

NORTH COAST MEDICAL



### **Build upper body strength.**

Grasping and pulling the adjustable handles keeps the Jyze™ Pro disc spinning and creates different levels of resistance benefiting upper body muscles.

### **Tone the upper body and core.**

Jyze™ Pro works the back and shoulder muscles to increase strength for improved posture.

### **Increase heart rate.**

Using Jyze™ Pro while walking provides the aerobic exercise equivalent of jogging, swimming, or cross-country skiing without the joint and body stress and fatigue. Jyze™ Pro can bring a walking heart rate of 80-110 beats per minute (bpm) to an aerobic heart rate of 117-153 bpm for an average 40 year old. Jyze™ Pro can be used while sitting, lying, or standing.

### **Burn more calories.**

When used while walking, cycling, or on a treadmill, Jyze™ Pro helps burn as much as three times more calories with the same effort and in the same timeframe as jogging or other aerobic workouts. Adding Jyze™ Pro to an existing workout engages the upper body and burns more calories.

### **Add versatility to workouts.**

Change bands or go faster to vary resistance. The rope can be lengthened or shortened to fit your range of motion.

### **Compact and portable.**

Weighing less than one pound (.45kg), Jyze™ Pro can be used anytime, anywhere.



***Channel centrifugal force for a wide range of progressive resistance***



**Wind Up Fit!™**



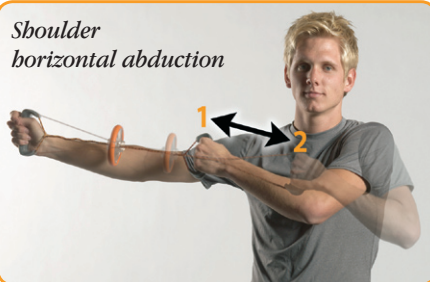
## Wind Up Fit with Jyze™ Pro!

Jyze™ Pro (rhymes with “size”) **channels centrifugal force to create resistance** in a lightweight, self-contained device that can generate from **3 to 50 pounds (1.4 to 23 kg) of force**. Its simple winding action makes Jyze™ Pro **fun to use** and **encourages repetitions**. Jyze™ Pro’s isocentric contractions™ improve strength, mobility, and stability of upper body muscles, while increasing cardiovascular endurance and fitness.

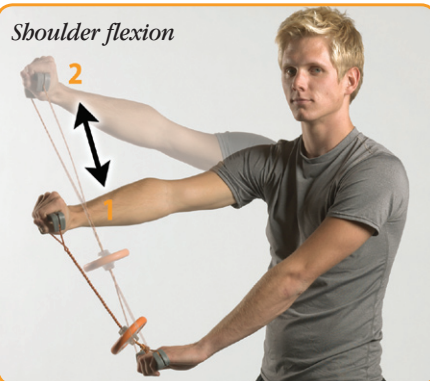
With Jyze™ Pro’s **configurable workout bands**, users can match their current workout level, or **adjust resistance** by changing the band. This **system of progressive resistance** provides three pace-adjusted workout levels – **Yellow**, 3 to 15 lbs. (1.4 to 6.8kg), **Orange**, 8 to 30 lbs. (3.6 to 14kg) and **Red**, 12 to 50 lbs. (5.4 to 23 kg). Yellow works well for light, high repetition, sustained workouts, Orange moves the workout up to a medium level, and Red is designed for intermediate, zone-specific exercises and improving overall function. Varying the number of pulls per minute mechanically raises the resistance level of any of the workout bands.

Jyze™ Pro delivers breakthrough utility in **rehabilitating injuries and surgical repairs**. The short or long arc exercises improve functional ability and athletic performance.

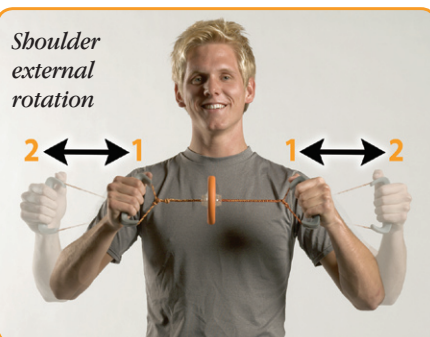
*Shoulder horizontal abduction*



*Shoulder flexion*

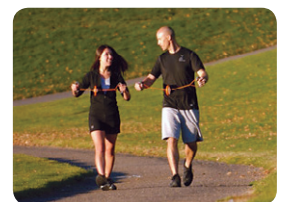
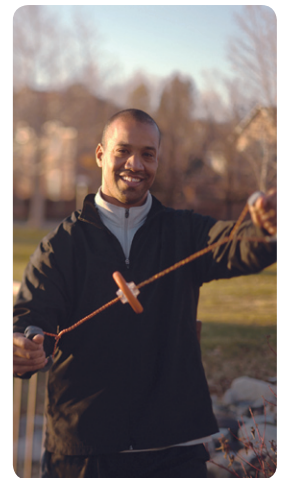


*Shoulder external rotation*



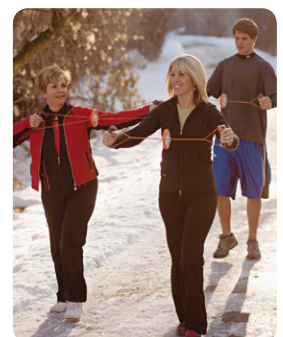
### Jyze™ Pro provides:

- Unlimited exercise techniques that are consistent with today’s best rehabilitation protocols.
- Spinning action that provides great visual feedback and encourages higher repetitions and longer, more effective workouts.
- Improvements to muscular and cardiovascular fitness, spinal stability, and proprioceptive awareness.
- Multiple resistance levels with smooth, comfortable pace-based resistance with 3 to 50 pounds (1.4 to 23 kg) of force.
- Extreme versatility as an addition to existing workouts, or when used by itself for rehabilitation and return to full function.



### The Jyze™ Pro Exercise Kit - NC57066

*Kit includes three workout bands, QuickStart DVD, User Guide and nylon tote bag.*



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