

fitPOWER™

faster workouts – better results

STUDIO

Services

- Express 7-10 Minute Workouts

FitPOWER™ Studios are compact fitness businesses specializing in “fast workouts”. **FitPOWER™ Studios** use whole body vibration exercise sessions for overall fitness and conditioning – one machine does it all for fast maximum fitness benefits and serious business efficiency. **FitPOWER™ Studios** fit into existing businesses with existing clients or can be located in small and convenient standalone neighborhood-style locations. The patented **VibroPLATE Whole Body Vibration System** is the one-fitness-machine-does-it-all and features a “built in personal trainer” with a variety of simple to advanced pre-set workout choices. **FitPOWER™ Studio** owners do not have to employ any “fitness experts” to supervise clients workout sessions.

Most **FitPOWER™ Studio** workouts will last from just 7 to 10 minutes; are designed to accommodate different exercise goals and clients of varied ages, fitness levels and physical conditions. The **FitPOWER™ Studio** has a variety of workout choices that can be as simple as a very fast whole body fitness routine, or the selection of fast workouts for strengthening and exercise of the upper body, lower body, explosive power or core power body fitness, or can target fitness goals like fast exercise shaping and definition of specific body areas.

A Sampler of FitPower™ Studio Workouts with a Variety of Fitness Benefits

Fast Fitness Lean Mass Diet

Helps clients enhance lean mass and stay fit, using a comprehensive WBV fitness program of diet, exercise and relaxation.

Whole Body Conditioning Boost

Promotes lean muscle, and muscular development for improved overall health wellness and fitness.

Cardio Fit Endurance Vibration (CFEV)

High intensity cardio-driven workouts designed to work the large muscle groups that enhance endurance and aerobic fitness.

Celebrity Abs and Butt Sculpting

A focused workout series combining abdominal, core power and lower body exercises that will speed clients on their path to washboard abs and tight butts.

Easy Aerobics Circuit Vibration

A combination of low-intensity aerobic workouts and resistance exercises designed to be fun and easy to do. Circuit exercise fitness workouts target fitness, and muscle toning.

Fast Power - Lunch Hour - Any time of the day!

Fast-paced and highly efficient workouts designed to help clients maximize their workouts over the noon hour or when they are really on the go and want to get in, workout and get out fast.

We have exercise menu selections to fit everyone’s fitness capabilities and exercise goals.



fitPOWER™ INC
faster workouts – better results

Get Started Today!

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Welcome to fitPOWER™

faster workouts – better results

STUDIO

DISCOVER THE BIG OPPORTUNITY OF A SMALL FITNESS STUDIO

fitPOWER™

faster workouts – better results

STUDIO



Faster Workouts – Better Results™

- Express 7-10 Minute Workouts
- Healthy Fitness
- Neighborhood Convenience
- Affordable Opportunity
- Minimal Investment
- Compact Studio
- Small Expense
- Low Maintenance
- Advanced Technology

Welcome to *fit*POWER STUDIO

*The Most Compact & Affordable Convenient
Fitness Studio in the World!*

Faster Workouts – Better Results

Break free from the recession, grow your business and discover a breakthrough new fitness technology proven to make fitness faster and exercise more fun. **FitPOWER™ Studio** is an exceptionally simple and winning concept based on convenience that fits everyone's busy schedule and fast-paced lifestyle. **FitPOWER™ Studio** delivers fast workouts, better results and success for everyone. We proudly introduce the **FitPOWER™ Studio**.

- Express 7-10 Minute Workouts
- Healthy Fitness - All People, Any Fitness Goals
- Small Studio – Small Expense
- Minimal Investment – Exceptional Return
- Low Maintenance – More Savings
- Affordable for Clients – Affordable for Owners
- Advanced Technology – Proven Results
- Good-Looking Equipment – Quality Built

FitPOWER™ Studio is an affordable, stand alone business or perfectly fits your existing business to give your existing clients all they want and all they need in a small but high tech, cozy and fun fitness studio. Your existing business clients can achieve their fitness goals with you. One machine, easy to use, effective and enjoyable fast workouts.

FitPOWER™ Studio is affordable wellness, fitness and fast results for your clients and a unique booming opportunity for you! Fitness has doubled in the past ten years. Your members monthly dues are a true bargain for them, a real visible bargain and esteem booster that's usually less than the average cell phone bill, haircut style or a night at the movies! Many fitness memberships are reimbursed by health insurance companies. **FitPOWER™ Studio** makes exercise fun, close to work and home, comfortable and convenient, with familiar faces and friends for more motivation and success.

FitPOWER™ Studio is for Everyone – All Goals, All Levels, Faster Workouts — Better Results

One employee and a small space is all you need for your **FitPOWER™ Studio**. It might be small, but **FitPOWER™ Studio** is a unique and powerful 21st century business concept that keeps your expenses down and bottom line profits up. **FitPOWER™ Studio** fits today's fast paced lifestyle and every clients need for a low cost, very affordable value.

Your clients will get fit quick, and keep coming and spread the good word about your fast & fun **FitPOWER™ Studio** – and your **FitPOWER™ Studio** memberships will grow!

Be The First in Your Area— Open Your FitPOWER™ Studio Today!

As a **FitPOWER™ Studio** owner your members come, workout fast and go while adding value and profits to your enterprise and an excellent source of monthly cash flow. You can also quickly expand, grow and establish your own chain of successful **FitPOWER™ Studios** because they are so inexpensive to start-up, simple to run and easy to operate. After your first **FitPOWER™ Studio** is successful, you can plan, scout and conveniently locate the stand alone **FitPOWER™ Studio** in other target neighborhood locations or inside other businesses to give more clients the fast but great workout. Great value and faster workouts – better results.

FitPOWER™ Studio Opportunities are Available for the following businesses –and many more!

- Day Spas, Beauty Salons & Tanning Salons
- Fitness Centers & Gyms
- Sports Teams

● Personal Trainers

A Little History About **FitPOWER™ Studio**: Europe was the birthplace of **Whole Body Vibration** exercise (**WBV**) and has become overboard enthused about vibration platforms in the past eight years. In just a few years, millions of Europeans have changed their bodies, lives and exercise habits by turning to **WBV** for faster, more complete fitness workouts. Today, the “buzz” about “faster workouts – better results” with **WBV** is just starting in the United States.

Incorporate the **FitPOWER™ Studio** into your existing business. We will help you start the “buzz” and show your clients how easy and fast **WBV** workouts can be at your **FitPOWER™ Studio**. We will help you launch your **FitPOWER™ Studio**. With patented fitness technology and strategic business planning, **FitPOWER™ Studio** has developed a series of 7 to 10 minute workouts geared to helping clients get more flexible, gain strength, and improve their health. All fitness goals can be achieved for everyone at the **FitPOWER™ Studio**. **FitPOWER™ Studios** offer highly efficient **VibroPLATE** exercise systems with unique “built-in personal trainer” software.

