

THE ALL-IN-ONE NO-BRAINER STRENGTH TRAINER



The Koko Smartrainer® System



Did you know:

As you age your metabolism slows down. And a slower metabolism means you gain weight more easily.

So, what causes your metabolism to slow down? Muscle loss is the number one culprit. Research shows that every year after your 20's, time begins to slowly, steadily steal your body's valuable lean muscle mass. That's bad because it's lean muscle mass that determines how high your metabolism runs and how efficiently your body burns fat—*24 hours a day*. That's right. The more muscle you maintain, the more calories you burn and less you store as fat every minute of every day—when you're exercising *and* even when you're not.

Strength training is the single best way to stop time from stealing your body's vital lean muscle.

Strength training is really good for you. If you are over 30, it's critical to your health. Not only will you look more toned and feel more energetic, strength training helps you lose weight permanently. It prevents injuries. Improves flexibility. And it reduces the risk of diseases such as diabetes, arthritis, heart disease and osteoporosis.

But despite all its proven benefits, a lot of people avoid strength training because it's boring, confusing, or too time consuming. Many people don't know what exercises to do. Others know what to do, but are never sure they are doing it correctly, or safely, or pushing themselves enough to get real results...doing the same thing every time.

For them, for you, we have the answer. It's the revolutionary new Koko Smartrainer: the all-in-one, no brainer strength trainer. Read on and you'll learn more. Better yet, try Koko for yourself at a fitness facility near you and start transforming your body into a fat burning machine. You have nothing to lose but unwanted fat!

Koko: Real results—Guaranteed.



Introducing the Koko Smartrainer® System

The most engaging, motivating exercise experience you'll ever have.

In the back of your head you know that doing a handful of random exercises on an inconsistent basis does you no good. Or the hours of cardio exercise you do have become tedious and don't have the same effect they once had. You're in a rut. That's why both your brain and your body will love Koko.

Koko engages you from the moment you start exercising. It teaches you. It guides you. It paces your every movement. It chooses the right exercise for you. In the right sequence. At the right weight. Customized specifically for you. For the best results in the shortest time. And it gives you immediate feedback on how well you're doing. Motivating you every step of the way.

And Koko continually monitors and modifies your workout as you grow stronger. Mixing it up. So your workout routine never becomes... routine.

The results and rewards from your Koko program will amaze you. And so will how fast and easy it is. With Koko in your club, you walk in, work out and get on with your life. There is simply no other workout like Koko.

FAST & EFFECTIVE

Each Koko workout takes just 30 minutes, 3 times per week. Koko automatically customizes each session of your exercise program to your individual strength level for maximum results. Koko even modifies your workouts as you progress so you never hit plateaus.

SIMPLE & FUN

Koko does all the thinking for you...guiding you through each exercise, in the right sequence, at the right pace, using the right weight. You won't believe how simple and fun strength training can be.

ALL-IN-ONE

Koko is a one-stop, super-efficient, total body workout. No more wandering from machine to machine. No more waiting. Koko Smartrainer is all yours for 30 minutes! It's the ideal complement to cardio exercise and a great transition to more advanced personal training.

COMPLETELY MOBILE

Your custom Koko program is stored on your own Koko Key.™ Just plug it into any Koko Smartrainer, anywhere, anytime. With Koko you can exercise on the road and pick up right where you left off. And all of your results are saved so you can chart your progress on the web anytime.



30 minutes.
3 times per week.
You're done!

The Koko Smartrainer 30-Minute Workout



- Lose weight faster than cardio alone
- Build lean, toned muscle
- Increase metabolism to rev up your fat burning engine 24 hours a day
- Keep fat off without yo-yo dieting
- Increase flexibility and improve posture
- Increase energy levels
- Cut the risks of high blood pressure, diabetes, cardiovascular disease, osteoporosis and arthritis
- Improve performance and reduce risk of injury from sports, work and everyday activities
- Reduce back and joint pain
- Improve sleep behavior and reduce stress
- Look and feel stronger and healthier

"The Smartrainer tailors your workout program for you so you can make the best gains in fitness in the time you spend in the gym."

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For more information visit www.KokoFitness.com or email us at info@KokoFitness.com

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Exercise Programs



Sign up for Koko and receive your very own Koko Key™ loaded with an 8-week/24-session exercise program of your choice, such as:

- WEIGHT LOSS.** This total body program is perfect for someone who is looking to tone up and lose inches all over. Great for revving that sluggish metabolism that will help shed those extra unwanted pounds and inches.
- FAT BURNER.** This fast moving program works the entire body, focusing on large muscle groups to increase your lean muscle mass to fire up that metabolism and burn fat. Adding more lean muscle to your body while losing body fat will increase the benefit of post-workout caloric “after burn”—your body’s ability to burn more calories not just during exercise but for 24 hours afterward as well!
- FIT TO THE CORE.** The focus: the 29 muscles that make up your core—abdominals, lower back, hips, glutes... This 8-week program moves quickly from simple to complex movements, involving an extensive series of functional exercises. This program will advance you from standing to one-legged exercises to optimize your core strength.
- TOTAL BODY CONDITIONING.** Are you fit, but looking to strengthen and tone your body even further? This 8-week program includes multi-joint and functional exercises to condition and strengthen your total body. A challenging program.
- SCULPT AND TONE.** This program combines both overall body fitness and core conditioning for a challenging 8 weeks of sculpting and toning. Each session will include compound movements to help increase definition in the arms, back and shoulders while strengthening and toning the lower body. The “bonus” of this program is that it includes a strong concentration on the core to strengthen and tone the abdominals, lower back, hips and glutes. A terrific all-over body strengthener.
- SPORTS CONDITIONING.** The focus is on core and overall body strength. A unique group of exercises will build your joint stability and improve your ligament and tendon strength, helping to prevent injuries and improve performance. Ideal if you lead an active lifestyle.
- BEAUTIFUL BRIDE.** This program will help you sculpt your back and shoulders and tone your arms while reducing inches around your waist and hips before your big day!
- FIT MOM.** This postpartum program has been designed specifically with the new mother in mind. Working safely and gradually through a series of simple to more complex exercises, this program focuses on rebuilding that core strength. New moms—reclaim your bodies! You will feel stronger and more energized.
- FOREVER STRONG.** Perfect for seniors, this program focuses on exercises that help build strength and flexibility for everyday activities. It’s great for improving balance through the building of major muscle groups, aiding in the prevention of osteoporosis and improving activities of daily living.
- PERFORMANCE GOLF.** The state of your body and strength is reflected in your golf swing. This program is designed to improve core and overall body strength and includes golf-specific exercises to help your swing, regardless of experience level.
- BORN TO RUN.** Whether you’re looking to build speed, add distance or just keep yourself injury free, this program is designed to improve overall strength and power while building joint stability and optimizing running economy.
- MUSCLE BUILDING.** This advanced program has been designed for the person looking to put on some weight and build muscle mass. This is a challenging program that progressively and consistently adds work load to stress those muscles and help build overall body strength and muscular development.
- STRENGTH AND POWER.** This is another advanced program recommended only for those that have established a strong foundation of strength. This program includes complex movements, high loads and slow rep speeds. Designed to build strength and power, each session increases the volume of work for an extremely challenging 8-week program.
- QUICK FIT.** Ideal for those who have to get in and out of the gym in a hurry, this program packs a full body workout in just 15-20 minutes. The circuit format of this program moves you efficiently from one exercise to the next for a super efficient, elevated-heart-rate session.