



## JANUARY QUIZ

# HAVE YOU TRIED OUR NEW ARCS?

As you may have already noticed we have had a delivery of 6 new Arc trainers! The Arc trainers are a high end cross-trainer that gives fast fitness results! The Arc trainer allows you to train for strength, power or weight-loss on the one machine! There are 9 different programs to choose from with a variety of levels to suit any fitness level. The biggest difference you will notice with the new Arcs is the added arm movement, which will help add to your workout, increasing your calorie expenditure!

These new machines include a 15.6 inch view monitor with touch screen – allowing you to monitor your workout, enjoy watching your favourite T.V. show or scroll through your I-pods play list as it charges simply by plugging it into the Arc. The Arc training also offers an in-built Heart rate monitor; all you have to do is lightly hold hand grips on the handlebar for 30 seconds or less and it will give you a reading. This allows you to know if you are targeting the right fitness zone.

If you are interested on getting started on using the Arc or have any further questions about it please ask one of our staff members to give you a demo!

### **Why choose the arc trainer?**

1. *Three machines in one:* The Arc Trainers offer broad incline and resistance ranges which means it is really 3 machines in one.
2. *Burns more Calories:* Research shows that the Arc Trainer burns more calories than any other cross-trainer or elliptical cross trainer tested. The science behind this big calorie burn is the Arc motion. It engages the right muscles - quads and glutes that demand lots of energy from the body when they are called upon to work. That results in a big calorie burn. Because the Arc Trainer is demanding on the muscles, but not the joints, it can be used for longer without putting a strain on the knees, hips or back
3. *Easy on the joints:* The patented Arc pattern of motion allows the hip and knee to move synchronously while the foot stays under the knee, reducing joint pains and providing a more comfortable workout.

### **What is the difference between the Arc and the Elliptical?**

The Arc Trainers offer broad incline and resistance ranges. At the lower incline levels, the “glide” is a cross country skier . In the mid-range levels, the motion is a “stride” (similar to an elliptical except with proper positioning). At the high levels, the “climb” of a stepper or climber. Glide, stride and climb! It has lots of programs which makes it fun to use too.

***Turn over for your chance to WIN a 30 Minute Massage***

***Entries due in our the suggestion box by 22 January 2014 - Good Luck***



JANUARY QUIZ

Complete this quiz for the chance to WIN a  
30 Minute Massage

Circle the correct answer then place your completed quiz in the suggestion box by  
**22 January 2014**

**The Arc is the same as the Elliptical**

TRUE / FALSE

**The Arc trainer is easy on the joints**

TRUE / FALSE

**The Arc engages the Quads and Gluts**

TRUE / FALSE

**The Arc Trainer has no weight-loss programs**

TRUE / FALSE

**The new Arcs are nothing like the old ones**

TRUE / FALSE

NAME: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_