



**EASY EX FIT**

EXCLUSIVE REPRESENTATIVES FOR  
LATIN AMERICA, USA, CANADA AND SPAIN

  
L I F E B A L A N C E

**G 400 & G400 Vario**



## G400



With a stationary bike (lean ergometer LeMond), the G400 produces an optimization of fat burning programs.

- Screen for training program.
- TV / DVD / USB • Headset connection
- Light therapy control panel.
- Control Panel.
- Timer.
- Infrared heating (lamps 24 to 150 watts).
- Heat Tunnel.
- Recumbent bicycle.
- Adjusting the seat position.
- Tunnel track heat guide.
- Adjusting the return position.
- Adjustable seat reclining.



## G400 VARIO



Same characteristics of the G400, in addition, the G400 Vario can be used with recumbent bike, tread mill, cross-trainer, rowing machine, etc.

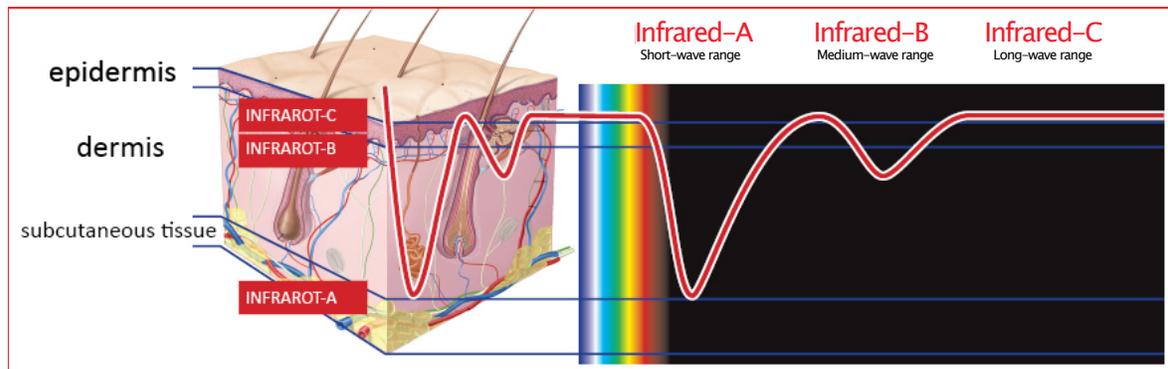
- Light therapy control panel.
- Screen for the training program.
- TV / DVD / USB
- Headset connection
- Control Panel.
- Timer
- Infrared heating (lamps 36 to 150 watts).
- Heat Tunnel



## WHAT IS INFRARED?

Infrared radiation is a safe form of energy of natural origin, which heats objects through a process called transformation of direct light. It is also called radiation heat or radiation energy.

Transforming direct light only heats objects, not the surrounding air. Energy penetrates the body up to 5 mm and has numerous beneficial effects on skin cells, body and fat.



The different types of infrared radiation

A = Short-wave radiation

B = Medium wave radiation

C = Long wave radiation

penetrates the underlying thermal layers

penetrates the dermis

penetrates the epidermis

The G 400 and G 400 Vario work with type A, B and C of infrared radiation.

## INFRARED A

Type A rays, do not raise the temperature, only when they get in contact with solid bodies. The blood circulation increases and metabolism is activated. Oxygen and nutrients penetrate easier into the muscle tissue. This optimizes the elimination of toxins. A rays are considered responsible for the improvement of disease-specific symptoms, improves induction and quality of sleep, improves mobility, reduces joint pains as well as inflammations of all types. Good results were obtained in symptoms of varicose veins.

Cellulite is successfully eliminated with both infrared rays A and B.

### WEIGHT LOSS



## INFRARED B

These rays help degradation of fatty tissues, eliminate cellulite, remove waste products, detoxify and improve circulation in blood vessels.

### WEIGHT LOSS



## INFRARED C

C Rays reactivate the production of collagen, achieving a significant rejuvenation of the skin.

### SKIN REJUVENATION



## INFRARED THERAPY

Infrared therapy is one type of thermal therapy. Infrared light is shortwave and therefore penetrates deeply into irradiated tissue. Infrared radiation is a form of natural innocuous solar energy, which heats the surrounding air only to a small extent. Therefore, approximately 80% of the light energy is converted to heat when it encounters to a solid body. The effects on the body treatment are perceived as highly pleasant and beneficial. Therefore, high physical stress is avoided, contrary to a sauna.

Short-wave infrared radiation has a particularly mild effect on our body, since most of the radiation penetrates the upper layers of the skin without being absorbed by it. The heat penetrates deep into the lower regions of the skin. The skin and muscles are stimulated by heat, resulting in profuse sweating. The internal body temperature increases.

The body does not only sweat water, a part of the secreted sweat consists of fat and toxic materials like cadmium, nickel and chlorine, these substances are deposited in the kidneys and skin which manifests in our bodies in form of cellulite . For this purpose, an extract from the latest scientific studies of the "Lower Saxony Academy of Medicine and Health Education Evin Wennigsen" in Hannover: Research has shown that infrared radiation significantly favors the thinning process. The action of infrared light reduces body fat very considerably”

The rays penetrate the upper layer of the skin (without heating) and come in contact with the blood vessels. In the fat tissue of the Dermis increases the temperature and expand it, the result: better circulation in the adipose tissue and an easier extraction of the fatty acids. Increased blood flow accelerates calorie consumption as well as oxygenation of the body. A series of Academy studies found that about 50% of people observed a weight loss of six to ten kg within four weeks, achieving this result with 2 to 4 treatments of 30 minutes per week. These results even surprised the researchers, leading to a more thorough study conducted at the Charité Hospital in Berlin and in the Technical University of Berlin in 2006.

The additional oxygenation favors a better functioning of the organs like kidneys or liver. Increased blood flow also causes a relief of painful muscle tension, and increases antibody production.

## BENEFITS FOR THE DISEASE OF SPECIFIC SYMPTOMS.

Radiation with infrared rays A are often responsible for positively influencing specific symptoms of pathologies, improves induction and quality of sleep, allows greater mobility, relieves joint pain, as well as a powerful anti-inflammatory effect.

### BENEFICIAL FOR:

- Chronic pain
- Headaches due to vascular cause
- Chronic rhinitis
- Cardiovascular diseases
- Circulation problems (cold hands and feet)
- Chronic Fatigue
- Lack of motivation
- Rheumatic diseases
- Stress
- Osteoarthritis
- Frequent colds
- Disease caused pain
- Damage to the skin by UV rays
- Sinusitis
- Respiratory diseases
- Symptoms related to stress
- Overweight (breakdown of fat cells)
- Flaccidity of the skin
- Cellulitis



**Photo a:** Example of IRA treatment in warts before treatment.

**Photo b:** before the second treatment (after 3 weeks).

**Photo c:** before the third treatment (after 6 weeks).

**Photo d:** 18 weeks after the first treatment.



**PHOTO a-c:** example of the development of a chronic venous ulcer with IRA .

**A:** beginning

**B:** after 3.5 months

**C:** sanitation after 4.5 months



Disappearance of varicose veins

*The benefits of infrared radiation in the human body have been amply demonstrated scientifically. Infrared heat affects physiological processes in the body.*

Over the past 25 years, American, Chinese and Japanese physicians have investigated the effect of infrared applications intensely. In Japan, even an "infrared society" was founded, which explored the effect of infrared rays as a method of healing. The rays of the infrared devices penetrate to a depth of approximately 5 mm in the body and provide a pleasant heat, activating the circulation of the stimulated blood and reducing the pain in the joints.

**Infrared rays help you successfully in:**

Arthritis, osteoarthritis, skin irritation, dysplasia, inflammation, edema, stress and anxiety, time in recovery after injury.

Due to heat, vasodilation occurs, blood flow increases, and at the same time, muscle tone is reduced and endogenous endorphins are released. This interaction of decreased muscle tone associated with the secretion of endorphins promotes pain relief and therefore leads to a faster reduction and disappearance of inflammation.

These nerve cells are responsible for the retransmission of the pain sensation to the brain. Treatment with infrared light increases substances that remove pain from the body from the brain and adrenal glands like enkephalin and endorphins. Photons of the long-wave infrared light can penetrate deeply into the tissue, in this case, the synthesis of adenosine triphosphate is stimulated. Adenosine triphosphate is a molecule, which is produced as the main source of energy in all living cells. Through the use of infrared light improves the energy balance of the cell, food is quickly absorbed and waste products are excreted. A study from the University of Kobe (Faculty of Medicine) in Japan shows that with infrared waves the blood flow shows positive changes after infrared radiation of 5 minutes. After treatment, bone blood flow increased by 80% to 15.6 ml / min / 100 g.

Infrared light reduces pain associated with joint problems

Prof. Dr. Whelan of the Medical College of Wisconsin examined with infrared rays the effect on recorded injuries, manifesting a positive evolution in the sanitation process. Severe burns, leg ulcers and oral lesions healed significantly faster, because of the increased energy level of the cells. Comparative studies in the laboratory showed that growth of muscle and skin cells were 150 to 200 percent greater than that of non-irradiated cells. Patients with musculoskeletal lesions were able to confirm 40% better healing than untreated patients. It is still not clear how cells exposed to infrared radiation convert the kinetic energy into accelerated growth. In another scientific study to investigate the mechanism of action of patients with infrared light were differentiated, one part with normal light, another group with infrared waves. The patients did not know which group they belonged to. All patients had osteoarthritis of the knee. The patient group, which was treated with infrared waves, reported a 50 percent reduction in pain and much greater still significant improvement in joint function, which still followed its significant increase with subsequent treatments at intervals of two weeks.



Undoubtedly, it is clear that an infrared irradiation optimizes the flow of blood in motion and causes the formation of new capillaries in the damaged tissue. This leads the newly formed capillaries to accelerate wound healing significantly faster, reducing tissue pain, healing faster from wounds. Japanese doctors report that they can accelerate healing of diseases such as osteoarthritis and arthritis, rheumatoid arthritis, back pain, muscle spasms, adhesions, compression fractures, and bursitis and could reverse post-traumatic shock positively in severe cases with infrared. Dr. Masao Nakumara of the O & P Medical Clinic in Japan has achieved outstanding achievements in the use of infrared in diseases such as menopause syndromes, sciatica, shoulder stiffness, arthritis, rheumatism, insomnia, acne, Ear pain and indigestion. Today doctors apply infrared heat for the treatment of the diseases mentioned above. Another positive effect is to increase tissue flexibility. Many athletes use infrared heat before exercising to reduce the risk of injury to ligaments, tendons and muscles. In the same way, the stiffness of the extremities is reduced. Even warming to 45 degrees centigrade improves the range of motion of the fingers by up to 20%, the stiffness of the connective tissue and other rigid joints react in a similar way. Infrared heat reduces muscle cramps, these improve or disappear, as well as reducing pain. Through the heat the waves of pain in the roots of the nerves and in the surrounding tissue are reduced. With infrared heating the body responds with an increase in blood flow. More recently, infrared therapy is also successfully used in cancer therapies. However, this method is still new and is in an experimental stage. US researchers suspect that, in case of using infrared correctly, it can be a very promising method to support cancer therapies and ensure pain relief at the same time.

## BENEFITS

Take advantage of the most valuable asset you have with the G400 and G400 Vario. In addition to the sporting effect, figure styling and weight reduction, the other positive effects of infrared radiation should not be forgotten:

### BLOOD CIRCULATION

The infrared treatment is the external application of heating for therapeutic reasons by the use of infrared lamps IRA, IRB and IRC, with this, the temperature of the skin tissue rises which leads to a vasodilation.

The therapeutic effect is based on an improved blood circulation.

The improvement of the blood circulation favors the elimination of metabolites and acids and helps to carry oxygen to the cells. Therefore, muscles become softer and more relaxed after workout, so there is no muscle pain.

Due to the heat, it reaches the hypodermic fat, the connective tissue and the joints.

Infrared radiation stimulates the circulation of blood and dilates blood vessels, not only on parts exposed to radiation, but throughout the body.

The radiation energy of the infrared A is able to reach hypodermic fat tissue by creating a type of heat that does not lead to dizziness due to its depth effect. In the process the fat dissolves and a higher concentration of toxic substances is excreted.

Regularly using the G 400 and G 400 Vario, with the infrared heat radiation type A, it is an optimal way to detoxify, purify and excrete waste acids, environmental toxins and heavy metals through the skin.

Sweat in infrared treatments not only consists of water, but also in fat and cholesterol including a considerable part of heavy metals.

Over-heating of the body stimulates the body's immune reactions and promotes natural healing processes. The blood vessels are kept dilated; Therefore, the organs and muscles are better irrigated. The imposition of pain mediators, such as histamine and serotonin, are excreted from muscle mass, so that the body can recover faster.

#### **Blood circulation**

Provision of organs with blood; Tissues receive the supply of oxygen, nutrients and other vital blood components, eliminating metabolites and carbon dioxide.

## INFRARED HEAT AND OUR SKIN

El calor infrarrojo cuida nuestra piel, la embellece, la suaviza y afirma la tez. Además, mejora enfermedades de

The infrared heat takes care of our skin, it beautifies, softens and affirms the complexion. In addition, it improves skin diseases such as allergies, psoriasis, neurodermitis, acne, wound healing and cellulite.

Infrared light is especially recommended when you suffer from chronic muscle cramps.

It also has a pleasant effect, which relieves such pains as; Arthritis of the hand, joints of the fingers, knees and hip.

When suffering from psychosomatic illnesses, a heat therapy can be very relaxing and soothing.

Cancer - Infrared heat detoxifies and stimulates the immune system. Prevention: Strengthens the body's defenses to prevent the development of cancer (tumor cells do not like high temperatures). Postoperative care: The patient should be released from massive free radical pressure.

Sweating caused by an infrared treatment generates multiple positive health effects and is consistent with alternative medicine. Infrared heat helps the body overcome pathological conditions.

## CONTRAINDICATIONS

Acute inflammation, hemorrhage, acute injury, fever, influenza, infections, superficial phlebitis, occlusion of a deep blood vessel, advanced circulatory disorder, poor general condition, acute trauma and injury.

Pacemakers, implants, joint prostheses, inflamed varices, etc.

Usually, there is no danger for implants, artificial joints, etc., to be heated by infrared, as they lie much deeper into the body penetrating the radiation. The doctor must authorize the treatment.

If in doubt, always consult a doctor.

## INFRARED RADIATION IS BENEFICIAL FOR:

Chronic pain, major pain due to blood vessel problems, chronic colds, diseases of the cardiovascular system, circulatory disorder (cold hands and feet), lung diseases, bronchitis (better circulation helps dissolve and transport mucus), fatigue Chronic, apathy, rheumatic diseases, tensions, problems.

In summary, it can be said that the areas essential for the application are:

- Prevention
- Regeneration
- Optimize overall condition
- Increase performance
- Healthy and fast weight reduction
- Stylize the figure

## THE THERAPY OF LIGHT

Recent research has confirmed some previous assumptions:

### VIOLET

The color of the supernatural, the spirit and the inspiration. The violet light helps in meditation. It acts on the immune system and lymphatic system and supports fluid balance.

### BLUE

The color of the water, the clarity, the silence and the cold. It raises all the tensions and acts that relax with nervousness and insomnia. Low heart rate with blue and has an analgesic and soothing effect. Do not apply blue light for more than 30 minutes, otherwise it leads to drowsiness. Do not use blue light on poor circulation or cold muscle tension.

### GREEN

It is the color of nature and the meaning of life. Green light inspires and calm. The green light has a positive effect on the bronchi and lungs. It is in solidarity with high blood pressure, heart pain, heart attacks, respiratory problems, sleep disorders.

### WHITE

Supports the conversion of vitamin D. The white color means purification and clarity and corresponds to the Circular function of the lung. White light can be used as a complement to each color, because all colors contain it and therefore also serves for general healing.

### YELLOW

It is the color of the sun, it has a balancing effect on gastrointestinal and intestinal disorders. It supports paralysis, muscle tension and muscle spasms. For nervousness and restlessness the yellow light is too intense, it should be applied only 5-10 min.

### ORANGE TREE

It is the color of joy, can change from gloom to joy. It acts of preventive form and of support against the muscular spasms, depression and muscular tension.

### RED

In the Far East lifestyle assigned to the fire element, red light stimulates circulation and metabolism, increases well-being and gives us energy and vitality.

## RETURN OF INVESTMENT

20 clients per month

20 customers buy 10 units of block formation (10 units) per month. These customers come to your studio for a period of one month and pay € 25.00 € 35.00 per training unit, this is € 250.00.

CUSTOMERS PER MONTH (10 UNIDADES POR BLOQUE)	UNIT PRICE	PRICE PER BLOCK	ROUTING PER MONTH (20 DAYS OF WORK)
20 CUSTOMERS	€ 25,00	€ 250,00	€ 5.000,00
20 CUSTOMERS	€ 35,00	€ 350,00	€ 7.000,00

These 20 clients visit their studio three times a week.

FACULTURE PER MONTH G400	FACULTURE 3 MONTHS G400
€ 5.000,00	€ 15.000,00
€ 7.000,00	€ 21.000,00

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