



FOR IMMEDIATE RELEASE

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Full body workout in one hour a week, up to 15% more gains, in a 1/5th the time.

Technology developed by researchers from the University of Florida reduces workout time, increases core body strength and diminishes joint strain in just one hour a week. All the while saving users money and helping slow the effects of aging.

Orlando, FL – Many personal trainers will tell you that you need to work out five days a week, hitting a variety of different body parts each day, spending upwards of \$1000 a month on your self. MaxOut Strength Studio chief engineer and founder, Mike MacMillan, MD. an orthopedic surgeon at the University of Florida Shands Hospital, understands the workings of the human body intricately and states: “People using that methodology are wasting their time and money. “MaxOut technology uses cutting edge resistance training and the basic principals of body development to create faster gains through more efficient use of effort.” In laymen’s terms anyone using the machines earns better gains with each movement in a fraction of the time, so why use anything else?

Dr. MacMillan is an accomplished weight lifter as well as surgeon, it was during his time as a serious weight lifter he used his medical knowledge and passion to create these revolutionary machines. He realized that body development had not progressed in over 100 years, but the science and knowledge of the body has. MaxOut is based on the fact that in strength training 60 percent of gain comes from the “negative” or when the weight is being lowered. User’s overload on the negative and when “pushing” lift a manageable weight assisted by the computers, thus allowing all clients the chance to push themselves through the entire range of motion of the rep. Since each user works through the entire rep, maximum effort is given, which leads to your targeted muscle working to the core much faster.

“In fact, most MaxOut members need only work out once a week for a full body work out that will reveal a side of themselves they haven’t seen in years” says Dr. McMillan.

MaxOut resistance technology is beneficial to the user for a number of reasons:

- 1) Users of the machines gain lean mass up to 15 percent faster than conventional training.
- 2) The body gets more time to recover, diminishing over training and reducing the risk of repetitive strain injury.
- 3) Maintain the body to fight a myriad of diseases including:
 - a. Osteoporosis
 - b. Sciatica
 - c. Degeneration of joints
 - d. Regulating cholesterol
 - e. Heart disease
 - f. Common Cold
 - g. Among hundreds of others.
- 4) Train entire muscular structure in one – one hour session. Save more than 16 hours a month.
- 5) Equipment is designed for least possible impact on joints, so it is perfect for mature members.
- 6) Faster muscle development means greater fat loss from increased metabolism.
- 7) Get and feel younger with natural growth hormone production only available through strength training.

The first day training process begins with meeting the highly knowledgeable trainers and doing an assessment of the client's health. Following the assessment a 10 to 15 minute cardio warm up precedes an individually structured work out led by a personal trainer who guides users through the proper techniques. Each machine uses resistance technology to maximize the gains from each repetition, and cutting time needed. The entire process takes an hour. Trainers keep track of results and keep you updated on progress via the member web site.

The process is seamless and the results are beyond compare in this new revolution.

For more information please visit MaxOutStudio.com

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