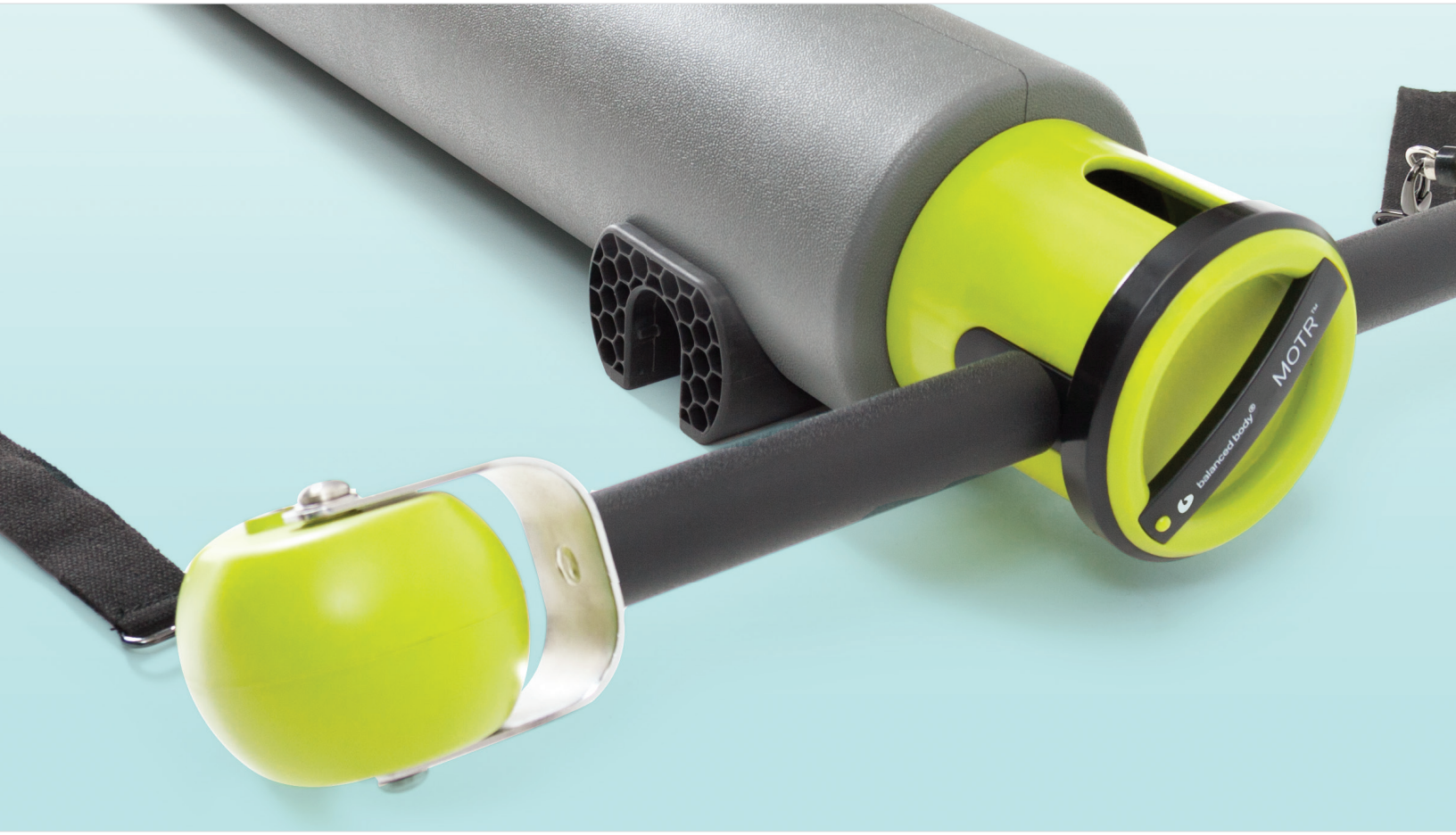
# MOTR®

## SMART FITNESS MADE SIMPLE




balanced body®






# MOTR®: Unlimited programming, limitless results.

**MOTR®** is way **MO**re **T**han a **R**oller. Work on different exercise categories depending on what you and your clients feel like doing, all on an easily portable 43" cylinder. It's perfect in any fitness setting - clubs, studios, clinics and home.

# What do you want to work on today?

### GROUP X PERSONAL TRAINING

It can be challenging to keep sessions fresh. Not with MOTR. Functional training, cardio, upper body, lower body: focus workouts on one area, or mix and match from each of our Exercise Tracks.

### PILATES STUDIOS

MOTR is an excellent complement to your Pilates program. (Try Reformer exercises on it!) It's also an exciting, low-cost alternative to equipment classes, for people who may not think they can afford Reformer classes.

### REHABILITATION

MOTR provides a way to implement mind-body rehab at a fraction of the price tag and floor space needed for larger equipment. It's an awesome tool for improving balance and offers gentle strengthening exercises that are easy on the body. Great for post-rehab, too.

### AT HOME

Economic in price and floor space, MOTR gives you an abundance of exercise categories from Pilates to functional training. Comes with exercise flash cards and a DVD with two additional workouts.



Core | Agility | Upper Body | Lower Body






## SO SIMPLE TO GET STARTED.

Discounted bundles* make it simple and affordable to get your MOTR program up and running. Bundles include:

» MOTR units
» On-site training at your facility (only one weekend!)
» Marketing materials to promote your MOTR program
» Access to programming videos

Call us! We can help you design the bundle mix that works best for you.

## INCLUDES

MOTR with DVD (2 workouts) and flashcards (24 exercises and 4 sample workouts)
One year limited warranty / 30-day money-back guarantee.

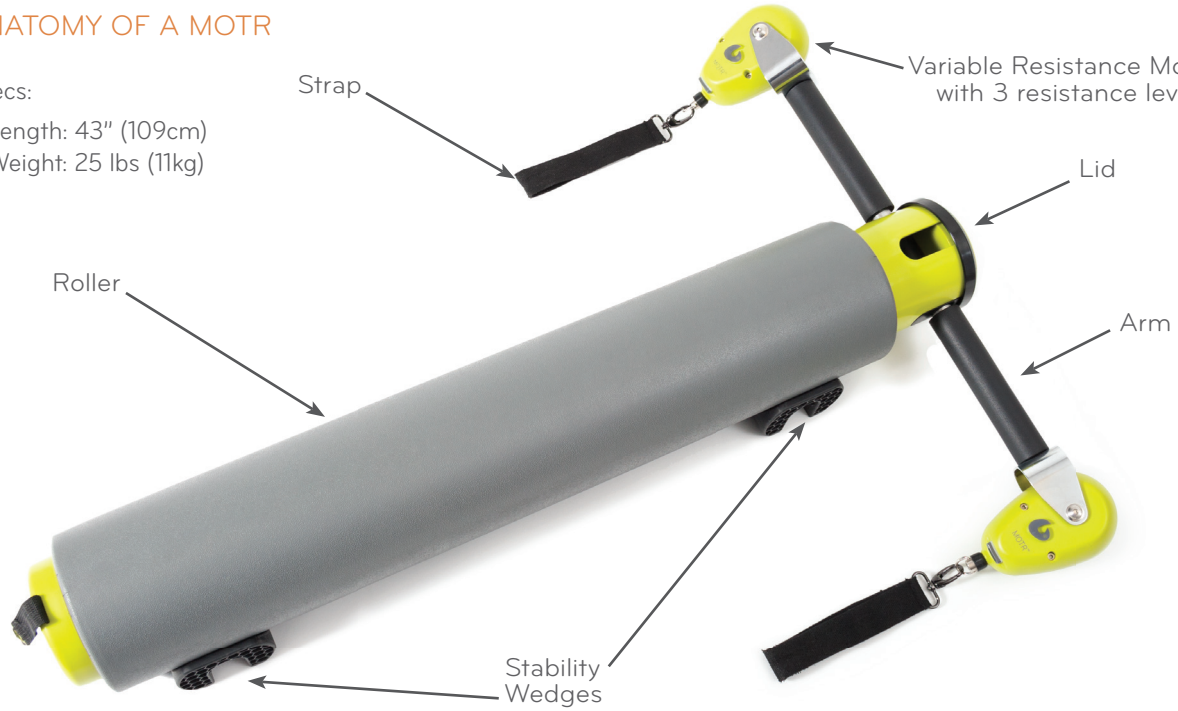
## MOTR® HOME

A safe, secure, and mobile storage spot for up to six MOTRs. (See at upper right.)

## ANATOMY OF A MOTR

Specs:

» Length: 43" (109cm)
» Weight: 25 lbs (11kg)




*Bundles available only in the continental US and Canada. Minimum of two training seats required for on-site training. Bundles include an initial order of marketing materials and 90-day access to programming videos. Additional materials and programming available on a subscription plan.

Prices and specifications subject to change without notice. Balanced Body and MOTR are registered US trademarks of Balanced Body Inc. Specifications: Accommodates users up to 350 lbs (158kg) and 6'4" (193cm). Total weight: 25 lbs (11kg). Length: 43" (109cm).

| Standing | Arm Only | Plank | Balance



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balanced body®

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