

EXERCISE IN EXACTLY 4 MINUTES PER DAY

Winner of the Popular Science Award for the
"Best of What's New" in Leisure Products



\$14,615



ROM • MANUFACTURED IN CALIFORNIA SINCE 1990

TIME IS IT. Over 92% of people who own exercise equipment and 88% of people who own health club memberships do not exercise. A 4 minute complete workout is no longer hard to believe for all the people who since 1990 have bought our excellent Range of Motion machine (ROM).

Over 97% of people who rent our ROM for 30 days wind up purchasing it based upon the health benefits experienced during that tryout, and the ROM performance score at the end of each 4 minute workout that tells the story of health and fitness improvement.

If you value your time at more than \$5 an hour, the ROM machine is the least expensive method of exercise for you.

The ROM 4 minute workout is for people from 10 to over 100 years old and highly trained athletes as well. The ROM adapts its resistance every second during the workout to exactly match the user's ability to perform work. It

helps to balance blood sugar, and improves bad backs and shoulders.

Too good to be true? Get our free video and see for yourself. The best proof for us is that 97% of rentals become sales. Please visit our website at:
www.FastExercise.com.

The typical ROM purchaser goes through several stages:

1. Total disbelief that the ROM can do all this in only 4 minutes.
 2. Rhetorical (and sometimes hostile) questioning and ridicule.
 3. Reading the ROM literature and reluctantly understanding it.
 4. Taking a leap of faith and renting a ROM for 30 days.
 5. Being highly impressed by the results and purchasing a ROM.
 6. Becoming a ROM enthusiast and trying to persuade friends.
 7. Being ignored and ridiculed by the friends who think you've lost your mind.
 8. After a year of using the ROM your friends admiring your good shape.
 9. You telling them (again) that you only exercise those 4 minutes per day.
 10. Those friends reluctantly renting the ROM for a 30 day trial.
- Then the above cycle repeats from point 5 on down.

The more we tell people about the ROM the less they believe it.

From 4 minutes on the ROM you get the same results as from 20 to 45 minutes aerobic exercise (jogging, running, etc.) for cardio and respiratory benefits, plus 45 minutes weight training for muscle tone and strength, plus 20 minutes stretching exercise for limberness/flexibility.

Order a **FREE** DVD from www.FastExercise.com or call (818) 504-6450

Factory Showroom: **ROMFAB**, 8137 Lankershim Blvd., North Hollywood, CA 91605

Fax: (818) 301-0319 • Email: sales@FastExercise.com

RENT A ROM FOR 30 DAYS. RENTAL APPLIES TO PURCHASE.