

# "I've seen that stepper before..."



## VS.



## X-iser®

## Typical mini stepper

**The Only Sprint Training Stepper** - Period.

**Slow and Cumbersome** - Can't do Sprinting

**Perfectly Balanced** - Used by professional athletes

**Dangerous** - Very easy to flip over backwards

**Five-Year Warranty** - The best in the business

**90 Day Limited Warranty** - Lots of fine print

**Aircraft Aluminum Alloy** - Built to last a lifetime

**Cheap Plastic Parts** - Sacrificing quality for profit

**Designed by Experts** - Based on decades of research

**Designed by Marketers** - Based on dollar signs

**Adjustable Resistance Setting** - For all fitness levels

**No Resistance Settings** - Choices: slow and slow

**World Class Customer Service** - Talk to a human

**No Customer Service** - Who even makes it?!

**Made in USA** - Where quality comes first

**Made in China** - Cutting cost, compromised quality

## Trash your treadmill...

## Sprint on the X-iser!

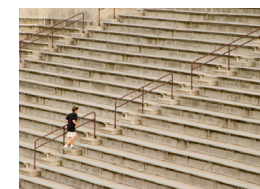
# the X-ISER®

Everyone's Solution for Exercise



**"Burst to Blast Fat!" - JJ Virgin PHD, GNS, GHFI**

Imagine you are going to sprint, as hard as you can, up a flight of stadium stairs. In less than one minute you will find yourself out of breath, your heart racing and you will be exhausted. This type of high intensity training is one of the best ways to burn calories, improve cardio conditioning and coordination, in just minutes a day. In fact, it is well documented in science that sprint training is far more effective than traditional aerobic training for weight loss, health and performance. The unfortunate reality is most of us do not have the time or desire to go outside and sprint as hard as we can up a flight of stadium steps. The X-iser Machine® provides everyone the ability to sprint train utilizing a quick, safe and non impact movement with the portability to do it anywhere.



**CORRECTIVE WELLNESS**  
xiser

The X-iser Machine®, with patented new technology, is the most efficient way to sprint train. Unlike traditional steppers, The X-iser® is the only variable-resistance high-intensity stepper. The X-iser® is utilized by professional sports teams and doctors all over the world. It is versatile enough to work upper and lower body as well as your core. Sprinting on the machine eliminates recovery cycles found with traditional stepping. This means your legs will work both on the up and down stroke of stepping, allowing you to reach the necessary intensity without impact. With the unique design and adjustable speed setting, The X-iser® is great for any age and fitness level because it responds to your effort and ability.

*"I use burst training with every client I have. It is not an option! Day one, everyone gets on the X-iser to experience what a real burst feels like! The X-iser® is an essential part of my celebrity business - Nutrition on Location - and the foundation of my personal training routine as well!"*

- J.J. Virgin CNS, CHFI, Ph.D.



*"The science behind The X-iser Machine® is incredible. Our clients, working out only on the X-iser, have increased muscle mass by 20-30% and decreased fat mass between 10-30% in a three-month period on average - there is no other workout program we will use."*

- Oscar Coetzee, Ph.D. CEO, Trim Smart



# Sprint or jog?

Let us give you some information first...

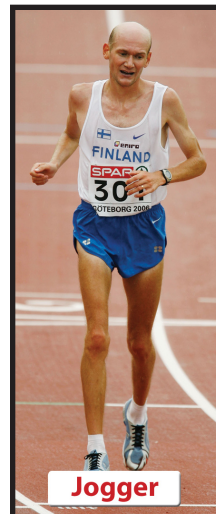
## Traditional Cardio

- Requires a lot of time, 20-60 minutes needed to burn calories for fat loss.
- Will not build muscular or bone strength, in fact can cause loss of both.
- Increases inflammation – may further complicate conditions associated with chronic inflammatory disease.
- Only improves one cardiovascular system (aerobic), both (anaerobic & aerobic) are needed for heart health.
- Over produces free radicals causing stress on the immune system.

## Sprint Cardio

- Only requires 4-8 minutes to burn needed calories for effective fat loss.
- Helps increase muscle and bone strength as well as mass.
- Reduces inflammation - helps reduce chronic inflammatory conditions.
- It trains both aerobic and anaerobic systems at the same time. It can actually improve aerobic system better than traditional aerobic training.
- Increases fuel for the immune system.

## Which body is better for health and performance?



Jogger

Jogging The body "killer"	
Hormone Levels	
Glucagon	Low ▼
Cortisol	High ▲
HGH	Low ▼
Insulin	High ▲
Leptin	High ▲

Sprinting The body "creator"	
Hormone Levels	
Glucagon	High ▲
Cortisol	Low ▼
HGH	High ▲
Insulin	Low ▼
Leptin	Low ▼



Sprinter