

EXERCYCLE: THE ULTIMATE PHYSICAL FITNESS MACHINE



AL Zinn

www.alzinn.com

330-814-1434

INTRODUCING THE EXERCYCLE EXERCISER

THE ALL-BODY ACTION MACHINE

For nearly half a century the name Exercycle® has been associated with the finest, most effective exercise equipment on the market. In just 15 minutes a day, an Exercycle exerciser lets you involve virtually every major muscle group in the most pleasant and invigorating way imaginable.

With the Exercycle exerciser you can simulate the motions and benefits of a wide variety of exercises and calisthenics, including swimming, rowing, cycling and chin-ups. Its seat, handlebars and pedals all move simultaneously in a constantly changing sequence of movements.

Push, Pull and Pedal Exercycle exercise is

obtained through your efforts to accelerate its motor-guided movements. The harder you Push, Pull and Pedal to increase the machine's movement pattern and speed, the greater your conditioning. The Exercycle exerciser automatically accommodates the force you exert. Unlike other exercise machines, no adjustments are ever required to vary your level of exercise.

Personal fitness is as close as your Exercycle exerciser. At home or in the office, rain or shine, it will help you tone up, feel great and look good all year long.

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WHY EXERCISE?

Medical research has proven that physical fitness is essential to good health. Here is what the President's Council on Physical Fitness and Sports has to say about the benefits of regular exercise...

To look your best, to feel your best, and to be able to do your best, you must exercise regularly. That is man's nature, and modern technology can't change it.

You already know that regular, vigorous exercise increases muscle strength and endurance. It also improves the functioning of the lungs, heart and blood vessels; promotes flexibility of the joints; releases mental and physical tensions; and aids in weight control or reduction.

Medical research demonstrates that active persons have fewer heart attacks than sedentary persons. If they do suffer attacks, they recover more readily.

More than half of all lower back pain is due to poor tone and flexibility of the back and abdominal muscles. In many cases, this problem could be prevented or corrected by proper exercise.

Recent medical research has indicated that degenerative disease and increased mortality are associated with a sedentary life and that physical fitness improves physiological efficiency and results in an increase in endurance, strength, and agility. People who exercise

regularly live longer and are less likely to suffer from degenerative disease.

Enjoyable exercise can provide relief from tension and serves as a safe and natural tranquilizer.

When you begin your personal exercise program, you should not expect dramatic overnight changes. But, gradually over the next weeks and months, you will begin to notice a new spring in your step, a new ease in carrying out ordinary daily activities. You will find yourself with more energy left at the end of the working day and a new zest for recreation in the evening. Quite likely, you will be sleeping more soundly than you have for many years and waking more refreshed in the morning. In short, you will be on your way to a better and more complete life.

An Exercycle exerciser is an excellent aid to obtaining the two types of exercise necessary to keep physically fit:

Conditioning Exercises
Circulatory Activities

By using an Exercycle machine as an aid to exercise, you simultaneously condition your body and stimulate your cardiovascular and respiratory systems.

EFFECTIVE CARDIOVASCULAR TRAINING WITH YOUR EXERCYCLE EXERCISER

You know that a regular exercise program will help you feel better, look better and work better. But how do you know how much exercise is right for you? Medical researchers have developed this easily-used technique to help you find out.

The "Target Zone"

The "Target Zone" is a range of exercise activity measured by your heart rate which gives you sufficient exercise to improve fitness while staying within the limits of comfort and safety. Basically, the "Target Zone" lies between 60% and 75% of your *maximal* heart rate. (Your maximal heart rate is the fastest your heart can beat, no matter how hard you exercise.)

Below 60% you achieve no real benefit in terms of increased fitness, and above 75% there is little additional result from a great deal of extra effort.

Finding Your Target Zone

The graph below shows the maximal attainable heart rate and the target zone for men and women aged 25 to 65. As you can see, the maximal heart rate decreases with age—by about one beat per minute per year. At a given age, the maximal heart rate is approximately 220 minus your age in years. It should be noted that all of these figures are averages and some individuals will have maximal heart rates significantly different from those shown.

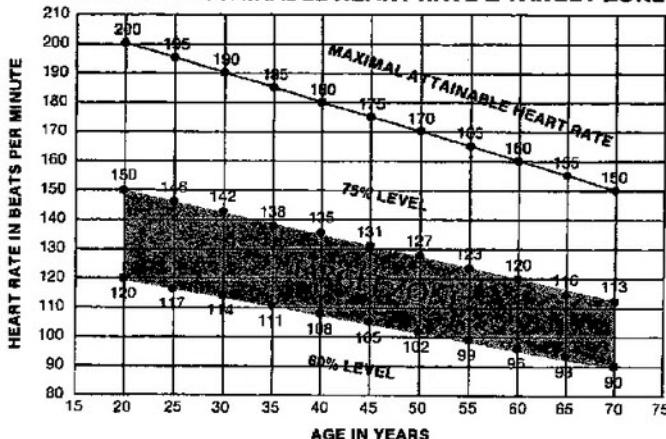
HEALTH PRECAUTION:

Please remember that before embarking on any strenuous exercise program, you should consult your physician.

Checking Your Pulse Rate

To find out whether or not you are in your Target Zone, you must take your pulse. There are two locations where this is easiest to do: your neck and your wrist. Place your fingers gently over the carotid artery, which is located just in front of the large muscle that runs up each side of your neck. Press your fingers against the artery with just enough force to feel the pulse. The pulse at your wrist is taken by placing your fingers on the under side of the wrist below the thumb.

MAXIMAL ATTAINABLE HEART RATE & TARGET ZONE



Getting into the Target Zone With Your Exercycle Exerciser

Your Exercycle Exercise program should consist of 5 minutes of warm up, followed by at least 20 minutes of exercise in the Target Zone, followed by 5 minutes of cooling down. After you warm up, start actively exercising at a level which is making you work hard but is still comfortable. After 5 minutes, shut off your Exercycle unit and count your pulse *immediately*, because your heart rate drops very quickly. Count your pulse for 10 seconds and multiply by 6 to obtain your pulse rate for 1 minute. This will tell you whether you need to exercise more or less strenuously to stay in your Target Zone.

Take it Easy at the Beginning!

Individuals who are substantially overweight or who have been inactive for a long period will find it more comfortable to begin their exercise program at 60% of their maximal heart rate and gradually increase this until reaching their Target Zone. The most common mistake made by people in beginning an exercise program is to do too much too soon. It took years to get out of shape; give yourself a little time to get going again.

PEP® Makes it Even Easier

Exercycle's PEP (Personal Exercise Programmer) attachment makes it easy to stay in your Target Zone. You can correlate your exercise heart rate with a particular relative exercise level setting on the PEP. For example, after 5 minutes of exercise at a relative exercise level setting of 3, you may have a heart rate of 135 beats a minute. If you are 45 years old, that would put you right in the middle of your Target Zone. You would then know that as long as you kept your PEP set at level 3 you are hitting your target zone—without having to keep checking your pulse.

The "Training Effect"

After 3 to 6 weeks of regular exercise, a "training effect" will occur and your heart rate will drop to a lower level for the same amount of exercise. Your heart rate when you are resting will also decrease as evidence of your improved cardiovascular fitness. Once this "training effect" has occurred you should then increase the relative exercise setting on your PEP to get your exercise heart rate back up into the middle range of your Target Zone.

A Word About Exercise From the American Heart Association

A booklet distributed by the American Heart Association says that "the best type of program is one which uses both arms and legs and achieves the training effect on the cardiovascular system by conditioning the muscles of both." This is exactly the kind of exercise you get from your Exercycle—the ultimate physical fitness machine.

EXERCYCLE EXERCISES

With an Exercycle machine you can exercise and tone up every major muscle group in the body. Exercycle exercise is obtained by exerting pressure on the pedals and handlebars in an effort to accelerate the motion of the machine. You Push on the handlebars as they move away from you, Pull on them as they come toward you and Pedal while attempting to make the pedals go faster.

The exercises described here are each especially effective for particular areas of the body. Some of these exercises are easy to do and others are fairly strenuous. You can pick the ones that are suitable for your degree of physical fitness and the particular areas of the body that you would like to tone up most. Or, for an all around workout, spend a portion of your conditioning program on each of them!

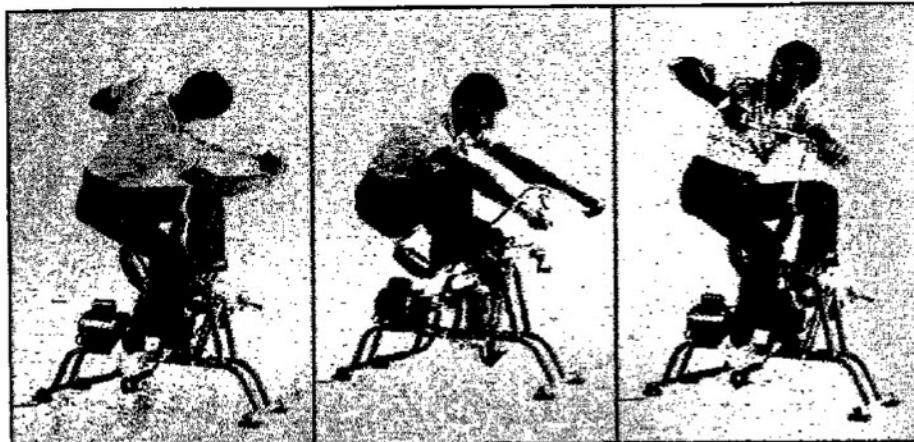
STANDARD

This is an excellent all-around exercise. Muscles in the legs, hips, abdomen, chest and arms can be exercised as vigorously as the rider chooses.



SWIMMING

This particularly fine shoulder, arm, neck and hip exercise is performed with the handlebar fully reversed.



ROWING

A vigorous back, shoulder, abdomen, neck and arms exercise that is done with the handlebar fully reversed.



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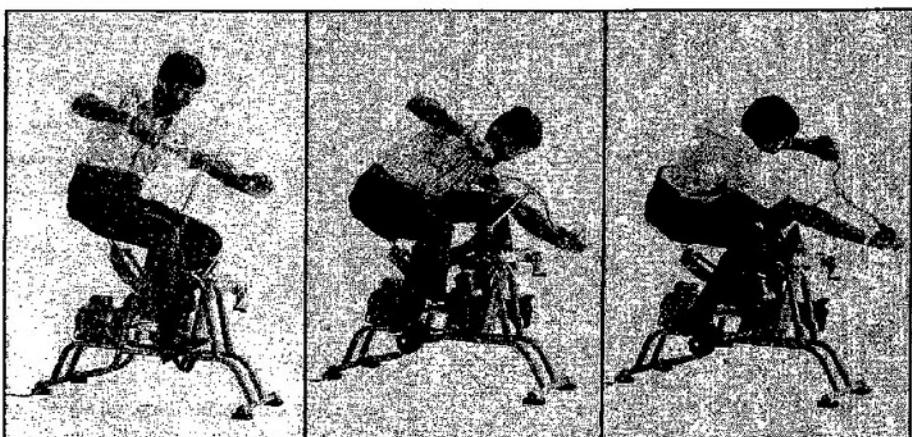
STRAIGHT BACK

This is an advanced exercise that is especially effective for toning up muscles in the abdomen. It also tones muscles in the back and thighs.



STRETCH

An advanced arm, back, hip, thigh and stomach exercise done with the handlebar reversed.



CHIN UPS

An excellent arm, shoulder, chest and abdomen exercise.



CYCLING FOR ALL

During all of the exercises described, you get the additional benefits obtained from the cycling motion of the legs.

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EXERCYCLE FEATURES

This is the Exercycle exerciser, which has been carefully refined and improved since it was introduced over 50 years ago. Like many other superb products, it has often been imitated but never equaled. The Exercycle machine has been designed to be virtually maintenance free. With a minimum of care, it should last a lifetime. Exercycle is the only exerciser available that is fully driven through a gearbox...the heart of our

machine. (There are no noisy pulleys or chains and sprockets that need adjustment.) All-Body Action® is obtained through this gearbox. Its special design guides you through a full range of body movement in a constantly changing pattern so that your feet, legs and arms are never in exactly the same position with respect to each other.

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Feet are set far apart to provide stability

THREE EXERCYCLE MODELS TO CHOOSE FROM



"EXECUTIVE"

This is our most popular model with features such as 2 speeds (60 & 90 pedal rpm), weight adjustment and 1/2 hp motor. It is shown above with our PEP® (Personal Exercise Planner), PEP stand, seat cushion and casters, which are available as accessories.

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"MASTER"

Incorporating all of the features of the "Executive" model, this machine is suitable for those who wish to exercise at a slower speed (30 & 45 pedal rpm).

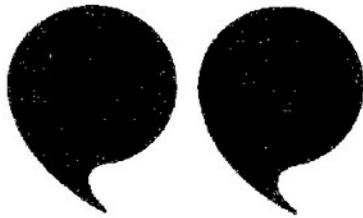


"THERAPEUTIC"

In addition to incorporating all of the features of the "Executive" model, including casters and seat cushion, this machine offers a fully variable speed motor which enables the pedal speed to be varied from 0-90 rpm. The length of the pedal crank can be adjusted for those with special needs. This machine is especially suited for institutional and individual use where a wide variety of physical capabilities need to be accommodated.

The PEP unit cannot be used with this model.

If you are seriously interested in being physically fit, we are confident that you will be very satisfied with your Exercycle exerciser. Here are just a few of the many unsolicited testimonials we have received from satisfied Exercycle owners.



My Exercycle machine has given me rewards beyond my greatest expectations.

—Mrs. E.D., Denver, Colorado

The Exercycle exerciser is my prize possession. It was a happy day when I decided to let you help me make the decision that has been the best investment of my lifetime.

—G.L., Montreal, Quebec

I am very pleased with the results. It is certainly a most enjoyable way to stay in shape. The Exercycle unit has done everything you said it would and a great deal more.

—M.I.H., Lyndonville, Vermont

Our therapist finds it of considerable value in assisting those patients who have difficulty with arms, legs and muscles around the midsection. We also find that these patients actually enjoy the use of this Exercycle equipment, and each one of them has told us that it has helped immeasurably to improve their physical problem. On behalf of the great number of persons who yet will be given treatment on this equipment, I express our sincere appreciation.

—Executive Director,
A West Coast Rehabilitation Institute

It's almost three months since you delivered our Exercycle machine to our home, and it has become as much a part of our daily life as eating and bathing.

—Mrs. W.L., Rochester, New York

Now I can really enjoy working in our garden, and feel more relaxed when I go fishing or horseback riding. I have had many hours of fun with the Exercycle exerciser, and it is most certainly a good investment.

—A.L.O., Las Vegas, New Mexico

I have had my Exercycle unit for 17 months now, and I would not part with it for anything.

—Mrs. F.L., Pawtucket, Rhode Island

The logo for AL Zinn, featuring the name in a stylized, bold, red and black font.

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