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 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 6.8 kg), Orange, 8 to 30 lbs. (3.6 to 14 kg) 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.

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.