



Why Bodyblade?

Bodyblade® is unlike any other piece of exercise equipment on the market today. Most other systems work on the principle of the user attempting to lift a weighted item or stretch an elastic band. The Bodyblade®, however, works on the opposite premise: Once the user drives the blade and the ends begin to move, inertia provides resistance to the body. The greater the flex of the blade, the greater the resist. This progressive resistance automatically adjusts to the level of the user. Thus, the risk of injury through overexertion is greatly reduced.

In addition, Bodyblade® will directly impact whatever sport you play by specifically targeting those muscle groups used in a particular sport. Many of the exercises you perform with Bodyblade® mimic the same movements athletes use in competition, allowing you to train your body to execute moves faster and with more force.



How does it build muscles?

While the rate of oscillation stays the same, the workout intensifies when the amplitude, or magnitude of the flexing tips, increases. Over the course of just one minute, the ends of the Bodyblade® move back and forth 270 times, and that's 270 times your muscles have to resist the movements. The resistance needed to control the blade can range from 1 to 34 pounds depending on the amplitude of the flexing tips.

What other advantages does Bodyblade have?

Timesaving: Bodyblade's® efficient movements provide a complete workout in just minutes, so you're never tempted to skip exercise during your otherwise busy schedule.

Cost: For as little as \$49, you can start down the road to a stronger, healthier you.

Compact: Bodyblade® is only a few feet long and a couple of pounds, easily fitting in the closet, under the bed and dozens of other places conventional weights and machines can't go.

What makes Bodyblade® different than other exercise equipment?

With Bodyblade® there are no weights or elastic bands that can break. You control the intensity and acceleration of the movement, which makes it safer and more effective than other equipment. Bodyblade® is technically known as a dynamic reactive instrument, which means that it matches the force you put into the blade and nothing more. As it moves back and forth four and a half times per second, it uses the principles of inertia to stimulate the muscles and make them stronger. The better conditioned the user, the more enhanced the workout. Yet since the user controls the movement, you can never injure yourself with Bodyblade®. All of this is possible due to the patented technology and the inertial exercise principles built into every Bodyblade®.

How does Bodyblade® create resistance?

Bodyblade® is a reactive, oscillating device that utilizes inertia to generate up to 270 muscle contractions per minute. The laws of inertia state that an object set in motion remains in motion until another force acts upon it to stop or change its direction. You push and pull on the apparatus, which accelerates the blade and creates a force due to the flex or amplitude of the blade. The greater the flex, the greater the resistance that is needed by the body to counteract the destabilizing forces delivered into the body. The blade's movement therefore requires the user to contract his or her muscles in order to neutralize these forces.

Can Bodyblade help improve my Golf game?

Bodyblade is designed to improve the communication in the body for better hand eye coordination and position sense. Bodyblade will also improve the core strength which is vital in all sports. Golf is a sport in which accuracy, club head speed and human performance go hand in hand. The list of Pro golfers is long. Visit our professional customers/testimonials section.

How does a Bodyblade workout translate into calories burned?

Calorie consumption is difficult to calculate using Bodyblade for several reasons. Varying factors are your age,

Bodyblade... *Unleash the Power of your Core!*

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conditioning level to begin with, weight, mass, lean body mass, and true intensity of workout. Since Bodyblade is a progressive resistance device which ties very closely to the users mass and conditioning, results will vary as would two people running a mile at different paces and conditioning levels. Since the intensity of training is hard to measure from one individual to another, we have no concrete measure of calories burned where I could say to you, 100 calories for every ten minute workout. We do have two aerobic workouts with two other products in the Bodyblade line and one aerobic workout with the Classic. Do you have that workout or the Super Six?

There are good reasons to do aerobic and anaerobic exercise to help burn calories and lose weight. The burning of calories via aerobic exercise is great for the actual workout, but also for the metabolic changes in your body at the cellular level. A more fit person, burns more calories faster and more efficiently than a sedentary person. The key is to change your metabolism and burn fat more efficiently than someone who does not exercise.

The anaerobic exercise with Bodyblade or more strengthening part of the workout will increase the muscle size to some degree and provide more fuel for the furnace. The more muscle working, the more calories are burned even at rest. The combination of more mass and more power capability, plus a better more efficient metabolism will change the way you look and feel.

Does Bodyblade have an aerobic effect on the whole body?

Yes, Bodyblade can be aerobic. We have several size models which can be used for aerobic training. They come with a great aerobic follow along video guaranteed to make you sweat and burn the calories. You control the intensity of the workout and how much aerobic work you do. As for weight loss, no product alone will guarantee weight loss. You must combine the proper nutritional program with exercise. Aerobic fitness will change the way your body's metabolism functions. The more aerobically fit you are, the better the cells process energy and burn calories. The more sedentary person will store food as fat while a fit person will take the same food and use it for energy. The key is to challenge the body with Bodyblade, tone the muscles, strengthen the muscles and change your metabolism. Give me 21 days on the Bodyblade workout and I promise you, you will see fabulous results.

Bodyblade Testimonials...



"I did use the blade quite a bit prior to the 2004 Games. I was having a lot of shoulder problems leading up to the Olympics. The bodyblade was a large part of my rehab - it truly made a difference in keeping my shoulders in tact, not to mention gave my entire body a workout at the same time! Awesome product!"

- **Rebecca Giddens, Silver Medalist**

"The Bodyblade is a very important tool in the Chicago White Sox conditioning program. Our athletes use the Bodyblade for throwing specific conditioning and for core stability training. The Bodyblade has been very beneficial as it enables full range of motion while imitating a throwing pattern and developing shoulder strength. We have found that we can integrate the Bodyblade with other tools to improve balance and proprioception while targeting a specific kinetic movement or muscle group. Our pitchers use the Bodyblade as part of their warm-up routine prior to competition and include it in their cool downs post competition"

- **Steve Odgers, Director of Conditioning, Chicago White Sox**

"I just wanted to thank you for making such a great product. It is the only exercise "program" I have ever stuck with. In less than 10 minutes per day I'm able to maintain healthy muscle tone and have lost 30 pounds during the year. Thanks again!"

- **R.Webb, Bodyblade Customer**

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