

Benefit	MaxOut	Super Slow	Everyone Else
Fast Strength Gains			
Cardio			
Nutritional Information			
Shave over 16 hours a month from w/o times			
Lowest chance of injury			
Long recovery time			
Cutting edge equipment based on science			
Reduce joint and back pains			
Pay yourself to workout			
Lower body fat (BMI)			
Smallest negative impact on the body			
Used by the pros			
Getting out of the gym and on with your life			