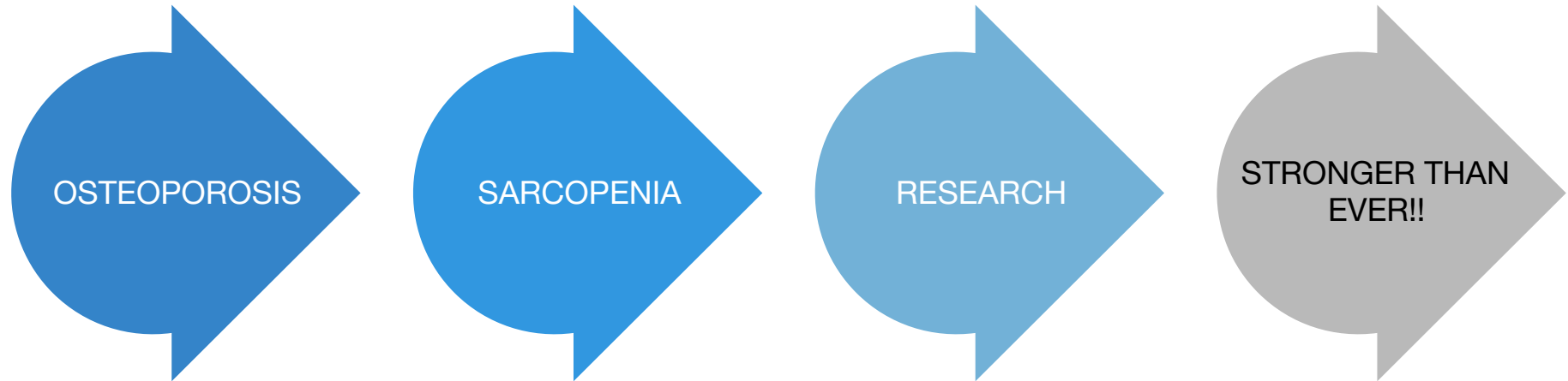


Why SuperSlow Strength Training?



Bone Loss

SuperSlow was codified during the 1985 Nautilus Osteoporosis Research Study.

Muscle Loss

After age 30, the average individual loses 1% of muscle mass per year. 40% of women over 65 cannot lift 10 LB.

Young Muscle*

1990 study: Compared to swimmers & runners, strength trained 68+ year olds possess muscle quality of 28 year olds.

Regardless of Age

Build muscle & strength **fast!** Often beyond that of your youth! Then maintain it for life! In 40 min or less per week!

*A 1990 cross-sectional study of elderly men with different training backgrounds

Muscle biopsies were taken from the thigh and biceps muscles of 4 groups (sedentary, runners, swimmers, and weight trainers) of elderly subjects (68+ years old) and compared to those of young controls (28 years old). Subjects within the training groups participated in their respective activity for 12-17 years.

The researchers concluded "In contrast to the swimmers and runners, the elderly strength-trained subjects had maximal isometric torques, speed of movements, cross-sectional areas, specific tensions and a content of myosin and tropomyosin isoforms in both muscles studied **IDENTICAL TO THOSE OF YOUNG CONTROLS**. These results seem to suggest that strength training can counteract the age-related changes in function and morphology of the aging human skeletal muscle."