

inspire

Laser Equipment

We are always seeking way for our partners (customers) to stay competitive. This continuing effort led to the creation of our laser series of machines. Our patent-pending method of manufacturing is a unique way for both us and our "partners" to differ from all competitors. Custom features add to the aesthetics, offering you a great way to stand out from the crowd.

LESS COST

The simplicity of the F.I.T. machines coupled with their "Push-Pull" function, you receive the added benefit of two machines in one, as compared with conventional exercise machines. It is also not necessary to purchase separately both "cardio" and "strength" machines, since F.I.T. machines do both!

SAFETY

Since the user is always in control of the resistance and work output, there is almost no risk of injury. "No movement - no resistance." "Swimming resistance in machines": there is nothing safer on the market.

50% LESS SPACE

Because it only takes one F.I.T machine to do what two exercise machines do, you only need half the space! That means better utilization of valuable floor space.

SIMPLICITY

Keeping things simple is important if we expect people to use it. The F.I.T. system is the easiest to use and to teach. One session is all that is required. If you choose, you can incorporate the use of instructor-guided CD's for group sessions or for teaching.

LOW MAINTENANCE

The F.I.T. system is naturally a low-maintenance system. By designing the mechanics around a durable cylinder system, we actually "build in" longevity. If the cylinders need replacement, we provide a back-up that conveniently takes only 10 minutes to change. Now, you can have peace of mind!

NON-INTIMIDATING

Increased activity in anyone's life needs to be as least intimidating as possible, or people will not do it. The F.I.T. system is the most "user-friendly" way for anyone to accomplish this goal.

inspire

the movement.

for life



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Leg Extension / Leg Curl

Muscle Group:
Quadriceps and Hamstrings

Specs: 140lbs.



Chest Press

Muscle Group:
Pectoralis Major,
Triceps, Anterior
Deltoid, Latissimus
Dorsi, Rear Deltoid,
Rhomboids, and
Biceps

Specs: 140lbs.



Rotary Torso

Muscle Group:
Internal Oblique and
External Oblique

Specs: 125lbs.



**Pec Fly / Rear
Deltoids**

Muscle Group:
Pectoralis Major,
Anterior Deltoid,
Rear Delts,
Rhomboids,
Latissimus Dorsi

Specs: 150lbs.



Leg Press

Muscle Group:
Glutes and
Quadriceps

Specs: 130lbs.



Ab/Back

Muscle Group:
Rectus Abdominis,
Internal and
External Obliques,
and
Erector Spinae

Specs: 175lbs.



Upright Row

Muscle Group:
Deltoids, Trapezius,
Biceps, Lower
Pectorals, and
Triceps

Specs: 105lbs.



Bicep / Tricep

Muscle Group:
Biceps and Triceps

Specs: 100lbs.



Shoulder Press

Muscle Group:
Anterior and
Medial Deltoids,
Triceps,
Latissimus
Dorsi, and Biceps

Specs: 145lbs.



Glute / Hamstrings

Muscle Group:
Glute, Hamstrings

Specs: 193lbs.



Inner / Outer Thigh

Muscle Group:
Gluteus Medius,
Inner thigh muscles
which include
the Adductor
Magnus, Longus,
Brevis, and the
Gracilis

Specs: 145lbs.



Squat

Muscle Group:
Glutes and
Quadriceps

Specs: 120lbs.



Lift Tash

Muscle Group:
Quadriceps, Glutes,
Biceps, Upper Back,
Hamstrings, and
Erector Spinae

Specs: 105lbs.



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