

**“I’ve lost 122 pounds using SMARTGYM... I couldn’t be more pleased.”**

--Shelley G., Ft. Lauderdale, FL

**Effective**  
**Versatile**  
**Portable**  
**Easy to use**



**A complete gym. Only 3.5 pounds!**

You get all this: SMARTGYM, 2 handles, 2 ankle straps, cardio belt, carry case, video, training guide.



Quads & Buns

Hamstrings & Buns

Shoulders



Chest

Abs

Triceps

Biceps

Lats

Back

Cardio

# SMARTGYM®

## PORTABLE FITNESS STUDIO

### What is SMARTGYM?

SMARTGYM is a complete gym in a 3.5 pound package. Convenient, portable, and great value, it's the answer to getting in shape at home, the office, or when traveling. It sets up in seconds on a door or mounts permanently on a wall, has variable resistance with over 70 strength and cardio exercises, and an infinite amount of settings. This means you can get a great workout anywhere you go!

### Easy to Use

SMARTGYM features fast, easy setup and comes with a 30-minute Instruction Video and 53-page Training Guide to ensure you get the most out of your workouts. Hand, foot, and waist straps let you work on every part of your body. The variable resistance allows both men and women to train at a level they are comfortable with. The omni-directional pulley system swivels with you as you move. Just change your body position and you're working different muscles automatically!

### So Versatile

Over 70 club-quality strength and cardio exercises are just the beginning. SMARTGYM also does Pilates, Yoga, Stretching, Cardio-Strength Dancing, Self Massage, and Physical Therapy.

### Durable and Safe

SMARTGYM is manufactured to meet the highest quality and safety standards. The high-low swivel pulley system and variable resistance allows you the freedom to move in any direction, over an incredible range of motion, with the perfect resistance. This means you can get the benefits of weight resistance training while dramatically reducing the danger of injury associated with using free weights. That's why Personal Trainers, Chiropractors, Physical Therapists, and Sports Medicine professionals use and recommend SMARTGYM.

**“My new clinic specializes in postural correction and I include SMARTGYM in my standard rehab protocol. I also encourage my patients to purchase a SMARTGYM for home use in order to maintain the gains they make here.”**

--Dr. Tim Pugh, D.C., Buford, GA





## Effective in fat loss, flexibility, and muscle building

The beauty of SMARTGYM is its versatility across the entire health, fitness, and sports spectrum. If you want to lose weight and tone, great. You can do it in private. If you want to increase your strength and flexibility, perfect. SMARTGYM is ideal for people into sports of all types.

### Weight Loss

Research has shown that long-term slimming can only be achieved by using resistance training. When you tone the muscle, your metabolism increases and you burn more fat every day. SMARTGYM gives you weight resistance training without the need for expensive, large equipment.

### Fitness

It has been shown that resistance training improves cardiovascular fitness. Walking or running against SMARTGYM's variable resistance burns up to 840 calories per hour while increasing strength at the same time.

### Stretching and Flexibility

SMARTGYM is the perfect tool for increasing your flexibility. You can gently stretch your muscles and joints using the variable resistance to suit your needs. This can be used in Yoga, Pilates, Martial Arts, and rehab. Recommended by top Physical Therapists.

### Sports

Speed, power, balance, flexibility, and accuracy can all be enhanced using SMARTGYM. Attach the leg straps for kicks (Martial Arts) or use the handles for punches. Train by jumping against resistance using the cardio belt (Plyometrics). Excellent for soccer, basketball, football, baseball, golf, tennis, and more. You can work on all angles and positions. The only limitation is your imagination!



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### Smart Resistance: Easy On Your Body

SMARTGYM's Dynamic Variable Resistance begins at zero and smoothly increases as each Power Band is stretched, giving resistance in both the positive and negative directions. With free weights, at the end of an exercise you have to bend over to place the dead weight on the floor or push it into a rack, which puts pressure on your back, joints, and spine. With SMARTGYM, the Power Bands are no longer stretched at the end of an exercise, so the pressure on your back, joints, and spine is reduced to near zero. And since there is no "weight" to hold in position, SMARTGYM allows you to move and stretch in ways that are virtually impossible to do with free weights.

### Changing Resistance

Changing resistance is a snap...literally. Simply snap the handles, ankle straps, or cardio belt onto the Power Bands in different combinations. Eight different combinations, or major levels of resistance, are possible, with an infinite amount of levels in between.

SMARTGYM offers both high and low pulley positions so you can push and pull the Power Bands in almost any conceivable manner or direction. Just change your body position and, instantly, you're working a different muscle! This revolutionary breakthrough in design allows you to flow from exercise to exercise without stopping, so your workout is remarkably quick. And since your heart rate can remain elevated within your target aerobic range, workouts are extremely effective.

### Vector Balanced™ Design

SMARTGYM is secured to a door using two narrow "cinching straps" made from very thin, very light and strong nylon webbing. The cinching straps slide over the top and underneath the door and meet behind the door where they are pre-threaded through a D-ring. Simply pulling downward on the cinching straps levers the pulleys apart to rest at the top and bottom of the door with the Power Bands stretched tautly between them. Velcro is used to hold the straps in place at the back of the door once they've been "cinched" tight.

Once setup is complete, the unit behaves as if it's been screwed directly to the door. But what's really happening is that it's "vector balanced," and that's why it can remain flat and even against the door as you push and pull on the Power Bands. In fact, no matter how tightly your door is fitted to its frame, the cinching straps will still fit between door and frame for easy, no hassle setup.



Fast, secure setup

“When I see ads for Bowflex, Crossbow, and other exotic machines, I laugh to myself because I can do all the exercises they show with my SMARTGYM. And I KNOW they can't pack their equipment into a small, hand-carried bag, or take it with them on a plane!”

--Dave Mathews, Denver, NC

**Training with resistance has never been easier or more convenient!**

**CreativeProducts**  
**NETWORK**  
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