



Our own brand of Advanced Hydraulic Equipment provides you with a full aerobic workout with resistance.

All you need is at least 500 Sq Ft (46 sq m) of space

How it works...

- Depending on the size of circuit you require you could have up to 26 people training at any one time.
- Every Minute everyone moves station in a clockwise direction.
- The workout is usually for ½ an hour
- Most machines are dual action...
(2x machines for the price of 1. So they work 2x different muscle groups.
- There is no need to have set times for classes (i.e. people can turn up when they want) due it being a rolling circuit, so there is rarely any queuing as people are joining the circuit as others are leaving.
- You would also receive a CD with a voice instructing when you are half way through the minute, when there is 15 seconds left and when to change stations. *Ideally this is played at the same time as music.*
- This is a full body workout as once you have completed the 30 minutes circuit you would have raised the heart rate and worked every muscle group.

Why buy RESULTS4U® Advanced Hydraulic Equipment?

- Safe, hydraulic resistance
- Fun, fast & easy to use
- Rapid calorie & fat burning
- Great for rehabilitation
- RESULTS4U® brand is unique to the UK
- Space saving
- Dual Action – 2 machines for the price of 1
- Low maintenance
- Minimises muscle soreness
- Non-intimidating
- For use of all ages & sizes
- American made to the highest of standards
- 10 years guarantee on frames
- 3 Years on hydraulic cylinders

RESULTS4U® Equipment is ideal for...

- On-site company gyms for staff
- Full service health clubs
- Hotel gyms to boost occupancy
- Schools, Colleges & Universities
- Express fitness clubs for men or women

What can you buy?

Choose from a set of 6, 9 or 13 from the following pieces in our range to create your advanced hydraulic circuit. We can also provide jogging squares as interval stations which go in between each station thus making it a 12, 18 & 26 station gym.

Please ask about other options for interval stations, including gym balls, bikes, steps, mats and medicine balls.

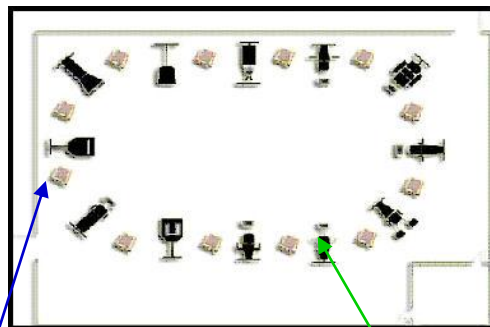
Space required...

- 12x Station Gym = 500 square feet / 46 square metres
- 18x Station Gym = 750 square feet / 60 square metres
- 26x Station Gym = 1,000 square feet / 92 square metres

Please see below an example of how a circuit should be laid out...



Picture from Cleaver Squash & Fitness



Birds eye view of a typical circuit.

Interval
Station

RESULTS4U®
Advanced Hydraulic
Equipment Station

The RESULTS4U® Advanced Hydraulic Equipment...

		
Abdominal / Lower Back	Bicep / Tricep	Chest Press / Row
		
Glute / Hamstring	Inner / Outer Thigh	Leg Extension / Curl
		
Leg Press	Lift Task	Pec Fly / Rear Deltoids
		
Rotary Torso	Shoulder Press / Lat Pulldown	Squat
		
Upright Row / Tricep Pressdown		

Warranties...

- 10 Years Guarantee on the frames
- 3 Years Guarantee on the Hydraulic Cylinders
- 1 Year Labour
- There is no warranty on the upholstery

Colour choices...

The most cost effective choice is White Frames with Blue Upholstery.
There are many more colour choices available to match your corporate colours and there is only a small additional cost involved in doing so.

Our Services...

We can deliver, install and remove any packaging including existing old equipment and even provide service and maintenance contracts as required.

Contact us...

For further details on our RESULTS4U® Advanced Hydraulic Equipment, please email your contact details to Neil Woodward on neil@results4u.co.uk who will arrange to provide a FREE site survey, consultation & gym plan and if required a FREE quotation.

Alternatively, please write to our head office (address below)...

F.A.O. Neil Woodward
Results Fitness Ltd
85, Bedford Street
Leamington Spa
Warwickshire
CV32 5DN

Telephone: 01926 337 000

We look forward to hearing from you very soon.