

BODYBLADE®



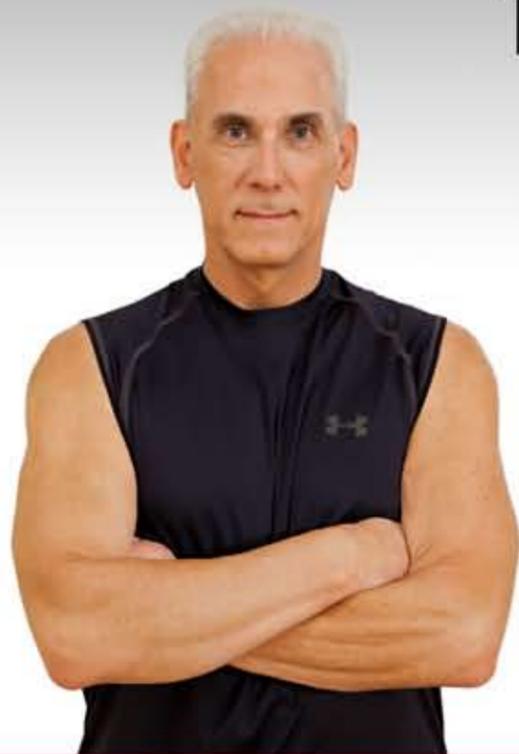
IMPROVE BALANCE, POSTURE & CORE STRENGTH

INCREASE CARDIOVASCULAR FITNESS

STIMULATE BRAIN HEALTH

TOTAL BODY EXERCISE

The Power to Strengthen your Body & Mind

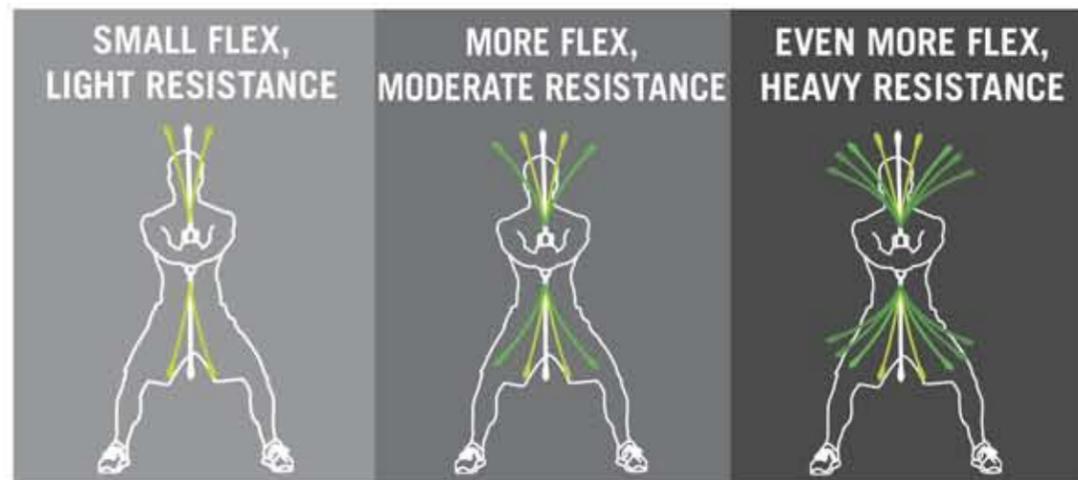


The **Bodyblade® Method** consists of the Bodyblade exercise techniques and products developed by Physical Therapist Bruce Hymanson to activate the deep dynamic stabilizers of the spine, which provide a platform for rehabilitation, sport performance training, fitness enhancement and personal training. The result is improved function, balanced movement, and muscle definition for any user. No other training device can offer the same quality core stability exercises, shoulder and pelvic stabilization, and overall training benefits as the Bodyblade.

"It has always been my philosophy and goal to rehabilitate and train the body using sound principles of functional training combined with the knowledge of human movement and performance. These two pillars are deeply rooted in the development, design and execution of the Bodyblade Method. It is therefore my promise to you that using Bodyblade will help empower you to succeed with your personal training goals. Combining vibration technology and the power of inertia makes Bodyblade a unique reactive training tool to help make a difference in your everyday life."

How Bodyblade® Works

The key to Bodyblade is the Rapid Contraction Technology which automatically contracts your muscles up to 270 times per minute. With over 600 muscles in your body, Bodyblade automatically contracts the right muscles at the right time every moment you're exercising for a fast, effective workout. The harder you drive the blade back and forth, (Flex Intensity) the greater the flex, and the more resistance you receive resulting in a strong, reactive and stable body.



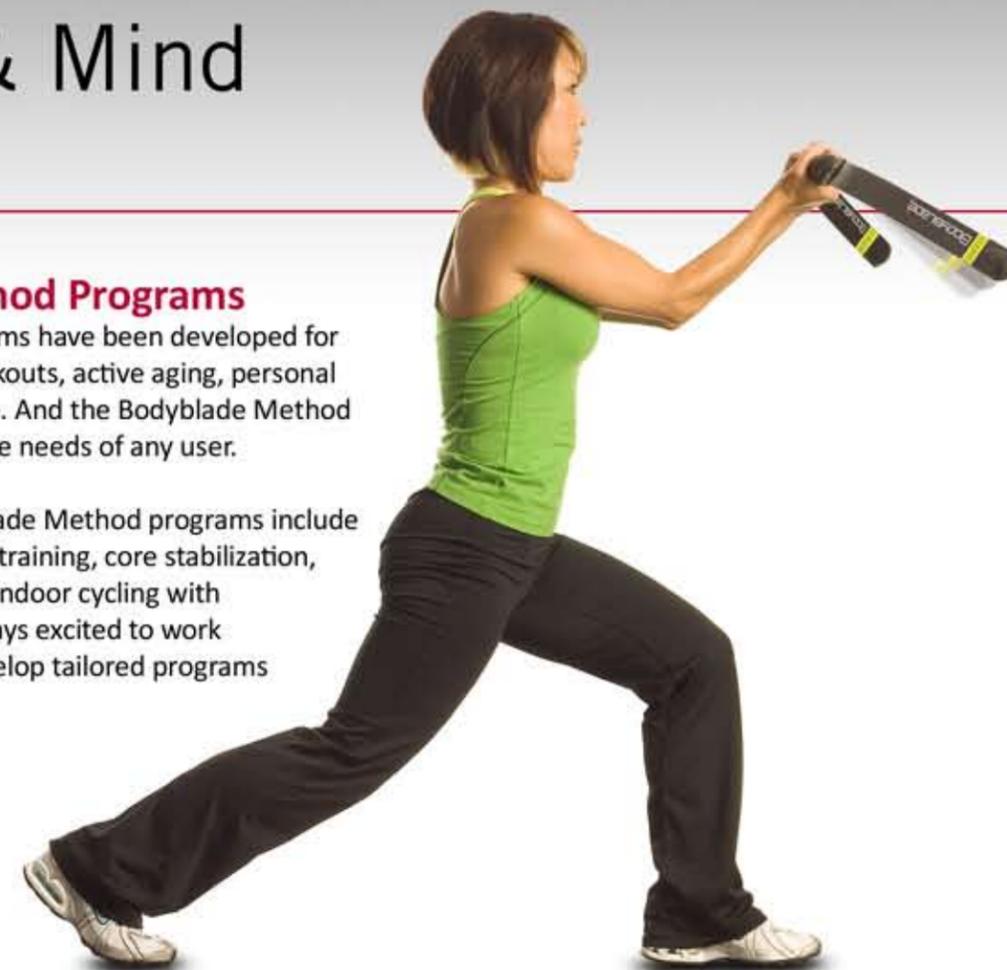
Benefits Include:

- Increased overall strength, balance, and coordination
- Improved joint stability and flexibility
- Increased cardiovascular fitness
- Improved joint protection
- Stronger, more reactive core
- Increased muscle endurance
- Effectively target multiple muscle groups in the body and activate hundreds of muscles to burn more calories quickly, accurately, and automatically
- Lean, toned body in a fraction of the time of a traditional workout

Bodyblade® Method Programs

Bodyblade Method programs have been developed for small group ex, circuit workouts, active aging, personal training, and individual use. And the Bodyblade Method can be adapted to meet the needs of any user.

Currently available Bodyblade Method programs include a wide range of total body training, core stabilization, HIIT, Bodyblade Yoga, and indoor cycling with Bodyblade. And we're always excited to work with our customers to develop tailored programs to meet specific needs.



Bodyblade® Method Education

Bodyblade Method education workshops are offered around the world at scheduled events and customized group sessions. Students will gain the knowledge and skills needed to create and lead exciting, results-oriented small group classes, High Intensity Interval Training (HIIT) circuit workouts and personal training sessions. The interactive Bodyblade Method workshops engage professionals with just the right blend of science, nomenclature and practical application that includes instruction on driving the Bodyblade, proper orientation utilizing three planes of movement, and understanding the concepts of vibration and inertial resistance. Workshops also cover programming for a variety of clients and populations, spotting, cueing, progressing your clients, and much more. For more information, visit www.bodyblade.com or call 800.77 BLADE (25233).

Bodyblade® Products

The Bodyblade product line consists of three Bodyblades and an assortment of DVDs and accessories.

- Bodyblade Pro, 60" (152 cm)

- Bodyblade Classic, 48" (122 cm)

- Bodyblade CxT, 40" (102 cm)

Rapid Contraction Technology that uses the power of vibration and inertia to transform your body.

- Used by everyone from rehabilitation patients to world-class athletes
- A fun, efficient and highly effective zero-impact training method
- Stimulates your mind and body for increased strength, balance and coordination
- Automatically adjusts to the precise needs and ability of every user



BODYBLADE

Hymanson, Inc.
P.O. Box 5100
Playa del Rey, CA. 90296
Sales 800.77BLADE or 800.772.5233
Fax 310.937.6926
www.bodyblade.com
moreinfo@bodyblade.com

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