

HMA ADVANTAGES MEMBER DEALS AND DISCOUNTS FITNESS EQUIPMENT

A healthy lifestyle is just a click away. Headquartered in Vancouver, Washington, Nautilus, Inc. is a global fitness products company providing quality solutions to help people achieve their fitness goals. With a brand portfolio including Nautilus®, Bowflex®, Schwinn® and Universal® Nautilus, Inc. markets innovative fitness products through direct and retail channels.

Enjoy 10% off and free shipping on the following fitness products:

Bowflex® TreadClimber® TC20 is Nautilus's #1 selling cardio machine and combines the motions of an elliptical, stair stepper and treadmill to help you burn up to 3 times the calories of a standard treadmill. This low impact, 30 minute, walking workout is perfect for any fitness level.

Bowflex Xtreme® 2 SE Home Gym is Nautilus's best-selling power rod gym and lets you move from squats to back and leg workouts without ever changing cables. You'll save time and keep your heart rate up as you progress through your workout. This home gym also features an ab crunch shoulder harness and ergonomically designed adjustable seat.

CoreBody Reformer® is a breakthrough fitness system that engages your core with every move to target multiple muscle groups at once. The portable reformer combines three popular exercises for women into one workout: Yoga for flexibility, Pilates for strength and Dance for calorie/cardio burn.

Schwinn® 520 Reclined Elliptical is a new design on the standard elliptical machine. Using Airdyne™ technology, the elliptical features a recumbent seat position with an elliptical foot path to reduce the impact on joints. It also allows you to workout in a supported and comfortable seated position and allows the user to control the resistance. The 14 inch elliptical path simulates a natural walking motion, while eliminating undesirable joint stress and promoting functional fitness.

Schwinn® 150 Upright Bike features a large display with a workout summary and heart-rate monitor to make sure you have the best workout every time. The MP3 music port and built-in speakers will help motivate you, so you can spend more time enjoying your workout.

To place your order visit www.Nautilus.com/HMA or call **1.800.298.3941**.

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