

UFO

Ultimate Fitness Object

One simple motion &
3 minutes a day for
a better body, great abs
and an active life!



Are you ready for the UFO Experience?

The UFO has a safe, all natural unique rear motion that is synergistically better for abdominal effectiveness and safer for the back than any competitive product on the market today. The UFO incorporates more than 30 innovative workouts for the upper body, lower body and abs that combine Core, Yoga and Pilates style movements. You will explore new methods of training your body and getting superior results every time you use the Ultimate Fitness Object.

full extension
for great abs



multiple angles
multiple results

dynamic movements
dynamic body



upper & lower body
in one motion

Slimmer waist, hips, and thighs
Tones & firms upper body

Great abs
Increase flexibility and strength

SPECIFICATIONS

Soft on your knees, contoured molded pad
Multi-directional wheels for easy movement
Includes ergonomic push-up bars (tubular steel)
Closed cell PU is commercial grade quality
Video & manual
9lbs. N.W., 11lbs. G.W. 18" round
300lb. Capacity
1-year warranty



BONUS:

Comes with 'UFO Experience'
Instructional Video. To inspire and
challenge challenge you to firmer
abs, a stronger body and
better health.

MOTION
FITNESS

1-877-MOTION-4

www.motionfitness.com

The UFO EXPERIENCE

People are talking about their UFO Experience and the excitement is growing. It has grown from a few group class's and individual users to a program that is being recognized by the leading health experts.

When we first introduced the Ultimate Fitness Object we wanted to give people something more than what they were getting with other products. We wanted to create a lifestyle, a discovery. We wanted to give them an 'Experience'. The UFO can transform your body. It can stretch your limits and allow you to rise to your full potential.

You see, the UFO was created by keeping every**body** in mind. We wanted to give everyone a tool that would deliver results. Truly, nearly anyone can use the product within a few short minutes and FEEL the results right away.

We have seen results from top Professional sports teams, to rehabilitation patients, to people with severe back pain, to people that have sworn off dreaded 'exercise'. We have seen people use the UFO for relaxation, stretching and simple basic movements. We have seen people use the product to discover everything that there body could deliver in a short amount of time, and get results that no other single product could provide.

At Motion Fitness, we know that consumers are overburdened with products and for the most part, nobody needs another 'product' or for that matter their third or fourth 'ab product'. The UFO will give you a new experience that will make you feel good and be a part of something. It is a multi-dimensional product and it delivers what it promises.

"This is in praise of the original UFO exerciser. I have seen many products over the years and this one does what is says it will do. The UFO provides a complete workout for the ENTIRE abdominal area and I personally have recommended it to clients. This one little device, used properly will answer many prayers for a stronger mid section , in very little time. In short, THE UFO WORKS!"

John Paul Ouvrier – Author of *Body Power* – President of Hollywood Fitness Private Trainers

The UFO has truly made a difference to myself and many of my students. As a 20 year veteran of a martial arts instructor and fitness school owner, I have seen remarkable results using the UFO that I now use it on a daily basis. My stomach, back and legs have become stronger. I was so impressed with the results that I incorporate the UFO into our workout.

Sifu Mike Figurelli – Absolute Fitness and Martial Arts

The UFO has given us an added edge in our rehabilitation, especially training the core trunk muscles. Patients love it and their compliance has increased. **Paul Nelson, P.T. – Joyner Sportsmedicine**

The UFO is the best product on the market for training the core muscles of the body. It is the only product that I have seen that flexes the midsection while the muscles are in full extension. This has a profound and positive effect on the lower back and thus stretches and strengthens these muscles. **G. Strauss – Crunch Fitness Chicago**

With the UFO, you showed us not only a well made product, but one that does so much more than first meets the eye. Since adding the UFO Experience we have an advantage over our competition by being able to offer something new, unique and a whole lot of fun. **Mike Cole, General Manager – World Gym Chicago**

Thanks for the UFO...its so easy to use, even my 2 year old son got onto it after seeing me use it. Medically speaking...There is very little strain on the lower back. In fact, the flexibility of the UFO gives you the ability to experience non-stressful (minimal weight bearing) lumbar flexion, and the equally important range of lumbar extension. The key to the minimization of stress to the lumbar spine is that the upper and lower extremities are assisting in the extension process, similar to the way a suspension bridge works.

Bruce Bell, D.C., Q.M.E.

I have been instrumental in the health and fitness industry for over 15 years. In this time I have been recognized as one of the top 2 health and fitness trainers in the nation, for four years running, by the International Sports Science Association. In addition, receiving numerous accolades in the health and fitness industry.

With my background and years of experience I have been exposed to hundreds of abdominal devices. When I was first introduced to the UFO, I was impressed with the concept of having a device available to benefit a wide range of users, regardless of age, gender, physical ability or fitness level. I am further impressed that the UFO works the entire abdominal muscle along with working the muscles of the back and upper body in a full range of motion, all simultaneously. The UFO has provided me the opportunity to eliminate all other abdominal wheel products in our cutting edge health and fitness training facility.

I have seen clients achieve faster, visible results with the UFO. Its compact size, effectiveness and ease of use has assisted in building clients confidence levels and has motivated them to stay on track with their wellness programs.

For anyone looking for a product that is effective, compact, convenient, noninvasive and provides a complete abdominal, back and upper body exercise program – all at the same time – the UFO is the only option.

Brian Theiss – Theiss Institute of Health & Fitness