

# **SPEED.FIT<sup>®</sup>**

*The quickest way to a top shape.*





The SPEEDtrainer – The Original

# The new SPEEDtrainer

## The training revolution

Training when you want and where you want – with SPEEDtrainer, you have the freedom to complete your training programme independently of time and place. While conventional strength training requires the use of weights, machines or a gym, the SPEEDtrainer is the first device allowing to carry out a strength training anywhere and anytime. You can train at home or on holiday. You are not bound by a club's opening hours – and you also save the trip there!

Training with the SPEEDtrainer is a time-saving and effective whole body workout. One SPEEDtraining session only takes 10 to 15 minutes. Two training sessions a week are all it takes to achieve impressive results quickly. This is made possible by means of electric muscle stimulation (EMS), which targets all muscles (more than 500) simultaneously. No matter whether you wish to lose weight, tighten your skin, build muscle or shape up – the SPEEDtrainer is the solution.



 **SPEED**trainer

# Benefits of the SPEEDtrainer



Made in Germany



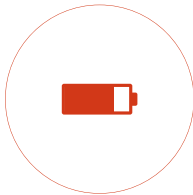
Sophisticated Design



Superior Safety



Easy Handling



Battery-powered



Usable Anytime, Anywhere



More than 20 Years of Experience



Patented Technology





## Muscle building with the SPEEDtrainer

### Quick and easy

Your body shape is defined by your muscles. Up until recently, time-consuming and tedious fitness training was required to build muscle. Today, SPEEDtraining comes to the rescue. By means of electric muscle stimulation, all muscles (more than 500) are trained simultaneously with very high intensity.

Pulses generated by the SPEEDtrainer are transferred to the body via six pairs of electrodes, causing the muscles to contract, which in turn results in a training effect. This new and revolutionary way of training requires very little time – and leads to fast results.

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## Losing weight with the SPEEDtrainer

Reliably and permanently

The body's basal metabolic rate essentially depends on muscle mass. As SPEEDtraining builds muscle, the basal metabolic rate – and therefore burning of fat – is increased. You will lose weight continuously and reduce body fat considerably and permanently.

### Benefits at a glance:

- With SPEEDtraining, you will reduce body fat.
- With SPEEDtraining, you will enhance your performance.
- With SPEEDtraining, you will stimulate your metabolism.
- With SPEEDtraining, you will maintain your weight in the long term.



# Bodyshaping with the SPEEDtrainer

Reliably and permanently

To get the desired “killer body” you need to shape your body. The question is – where does the body shape come from? The answer is – the less desirable shape is made of fat, the desirable shape is made of muscle. It is therefore not enough to just reduce fat. To get a great body – or even a killer body – you need to build muscle. SPEEDtraining is first and foremost muscle training.

For most people, it is also about recovering lost muscle mass. From the age of 27, every person loses around 1% of their muscle mass every year, unless they prevent this loss of muscle mass with strength training. As a result, the body loses its shape, the metabolic rate plummets and health problems such as back pain occur.

Although muscle building or muscle tightening happens much more quickly with SPEEDtraining than conventional training, especially women should not fear it. Women have neither the hormonal (testosterone) nor genetic predisposition to build a lot of muscle mass. Women achieve toned muscle and a shapely body.







## Skin Tightening with the SPEEDtrainer

It's so easy

Several factors contribute to cellulite – women are much more affected than men. This is due to the different structure of the connective tissue (grid structure with men, stripe structure with women). But there is also another reason. The good news is that it's in our control.

Every person has subcutaneous fat to a greater or lesser degree, which essentially consists of fat cells and intercellular fluid. The cells have a permeable cell membrane, which ensures fluid exchange between the cell and intercellular fluid.

Due to a number of factors, the permeability of the cell membrane decreases in the course of time, and this affects the fluid exchange. The cell therefore loses volume, which appears as bumps on the skin surface.

Owing to the specific mechanism of SPEEDtraining, the permeability of the cell membrane increases again. The cell therefore increases in volume, and the bumps on the skin (cellulite) are visibly reduced or even eliminated altogether. The skin is visibly tighter again.



## Success Story – Cany (41)

I have been training with the SPEEDtrainer for several years and I am absolutely overwhelmed by the results! My job as a model places enormous demands on my body. In my profession, not only a trained and healthy body but also firm and smooth skin is mandatory.

The SPEEDtrainer is my travel companion, allowing me to carry out a whole body workout whenever and wherever I want. Especially in the beginning, I was able to achieve results very quickly. In addition to notably firmer skin after a few training sessions, I also built visible muscle mass.

With SPEEDtraining, you train all the muscles of your body in just 15 minutes, which saves me many hours of training in a fitness club. SPEEDtraining even targets muscles which cannot be reached by conventional training. On top of the achievements I mentioned I also notice a much better posture. I couldn't do without my SPEEDtrainer anymore.





## Success Story – Marcus (48)

I have been training with the SPEEDtrainer twice a week for four months now, and I have lost a whopping 14 kilos in that time. Besides losing weight, I also wanted to build muscle. At my age, an attractive and healthy body is really important to me.

Thanks to weight loss and visible muscle building, my life has changed. I feel like a different person. I am much fitter. My goal was to lose ten kilos – that I have lost 14 kilos is just marvellous! I have been able to reduce my body mass index (BMI) from 33 to 28.

I have lost 14 centimetres waist circumference – problem area no. 1 with men. This didn't go unnoticed in my surroundings. I just feel healthy and fit. I can thoroughly recommend SPEEDtraining and wouldn't want to do without my SPEEDtrainer anymore.









# Benefits of SPEEDtraining



## More Muscle

Muscle mass makes you more attractive and enhances your performance.



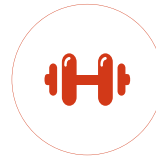
## Low Time Expenditure

Only two 15-minute SPEEDtraining sessions per week required.



## Health

Thanks to better posture and body stability.



## Whole Body Workout

All muscles are trained simultaneously and evenly.



## Fast results

Training results come quickly.



## Wellbeing

Your general wellbeing will improve.



## Less Body Fat

Looking better with a lower body fat percentage.



## Performance

Thanks to better posture and body stability.

 **SPEED** *trainer*

[www.SPEED-trainer.com](http://www.SPEED-trainer.com)