

SHAPEMASTER TECHNOLOGY

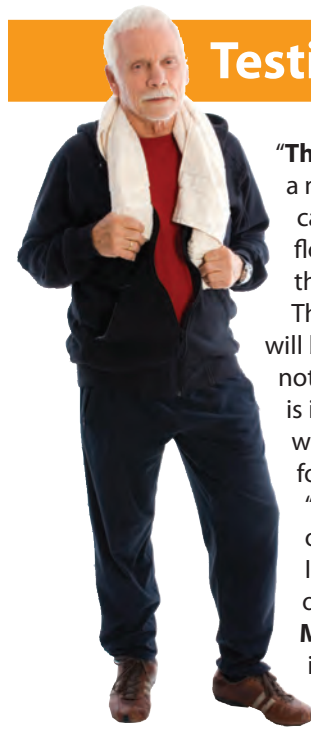
British Designed using German Engineering.

Currently manufactured in the UK but will be manufactured in the USA by 2010.

Equipment designed to exercise every body part– for life!

TEN GOOD REASONS TO CHOOSE SHAPEMASTER SENIOR EXERCISE

1. Easy to use
2. Attractive
3. Not intimidating – no special clothing needed for use
4. Safe
5. Reliable
6. Low maintenance
7. Well proven track record – you KNOW they will benefit your clients – help them to live fitter longer lives.
8. Accessible to all abilities
9. Enjoyable to use
10. Faster result



Testimonials

"This has made such a difference, in just a month, to the way I get in and out of the car, out of bed – I can even get up off the floor. As you get older the ability to do things slips away without you noticing. This is giving me back my life. I can see I will be able to do things I thought I would not be able to do again. I live alone so that is important. I'm sure I will lose weight as well but the rest of the benefits are better for me." – V

"After just 7 sessions I'm noticing lots of differences but the most noticeable is I can walk up our 14 stairs without being out of breath." –N

My 82 year old mother started exercising the day after I did. She is showing great improvement in her mobility and is even sleeping better that she has in years." – E

When I first started to exercise on the Shapemaster machines I had a vision of coming about 3 times per week. However, that didn't last at all and now attend 6 days a week. As well as feeling better and more energetic it's become addictive and part of my daily routine. Two years ago I had my back surgically fused and although successful I have difficulty walking any distance so had been looking for some kind of exercise compatible with my surgery. I learned about the Shapemaster machines and have been coming faithfully since.-K

I'm 77 years old and because I have been exercising I have found the energy to lose over 100lbs . I had knee surgery earlier in the year. I had been told that I would need one full replacement and maybe two. The consequence of my weight loss and the exercise has meant that I only needed half the knee replaced. I was exercising again within 4 weeks of the operation. I can now walk for some distance, whereas I could barely stand for 3 minutes when I first started the exercise . This has changed my life at a time when I thought it was not going to get better. I would recommend it to all ages and 'bodies!' - R

Treat yourself to a visit one time, you will be hooked! – H

shapemaster®
EXERCISE FOR SENIOR LIVING

Motorized Exercise Machines

- Safe
- Comfortable
- Effective
- Proven



For more information or to arrange a demonstration

CALL: 727-347-4000

1700 66th St. N., #209 • St Petersburg, FL 33710

www.shapemasterflorida.com



Live Younger Longer

21ST CENTURY EXERCISE TECHNOLOGY

EASYTONE

Our **EasyTone** range consists of six individually designed machines which combined give a total body workout. A new way to exercise!

Unlike conventional fitness equipment, **EasyTone** does not rely exclusively on muscle power. Instead, with a motor and gearbox, controlled by microchip technology, **EasyTone** machines work the muscles rather than you working the machine.

With smooth quiet movements that motorized performance brings to exercise, users can exercise confidently without risk of oversteering joints or muscles.



WAIST AWAY

Double waist twist. Exercises the lower back, abdominal and waist, all whilst maintaining perfect support. A superb action for creating a narrow

waist line as well as firming and flattening the abdominal wall.



SIDE BEND STEPPER

Side bends and alternate step action. Exercises the waist, abdominal, arms, shoulders, legs, buttocks and lower back. In addition co-ordination is improved, the heart is strengthened, and metabolic rate is increased. A good fat burning exercise combination.

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CHEST AND LEGS

Vertical row, chest press, leg press. Exercises the chest, shoulders, arms, legs, abdominal, upper back, buttocks and hips. Works the heart

and lungs helping to raise energy levels and increase oxygen supply to the cells.



FLY'S AND THIGHS

Pec Dec, reverse fly, thigh abduction and adduction. Exercises the upper back, abdominal, shoulders, chest, arms, buttocks,

hips, inner and outer thighs. Firms inner and outer thighs, helps to develop, improve and shape the chest and shoulder areas, increasing mobility in the hip and shoulder joints.



TUMMY CRUNCH

Sit up, knees to chest, torso extensions. Exercises the abdominal, lower back, buttocks, legs, hips and waist.



SEATED CLIMBER

Alternate lat pull down, shoulder press and leg step. Exercises the shoulders, arms, upper back, legs, waist and abdominal. It will

also aid and improve posture, shape buttocks whilst strengthening and firming the legs. A great cardiovascular exercise.

POWERTONE

Our 6 piece **PowerTone range** now incorporates Pilates. **PowerTone Plus Pilates** continues to set the standard as the world's number one power assisted exercise tables.



TUMMY CRUNCH

Gently firms and flattens the entire abdominal group of muscles while straightening the lower back, mobilizing hips, knees and the buttocks.



POSTURE PULLOVER

The moving pad gently lifts the rib cage helping the chest to expand, improving breathing and posture and upper body mobility.



HIPSTER

Gently tones and firms hips, buttocks, back and legs. A further selection of exercises focus on abdominal and gluteals.



FLY'S AND THIGHS

Firms the inner and outer thighs trimming and improving hip mobility simultaneously shaping the shoulders and upper back.



WAIST AWAY

A superb exercise to create a firm narrow waistline, firm flat abdominal and adds strength and flexibility to the lower back.



BUMS AND TUMS

Tones and flattens the buttocks, hips and tummy. Simultaneously a gentle vibrating massage works on the upper back, buttocks and feet, relaxing muscles and helping the body to detoxify and reduce cellulite.

MULTIMASTER

Exercises and firms the entire upper body. By lifting the rib cage and stretching the diaphragm, improved posture, shoulder flexibility and breathing are achieved. Whilst at the same time the pullover actions tone the chest, shoulders, arms, upper back and abdominals. Gently stretches and relaxes muscles, which firms, tightens and reduces the waist, stomach, hips and buttocks – also helps to strengthen the lower back. A further selection of exercise patterns focus on abdominals and gluteals and also switches to vibro massage function.



INDEPENDENT STUDIES AND TESTIMONIALS SHOW RESULTS YOU CAN EXPECT TO SEE:

HEALTH

- Lower Blood Pressure
- Lower Blood Sugar
- Better breathing
- Reduction in medication
- Enthusiasm to follow a good and nutritious diet
- Less pain
- Improvement in leg cramps
- No longer need the use of cane or walker.

PRACTICAL

- Improved balance
- Improved coordination
- Improved mobility
- More energy
- Better memory
- Better sleep
- Ability to reach into those bottom and higher cupboards
- Ease of getting up and down
- Ability to climb the stairs
- Improved posture
- Developed and shaped upper body
- Firmed and flattened abdomen
- Slimmed waist and hips
- Strengthened legs