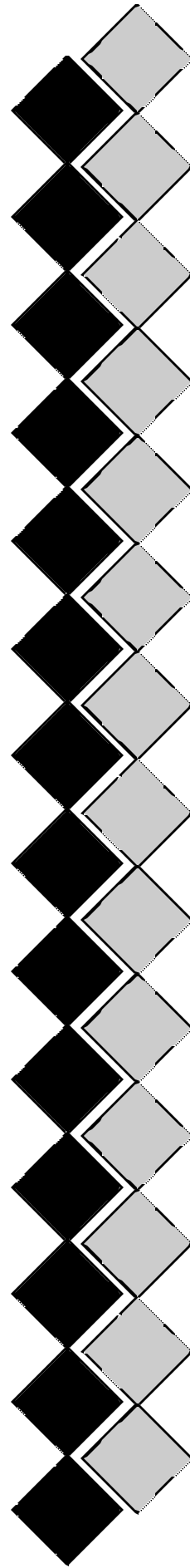


Curves



CURVES® WORKOUT

Cardio & Strength Training ... In Just 30 Minutes!



CURVES WORKOUT



Cardio & Strength Training ...

In Just 30 Minutes!

Circuit training is a great idea. You alternate upper body strength training exercises with aerobic recovery stations and then lower body exercises. Maintaining target heart rate during strength training really couldn't happen until hydraulic resistance came along.

Studies have shown that rehabilitation can be achieved more safely using hydraulics rather than weight stack apparatus.









Hydraulics utilize a cylinder where a piston moves fluid through a restricting orifice. It's much like aquatic exercise, only the fluid and the movement are more controlled. There are no weight stacks to manage or change, just the safe accommodating resistance that keeps you moving smoothly and safely around the circuit.

Music makes it fun. An instructor or a cue tape will tell you to move each thirty seconds and to check your heart rate each seven and a half minutes. At the end of half an hour, you will have maintained your target heart rate, performed a minimum of three sets of strength training exercises on every major muscle group and burned up to six hundred calories.

WHO WOULD BENEFIT FROM A TRUE THIRTY MINUTE, TOTAL WORKOUT?

When dieting, up to fifty percent of the weight lost is lean muscle and water. The key to permanent weight loss is strength training. With the Curves Workout, women will strength train.

- The busy executive must do both cardio and strength training. With conventional equipment, they'll need an hour and a half.
- Older people lose lean muscle mass due to inactivity and are often afraid of workout injuries. With the Curves Workout, they can enjoy the benefits of strength training without the fear of injury.
- Children's fitness programs can be provided in a safe, fast, fun environment.

| | |
|---|----------------------------|
|  | BICEP TRICEP |
|  | LEG EXTENSION LEG CURL |
|  | SHOULDER PRESS LAT PULL |
|  | HIP ABDUCTOR ADDUCTOR |
|  | CHEST BACK |
|  | SQUAT |
|  | AB BACK |
|  | LEG PRESS |

BENEFITS

*of Hydraulic Resistance
In the Circuit Environment*

Double Positive

With hydraulic resistance, you push the weight forward then pull back. There is no lowering of the weight. The elimination of this eccentric contraction has several benefits. 85% of the injuries in a gym, occur during the lowering of the weight. Most soreness is a result of this eccentric movement. By working opposing muscle groups simultaneously, you assure a symmetrical workout. Gravity is no longer doing half the work; therefore, the intensity is much greater, enabling you to maintain target heart rate. The Curves Workout is safer, eliminates most soreness and allows for cardio training while you strength train.

Muscle Overload

An effective strength training program must include several sets of ten or so repetitions at a weight that will overload the muscle. Isotonic contractions with a fixed weight usually overload the muscle only the first thirty degrees or so. Once you have leverage and momentum, the movement becomes easy. With hydraulics, resistance is a function of speed. The faster you move the greater the resistance. As you go through the range of motion and the speed increases, the resistance also increases. You can overload the muscle, building lean muscle mass throughout the range of motion. Professional athletes use hydraulic resistance because it increases power, not just strength.

Accommodating Resistance

Because speed of movement determines resistance, you simply move faster or slower, depending on your physical condition. Each seven and a half minutes you take a ten second heart rate check to assure that you are working at your target level.

Fast, Fun Fitness

Strength training has been proven as the solution to permanent body fat reduction. The Curves Workout is strength training that people will do. Women feel comfortable in a class set to music, with everything preset for them. Older people can enjoy exercise that is practically injury and soreness free. Busy people can now fit in to their schedule both cardio and strength training. Even aerobic dance participants will utilize the Curves Workout so they can increase lean muscle mass, keep their metabolism high and their body fat low.