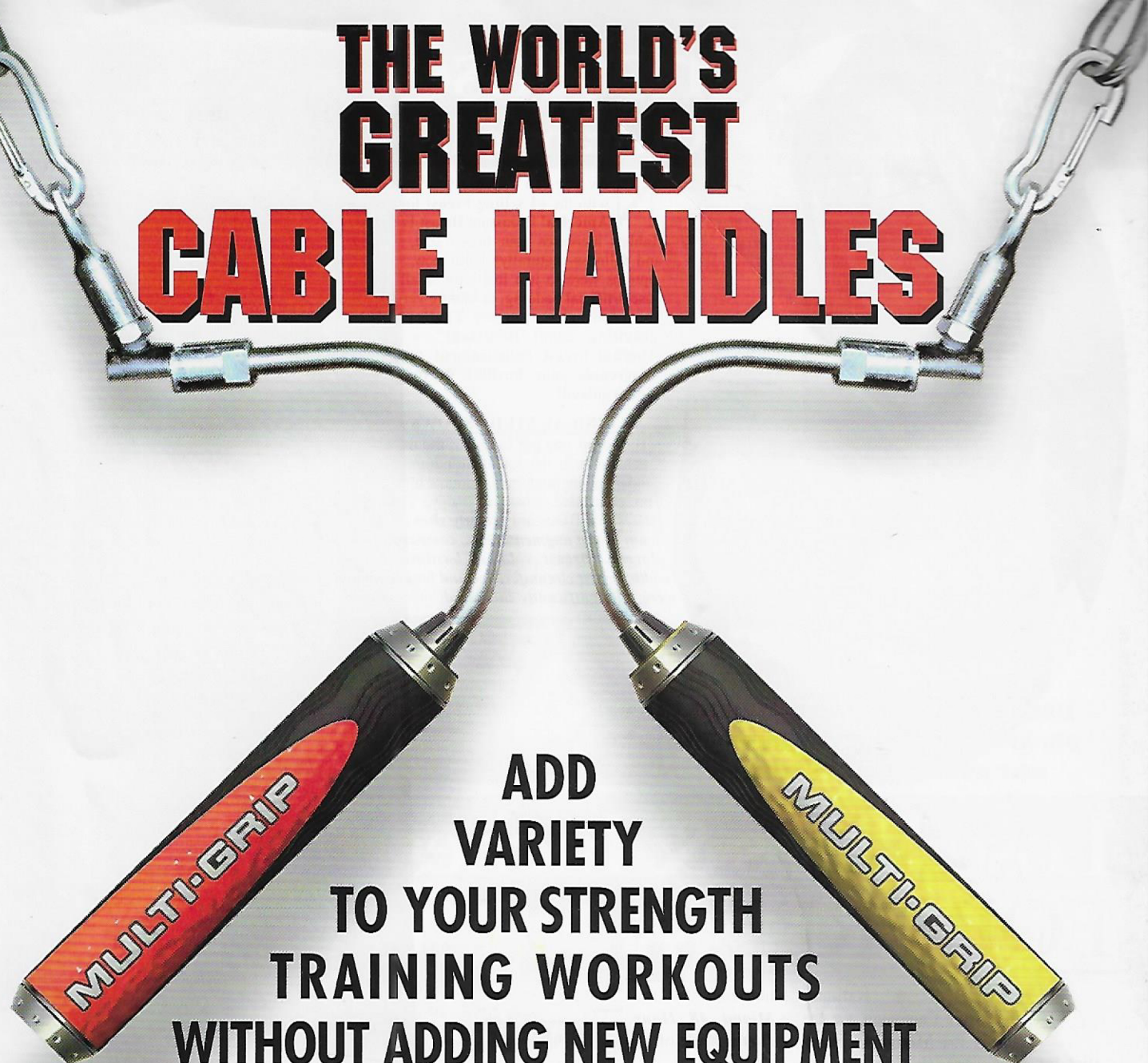
Dr. Mark Darrow's Pain Cure - p.76

DISPLAY UNTIL APRIL 1, 2003



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## THE WORLD'S GREATEST CABLE HANDLES



### ADD VARIETY TO YOUR STRENGTH TRAINING WORKOUTS WITHOUT ADDING NEW EQUIPMENT

#### Personal Trainer Benefits

- ✓ Works with any cable machine
- ✓ Update equipment at very low cost
- ✓ Increases workouts and adds variety without increasing equipment purchase
- ✓ Increases training revenue demonstrating innovative workout programs
- ✓ Perfect for rehabilitation clients

#### Workout Benefits

- ✓ Unlimited range of motion
- ✓ Less muscle and joint stress
- ✓ Muscle workouts never before achieved
- ✓ Does not impede wrist, hand and arm movement
- ✓ Great for sport specific training

## MULTI-GRIP™

### One Set of Handles. Four Positions. Multiple Exercises.

Call (877) HANDLES (426-3537) or (585) 550-0800 or contact us at [sales@multigriphandles.com](mailto:sales@multigriphandles.com) for more information about this innovative new product.