



2012



YOU HAVE TO FIGHT FOR A BODY THIS GOOD.

OVERVIEW

Nexersys = Next Generation Exercise System

The Nexersys provides a totally new personal training experience utilizing High Intensity Interval Cross Training ("HIIT"). With an on-board, interactive trainer to teach, challenge and motivate you, the Nexersys is the best overall fitness value on the market.

Nexersys work outs are:

- Series of 4-minute Video & Avatar training rounds
- Rounds include 30-second instruction and warm up
- Active exercise lasts 3 minutes per round
- Rounds end with 30-second recap and cool down

Nexersys rounds include training in:

- Technique
- Gaming
- Strike Training
- Cardio
- Sparring
- Core

Choose your workout program:

- **Nexersys Training:** Nexersys creates a unique training session each time you log-in based upon your workout history. Let our personal trainers take you step by step through a progression of more than 80 unique video and unlimited avatar driven rounds.
- **My Training:** Create your own custom training sessions to focus on your unique fitness goals. Vary your rounds to fit your personal style by selecting from video and avatar interactive training.
- **Avatar Training:** Choose from a series of progressive "Follow Me" rounds which focus on accuracy, speed and reaction time. Use what you've learned in a free-form fighting environment by throwing strikes, kicks and combinations to maximize your score.



A shirtless, muscular man with short dark hair and a slight smile, looking directly at the camera. He is wearing black boxing gloves and wristbands with the word 'nexus' in white. His hands are on his hips. The background is dark and textured.

HAVE A BLAST KICKING BUTT.

NEXERSYS HOME (NXS-H) FEATURES

Nexersys has seven strike pads located at key target zones to simulate MMA-style punching and kicking.

3-axis Accelerometer Printed Circuit Board in each pad measures velocity, angle and power of each strike.

Specially designed pads allow multi-angle strikes to replicate focus mitt training.

Heavy welded-steel frame provides rugged stability.

Specially designed arms provide reactive resistance and provide bilateral movement allowing straight or rotational strikes.

Fitness made Fun because Nexersys provides five unique onboard user profiles. Log in each time to your unique profile or choose the multi-player gaming option to compete with friends and family.



19" LCD Monitor relays information during exercise including strike count, accuracy, power level, program, round, heart rate and calorie burn.

Real-time data gives instruction and feedback during workouts, such as intensity and location of strikes against your Avatar opponent.

Nexersys Training uses your workout history to guide you with a fresh, progressive workout program each time.

Avatar Training offers realistic, reactive sparring, both for traditional and southpaw users.

Interactive & Intelligent Programming provides optimal training for Beginners, Intermediate or Advanced users. The system has unlimited avatar rounds and over 80 interactive videos covering striking technique and training routines.

NEXERSYS HOME (NXS-H) BENEFITS



Interactive – Your Nexersys personal trainer guides, instructs and motivates challenging your body and mind.



Comfort and Convenience – With your Nexersys on-board personal trainer, get a gym quality workout without leaving the comfort of your home.



Total Body Fitness – The ultimate calorie burner by spreading the exertion across legs, core and upper body.



Skill-Focused – Not only burns calories, but drives you to improve striking technique while increasing your confidence level.



NATE

PROGRAM:

WEIGHT: 255

AGE: 38

TOTAL Kcal: 116

AVG/MAX HR: 79/143

DATE

Fri Sep 16, 2011

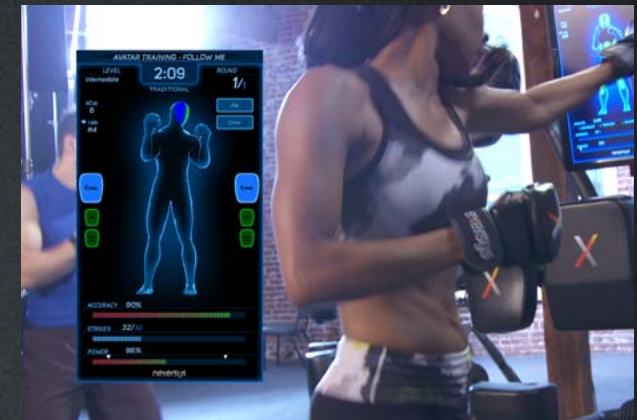
3:20:06 pm

ROUNDS

5

	ACCURACY	POINTS	STRIKES	AVE POWER
TOTALS	98%	89	1098	97
Beg Cardio	100%	--	399	98
Beg Strike	100%	--	218	94
Beg A-FM	100%	--	75	95
Beg A-ST	--	89	188	97

Data-Driven – Monitor each work out or track your work out history to see how your performance has improved – a great motivator.



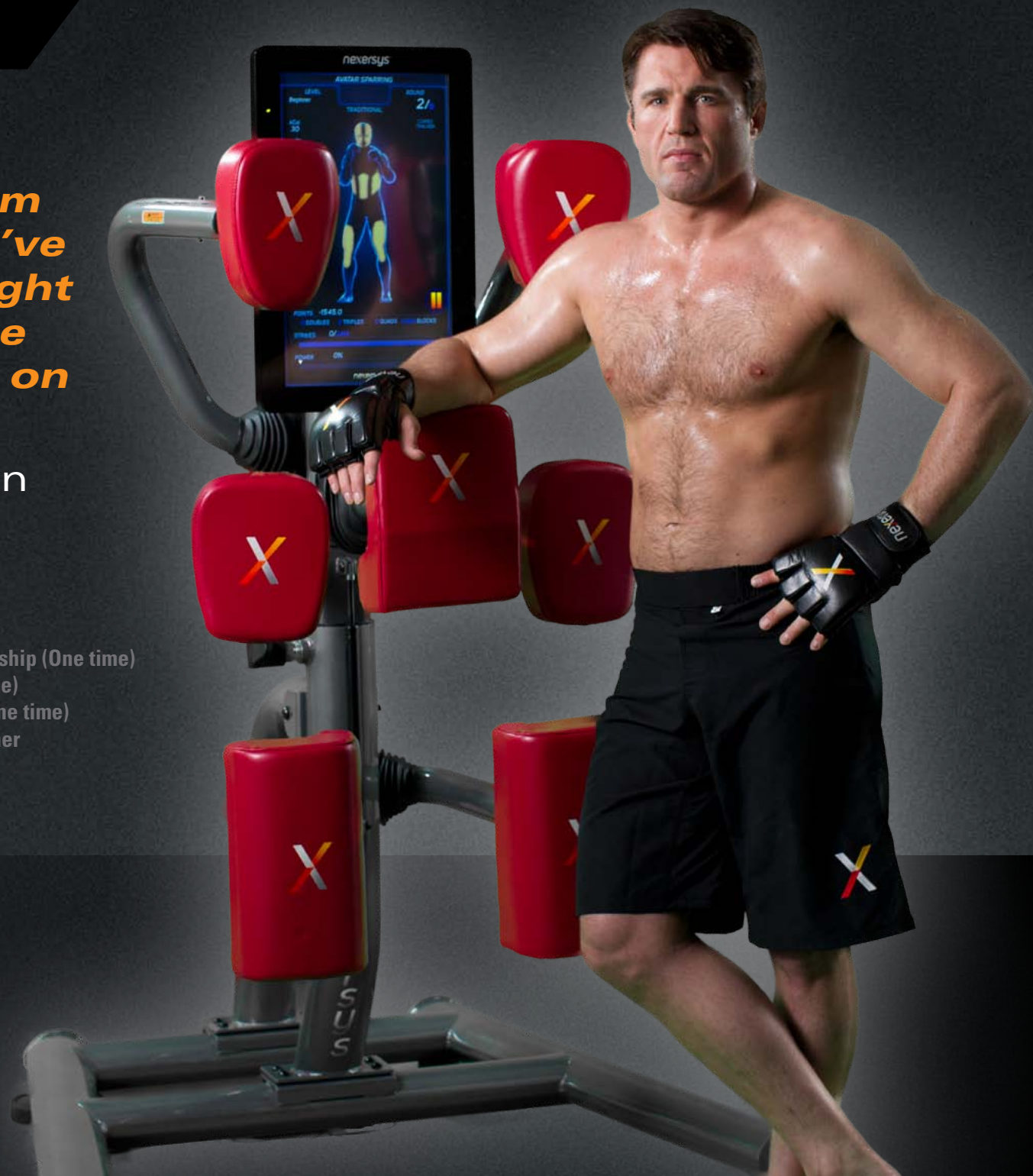
Fun! – Blends gaming with exercise. Never get bored with 80 interactive training videos and unlimited unique avatar rounds.

nexersys™

“The Nexersys system takes everything I’ve got and feeds it right back to me. It’s the best strike trainer on the market.”

— Chael Sonnen

UFC Middle Weight Fighter
Gladiator Challenge Light Heavyweight Championship (One time)
Hitman Light Heavyweight Championship (One time)
Danger Zone Light Heavyweight Championship (One time)
Danger Zone Light Heavyweight Tournament Winner
Rumble at the River Tournament Winner[44]
World MMA Awards - Fight of the Year (2010)
– Anderson Silva vs. Chael Sonnen



IMPRESSIVE RESULTS

High Intensity Fitness Nexersys High Intensity Interval Cross Training ("HIIT") is one of the most effective ways to burn fat and to get ripped. Other exercises may focus only on one area of the body. The Nexersys shapes your entire body by spreading the workout intensity across your upper body, core and legs.

MMA Style and Technique With Nexersys, you not only get in ridiculous shape but also learn proper striking technique. The system's on-board trainer teaches, challenges and motivates, maximizing your fitness routine for any skill level without the need for a personal trainer.

Have A Blast So you're not a Mixed Martial Arts (MMA) contender. But who doesn't enjoy kicking a little butt? The MMA version of you is in there somewhere. Let Nexersys bring it out. As your body becomes chiseled, your overall confidence and personal image is improved. Nexersys can transform you beyond the gym – affecting your attitude at work, your family life, your love life, and beyond.

Have a blast getting ripped.

NEXERSYS TRAINING

nexersys



CLICK HERE TO WATCH NEXERSYS IN ACTION