



**MAKE THEM
BEAT A PATH TO
YOUR DOOR**





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.





HAVE A BLAST KICKING BUTT.

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NEXERSYS COMMERCIAL (NXS-C) 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 leather pads allow multi-angle strikes to replicate focus mitt training.

Heavy welded-steel frame provides rugged stability. Adjusts for users 5'2" to 6'8".

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

First time users can select Quick Start, Try Me, a Nexersys Training program or Avatar Training. They can also insert a flash drive and set up their own profile to personalize their training experience.

Try Me allows users to try one 4 minute round in each activity area.



21.5" LCD Touch Screen Monitor relays information during exercise including 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 an Avatar opponent.

Quick Start is a 10-minute introductory work out that gives users a taste of the Nexersys experience.

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.

Returning users can choose any first time user program, set up their own profile data on a flash drive or bring their profile from their Nexersys home unit.

NEXERSYS COMMERCIAL (NXS-C) BENEFITS



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



Quick Start – Start getting fit right away with easy on screen instructions. Just punch through a few options and you're off!



One Stop Shop – Cross-training is built into Nexersys. Get overall cardio, core and resistance training in as little as 20 minutes, or 5 rounds.



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

NAME		DATE		
PROGRAM:		Fri Sep 16, 2011		
WEIGHT: 255		3:20:06 pm		
AGE: 38		ROUNDS		
TOTAL Kcal: 116		5		
AVG/MAX HR: 79/143				
ACCURACY		POINTS	STRIKES	AVG 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 work outs or upload Home unit profile via USB - track your work out history.



Fun! – Blends gaming with exercise. With over 80 interactive training videos and unlimited unique avatar rounds.



"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
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

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CLICK HERE TO WATCH NEXERSYS IN ACTION