

QuickGym ROM + Dr. Perry's Posture Perfect = LEAN MACHINE

Want to lose weight, get in shape? Tired of being tired?

No time? Always in a hurry? Need to work out but how? Where?

Now there is a solution: High Intensity Interval Training (HIIT) used by US Military Special Forces to maximize their conditioning.

The basic 13-minute beginners workout program for the Lean Machine starts with decompressing for 2 min on Dr. LeRoy Perry's Spinal Decompressor, then 4 min upper body, 4 min lower body HIIT on the Lean Machine with a 1-min rest period in between; finish with another 2 min decompression exercises on the Spinal Decompressor.

The advanced 20-minute Lean Machine program starts with decompressing for 2 min on Dr. LeRoy Perry's Spinal Decompressor, then 4 min upper body, 4 min lower body HIIT on the Lean Machine with a 1-min rest period in between; repeat the Lean Machine workout and finish with 2 min decompression exercises on the Spinal Decompressor.

Train with one of our professional, certified trainer/coaches who can help guide and train you to lose weight, improve your physical/cardio-fitness/muscle tone/strength and balance.

First introductory session FREE!

Basic Lean Machine 13 minute Program:

10 sessions = \$300 + 1 Free

20 sessions = \$600 + 2 Free

Advanced Lean Machine 20 minute Program:

10 sessions = \$450 + 1 Free

20 sessions = \$900 + 2 Free

IF you are interested contact us at jsi.info@yahoo.com for questions or call 310-559-6900 to schedule an appointment.

See the following articles:

1. Effects of High-Intensity Exercise on the ROM Training Device On Muscular Strength and Body Composition by Hanno van der Loo and Eline M. van Es, TNO Defence, Security and Safety, Soesterberg, The Netherlands
2. Department of Exercise Sciences, USC study