

# EXERCISE DIRECT

## 20 Years in the Biz and we've NEVER SEEN PRICES Better Than This! Now is the Time to Buy!

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



RESIDENTIAL AND COMMERCIAL UNITS NOW AVAILABLE!!!

Resistance Tubing  
Economy from **\$14<sup>99</sup>**  
Lifetime from **\$20<sup>99</sup>**



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



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



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

Dual Action Door Gym  
Inc. Handles, Bands, Mounting Accessories and pins.

Sale **\$26<sup>49</sup>**



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



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

Weighted Hula Hoops

**\$44<sup>99</sup>**

NOW IN STOCK!



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



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



The Great Handbook Series  
Choose from 12 different books

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

### 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



- Height adjustment for heights up to 6'6"
- 350 lbs user capacity

SAVE \$50

YOU PAY **\$249<sup>99</sup>**

### 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!



### AS SEEN ON TV

P90X  
12 DVDs/  
Nutrition Plan &  
Fitness Guide



YOU PAY **\$129<sup>99</sup>**

NOW IN STOCK!  
NO WAIT TIME FOR SHIPPING!

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\*FREE OFFERS are valid from APR 15/10 to MAY 17/10. 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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www.exercisedirect.com

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567 Memorial Ave.....807-345-4868

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