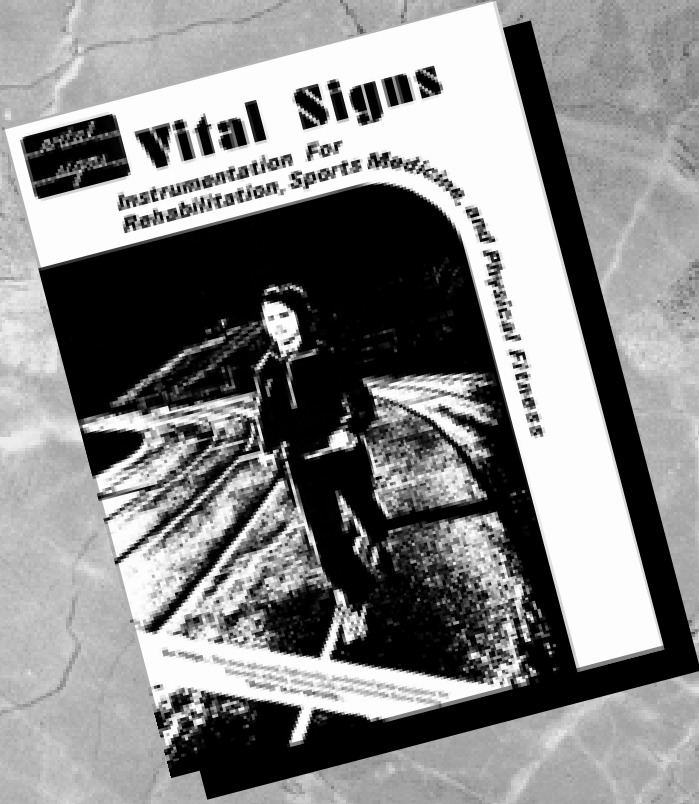


Check Our *Vital Signs*TM
For All Your Professional Equipment Needs...



Quality is Our Specialty

We understand the needs of the Sports/Fitness and Rehabilitation Professional, and have matched the finest equipment available to meet your most exacting needs. Since 1979, we have been carefully evaluating and selecting professional-grade equipment for the very best quality, durability, and performance -- all the best brands, both domestic and foreign. And many of our items are available nowhere else. So, be sure to keep this Vital Signs catalog for reference; or better still, share it with a colleague.

Visit our web site...
<http://www.fitnessmart.com>
or E-mail us: ctech@mwt.net



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Professional Edition

Gulick II Tape Measure - available nowhere else!**Individually calibrated for accuracy and repeatability**

Makes it easy for anyone to accurately and repeatably measure various body dimensions by applying a calibrated tension. The Gulick II uses a non-stretch, non-metallic, 72 inch (180 cm) long tape with both English and Metric gradations, and is push-button retractable.

With ordinary tapes the measurement will depend on how tightly the tape is pulled. Two consecutive measurements are usually quite different. If two or more people take the same measurement, the results rarely agree. The Gulick II completely eliminates this error.

The exclusive Gulick II tensioning device is individually calibrated to provide a precise 4-ounce tension while a measurement is being taken. The stainless-steel compression spring guarantees that the calibration will last a lifetime, since it is impossible to "over-compress" a spring of this type. For the most accurate and repeatable measurements, only use a Gulick II Tape Measure. **(Gulick II is a Country Technology Inc**

exclusive! Model 67020 Gulick II Tape Measure.....Shipping weight 1 lb.....\$36.00

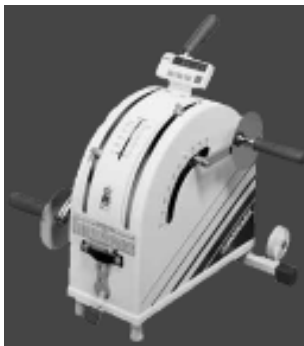
Gulick II Plus Tape Measure

- Longer Tape... 120" (305 cm)
- Wider tape... 5/8 inches

Perfect for use on people with larger, non-muscular body dimensions.

The Gulick II Plus Tape Measure uses a 5/8 inch wide, 120 inch long, no-stretch, retractable tape with both centimeter & inch gradations. The tape is non-metallic to avoid the discomfort of a cold object touching the skin. It is ideal for measuring larger, non-muscular body types. The wide tape is easier to position and less prone to sliding into tissue folds. This extra-long tape facilitates measurements on large individuals. Includes a convenient clip-on lanyard which allows you to hang it around your neck.

Model 67019 Gulick II Plus Tape Measure.....wt 1 lb.....\$39.95

**MONARK 881E REHAB TRAINER**

Ideal for handicaps of the lower extremities. Used for upper extremity exercise which improves strength & endurance — important for patients who need wheelchairs or walking aids. Useful in stress testing. It also doubles as a bicycle ergometer for those with limited capacity for movement in the hip and knee joints... just sit comfortable chair and exercise.

Features: Individual crank height adjustment with scales, control for brake force, graduated scale (watts at 50 rev/min), bi-directional pedaling, pedal revolution counter with zero reset, tow bar & rollers for easy moving, & rubber feet. W/velcro pedals & handgrips. Size: 21.3"L x 18.5"W x 21.7"H.

Model 70500.....Shipping weight 60 lbs.....\$1745.00

Adjustable Height Table for Rehab Trainer, air-spring height assist from 24 to 34"; has 4 castors for easy mobility. Model 70502.....Shipping weight 80 lbs.....\$851.00

Easy Cycle -- Multi-purpose Exerciser

Use this versatile exerciser with any comfortable chair; put it on the floor for a lower body workout or



put it on a table for an upper body workout. The Easy Cycle features an LCD display that shows: elapsed time, revolutions, rev/min, & calories burned. Change resistance with the knob on the front of the unit. Size:

11"h x 18"l x 12" wide. 2kg flywheel; 2" steel frame.

Model 70335.....Ship wt 18 lbs.....\$107.99

Pedlar®

Any comfortable chair can be used --- ideal for any age or ability. Put it on a table like an upper-body exerciser. We feel this is the best quality unit on the market -- don't be fooled by "look-alikes".



Model 70325.....Ship 8 lbs.....\$56.00

NOTICE: This catalog is intended for use only by professionals in the fields of fitness and rehab therapy. This catalog is not intended for consumer use. Items of a health related nature are to be used only under the guidance, supervision, or prescription of a qualified health care professional who will be responsible for the proper use of the purchased items. Country Technology assumes no responsibility for the misuse of any items by an untrained consumer.

**MONARK 828E
Professional Ergometer**

- Compatible with wireless (Polar) H.R. sensors
- LCD Display: Workload, Time, Speed & Distance
- Large (49 lb) Flywheel For Smooth Pedaling
- Easily Recalibrated 0 - 7KP (350 watts)

Our best selling professional-grade ergometer. Ideal for high-use Sports/Medicine facilities, for recording cardiograms during graded exercise tests, physiotherapy, and evaluating sports training. Features heavy duty construction, transport wheels, and quick set adjustment of seat height, handlebar height and angle. Large (49 pound) flywheel provides very smooth operation. The pendulum scale is easy to calibrate and set work load resistance in Newtons or KP and brake power in watts at 50 & 60 rpm. Includes LCD



Model 65100

display of work load readings, time, speed, pedal rpm, & distance. It also shows heart rate when used with a wireless heart rate sensor (see page 21, Model 60909). 18Wx44Lx35-44" H; weight, 120 lbs. **Model 65100**.....Shipping weight 129 lbs.....\$2355.00

MONARK 827E -- Robust Club Cycle

Most popular exercise bike for intensive use in institutions. Has adjustable tension knob for the desired workout effort. It's compatible with wireless H.R. sensors and has an electronic display of: pedal RPM, cycling time, speed, and distance. **Model 65145**.....Ship wt 129 lbs.....\$1485.00

Hudson Therapy Treadmill

- Full length medical assist hand rails
- Shock-absorbing suspension
- 0.5 to 12 mph (0.1 increment)
- 0 to 16% incline
- 3.0 HP continuous-duty drive motor



The Hudson Therapy Treadmill features full length medical assist hand rails and a patient-safety magnetic off switch. The running surface features a shock absorbing suspension and a generous size: 21" wide by 64" long. The speed range is from 0.5 to 12 mph in 0.1 increments, and the incline range is from 0 to 16%.

The built-in programs include: Quick Start, HR control, fat burn, strength, hill, interval, 2 user-defined program templates, and 3 minute cool down mode. Heart rate monitoring is through both contact HR sensors or via optional wireless telemetry (Polar® compatible -- see page 21). The console shows: speed, distance, incline, calories, heart rate, and elapsed time.

This rugged treadmill a 3 year institutional warranty and is both ETL (UL) and CE approved. It has a 3.0 HP continuous-duty motor; operates on 120V, 20 amp dedicated circuit. Measures 86" long by 32" wide, by 62" high. Weight capacity is 350 pounds.

Model 65920.....Shipping weight 435 lbs.....\$3595.00

Hudson® Institutional warranty Exercise Bicycles

The **Hudson® Upright Exercise Bike** and **Recumbent Exercise Bike** are economically priced and commercially warranted -- designed for institutional settings. Their patented belt drive magnetic resistance systems provide years of smooth, silent, and trouble free service. They feature

an extra large LCD readout handgrip-pulse sensors as well as:



- Welded high tension steel frame supports users up to 300 pounds
- Fitness computer displays: time, speed, distance, calories, and pulse rate.
- Seat adjusts for users from 4'10" to 6'4"
- One year institutional warranty

Model 65482 Upright....wt 38 lbs....\$395.00

Model 65484 Recumbent... wt 44 lbs..\$545.00



Exercise Expert -- Makes it easy to Create Custom exercise programs



Exercise Expert is perfect for Personal Trainers. It has all the essential features to provide a professional level of training knowledge. This program contains over 400 exercises consisting of free weight and fitness center exercise machines. It also includes exercises for abdominal training and cardiovascular workouts. After searching for exercises by body area, individual muscles, or muscle groups, the exercises can be viewed one at a time or in group pictures. The custom exercise program can be saved by client name. You can do printouts with sets, reps, frequency/week or day, as well as rest periods and rate. It also prints a summary copy for your records. Comes with user manual. You can customize with additional exercise libraries. **Model 42630**.....Ship weight 1 lb.....\$89.95

Optional Modules at only \$34.95 each...

#42732 Stabilization -- over 150 exercises: ankle, shoulder, and lumbar/back area
#42733 Exer. Ball 113 -- "Swiss" ball exercises
#42740 Advanced Features -- add exercises,

editing illustrations, and customization

#42750 Pilates -- 127 mat exercises

#42752 Hatha Yoga -- 123 exercises

#42754 Power Agility -- 178 medicine ball & other strength/agility based exercises




DietMinder_{TM} Personal Food & Fitness Journal

Most health and nutrition experts say that one of the best ways to stick to a diet plan is by writing down every single food you eat into a diary. *DietMinder* organizes your entire fitness program into one place. Sections are devoted to personal goals, daily targets, and vital statistics -- there is even a place for your ("before") photo. It provides space for each item you ate or drank and the equivalent calories, fat content, etc. That makes it easy to determine daily grand totals. It has a physical activity log to keep track of your workouts, an area for notes, weekly progress charts and more.

Model 42480.....Shipping weight 1 lb....\$14.95

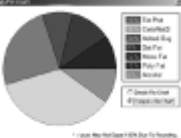
Save on quantities: ...10+, \$12.50 each



DINE Healthy 7

- Diet and Recipe Analysis
- Weight and Exercise Management
- Over 10,000 Foods and 500 Activities
- User Expandable Food Database

Upgraded with new Features for 2007



Features extensive print outs

DINE Healthy 7 is a comprehensive dietary & exercise analysis software program that helps you improve your diet and knowledge of nutrition and exercise. The user-expandable database contains 10,000 foods items with an analysis for over 100 nutrients and food components. The intuitive software uses with context-sensitive help. Our patented DINE score gives you a quantitative value as to "how well or how poorly" you are eating. Includes a personal favorites database for quick input; recipe analysis; and the Food Explorer, a tool that helps plan meals and diets by comparing and sorting foods and their nutrients.

Model 42330...(for Windows).....Ship wt 2 lbs.....\$129.95



Portion size = dieting success

Digital Glass-Top Food Scale

This Glass-top Food Scale gives an easy-to-read measure of that food that you are about to consume. It's a thing of beauty, made of glass and chrome. It will look great on your kitchen counter top. It features long lasting Lithium battery technology with a 2 minute auto-off. The maximum capacity is 6 lbs / 3 kg; it can be set to display ounces, pounds and ounces, grams, and kilograms. Has automatic Tare -- just have the empty container on the scale when you turn it on. **Model 69020**.....Ship wt 4 lbs.....\$42.50



Metabolic Syndrome Chart

20" W by 26" H, Laminated

Illustrates factors including: obesity, high glucose levels, high blood pressure, and high cholesterol levels. Details each risk factor, causes, and treatments. **Model 95811**.....\$22.50



Laminated Weight loss & Diet Charts 24 x 36"

Guide to Weight Loss (the facts on what works) **Model 95778**.....\$28.95

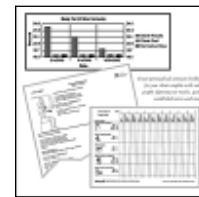
The Truth about Fad Diets (why each type doesn't work) **Model 95779**.....\$28.95

Fitness Maker for Personal Trainers -- Become the trainer everyone wants!



Every Personal Trainer will love Fitness Maker -- the most comprehensive and affordable assessment software for fitness testing, goal implementation & tracking, and fitness program development. Fitness Maker will give you a professional image, save you time, improve your goal tracking, program development, and help retain clients at the same time! Your new "professional persona" will impress current clients and attract new clients.

Fitness Maker includes detailed instructions on test protocols ensuring accurate and reliable test results. There are over 50 pre-defined tests (Body Composition, Girth, Flexibility, Strength, VO2, etc.) You can perform any fitness test or choose fitness tests based on client goals. With over 100 exercises to choose from, superior fitness programs may be created for the client. The built-in normative values can help you motivate your client. Colorful and detailed reports will set you apart from your peers; be the trainer that everyone talks about and wants to hire.



Give Clients Colorful, Professional Reports!

Fitness Maker: creates Summary Booklets (presents goals, tests results, health summary, etc.) to present professional results to client; prints over 20 reports; and prints over 30 forms and informational handouts (Physician Approval, Informed Consent, Stretch Guidelines, Safety and Exercise Techniques, etc.) Become the trainer everyone wants -- get Fitness Maker!

Fitness Maker single trainer license/software...**Model 42645**.....ship weight 1 lb.....\$129.00



The FIRST STEP™ a basic fitness evaluator / tester

The First Step is a sturdy, professional-looking, yet inexpensive fitness evaluator used to quantify an individual's current fitness level. Indispensable for starting a fitness program and perfect for tracking fitness improvements. The First Step is based on the simple step test: step up and down for a fixed time period, then check pulse rate. The complete First Step Fitness Evaluator includes:

a portable, three-height step bench (7, 12, & 20"); a workout/fitness book; a string pendulum for pacing; instructions & norms. **Model 90442**.....Ship wt 12 lbs.....\$115.00

Aerobics Metronome™



Consists of a credit-card-size LCD display digital metronome (30 to 250 bpm) with a built-in tweeter tone and an audio amplifier for a much louder tone (200mw). The digital unit uses a long-life lithium battery and is adjustable in 1 bpm increments with crystal controlled accuracy. The amplifier uses a 9 volt battery or optional AC adapter. You can input radios, etc., and then connect to a louder PA system. Sizes: 2x3.25x3/8" & 2.6x3.5x1.5".



Model 81445

Model 81440... 2 lbs...\$99.95 **Model 81441** Optional AC adapter (for amp)...wt 1 lb...\$19.95

Pocket Metronome with output jack. Same metronome as above, less the audio amp. The "tiny-phone" output jack will allow you to patch into your own P.A. **Model 81445**.....\$47.95



Clip-On Digital Metronome / Clock

Just clip this miniature metronome to the collar of your jogging outfit and you're ready to keep up the pace. Features settings from 30 to 250 bpm and 4 volume levels. **Model 81455**.....1 lb...\$36.95

Quartz Metronome

A single dial quickly sets any pace from 40 to 208 beats per minute. Select both the LED light and sound or light only mode. A built-in stand and earphone are included.



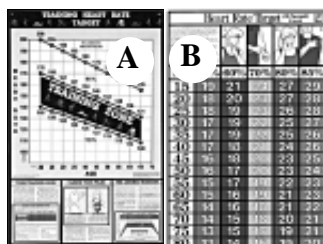
Model 81450.....Ship wt 1 lb.....\$29.95

Rating of Perceived Exertion



17 x 22" on slick poster stock. **#95420**.....\$33.50

Two different Target Heart Rate charts...



A) 24 x 36 inch laminated chart displays 10 sec. pulse counts for ages 15 to 80 in 5 year increments. Five columns show the counts for various % of max heart rate (55%, 60%, 70%, 80%, & 85%). **#95428**.....\$29.95

B) 23x35" Guide for safe, effective exercising (70 to 85% of max rate) for improving cardiovascular system. **#95417**.....\$29.95

Personal Training Software Vol. 2 Strength Training for Adults (for Windows)

Created by nationally certified personal trainer - Wayne Brown. This is an excellent source for fitness professionals to create safe and effective workout programs for adults.



Over 100 strength, stretching & low back video demos

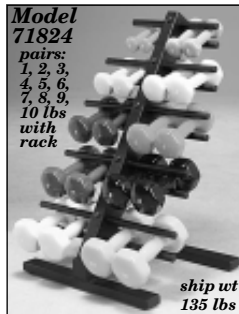
Prints workout log, exercise instructions, & test results.

Automatically creates individualized strength training and cardiovascular exercise programs at the client's target heart rate based on an initial health assessment. Features include complete live action video demonstrations for over 100 exercises, anatomy diagrams with muscle group descriptions, a nutrition & health section that explains how to maintain your ideal body-weight, and a comprehensive search index of fitness terms, as featured in the online help. Prints out assessment results, workout log for the week, and exercise instructions for unlimited users. CD-ROM for Windows.

Model 42575.....Ship wt 1 lb.....\$69.95

Dumbbell Rack

Holds 10 pairs of vinyl or neoprene dumbbells. Its modern style makes selection easier while taking up a minimum of space -- perfect for home or spa. Sturdy steel construction, black. **Model 71820**.....shipping weight 25 lbs.....\$85.00



Model 71824
pairs:
1, 2, 3,
4, 5, 6,
7, 8, 9,
10 lbs
with
rack

ship wt
135 lbs

Rack w/10 pairs Neoprene, **Model 71822**...\$260.00
Rack w/10 pairs Vinyl, **Model 71824**.....\$260.00

All PRO® Adjustable Aqua Weights



16 - 5 oz wts

Weights feature a neoprene wrap material that conforms to the body contours. Each of the 16 removable steel weights (8 in each wrap) are individually vinyl dipped -- never rusts. Cushioned weight pocket flaps keep weights secure. One size fits all.

Wrist (pair), #64644...4 lbs....\$38.50
Ankle (pair), #64646...5 lbs....\$43.95



PT/PRO® Portable Fitness Bench

- Removable Crunch Handle
- Heavy Vinyl Upholstery
- Compact: 51 x 12 x 17"



PT/Pro® Portable Fitness Bench is perfect for physical therapists that visit patients in their homes -- and it's perfect for anyone who uses free weights or resistance bands. Folds flat (5.5") -- stores anywhere.

The PT/PRO has 10 Back positions and 2 Seat positions and comes with an illustrated booklet showing how to attach tubing and adjust the unit to exercise the major muscle groups. This heavy-duty, yet light-weight (weighs only 23 pounds) portable fitness bench deserves a special place in your rehab or fitness world. **Model 71532**.....ship wt 28 lbs.....\$375.00

Aquabells™ -- Ultimate Travel Weights



↑ **Model 70882**
Ankle Weights

Model 70880
dumbbells
←

Pack them with your toothbrush when you travel -- fill them with water to exercise! Each "bell" weighs 4 pounds when water-filled. The dumbbell set comes with 2 handles, 4 retainer nuts and 8 "bells" -- that's 32 lbs. Empty travel weight is just 2 pounds. Each ankle weight holds up to 8 lbs of water (16 lbs for the pair) and both weigh less than 1 lb when empty.

Model 70880 Aquabells™ Dumbbells.....Shipping wt 3 lbs.....\$59.00
Model 70882 Aquabells™ Ankle Wts (pair).....Shipping .weight 2 lbs.....\$29.95
Model 70884 Aquabells™ Complete set.....Shipping weightt 6 lbs.....\$84.95



64620 Adj. Ankle Weights



Adj. Wrist Weights



Power -Stride®



Power -Vest®

ALL PRO® Weight Adjustable Body Weights

These beautifully made adjustable weight belts fit all body sizes with touch-fastener closures, shaped fit, and padding in all appropriate spots. Do progressive exercise by adding weights...

Ankle Weights...

- Model 64620, pair 2.5 lb ea (10-0.25 lb wts) ...\$27.50
- Model 64622, pair 5 lb ea (10-0.5 lb wts)\$44.00
- Model 64624, single 10 lb (20-0.5 lb wts)\$40.55
- Model 64626, single 20 lb (20-1 lb wts)\$65.50

Adjustable Thigh Weights has 12-0.5 lb weights. Each wrap weighs 3 lbs, neoprene lining. Model 64636, pair (3 lbs each).....\$36.95

Hands Free® Wrist Weights pair 2 lb ea
Model 64630, (20-0.20 lb wts)\$22.00

Weighted Power-Stride® Belt, single 10 lb
Model 64632 (40-0.25 lb wts)\$52.50

Adjustable Biceps Weights consist of 12-0.25 lb weights. Each wrap is 1.5 lbs , neoprene lining.

Model 64638, pair (1.5 lb each)\$28.50

The **40 Lb. All Pro® Power-Vest®** has 80 individual 1/2 lb weights in 40 gusset pockets. The external weight pockets insure that there are no pressure points on the shoulders, chest, upper back, or spine. Vest fits all sizes, both men and women.

Model 64634.....Ship wt 42 lbs.....\$149.00

20 LB. Power Vest® With 40 - 1/2 lb weights.

Model 64633.....Ship wt 22 lbs.....\$95.00

Aerobics Flexibility Chart

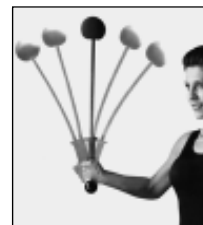


Here is a wall chart that belongs in every exercise room. It illustrates a quick 12 position flexibility program. Size: 23x35"

Model 95415
...Shipping weight 2 lbs.....\$29.95

B.O.I.N.G.™ Makes Physical Therapy Fun!

The B.O.I.N.G.™ (Body Oscillation Integrates Neuromuscular Gain) is fun, yet serious rehab -- provides a combination of Isotonic, Isometric, and Plyometric Resistance in both closed and open chain environments. Resistance is provided as the



device deflects (bends) in an oscillating motion. Greater deflection requires greater muscular effort. Model 70296.....Ship wt 2 lbs.....\$69.95



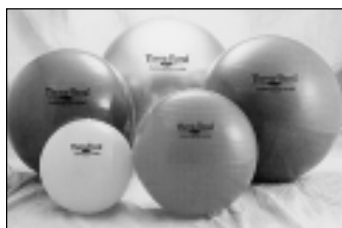
2 yr warranty

Medicine Balls

Hollow rubber; they bounce & keep their shape.

- Model 71311, 2 lbs...8" dia...\$25.95
- Model 71312, 4 lbs...8" dia...\$30.95
- Model 71313, 6 lbs...9" dia...\$44.50
- Model 71314, 8 lbs...9" dia.....\$52.95
- Model 71315, 10 lbs..10" dia...\$55.50
- Model 71316, 12 lbs..10" dia...\$62.95
- Model 71317, 15 lbs..10" dia...\$67.50
- Model 71318, 18 lbs..10" dia...\$75.00

Thera-Band® Physiotherapy / Balance Therapy Balls



Model 71232	45 cm yellow	\$30.50
Model 71233	55 cm red	\$40.95
Model 71234	65 cm green	\$46.95

Model 71235	75 cm blue	\$52.50
Model 71236	85 cm silver	\$58.50
Model 71237	95 cm red	\$93.00

These are our favorites! These brightly colored vinyl therapy balls have raised latitudinal ribs that make them easier to hold onto during

balance training, stretching, or strengthening. The 30 cm thru 85 cm sizes include a 20x30" folded paper poster illustrating 24 exercises. Select a ball size to fit each person. These balls take rough handling -- safely support up to 660 lbs.

Country Technology... phone: 608-735-4718 fax: 608-735-4859 email: cttech@mwt.net



Double Layer Fitness Mat, no-fold 2' x 3' closed cell, polyethylene 3/4" thick foam with built-in handle. Front purple, back teal. 2 yr warranty. **Model 55865**...(call for shipping)...\$26.50

Triple Layer Fitness Exercise Mats Lightweight, durable and resilient, these fitness mats are made of a highly shock absorbent fine cell white polyethylene foam sandwiched between 2 layers of non-absorbent, non-skid blue Tufflyn. 7/8" thick mats easily wipe clean. 3-year warranty. (call for shipping charges)

Model 55864 1-piece Mat, 2' x 4' Stackable, 1-piece design popular with clubs.....\$38.00

Model 55860 Mono-fold Mat, 2' x 5' mono-fold/integral handle...Easy to carry.....\$50.00

Single Layer Fitness Mats: No-fold, closed cell, polyethylene 1/2" thick, charcoal-color foam with 2 yr warranty. (call for shipping) **Model 55868**.....2'x3' w/handle.....\$11.50

Model 55869.....2'x4' no handle.....\$14.95

Mat Rack with castors



This durable PVC rack with castors holds up to 20 double layer or 15 triple layer mats. Size: 29" W x 25" L x 32 1/2" H. Supports up to 75 lbs. Partial (easy) assembly required. Includes 1 year warranty. **Model 55839**...(over-size).....\$149.00

BOSU Balance Trainer

*Use either side up
Makes exercise more effective & challenging
25" diameter, 12" high
Holds up to 300 pounds
Two recessed handles
Includes inflation pump
Includes 30 min. video*



Provides core training, functional sports training, & balance training. The half-dome-shaped BOSU Trainer can be used with its platform side facing either up or down. Accommodates both beginners and advanced users. It is used as a training and rehabilitation tool by leading professional and Olympic sports teams. Includes pump and 30 minute DVD.

Model 90480.....Ship wt 12 lbs.....\$125.00

Harbinger Folding Exercise Mat



This 3-part pad exercise mat has integrated nylon handles making it easy to carry and store. It has a 2" thick, tri-density foam padding for the maximum in comfort and support.

And its zippered vinyl covering maintains its original shape and allows for easy wipe down after use. Size: 24" wide X 60" long.

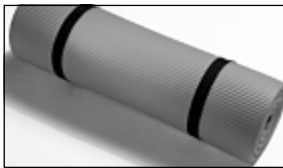
Model 55875.....Ship wt 10 lbs.....\$53.50

Durafoam™ Exercise Mat



Easy to roll up & carry. 24" x 72" x 3/8" mat features a moisture resistant, double-sided skin for easy cleaning and a non-slip surface. Self-strapping carry system. **Model 55870**...Ship wt 5 lbs...\$26.95

5/8" Ribbed Durafoam™ Mat



This bright red 24 x 72" mat makes floor workouts more comfortable. The moisture resistant skin (smooth on top & ribbed on the bottom) is easy to clean, and the integrated strap makes it easy to carry and store.

Model 55872.....Ship wt 5 lbs.....\$39.95

ROCK Ankle Exercise Board



Designed for both rehabilitation & preventive conditioning of the foot, ankle and lower leg. Inclination is limited to 16%—the most effective angle in most cases. The circular board/hemispherical bottom is made of a highly durable plastic material. Ship wt 4 lbs. **Model 72205**...\$46.95

VIDEOCYCLE™ -- Indoor Cycling Video Tours

Each 60 min. VHS tape contains 2-3 self-paced workouts — each with warm-up, workout, and cool down phases. Target heart rate is explained; stretching exercises are demonstrated; and a tour coach directs the workout & comments on the scenic route. Exciting music keeps the pace. (Some tours are now available on DVD, please inquire)

Each 60min VHS tape, \$22.50



Model 33121 Grand Teton /Yellowstone Tour: Lakes, peaks, rivers, and steaming geysers.

Model 33122 Hawaii Tour: Sunny beaches, palm trees -- ride the fabulous Kona Coast.

Model 33117 Oregon Coast: breathtaking vistas & rugged seascapes along highway 101.

Model 33119 British Columbia: spectacular scenery.

Model 33120 Switzerland: ride at the foot of the Matterhorn, and in an alpine meadow.

Country Technology, Inc. P.O. Box 87, Gays Mills, WI54631 U.S.A. www.fitnessmart.com

Omron DIGITAL Oscillometric BLOOD PRESSURE METERS



These digital display blood pressure meters employ the oscillometric method of detecting artery pulsations, providing speedy readings of systolic and diastolic pressure, and pulse rate. All units feature a low battery indicator and auto-off to maximize battery life. They are ideal for hospitals, clinics, wellness centers, schools, corporate fitness centers, and individuals. Operation manual included. Standard cuff fits 9 - 13" circumference (large cuff fits 13 - 17"). 1 year warranty.

Manual Inflation DIGITAL B.P. METER

Easy to operate and low cost. A rugged performer. Easy to squeeze bulb insures fast inflation. Has 14 memory storage. Automatic deflation; push button rapid pressure release. Auto power off. Uses one 9 volt battery.

#64115...std cuff, 5.5 x 18.8".....2 lbs....\$49.95
 #64116...lrg cuff, 6.75x24.25".... 2 lbs....\$69.95

Auto-Inflation DIGITAL B.P. METER

Just push a button for accurate, automatic operation. Has a D-ring cuff and 14 memory storage. Uses 4 "AA" batteries or optional AC adapter. With standard 9 -13" cuff.

Model 64122.....Ship wt 3 lbs.....\$82.50
 #64123, with large cuff.....wt 3 lbs.....\$102.50
 Model 63923 AC Adapter for #64122...\$35.50

Auto-Inflation Digital B.P. Meter with MEMORY and PRINTER

This oscillometric digital B.P. meter with automatic Intellisense inflation holds up to 28 readings in memory; the separate printer-unit prints stored systolic, diastolic, and pulse measurements in both numerical and bar graph forms with time and date. The bar graph form also indicates normal, borderline, and hypertensive ranges. Includes instructions, a 9-13" cuff, 1 roll print paper, & a 5 year warranty. Uses 4 "AA" batteries. #63832...ship wt 4 lbs.....\$139.95

#63923 AC Adapter...\$35.50; #63924 5 rolls paper...\$10; #63855 Large Cuff (13 - 17")...\$42.00

Auto Inflation BP Monitor w/ IntelliSense™

Omron's IntelliSense™ provides users with an easier, faster and gentler way to monitor blood pressure. LCD display shows systolic, diastolic pressures, and pulse rate. Has 14 memory storage. Pressure

readings are accurate to ±3mm Hg or 2% of the reading; pulse rate is accurate to ±5% of the reading. The D-ring cuff fits arms with a circumference of 9 to 13 inches. Includes instructions, carrying case, & AC adapter. 5-yr warranty. # 64127.....ship wt 4 lbs.....\$108.50
 # 63855 Large Adult Cuff (13 - 17").....\$42.00



ADC Wrist B.P. Monitor with Smart Logic™

Simply wrap this ADC unit on the wrist and



push the start button. It automatically inflates to the ideal inflation level and deflates, and reports the systolic and diastolic pressures and pulse rate. This ultra-compact unit has 90 memory storage to track

your progress. The latex-free cuff fits wrists from 5 to 7 inches in circumference. Also features Auto-Off to save battery power. Comes complete with 2 "AAA" batteries, instruction manual, carrying case, and a 5-year warranty. Model 63825.....Shipping wt 2 lbs.....\$65.95

IntelliSense™ B.P. Monitor with Easy Wrap Cuff

The Easy Wrap Cuff is pre-formed for a quick and proper fit -- fits arm sizes 9 to 17 inches



in circumference. Intellisense™ technology is clinically proven to help ensure comfortable and accurate readings. Features

90 memory recall. Operates on 4 "AA" batteries (included). Includes a 5 yr warranty. Model 64080.....Ship wt 3 lbs.....\$129.95

Bariatric Blood Pressure Monitor with extra-large cuff

This home blood pressure monitor accommodates larger sized arms. The cuff is coupled



with a high speed motor for a fast and comfortable reading. Features include: AccuFit™ Cuff fits arms ranging from 16.5" - 23.6" (42 - 60 cm),

High performance inflation motor, AC Power Adapter included, Irregular Heartbeat Detection, Pressure Rating Indicator™, 60 memory recall, Time & date with three alarms, Latex free. Model 64156.....Ship wt 4 lbs.....\$169.00



#63153

Professional Mercury B. P. Units

ADC Desktop with an easy-to-read 300mmHg scale, includes a standard-size velcro-type arm cuff and a lock under the mercury tube which allows portability without mercury loss. Includes a lifetime calibration accuracy warranty. **Model 63153**....wt 5 lbs....\$92.99

The mobile **Floor Model** sphygmometer has white oversized numerals on a black scale that is angled back 15° for improved visibility. Also features: locking reservoir, 8' coiled tubing, and a smooth rolling 5-caster base, adjustable height pole (45 to 54") and cuff holder. **Model 63161**.....Shipping weight 18 lbs.....\$259.00

#63159 ADC Large Adult Cuff...2 lbs...\$36.25



Model 63161



Model 63167

Professional Aneroid B. P. Units

Aneroid B.P. units have easy-to-read 300mmHg scale with **lifetime calibration warranty** -- all use latex-free tubing; 6" square has white scale markings on a blue face. Includes a standard size velcro closure cuff.

Model 63257, 6" Square.....Ship wt 5 lbs.....\$152.50

Model 63267, 6" Square Floor.....wt12 lbs.....\$180.00



#63257



Manual B. P. Kits

These manual cuff sets all feature an aneroid gauge and quality hand pump bulb with pressure bleed-off adjustment...



This comfortable-fitting, durable nylon cuff with hook-&-loop closure has a 300 mm Hg gauge with a 10 year calibration warranty. It has a standard air release and comes with a zippered carrying case. 3 sizes...

Model 63300, Adult.....\$24.50

Model 63301, Large Adult..\$31.00

Model 63302, Thigh.....\$42.00



This quality cuff, bulb, gauge, & stethoscope kit has a D-ring closure cuff so an individual can easily self-attach the cuff without assistance. Manometer has black gradations on a white faceplate, and reads to 300mmHg. With manual and carrying pouch. Includes a 1 year warranty.

Model 63116...2lbs..\$33.00

This best-selling model features a 300 mm HG gauge (no stop pin), white gradations on a gray faceplate, nylon cuff with artery label and manometer tab, latex inflation system, zippered case, Lifetime cal. warranty.

Model 63113,

Adult.....\$42.50

Model 63114, Large-

adult.....\$51.00

Aneroid Sphyg Kit in Bag/Fanny Pack



A burgandy-colored nylon-zippered fanny pack contains: a Sprague-

Rappaport stethoscope with 22" burgandy colored tubing (and accessory kit); an easy-to-wrap adult (burgandy colored) arm cuff that fits 10.75-15.75" circumference; an inflation bulb; an aneroid gauge with black gradations on a white face; stainless steel bandage scissors; a reusable penlight; and a tape measure. Includes 20 year calibration warranty.

Model 63130.....Ship wt 2 lbs.....\$56.95

G.P. MultiCuff Kit – with 3 cuff sizes



This quality palm-style manometer has an integral latex-free bulb and

trigger-style air release for one hand convenience. The precision crafted 300 mmHg no-pin stop German mechanism is tested to 200,000 cycles. Features quick release luer slip connectors to attach the three nylon cuffs (imprinted with ADC's proprietary Size Guide™ positioning system): adult, large adult, and child. 2 -yr inflation system warranty; Lifetime Calibration Warranty.

Model 64140.....Ship wt 4 lbs.....\$210.00

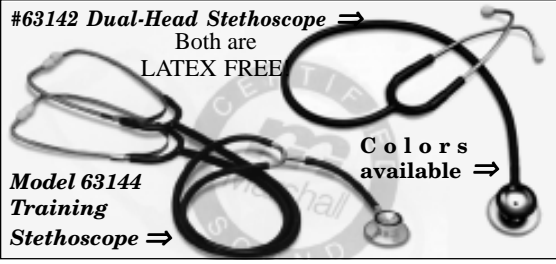


E-SPHYG Digital Aneroid Sphygmomanometer

The e-sphyg replaces your mechanical gauge and its fragile design, with a virtually indestructible, digital instrument that can stand up to the toughest use. The e-sphyg features: Extra large backlit LCD with 7/8" digits, Auto-off, Dual low battery warnings, Systolic assist alerts practitioner to the onset of Korotkoff sounds (great training aid), Displays: deflation rate and pulse rate at completion of measurement. Works with every cuff sold. Uses 2 "AAA" batteries (included). **Model 63162**.....Ship wt 2lbs.....\$79.95

Chrome-Plated Dual-Head Stethoscope

Features a chrome-plated zinc alloy chestpiece, screw-on retaining ring, dual internal spring binaural, black tubing, and non-chill ring. Includes extra diaphragm and mushroom eartips. **Model 63142**.....weight 2 lbs.....\$21.00



#63142 Dual-Head Stethoscope ⇒ Both are LATEX FREE
Colors available ⇒
Model 63144 Training Stethoscope ⇒

Professional Dual-Head Training Stethoscope Two-channel black stethoscope provides accurate sound transmission to both student and instructor. Dual-head chestpiece converts from diaphragm to an open bell head with a turn of the stem. **Model 63144**.....Ship wt 2 lbs.....\$22.50

Classic Cardiology Stethoscope



Premium quality stainless steel components for extended professional use and superior sound transmission. Non-chill rings on both sides of the dual-head chestpiece assure patient comfort. Complete with two pairs of eartips & one extra diaphragm. Overall scope length is approximately 28 inches. **Model 63146b**, black; **Model 63146g**, hunter green; **Model 63146nb**, Navy Bluewt 2 lbs.....\$79.95

Non-chill rings on both sides of the dual-head chestpiece assure patient comfort. Complete with two pairs of eartips & one extra diaphragm. Overall scope length is approximately 28 inches. **Model 63146b**, black; **Model 63146g**, hunter green; **Model 63146nb**, Navy Bluewt 2 lbs.....\$79.95

Electromax® Electronic Stethoscope



Best-ever this precision-made electronic stethoscope. The amplifier, electrostatic microphone, batteries, and miniature sound transducer are all contained in the stainless steel chest piece. Has one-handed operation of power switch, frequency switch, and volume control. Comes w/ case & 4-LR44 batteries. **Model 63120**.....wt 3 lbs.....\$285.00

ADC Proscope™ -- Affordable



The Proscope stethoscope is affordable and has numerous features: Proprietary diaphragm enhances acoustic response by 50%, Adjustable chrome-plated brass binaurals with PVC eartips, flexible 22" PVC tubing, diaphragm diameter 13/4", bell diameter 3/4", non-chill bell ring & diaphragm, weighs 3.5 oz, overall length 32.5"

Model 63141.....Ship wt 2 lbs.....\$12.95

Sprague Rappaport-Type Stethoscope



This 5-in-1 multipurpose Quintscope™ has 22 inch long black tubing and a silver chestpiece. Accessories include three different size open bells, two different size replacement diaphragms, and two pairs of eartips -- all in a vinyl storage case. **Model 63132**....2 lbs....\$22.50

storage case. **Model 63132**....2 lbs....\$22.50

BV Master-Lite Cardiology Stethoscope

This is an affordable general examination stethoscope with a patented Tytan Two Tone chest piece that lets you monitor both high and low frequencies without having to turn over the chestpiece. It features a latex free construction. Lifetime Warranty. **Model 63126**.....Shipping weight 2 lbs.....\$46.95



Seca 700 Balance Beam Scale

This Scale is an eye-level scale that set new worldwide standards -- for capacity, graduation and quality. This classic has an increased capacity of 500 lbs without additional counter weights.



The scale features a slip-resistant heavy-duty, cast-iron base which eliminates the need of a mat. Other quality enhancements include: thicker nickel/chrome beam, die-cast beam caps, and case-hardened steel pivots. Dimensions: 20.5x61.25x20.5". Capacity, 500 lbs (#69016 capacity is 400 lbs), graduations 2oz/4oz; height rod included: 24 to 78", 1/8". Weight, 52 lbs; 5 year warranty.

Model 69014.....lbs.....w/wheels.....\$292.00
Model 69016.....lb/kg w/wheels.....\$292.00

DETECTO® Physician Scale

The Detecto Physician Scale is the recognized standard of the industry and our most popular scale. Precision engineered, stream-line scale features a professional white finish with readings in both inches and centimeters. Capacity, 400 lbs/180 kgs; accuracy to 4 oz or 100 grams; with height rod, 30-78 inches & 75-192 cm. Wt 46 lbs.



Model 68965...\$285.00

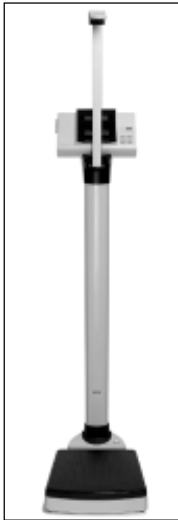
Model 68965P (no wheels, pounds only)\$285.50

With transport wheels:
Model 68964.....\$370.00

StainlessSteel Scale for high humidity and swimming pool areas. Features like Model 68965.

Model 69065...Ship weight 40 lbs...\$685.00

Seca 763 – Digital Weighing & Height Measuring w/ automatic BMI calculation



- **550 pound capacity**
- **Digital Height**
- **Automatic BMI**



With this innovative, digital measuring station, both the height and weight of a patient can be ascertained in just one step.

After measuring and weighing, both values are displayed on two LCD displays integrated into the intuitively operable display. But that is not all: on the basis of these values, the seca 763, at the touch of a button, automatically calculates the BMI of the patient. This value provides information on the general nutritional condition of the patient on the basis of the recognised WHO standard. With its capacity of 550 lbs, its low platform and very robust design, the measuring station is also extremely suitable for heavyweight patients. Specs: capacity: 550 lbs / 250 kg; resolution: 0.1 lb / 50 g; functions: tare, hold, auto-BMI; transport castors; measuring range: 43-78" / 110-200 cm; grads: 1/8" / 1 mm.

Model 69110.....Ship wt 45 lbs....\$1115.99

seca 769 Digital Scale w/height rod

New technology gives the seca 769, equipped with load cell technology, the cutting-edge for clinical applications where accuracy is critical. The Body-Mass-Index feature (BMI) calculates patient BMI at the press of a button. To add even more value, the popular scale-mounted model 220 height rod is included with the seca 769 scale. The new model 769 provides longevity without the need for changing batteries or the inconvenience of outlets. Easy to operate, stylish and priced just right, the seca 769 is a superb choice.



Specifications:

Capacity 440 lbs / 200 kg

Graduations 0.2 lb / 100 gm

Dimensions 32 3/8" x 11 1/2" x 15 1/4"

Base Dimensions 3" x 11 1/2" x 11 3/4"

Uses 4 AA alkaline batteries (AC Adapter is not needed) Includes scale-mounted height rod and 2 year warranty.

Model 69022.....Ship wt 22 lbs.....\$432.00

Precision Dial Health Scale



This mechanical scale is ideal for health facilities, senior centers, and doctors' offices. The large (6.75") dial is dual graduated in lbs and kg. Accuracy is plus or minus 1lb. Capacity is 320 lbs in 1 lb increments (150 kg/500 gm). Color, white. 12x18x4.25".

Model 68970.....Ship wt 9 lbs.....\$186.50

Take-A-Weigh Electronic Scale

Certifiable in every state because of its extreme accuracy – ± 0.1 lb ! Weight capacity is 500 pounds. It is the official weigh-in scale at H.S. & College wrestling championships: Michigan State, Northwestern U., WIAA, etc.

It's rugged too -- made with aluminum channels and no moving parts. Electronic strain gauges measure beam movements of as little as one millionth of an inch. Bright LED display of lbs or kg. Includes high capacity rechargeable battery with 110 volt adapter/charger.

Model 68987.....Ship wt 25 lbs.....\$735.00

18" x 16" platform



*For Heavy-Duty
Use in Rough
Environments*

**500 lb capacity
– certifiable!**



**Optional Nylon Zipper Carrying Case
Model 68988**.....Ship wt 2 lbs.....\$130.00

Professional BMI Scale



*Select
pounds
or
kilograms
LCD
Display*

**500 lbs,
+/- 0.1 lb accuracy
Body Mass Index
Programmable Setup
High Capacity Tare
Stability Sensing Mode**

This durable all-metal scale is ideal for health clubs, medical facilities, corporate fitness centers, and military fitness evaluations. The 500 lb capacity and +/- 0.1 lb accuracy allows precision

weight measurements for people of all sizes. Has "always-On" option for fast readings. You can expect 100,000 weight readings for each set of 6 C-cell alkaline batteries (included). Scale height, 42"; platform size, 16"x18"x1.75"; wt, 17 lbs. 3 year warranty.
Model 69950.....Ship wt 30 lbs.....\$750.00

Right-Weigh, 500 lb Capacity!



*Bright
LED
display*

*Select
pounds or
kilograms*

**500 lb
capacity!**

**+/- 0.1 lb
resolution
& accuracy!**

**made in
the
U.S.A.!**

Perfect for health clubs, corporate fitness centers, and athletic teams. Uses a microprocessor and strain gauge sensing

system with motion detection and smart averaging (accuracy and resolution is +/- 0.1 lb up to a capacity of 500 lbs.). Has auto-zero operation. Operates on 120 volts A.C. using a U.L. approved step down transformer. Height: 42". Platform: 16"x18".

Model 68984.....Ship wt 30 lbs.....\$690.00



Seca clara 803

No-slip LCD scale with: 330lb (150kg) capacity, 0.2lb/100g, auto-off. Up to 12,000 readings on 4-AAA bats. Size: 12.4 x 12.8 x 1.4" Shipping wt.....4 lbs.
Model 69024 \$64.95

Thinner™ Digital Scale

Accurate weighing up to 330 lbs (or 150 kg) to the nearest 0.5 lb (or 0.1 kg). The "Soft Step" has a four-digit 1.26" LCD Display (lbs/kgs). Made of injection molded ABS; lifetime batteries

Model 68978.....Ship wt 3 lbs.....\$49.95



"Tap-On"

Fat Loss Monitor -- Scale



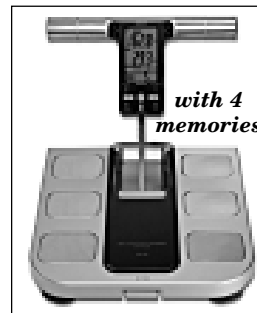
330 lb capacity

accurate -- features a four person profile memory and measurement storage for one day, one week, 30 days and 90 days for easy reference in tracking progress.

Model 70146.....Ship wt 8 lbs.....\$83.00

The Fat Loss Monitor-Scale displays overall weight, body-fat percentage, and body mass index (BMI). This monitor-scale is fast &

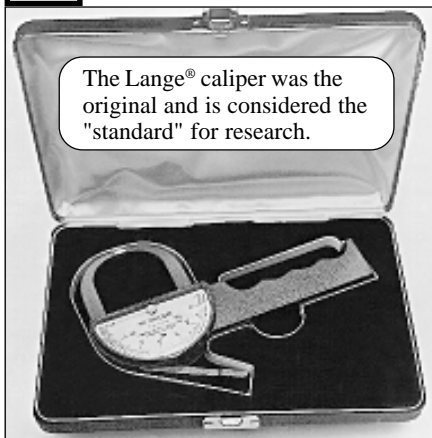
Body Composition Monitor/Scale



*with 4
memories*

and skeletal muscle mass levels -- making it easy to determine appropriate calorie intake & exercise levels. **Model 70147**.....wt 12 lbs.....\$136.50

Uses full-body sensing technology with hand grip and foot electrodes for highly accurate readings. It displays body fat%, weight, and body mass index (BMI). And it calculates visceral fat, resting metabolism,



Lange® Skinfold Caliper

The leading caliper for the measurement of subcutaneous tissue

Pivoted tips adjust automatically for parallel measurement of skinfolds

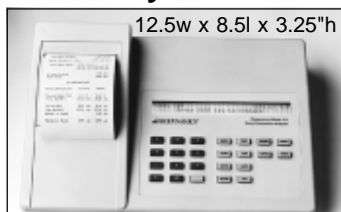
Constant measurement pressure -- approximately 10 gm/cm²

Manual includes tables to convert measurements to percent bodyfat

The Lange Skinfold Caliper is specifically designed for simple and accurate measurement of subcutaneous tissue for the determination of percent body fat.

This is domestically made — the brand to which all other calipers are compared. Quality feel and performance. Has constant pressure of 10 gm/cm² over entire operating range. Includes fitted case, and instruction manual with % fat tables. **Model 68902**.....Ship wt 4 lbs.....\$289.00

Biodynamics® 310e -- Portable Body Composition Analyzer



The Biodynamics 310e gives you the power to measure: percent body fat, lean weight, fat weight, basal metabolic rate, & total body water. Population-specific equations makes this unit uniquely accurate -- within 1.5% body fat and a .97 correlation to hydrostatic weighing. Get printed test results in just four minutes.

Press DATA to enter sex, age, height, and weight; attach sensors and press TEST which automatically displays the results; press TARGET to see recommended values; and press PRINT to generate a clear and concise report with individualized recommendations. There are also buttons for viewing hydration, resistance/reactance, English/metric units, and date. Includes: sensor cables, pads, battery charger, print paper, carrying case, manual. **Model 70140**....Ship wt 6 lbs....\$1475.00
Model 70142 Pkg/100 Sensor Pads.....\$26.50 **Model 70144 Pkg/4 Print Rolls**.....\$27.00

Tanita Body Fat Monitor / Scale



- 330 lb capacity
- Athlete, Adult, Child Modes
- Portable Display
- Healthy Ranges
- Weight only option

The LCD Display (with 1" high digits) can be handheld or wall mounted.

This monitor/scale features a special Athlete Mode for improved accuracy, as well as standard Adult and Child Modes. Used for weight measurement up to 330 lbs/150 kg (reads to 0.2 lbs/0.1 kg). Measures body fat in 0.1% increments. Easy-to-use -- select gender, height, and step on the unit. Uses 6 AA batteries. Platform size: 11.2 x 11.2 x 1.8". **Model 70138**.....Ship wt 10 lbs.....\$299.00

SKYNDEX® System I — Body Fat Computer



Ask about custom Dual Programming

The Skyndex System I is preprogrammed to automatically display percent body fat after taking a few simple skinfold readings — quick (45 sec), accurate, and repeatable. Features 0.1mm resolution; operates on a 9 volt battery; Wt 11 oz; 10.5x7.5x2.75". With AC adapter & carrying case. **Durnin formulas** (biceps, triceps, subscapular, supra-iliac). **Model 68930**....wt 4 lbs...\$450.00

Jackson-Pollock formulas (chest, abdomen, & thigh for men; iliac crest, triceps & thigh for women). **#68931**.....4 lbs....\$450.00

CALTRAC® - Makes Weight Control Easy



Caltrac provides an accurate way to help people control their weight and improve their health. It's the only low-cost, kinetically-sensitive, palm-size computer/monitor that continuously logs any kind of activity and converts it automatically into calories expended. Easy-to-use: just program your vital statistics; push one button for an accurate accounting between calories gained and calories used. Weighs only a few ounces; conveniently worn -- just clip it to your belt. Has large LCD display & detailed user instructions.

Model 68941.....Shipping weight 2 lbs.....\$90.00

Omron Body Fat Analyzer, % readings in 7 sec.

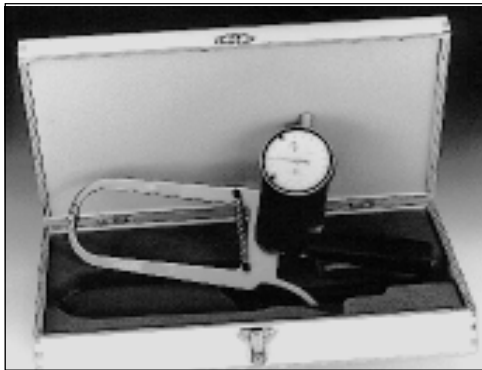


Measures just 8"L x 2"W x 5"H

Omron Body Fat Analyzer gives accurate measurements in just 7 seconds. Start by entering your personal data -- height, weight, age, and gender. Store your personal profile in any of the 9 memories for future measurements. Hold the two handles and press START... Your percent body fat, pounds of body fat, and BMI index are shown on the LCD display.

Because it's so quick and easy to use, the Body Logic will become a routine part of your periodic fitness reassessment. The new athlete mode delivers greater accuracy for well muscled, athletic individuals. The

Omron Body Fat Analyzer comes with an instruction manual and operates on 2 AAA batteries. Size: 8"L x 2"W x 5"H; weight: 8 oz (w/o batteries). **Model 70185**.....Ship wt 2 lbs.....\$62.00



Harpenden Skinfold Caliper

A beautifully made caliper from England with a precise 360 deg dial scale and large, properly tensioned jaws. This is the caliper that was first used to establish norms for determining percent body fat. Includes case and instructions.

Model 68875.....Ship wt 6 lbs.....\$495.00

**Affordable Skinfold Caliper
Determine Percent Bodyfat**

Great for fitness assessment. This precision instrument is used by thousands of doctors. It measures the thickness of a fold of skin



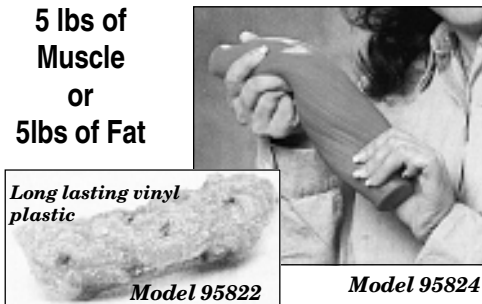
and its underlying fat. With a few quick skinfold measurements, you can accurately determine % body fat. Plastic calipers keep the price low. Included with the caliper is a 22-page manual which has detailed instructions and eight look-up tables. Skinfold measurement accuracy is +/- 1mm.

Model 68910.....Ship wt 2 lbs.....\$24.95



Anthropometric Tape Measure

This is a 5 foot long, non-stretch measuring tape (English / Metric). The plastic end piece applies tension to the measuring tape providing a more accurate measurement. This tape measure is not individually calibrated (as is the Gulick II Measuring Tape), but is used for some applications. **Model 67022**.....Ship wt 1 lb.....\$15.00



**5 lbs of Muscle
or
5 lbs of Fat**

Long lasting vinyl plastic
Model 95822

Model 95824

Outstanding teaching tools!

Model 95822 Fat Model.....\$139.95

Model 95824 Muscle Model.....\$169.95

Get both and save... \$249.95 per pair

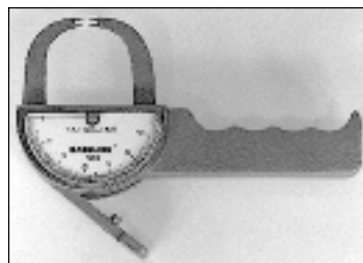
Save \$ on 1 Pound Models...

Model 95826 Fat Model.....\$49.95

Model 95828 Muscle Model.....\$94.95

Get both and save... \$129.95 per pair

Professional Skinfold Caliper



The Professional Skinfold Caliper is a lower priced "Lange look-a-like" for determining percent body fat. This caliper measures subcutaneous fat or adipose tissue. Nylon tipped jaws and constant tensioning mechanism insure accurate readings up to 60 mm. Sturdy professional quality aluminum caliper has contoured handgrip. Includes manual, conversion tables, and foam fitted carrying case. **Model 68900**.....Ship wt 4 lbs.....\$210.00

PrePak™ -- How Physical Therapists Make House Calls



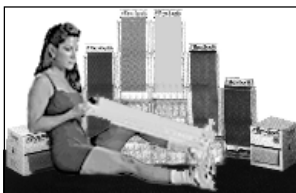
The Home Ranger™ Pulley - use to increase and maintain shoulder range of motion. Use in any home doorway. The marks on the pulley rope make progress easy to gauge and provide motivation & positive reinforcement. This custom braided rope will not fray, flatten, or unravel with repetitive use. The Sure Track Pulley® is a smooth gliding nylon that eliminates annoying squeeks, messy metal residue, or snags which cause rope degradation. The rubber tipped web strap assures it is slip proof -- use with any standard door. Includes exercise booklet. Over 600,000 patients since 1987.



PrePak™ take-home physical therapy devices allow patients to maintain or increase the gains made in the clinic. Home time becomes productive time, rather than inactive and counter-productive time...

Model 76130.....ship wt 2 lbs.....\$19.95 ...6 or more.....\$17.50
Model 76131, Tear-off exercise sheets; pad of 50.....\$12.00

Thera-Band® for Progressive Resistance



Thera-Band® sets the standard for reliable, effective, low-cost resistance therapy and conditioning programs. 8 color-coded progressive resistance levels improve strength, ROM and coordination of muscle groups. Excellent for upper and lower body therapy. Ideal for clinic and home settings.

COLOR	6 YD ROLL	50 YD ROLL
Tan	Model 71611 \$15.50	Model 71621 \$88.00
Yellow	Model 71612 \$16.50	Model 71622 \$95.95
Red	Model 71613 \$17.50	Model 71623 \$102
Green	Model 71614 \$19.95	Model 71624 \$107
Blue	Model 71615 \$22.50	Model 71625 \$122
Black	Model 71616 \$23.95	Model 71626 \$133
Silver	Model 71617 \$35.95	Model 71627 \$153
Gold	Model 71618 \$48.50	Model 71628 \$205

.....\$12.00



Cut tubing to any length...

Challenge P.R.O.™ Tubing

Used for rehabilitation, strengthening and conditioning, P.R.O. Tubing can provide the means to safely improve muscular strength and endurance, range of motion and flexibility. It is versatile and easy to use in four color-coded levels of resistance. The 45 inch long tubing has two large, non-bending, solid plastic handles that do not bind the hand. Ship wt, 1 lb; with exercise instructions.

Model 71681, Level 1 Fuschia.....\$8.00 **Model 71683**, Level 3 Teal.....\$10.95
Model 71682, Level 2 Yellow.....\$9.00 **Model 71684**, Level 4 Silver.....\$12.95

Challenge P.R.O.™ Tubing, Cushioned Handles

Cushioned grips over rigid plastic handles... our customers love these improved handles that do not bend. Tubing can provide the means to safely improve muscular strength and endurance, range of motion and flexibility. There are four color-coded levels of resistance. The 45 inch long tubing can be cut to any length. Shipping weight, 1 pound; includes exercise instructions.



Cut tubing to any length...

Model 71781, Level 1 Fuschia.....\$11.25 **Model 71783**, Level 3 Teal.....\$13.95
Model 71782, Level 2 Yellow.....\$11.95 **Model 71784**, Level 4 Silver.....\$15.00

Fitness Testing 101 for Personal Trainers



Set goals and increase motivation without a lot of expensive equipment. It includes a wide assortment of

tests from each of the major fitness areas. Test and assess your client, provide normed benchmarks, and chart progress. You will be able to prepare customized training programs. 172 pages; 6 x 9"; paper-back. #91965....2 lbs.....\$38.95



Cando® Balance Boards

These sturdy balance boards are designed to improve ankle ROM, facilitate balance and body awareness, and lead to better joint mobility and reaction skills.

Feature non-slip gripper treads. Higher boards increase difficulty.

Model 72220 Round, Interm. 2" ball...Ship wt 10 lbs...\$48.00
Model 72221 Round, Adv. 3" ball.....wt 10 lbs.....\$48.00
Model 72223 Square, 2" flat bottom.....wt 10 lbs.....\$36.00
Model 72224 Square, Interm. 2" round.....10 lbs.....\$39.00
Model 72225 Square, Adv. 3" round btm....10 lbs.....\$42.00

BIOFREEZE® – Pain Relief that works™ (with ILEX)

BIOFREEZE® relieves pain by creating a cooling sensation within the skin. Because it contains the South American herbal **ILEX**, users report a deeper, longer lasting pain relief than



HELPS RELIEVE:

- Back & Neck Pain
- Hip and Leg Pain
- Shoulder-Arm Pain
- Muscle Spasms
- Painful Joints
- ...and pain from:
- Arthritis/Tendonitis
- Sports Injury
- Strained Muscles

conventional cooling gels. The cooling effect increases healing through relaxation of stiff and aching muscles.

Those who benefit the most from its use are those who suffer from back pain, muscle spasms, arthritis and tendonitis. BIOFREEZE® is preferred by weight trainers, professional athletes, sports enthusiasts, those who have a tendency to overuse or misuse their muscles.

Many Health Care Professionals recommend that their patients use BIOFREEZE® for maximum pain relief between office visits. BIOFREEZE® is not sold in any retail stores.

Model 70432, 16 oz w/pump.....ship wt 2 lbs.....\$54.95

Model 70435, Roll-On (3 oz)....wt 2 lbs...pkg of 3 @ \$46.50

Model 70436, Tube (4 oz).....wt 2 lbs.....pkg of 3 @ \$47.00

Model 70430, 1 gal w/pump, 9 lbs \$167.50 **Model 70431**, 32 oz w/pump....wt 3 lbs....\$65.75



Portable Therapy Table

This portable therapy table is used by sports medicine professionals, physical therapists, chiropractors, and massage therapists in the home and clinic. Made of lightweight aluminum, but strong enough to safely hold 350 pounds. It is easy to store, transport, and set up quickly wherever needed. Measures: 30" high (fixed) by 72" long by 24" wide. Wt 41 lbs. Standard color is black; other colors available (for \$20 extra): **Mauve, Teal, Gray, Burgundy, Blue, Cream.** Order using model

number-color (example: 77810-T for teal). **Model 77810-BK**...(black)...Ship wt 49 lbs...\$350.00

Facial opening option, order # **77822**.....only at time of ordering.....\$27.00

Double padding option, order # **77824**.....only at time of ordering.....\$27.00

Carrying Case: durable Dupont® Cordura® Nylon w/handles & wheels. #**77830**.....6 lbs....\$100

Dual Channel Electronic Pulse Massager



This is an easy-to-use dual channel muscle stimulating massager that provides a multitude of benefits. It provides effective relief of symptoms caused by cervical spondylosis, scapulohumeral periarthritis, arthritis, and lumbar muscle pain, as well as alleviate symptoms of peripheral nerve palsy and myalgia. Frequently used merely for better

blood circulation and reduced fatigue. Four electrode pads enable two areas to be massaged at the same time. Each channel can be individually adjusted. Uses 2 "AAA" batteries. With zipper case.

Model 74010.....Shipping weight 3 lbs.....\$44.95

Model 74012 Replacement Pkg/4 Electrode pads.....\$18.95

Three Chart Stretching Series



Upper Limbs

Trunk & Back

Lower Limbs

• Size: 23" x 33"

Model 95766....\$79.95

Injury Charts, 20" x 26"



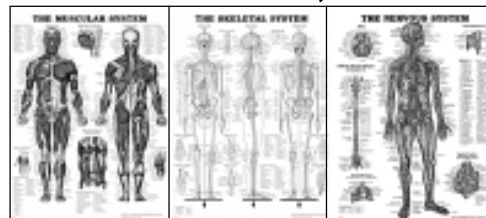
These colorful charts feature a light lamination that makes them long lasting and easy to wipe clean.

Model 95615 Shoulder Injury..2 lbs.\$19.95

Model 95616 Hip Injury....wt 2 lbs...\$19.95

Model 95617 Knee Injury.....2 lbs....\$19.95

Anatomical Charts, 20" x 26"



These colorful charts feature a light lamination that makes them long lasting and easy to wipe clean.

Model 95610 Muscular Sys.... 2lbs....\$19.95

Model 95612 Skeletal Sys.... 2lbs.....\$19.95

Model 95614 Nervous Sys....2 lbs....\$19.95



Acuflex II

ACUFLEX I - TRUNK FLEX Tester

Here is a better sit and reach box for testing trunk flexibility — it adjusts for variations in arm and leg length. Provides greater accuracy than previously possible. All-steel construction; with norms and instructions. Perfect for schools, fitness centers, & health clubs. **Model 67091** 16 lbs \$265.00



Acuflex I

ACUFLEX II Trunk Rotation Tester Tests the flexibility of many body parts, including ankles, knees, trunk, shoulder and neck. Mounts on wall. **Model 67092**.....Ship wt 9 lbs.....\$215.00

ACUFLEX III Shoulder Rotation Tester

Shoulder rotation is a vital flexibility factor for many sports & should be included in every fitness screening. Also measures the biacromial width without having to purchase a separate (expensive) caliper. With instructions.



Measures shoulder rotation and biacromial width

Model 67093....Ship wt 5 lbs....\$85.95

Hite-Roller™ – Wall-Mounted Measuring Tape



Just mount it to the wall -- when not in use it's tucked up in its own compact case. To measure, just pull down. Shipping weight, 2 lbs.

Model 67033, 1-78 inches.....\$58.00
Model 67034, 1-200 cm.....\$58.00

Stadi-o-meter, Professional Height Measuring Device



Model 67031 Stadi-o-meter

Consists of a blue steel strip with white markings and a sliding magnetic height marker. Measures 30 to 84 inches and 77 to 214 cm. **#67031**....4 lbs....\$115.00

GROWTH GUIDE

The Growth Guide Accessory is a norms chart which shows height & weight ranges for ages 2 to 18 and mounts behind the Stadi-o-meter.

Model 67030.....\$28.50

Seca Portable Stadiometer

This portable stadiometer is perfect for use at multiple locations. It can measure up to 6 foot 6 inches and all (4) pieces fit neatly into the footplate for easy transport (size: 16.5 x 14 x 1"). Gradations are 1/8" and 1 mm (both english and metric). The measuring range is 8" to 82". Wt 6 lbs **Model 67029**.....\$198.00



Seca Economy Stadiometer

Features a built-in leveling bubble and light weight resin design. The headpiece comes with a lock knob for measurement accuracy and safety. For convenience, readings can be taken in both feet and inches. Measuring range: 24" to 83" (61 to 212 cm); graduations: 1/16" (1mm). **Model 67039**.....wt 6 lbs.....\$130.00



Seca Telescopic Stadiometer

Since it's floor mounted, calibration is eliminated. It's so accurate and easy to use, it's been selected for use by the U.S. Army. Because it telescopes, readings are always made at eye level. Made of heavy gauge anodized aluminum. An added foot plate & multiple wall spacers (to compensate for baseboards) makes it a snap to install. Measurement Range is: 2-90.5" / (6-230 cm); graduations: 1/8" / (1 mm). Features



a drop down headpiece for safety. Comes with a 4-inch round attachable headpiece, as required by the CHDP program & pediatric sub-specialties. 1 yr warranty. **Model**

67032.....Ship wt 12 lbs.....\$289.00



Includes Cooper Flexibility tables for men & women

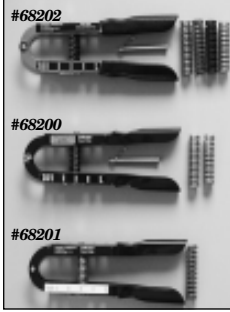
All steel!

Trunk Flexibility Tester

Sometimes called a Sit-and-Reach Test. Flexibility, an important measure of fitness, is easily determined with this all-steel tester... just sit on the floor and reach forward as far as possible. A foot plate prevents slipping and eliminates the need to prop it against a wall. Has inch & centimeter scales. Normed for adults & children. Foot plate at 15 on the inch scale & 23 on the cm scale. Scale range: 10-26" / 9-50 cm. Stores flat. Height, 12". **Model 67055**...wt 14 lbs...\$145.00

Power Grip Exercisers

are the fastest and most efficient way to develop hand and forearm strength. Calibrated tension can be quickly adjusted. All-steel construction with handgrips.



Pro Grip: 5 springs & 2 retainer pins & clips. 25 settings: 5-150 lbs. Max, 240 lbs. **Model 68202**.....wt 4 lbs.....\$33.95

Delux Grip: 3 springs & 2 retainer pins & clips. 15 single spring settings: 10-155 lbs. Max 170 lbs. **Model 68200**.....wt 3 lbs.....\$26.95

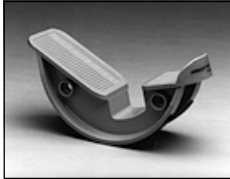
Rehab Grip: 2 springs & 1 retainer pin & clip. 10 settings: 5-50 lbs. **Model 68201**.....wt 3 lbs.....\$24.95

BMI Calculator



Body Mass Index allows you to accurately compare yourself to anyone of the same age & height. Just enter height and weight and push the button. Also works as a standard calculator.

#69005...wt 1 lb...\$42.95

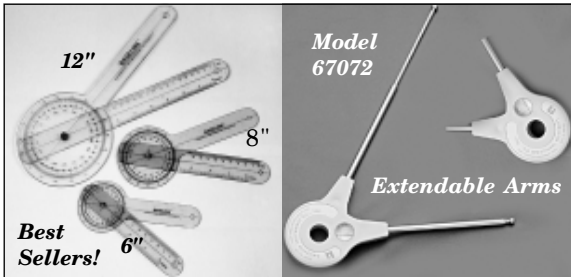


ProStretch® Portable Lower Extremity Rehab Device

ProStretch® is used both before and after exercise to reduce the risk of injury, to increase flexibility, range of motion and performance. Provides controlled stretching -- even for the Achilles Tendon & Plantar Fascia. Great for rehab. **Model 72230** single.....Ship Wt 3 lbs.....\$34.50

Wall-Mount Goniometer

Measures thoracic & lumbar ROM, lateral & forward flexion and extension. Height adjustable to client's L4 & L5 axis points for measurement. **#67012**...\$110.00



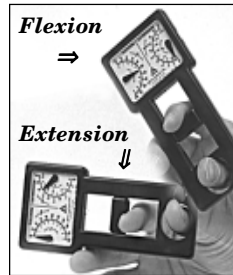
Clear Plastic Goniometer

Frequently used for X-rays. Has a 360° scale with 1° increments. **Model 67077**...12".....Ship weight 1 lb.....\$21.00
Model 67078...8".....Ship weight 1 lb.....\$11.00
Model 67079...6".....Ship weight 1 lb.....\$9.95

Extendable Goniometer is for both small and large joints. It has dual 180 degree scales and a 4x magnifying lens. Features a smooth precision glide and the stainless steel arms extend from 9" to 26". **Model 67072**.....Ship wt 1 lb.....\$96.00

FINGER GONIOMETER For measuring range-of-motion for the metacarpophalangeal and interphalangeal joints. Lineal inch/cm scale for phalanges. Made of stainless steel. 6" long. **Model 67015**.....Shipping weight 1 lb.....\$44.50

Psytech™ Flexion / Extension Gauge



This dual function, lightweight plastic pinch gauge measures both finger flexion and finger extension.

Separate scales record in both pounds & kilograms. Max. readings held until reset. Capacity: Flexion, 20 pounds; Extension, 5 pounds. **#68820**.....2 lbs.....\$135.00

Baseline® Inclinometer

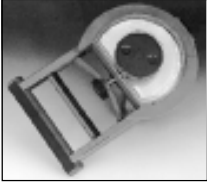
No Mercury used!



It quickly measures the range of motion of the body parts, such as: neck, shoulder, elbow, wrist, MCP, hip, knee, ankle, and spine.

Simply place the the inclinometer near the joint; turn the dial until the scale reads zero; take the joint through its range; read the total range directly from the dial.

Model 67140.....2 lbs.....\$82.50

SMEDLEY III Hand Grip Dynamometer

This professional model is used extensively by health and fitness facilities. Single pointer holds peak reading, 0 to 100 kg. High density plastic

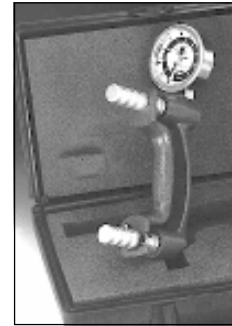
frame has comfortable cushioned hand grips that adjust 4 to 7 cm for children to adults. **Model 68812**.....wt 3 lbs.....\$225.00

Digital SMEDLEY III Dynamometer

LCD display, 7.0 to 99.5 kg. Holds peak reading. Has auto power off & uses AAA batteries. **Model 69813**.....Ship wt 3 lbs.....\$382.00

Hydraulic HAND DYNAMOMETER

This rugged hydraulic hand dynamometer features: 5-position adjustable metal hand grips, dual pointers (one holds the peak reading), and dual scales, 0 to 200 pounds and 0 to 90 kgms. Isometric design - no feeling of handle motion while squeezing.



Model 68840.....Ship wt 6 lbs.....\$275.00

Back - Leg - Chest Dynamometers

This dynamometer is made in the U.S.A. and features all-metal construction. It is non-electric with a dual analog scale from 0 to 660 pounds in 5 lb divisions and 0 to 300 kilograms in 1 kg divisions. Holds the peak reading until manually reset.

Model 68815....wt 18 lbs....\$495.00

**Baseline®
Pinch
Gauges**

These sturdy mechanical pinch gauges measure tip, key, and palmer pinch strength in both pounds and kilograms. The indicator remains at the max. reading until reset.

Model 68824, 10 pound scale.....\$200.00

Model 68826, 30 pound scale.....\$200.00

Model 68828, 60 pound scale.....\$200.00

STRESS DOTS®

Stressdots indicate relative stress level by changing color in response to a change in skin temperature. Skin temperature drops under stress as blood flow is redirected to the large

muscle groups. Self-adhesive Stressdots are helpful in learning how to relax since they are in use throughout the day. Great for groups and as "take home trainers". Each training card has 10 dots & instructions.

Model 92100, 5 cards.....(50 dots).....\$22.50

Model 92101, lrg set.....(250 dots).....\$99.95

Educational Starter Kit, Includes: 400 Stressdots (40 strips of 10 dots each), 400 information flyers, and one 17 x 22" training poster. **Model 92103**.....wt 4 lbs.....\$133.50

Health Fair Kit, Includes: 100 strips of 10 dots each; 1000 information flyers, temp chart, relaxation technique; and 17x22" poster. **Model 92102**.....10 lbs.....\$225.00

Free Sample...

Try a free sample to see if Stress Dots are useful for you. Just call or send us an email.

CHEMCARD™ Cholesterol Test -- minutes / NO expensive equipment!

Chemcard™ is an effective method for immediately screening for elevated cholesterol levels. Great for clinics, health fairs, corporate fitness centers, etc. It requires only one drop of blood



1 drop blood + 3 min +
match colors = Cholesterol

from a fingerstick on the special card... wait 3 minutes.. peel off the tab area and match to the surrounding colors... read the results. (94 to 98.8% accuracy). Each inexpensive card test is individually foil sealed and has a shelf life of 12-15 months. Chemcard™ is FDA approved for professional use by healthcare professionals.

Model 16160 Box of 24 tests.....Ship wt 2 lbs.....\$120.00

Model 16104 E-Z JECT Lancets (200).....\$12.95

Model 16106 Auto-Click Finger Stick Device.....\$22.50

CHEMCARD™ Glucose Test -- 3 minute screening test

The Chemcard™ Glucose Test is ideal for on the spot testing in a physician's office or for mass screenings. No instrumentation is required -- results are simple to read. Just one drop of blood from a fingerstick is needed on the special card. After 3 minutes, peel the "tab" area and slide the inner card up and down and choose the closest matching color for results. Clinical trials correctly classified 100% of those with abnormal fasting plasma glucose, and 98.9% of those with normal fasting plasma. CLIA Waived. Not intended for diabetic monitoring.



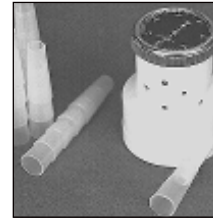
Model 16162 Box of 24 tests.....Ship wt 2 lbs.....\$72.00

SPIRO PET – Small Dry Spirometer

Many of our customers use this device to document progress made in rehab and conditioning. This low cost hand-size dry spirometer measures lung capacity (FVC) from 1 to 7 liters. Also used for pulmonary screening. Uses an air-flow powered, precision gear train to indicate air volume in 100 cc increments from 1000 to 7000 cc. It's very easy to use... simply turn the top dial to re-zero. Includes 50 mouthpieces & brief instructions.

Model 64450.....Shipping weight 2lbs.....\$150.00

Disposable Cardboard mouthpieces, package of 100, **Model 64456**....ship wt 1 lb...\$10.00



Micro Spirometer -- for Clinical Testing

It's a powerful diagnostic tool for use in the assessment of respiratory disorders and is ideal for large scale clinical trials, bedside screening, emergency room use, & fitness testing. Provides a digital display of FVC and FEV-1 and meets all ATS accuracy standards. With case, instructions, 9v battery, & norms. **Model 64430**.....wt 3 lbs.....\$465.00

Micro Spirometer Plus – with Peak Flow

This advanced model displays the four most common lung function measures: FVC, FEV-1, PEF (Peak Expiratory Flow), and the ratio of FEV-1 / FVC. The ergonomically designed unit has a textured surface which affords an easy and reassuring grip by both adults and children. **Model 64432**.....Ship weight 3 lbs.....\$915.00

SpiroFlow™ Peak Flow Meter

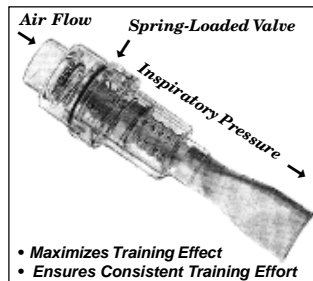
Track your respiratory changes over time (changes in aerobic fitness). This pocket size (1.2 oz) unit has an extended range of: 60-800 L/M and can be cleaned in any dish washer. With color coded Asthma Care Management System. Size: 3.3L x 2.5w x 0.9" thick. Includes: instructions, cloth bag, and daily record card.

Model 64495.....Shipping weight 1 lb.....\$19.95



Disposable Spirometer Mouthpieces (for most spirometers) (pkg of 100)

for most models of spirometers (cardboard, 1.125" dia. x 2.5" long) **Model 64440**... 2 lbs...\$20.00



Threshold® — Increase Your Aerobic Capacity !!!

Training at 30% of maximal inspiratory pressure for 2 months will increase max. inspiratory pressure, improve endurance time, and increase the distance walked in 12 minute trials. This trainer provides a constant and specific training workload, regardless of how fast or slowly you breathe. The adjustable (and calibrated) spring-loaded valve blocks air flow until you can produce enough inspiratory pressure to overcome the spring force. This single person trainer can be cleaned in warm soapy water. **Model 64485**.....Ship wt 2 lbs.....\$39.95

CPR Microshield®

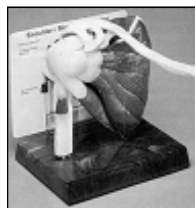
Allows quick & confident single person rescue with a clear, flexible barrier. A positive one-way valve affixed to a unique breathing tube maintains an open airway during mouth-to-mouth resuscitation. Includes easy instructions, latex gloves -- all in a poly bag. **Model 55510**.....ship wt 1 lb...\$14.00



Rotator Cuff Model

Has a removable encapsulated humerus. It shows the rotator cuff's role in both fixing the humerus in the glenoid cavity & depressing it during elevation. With education card & base.

Model 22160....size: 5x6x5.5"....\$134.50



Functional Knee

Has detachable ligament system, allowing a complete views (19 parts). The ligaments are made of hard elastic for durability, and demonstrates the full range of motion -- including flexion, extension, and inner and outer rotation.

13.5" x 7" x 7". **Model 22162**.....8 lbs.....\$360.00

Accusplit 10,000 Step Pedometer

This is a large digit pedometer with the most accurate step counting mechanism available. Comes with 3-way pedometer leash.

Model 84118 Pedometer....shipping weight 1 lb.....\$27.95

Electronic Step Pedometer

Ideal for walkers, hikers and joggers. The large display makes it extremely easy to read as you exercise.

There are no adjustments to make -- just a single reset button. Records 1 to 99,999 steps. Includes a tough belt clip. **Model 68956**.....Ship wt 1 lb.....\$15.95

Omron® Premium Pedometer

This pedometer counts steps while placed in your pocket or clipped to your belt. It will count steps and count aerobic steps during walking or jogging. Also it tracks distance traveled in miles and tracks the amount of calories burned. Features: detachable holder with spring clip; AM/PM clock; 7 day memory function; and comes with a 1 year warranty. **Model 84112**.....Ship wt 1 lb.....\$51.95

ThinQ Pocket Pedometer

At a mere 3mm thin, this credit card inspired wafer will slide into your pocket and track your steps, distance & calories burned.



- * Counts steps
- * Measures distance
- * Calculates calories used
- * Includes sport timer
- * Detailed instructions
- * Button battery included
- * 1 year warranty

Model 84115.....Ship wt 1 lb.....\$26.95

"Gel" Sports Timer

This eye-catching translucent green "Gel" water resistant stopwatch times single events, time-out activities, and cumulative splits. Captures 1-2 fast finishes. Times to 24 hours (30 minutes at 1/100 sec). Has time of day, date, & alarms. **Model 82622**.....wt 1 lb.....\$15.95

**Giant Sports Timer**

with whistle and graphite translucent case



Times single events, time-out activities, cumulative splits, and 1-2 fast finishes. Times to 24 hrs. Precise to

1/100 second. Shows time of day, date & alarms. **Model 81010**.....wt 1lb.....\$20.95

Accusplit Stopwatches

Both are water-resistant to 100 feet, 1/100 th second resolution, 1.5 year battery life, & 5 yr warranty...



Model 82510
....\$22.95

- * Cum Split
- * 1,2 Fast Finish
- * Split Release Action
- * Event Timeout
- * 24 Hour Time Range
- * 12/24 Time of Day
- * Date and Day of Week
- * No Fail Buttons
- * Heavy Duty Case
- * Magnum XL Display
- * 5 year warranty

Econo - sport Stopwatch

Translucent ice-blue Econosport Stopwatch times single events and time-out activities. Times cumulative splits and captures 1-2 fast finishes. Precise to 1/100 sec, times to

24 hrs (30 min at 1/100sec). Also has time of day, date, and alarms. **#82624**...1 lb...\$10.95



Model 82526
....\$11.95

- * Cum Split
- * 1,2 Fast Finish
- * Split Release Action
- * Event Timeout
- * 24 Hour Time Range
- * 12/24 Time of Day
- * Alarm
- * Date and Day of Week
- * Heavy Duty Case
- * 5 year warranty
- * For PE, Track, etc.

Sports Timer

This is an all purpose stopwatch with a large display and black water resistant case. It times single events, time-out activities, and cumulative splits. Captures 1-2 fast finishes. Times to 24 hours (30 minutes at 1/100 sec). Has time of day, date, & alarms. **Model 81020**.....\$15.95



Polar® Wireless Heart Rate Monitors

All models feature: chest strap/sensor that transmits to wrist watch receiver for continuous display of heart rate; water resistant to 30 meters. ECG accuracy.



FS1



FS3



F6

FS1 This slim, fashionable heart rate monitor has an easy-to-read LCD display with extra-large digits. Has a manually set target zone with alarms & displays: heart rate, exercise time, and average HR. With time of day & stopwatch function. Color, dark blue. **Model 60909**....Ship wt 2 lbs....\$59.95

FS3 Has all the features of model FS1 plus: max. h.r., Automatic age-based target zone and a backlighted display; shows date & weekday. Color, dark grey. **Model 60910**.....Shipping weight 2 lbs.....\$79.95

Model F6 is the best choice for groups of exercisers, like indoor cyclists. Coded transmission prevents crosstalk — you get only your own accurate readings. OwnIndex™ will determine your fitness level, track your improvements, and provide motivation. The OwnCal™ feature counts the calories that you burn and the new OwnZone™ feature will automatically determine each day's target zone. The F6 is a "must have" for the individual seeking guidance and motivating feedback. Color, black coal. **Model 60912**...Ship wt 2 lbs...\$109.95

Model F11 includes all of the features of model F6 (not pictured -- looks like the F6). It's the only h. r. monitor that creates a workout program to tell you how to reach your goals. Even the WearLink™ transmitter is special -- made of a soft fabric material. Color, grey pepper. **Model 61237**.....2 lbs.....\$159.95

Mio™ — ECG

Accurate Heart Rate without a chest strap

Mio Drive features: on-demand, ECG accurate heart rate without a chest strap; calculates calories burned during exercise; designed to utilize the MIO 3500 Calorie Count-down program; five (5) exercise timers: Count up, Count down, Count up with warm-up, Walk/Run, and Repeat; and user accessible battery hatch.

Model 61091 Mio Drive.....Shipping weight 2 lbs.....\$79.95

With **Mio Breeze** measuring your heart rate is as easy as applying two fingers to the watch for a matter of seconds. So forget the chest strap. Wear your MIO Breeze wherever you go and you will always know your heart rate. The Breeze features: easy to use, easy to wear - ECG accurate heart rate, without a chest strap; exercise safely and effectively with visual exertion level indicators and % of maximum heart rate; two (2) exercise timers: Count up and Count down; user accessible battery hatch (no tools required). **Model 61092 Mio Breeze**.....Ship wt 2 lbs.....\$69.95

Mio Classic is an affordable basic model which features: ECG accurate heart rate without a chest strap; personalized percent of maximum heart rate display; counts calories burned during exercise; tracks calories consumed against a daily calorie target; and it displays your daily calorie balance. **Model 61093 Mio Classic**.....wt 2 lbs.....\$59.95

Model 61091



MioDrive

Model 61092



MioBreeze

Model 61093



Mio Classic



**1-2-3 HEART RATE MONITOR
Eliminates Erratic Readings**

In just three heart beats an accurate reading is displayed -- ideal for fitness facilities, rehab centers, hospitals, clinics, clubs, and health spas.

It uses a new insulated NASA ECG electrode sensor that ignores perspiration, body oils, and conditions of motion. A micro-computer rejects errors. Easy-to-use... Simply place one finger of each hand on the sensors.

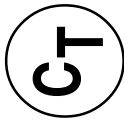
Readings are updated every 2 seconds and displays the average of the last eight heart beats. Has auto turn-off. With instructions & mounting bracket. **Model 60123**.....ship wt 3 lbs....\$395.00
Optional Floor Stand, Model 60123X.....shipping weight 20 lbs.....\$140.00

Country Technology... phone: 608-735-4718 fax: 608-735-4859 email: cttech@mwt.net

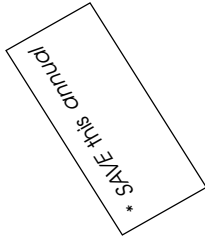
3 John 1:2 Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.

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TO:



Photodynamic (Light) Therapy



The Lumen 90™ The most Advanced Photon Therapy Device Available!

*The advanced controller generates
Nogier Pulse Frequencies for
superior therapeutic results.*

What Does Light Therapy Do?

- Increases the formation of capillaries, which speed up the healing process with more oxygen and nutrients.
- Stimulates the production of collagen, which is essential for repairing damaged tissue.
- Stimulates the release of adenosine triphosphate (ATP) which increases the energy level in the cells -- promotes faster nutrient uptake & waste product removal
- Increases lymphatic system activity.
- Stimulates fibroblastic activity.
- Raises the temperature of the cells even though there is no heat produced from the diodes themselves.

The Lumen 90™ utilizes state-of-the-art technology to help activate the natural healing processes in the body. Super-luminous light emitting diodes (LED's) produce photons at different wavelengths in the near-infrared/visible red spectrums. The FDA has approved this powerful, conveniently-sized device for:

- **Increased local circulation**
- **Reduction of pain**
- **Improved range of motion**
- **Muscle relaxation**

The Lumen 90™ application pad measures 4" x 8" and contains 90 LEDs -- fifty 200 mW IR (infrared) with an emission wavelength of 880nm and forty 3000mc SLDs (superluminous leds) with an emission wavelength of 650nm. The total average output is approximately 6.25 watts (maximal output power for minimal treatment times -- competitors often hide/inflate specs).

The controller pulses the LEDs at tissue specific frequencies as determined in the mid 1970s by a medical team headed by Dr. Paul Nogier. (The settings are used also in TENS units.) By pulsing at the specific frequencies of ectodermal, endodermal, and mesodermal tissues, we believe that the powerful Lumen 90™ heals faster while minimizing pain. **Model 22770**.....Shipping weight 4 lbs.....\$785.00