



## The X-iser® Machine... not your typical stepper!



Today's hectic lifestyles dictate the need for a time-efficient, yet effective, fitness solution. Whether the goal is weight loss, cardiovascular health, increasing athletic performance or just wanting to look and feel younger, The X-iser® Machine, along with its research-based, time-efficient programming, offers a total body workout in a compact space.

"To lose the fat and get your heart healthy, you need to exercise at least 30 minutes per day." I'm sure you have heard a statement similar to this from someone in the fitness industry or even your doctor. It has been a recipe for disaster, which you can see by simply looking around at the average person. Even for those that find the time for 30-minutes of exercise, they often see poor results, get discouraged and quickly go back to a lifestyle of inactivity. Well, there is good news! A much better way of exercising, which does not require a large investment of time, can provide quick results.

Imagine you are going to sprint up a long flight of stairs. In less than a minute you will find yourself out of breath, your heart racing and your muscles burning. This approach to working out is one of the best ways to burn fat, improve cardiovascular health and increase power. In fact, whenever compared to traditional time-consuming "cardio", the scientific research has always shown sprint training to be more efficient and effective. Most individuals, however, do not have the time or the desire to go and sprint as hard as they can up a flight of stairs. But The X-iser® Machine provides everyone the ability to sprint train in a non-impact fashion and its portability allows you to do it anywhere. With its unique design and adjustable speed setting, The X-iser® is also great for any age and fitness level because it responds to your effort and ability.

The X-iser® Machine was engineered to ensure correct hip and knee alignment, providing an optimal, impact-free workout. The "hands-free" design promotes the development of stabilizer muscles and correct posture, which, in turn, improves balance. It also provides a training method that few have ever experienced with any other physical activity, let alone a piece of exercise equipment. The nature of the hydraulics on the machine allows for a technique that produces a "static equilibrium", high-frequency stepping action. What actually happens is the body's center of mass stays level so that there is no vertical movement of the torso; imagine balancing a glass of water on your head while the legs are stepping as fast as you can (an elite athlete can produce 300 + steps in a minute).

What makes this unique is that in order to prevent the body's center of mass from moving up and down (as we normally see with all other stepping activities), both legs have to work equally, against each other, on both the up and down strokes of the stepping action. This "no recovery" protocol leads to tremendous improvements in muscular strength and endurance, while the rapid left to right stepping enhances neuromuscular development that translates to huge gains in performance. In addition, the cardiovascular demand of this intense exercise significantly challenges both the aerobic AND anaerobic metabolic systems, improving overall conditioning far more than traditional "cardio" prescriptions.

Numerous additional exercises are also possible because of the unit's size, portability, and uniquely connected hydraulic system. But while The X-iser® Machine and corresponding programs are extremely diverse and effective, the machine's unique ability to train the lower body in "static equilibrium" is what sets it apart from every other product (commercial or consumer) available in the marketplace today. Once you have experienced using The X-iser®, one quickly gains an appreciation of its effectiveness and the resulting benefits. Nothing can improve the varied parameters of strength, balance, coordination, speed, power and overall conditioning as efficiently and conveniently as The X-iser® Machine.