



Frequently Asked Questions

1) How can you possibly get a cardio workout in only 4 minutes per day?

The QUALITY of the exercise determines the time required for an effective cardio-vascular workout. The greater the amount of oxygen consumed during the workout, the shorter it needs to be. By engaging 44% of all your muscle cells in work performance, the ROM enables totally out of shape people, seniors, even athletes to achieve much higher oxygen consumption levels than any other form of conventional exercise.

2) Can I really lose more calories from only 4 minutes on the ROM than from an hour on a treadmill?

Yes! There are two methods to increase calorie consumption through exercise: one is long duration, repetitive motion work like jogging on a treadmill, the other method is to increase muscle metabolism by stretching them under resistance. The ROM is the 4-minute solution to stretch all your muscles through long ranges of motion. In addition, it increases muscle strength and it yields significant cardio benefits.

3) It isn't cheap! How can you claim that the ROM is the least expensive method to get the same results people expect from 45 minute to 90 minute exercise sessions?

The expense of exercise must be measured in SELF-DISCIPLINE, TIME, and MONEY. Because it only takes 4 minutes a day, the TIME and SELF-DISCIPLINE required to use the ROM is less than conventional forms of exercises. You are more likely to use the ROM than other exercise equipment or gym membership (92% of people who own exercise equipment do not exercise and 88% of people who own health club memberships do not go to their health club). When the price of the ROM is divided by the daily use of the machine, the average 2-person household pays only \$1.17 per use (4 minutes every day) over a 20-year period. The more people who use it, the less it costs per use!



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4) Why are these 4 minute results possible with the ROM and not with any other method of exercise?

The ROM combines all 3 aspects of a complete and well-rounded exercise regimen: cardio training, resistance training, and flexibility training. No other exercise equipment or method of exercise does that. And the ROM does it all in only 4 minutes per day. No other method of exercise can do that either!

5) Can you do more than 4 minutes per day on the ROM-QuickGym and get even more and faster results?

Because of the intensity of the workout with the ROM, most people are glad when the 4 minutes are over! Doing more than 4 minutes has only marginally more benefit. For fat loss there is some merit in doing an extra 1 minute stretching session at several hour intervals to re-stimulate muscle metabolism.

6) How is it that the ROM-QuickGym is excellent for seniors as well as for highly trained athletes?

The ROM is designed to match the ability of the user. The centrifugal brake on the ROM's flywheel gradually engages and places resistance as the speed of the flywheel increases. The faster the flywheel turns, the more resistance the brake gives. A weaker person who cannot spin the flywheel as fast as an athlete will have resistance exactly matching their ability.

7) How about people with blood sugar imbalance, diabetes?

By using the ROM you will build muscle that act as reservoirs to absorb and store excess glucose, lessening the dependence on insulin made by the pancreas to help restore blood-sugar balance. In Type 1 diabetes it will help balance blood-sugar but cannot solve the pancreas deficiency and all insulin dependency. In Type 2 diabetes it will gradually decrease insulin dependency and can eventually totally



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eliminate insulin dependency.

8) What about people with bad back, neck, shoulders, knees?

Most neck, shoulder and knee problems are a result of lost muscle tissue and the lack of muscle assistance for the cartilage and joints in those areas. The ROM rebuilds the muscles and tendons in all areas of the body including these critical areas mentioned. This helps decrease the stress on load bearing vertebrae, discs, and joints, and alleviate pinched nerves.

9) How does the 30-Day trial work?

It's easy. With a small deposit you can rent the ROM machine for 30 days. The ROM will be delivered to you fully assembled. During the 30 days, ensure you have the discipline to do 4 minutes a day, see the results, and decide if the ROM is the real deal. If you need to return the ROM (only 3% of ROM machines are returned after the 30 day rental period), simply give us a call. We have the ROM picked up by the same delivering service that delivered the ROM. We will swiftly pay a refund of \$1000 once the machine returns to our warehouse.

10) How long has this ROM machine been on the market?

The ROM has been proudly MANUFACTURED IN CALIFORNIA SINCE 1990. When we could produce more ROM machines than the high demand in Southern California, we slowly added limited advertising in nationwide magazines. In November 2002 we moved into larger manufacturing facilities and were able to increase manufacturing. Since then we have increased our national advertising budget as well and sales have increased accordingly.