

# EXERCISE IN EXACTLY 4 MINUTES PER DAY

Winner of the 1991 Popular Science Award for the  
"Best of What's New" in Leisure Products



\$14.615



## ROM • MANUFACTURED IN CALIFORNIA SINCE 1990

TIME IS IT. Over 92% of people who own exercise equipment and 88% of people who own health club memberships do not exercise. A 4 minute complete workout is no longer hard to believe for all the people who since 1990 have bought our excellent Range of Motion machine (ROM). Over 97% of people who rent

our ROM for 30 days wind up purchasing it based upon the health benefits experienced during that tryout, and the ROM performance score at the end of each 4 minute workout that tells the story of health and fitness improvement. At under 20 cents per use, the 4 minute ROM exercise is the least expensive full body complete exercise a person can do. How do we know that it is under 20 cents per use? Over 90% of ROM machines go to private homes, but we have a few that are in commercial use for over 12 years and they have endured over 80,000 uses each, without need of repair or overhaul. The ROM 4 minute workout is for people from 10 to over 100 years old and highly trained athletes as well. The ROM adapts its resistance every second during the workout to exactly match the user's ability to

perform work. It balances blood sugar, and repairs bad backs and shoulders. Too good to be true? Get our free video and see for yourself. The best proof for us is that 97% of rentals become sales. Please visit our website at: [www.FastExercise.com](http://www.FastExercise.com).

### The typical ROM purchaser goes through several stages:

1. Total disbelief that the ROM can do all this in only 4 minutes.
2. Rhetorical (and sometimes hostile) questioning and ridicule.
3. Reading the ROM literature and reluctantly understanding it.
4. Taking a leap of faith and renting a ROM for 30 days.
5. Being highly impressed by the results and purchasing a ROM.
6. Becoming a ROM enthusiast and trying to persuade friends.
7. Being ignored and ridiculed by the friends who think you've lost your mind.
8. After a year of using the ROM your friends admiring your good shape.
9. You telling them (again) that you only exercise those 4 minutes per day.
10. Those friends reluctantly renting the ROM for a 30 day trial. Then the above cycle repeats from point 5 on down.

### The more we tell people about the ROM the less they believe it.

From 4 minutes on the ROM you get the same results as from 20 to 45 minutes aerobic exercise (jogging, running, etc.) for cardio and respiratory benefits, plus 45 minutes weight training for muscle tone and strength, plus 20 minutes stretching exercise for limberness/flexibility.

"ROM is the best time management tool ever."

**Anthony Robbins**

Motivational speaker Anthony Robbins calls the ROM a fantastic time management tool. He saves over an hour in exercise daily.

(CONTINUED FROM PAGE 43)

## OFFICER GADGET

technologies that Heal has investigated. Take James Tatoian's microwave emitter, for instance. A mathematician and the CEO of Eureka Aerospace in Pasadena, California, Tatoian has developed a powerful 250-megahertz microwave beam that can stall the engine of a car from a distance of 35 feet, a device that would no doubt come in handy in L.A., the car-chase capital of the world. Heal recognizes the system's value but points out the inadvertent threat it could pose to such equipment as traffic signals, cellphones and pacemakers. (Tatoian has already fried his garage-door opener and often crashes the computers in his workshop.) It will take Tatoian at least another year to whip his prototype into LASD shape. Heal must then sell the Los Angeles County Board of Supervisors, a bureaucratic gauntlet that can take as long as a year, depending on the cost and complexity of the device.

### BETTER THAN BULLETS

Magnetic bullhorns and spy drones may make police work easier, but nonlethal weaponry offers the most dramatic promise. Over the years, Heal has lost count of his personal injuries but recalls one year in which he was admitted to the hospital on eight occasions. In his career with the LASD, 42 deputies have been killed in the line of duty and he's personally witnessed the shootings of several assailants at the hands of deputies.

Heal believes that to avoid shootings, law-enforcement agencies must broaden what they call the "use-of-force continuum," which begins with verbal warnings and ends with a pull of the trigger. Nonlethal weapons such as foul-smelling chemicals and temporary pain rays offer other options.

But is that enough? Merrick Bobb, founder of the Police Assessment

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RENT A ROM FOR 30 DAYS. RENTAL APPLIES TO PURCHASE.