

PORTABLE, PACKABLE, AND EFFECTIVE
FULL BODY WORKOUT

WORKOUT WHEREVER. BODYGYM GOES WHERE YOU GO.

Temporary optional stickers with exercises that adhere to both sides of the bar



BodyGym Booklet



BodyGym Bar

60 Gym Quality exercises that sculpt your abs, arms, shoulders, legs and butt.

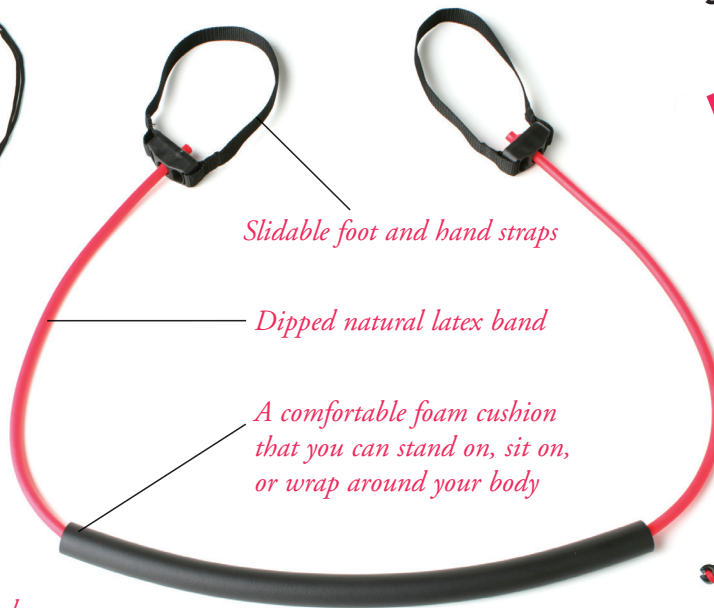


BodyGym Travel Bag



BodyGym DVD

Includes basic instructions and a great workout video.



Slidable foot and hand straps

Dipped natural latex band

A comfortable foam cushion that you can stand on, sit on, or wrap around your body

BodyGym Band

EASY TO USE



You choose the resistance levels from the beginner to the elite athlete

CONTENTS: BodyGym Bar with Optional Stickers • BodyGym Band
BodyGym Companion Booklet • BodyGym Travel Bag • BodyGym DVD • Tape Measure

ALWAYS CHECK WITH YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM Everyone, especially pregnant women, must consult their physicians before beginning any program, or attempting any exercise activities portrayed on the Instructional or the Workout DVD. Not all exercise plans are suitable for everyone. Individuals with uncontrolled high blood pressure, glaucoma, and women currently pregnant must consult with their physician prior to starting the BodyGym program. This or any exercise program may result in injury. Please discontinue any exercise that causes you pain or severe discomfort and consult a medical expert. The instruction and advice presented in this DVD are in no way intended as a substitute for medical counseling.