

Complete Health and Fitness at EVOLUTION . . .

The EVOLUTION system safely strengthens the muscular structures through the use of specialized exercise equipment, very slow repetition speeds, and the expertise of a personal trainer. This specific method of resistance training was developed by an orthopedic specialist, and produces improvements in the muscular, skeletal and cardiovascular systems.

Muscle Strength Conditioning

The EVOLUTION system of exercise fatigues a muscle within approximately 90-120 seconds; thereby creating a stimulus for muscle strengthening (called General Adaptation Syndrome). Because of the incredibly deep muscle stimulation achieved at EVOLUTION, no additional exercise is necessary. Science

has demonstrated that with proper rest between quality workouts, you will increase your strength and improve your overall health.

Cardiovascular Fitness

Resistance is applied to the body in such a way that engages your heart and lungs to a high degree. As muscles fatigue during exercise, they need more oxygen and nutrients to continue performing. The heart and lungs respond to this demand by accelerating their output. This conditions the heart and lungs to become more efficient.

In February 2000, The American Heart Association issued a scientific advisory declaring that weight lifting does in fact improve cardiovascular health and is strongly recommended for cardiovascular disease-prevention programs

Bone Density Building

The strength continuum dictates that as a muscle is strengthened, the tendons and ligaments that attach to this muscle will adapt and also become stronger. To support these newly developed structures, the bone supporting them will become more dense. This will help the body resist the onset of bone degenerative diseases such as osteoporosis.

For more information on EVOLUTION'S exercise solution, please call the location nearest to you to schedule your free consultation.

EVOLUTION . . . The Complete 30-Minute Exercise Solution



EVOLUTION'S program has greatly improved my overall conditioning and fitness. Being in shape takes my outdoor activities to a higher level.
— Andrea, 46



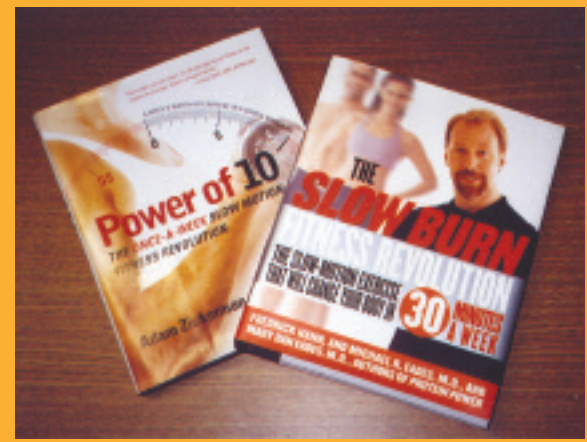
The results have been tremendous! Whether you are younger or older, you will benefit from having EVOLUTION'S exercise.
—Marge & Ron, 63 & 64



EVOLUTION'S program pushed each workout to its maximum efficiency. All of this in 30 minutes a week — a time commitment I could easily make.
—Brian, 48



The EVOLUTION System has been discussed in best selling books and is supported by discerning celebrities like Barbara Walters of ABC News and Leslie Stahl of 60 Minutes



Power of 10, authored by Adam Zickerman

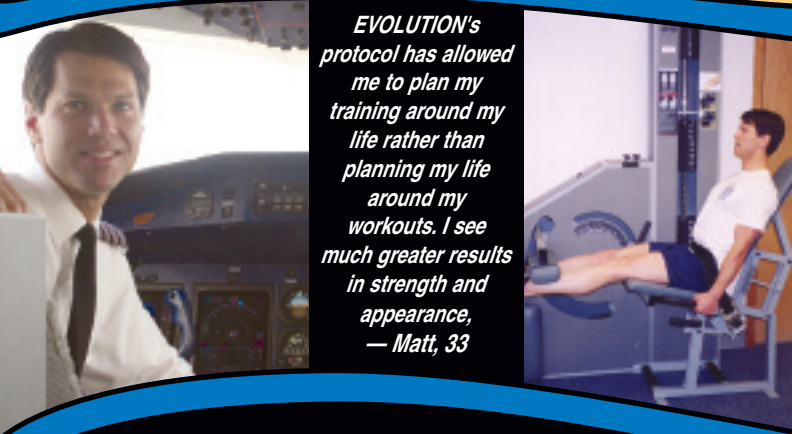
"While writing this book, I have tried to stay true to the exercise standards that Evolution Exercise . . . has helped establish for the past decade. Your clients and patients should know that they are in one of the premier facilities in the country. Congratulations for all your success and thank you for all you have accomplished in the field of exercise." All My Best, Adam M. Zickerman

The Slow Burn Fitness Revolution, authored by Fredrick Hahn

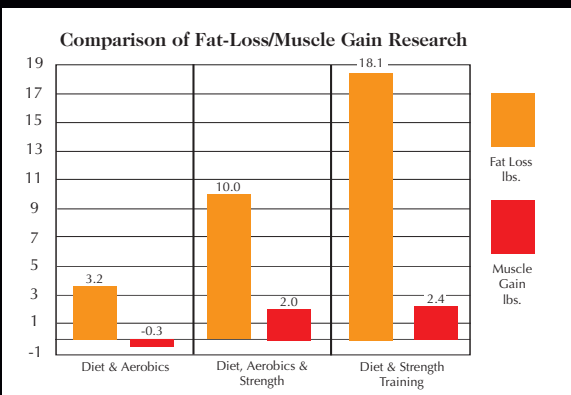
Evolution Exercise: *"May I say that you are all of the highest caliber And thank you for being an inspiration to me. Your clients are in the best of hands!"* Most Sincerely, Fred Hahn

DIFFERENCE

- Personalized** — Customized exercise and weight management services are available.
- Safe** — This method of exercise reduces excessive force on joints and muscles; dramatically reducing the chances of injury.
- Convenient** — EVOLUTION has centers in Milwaukee, Waukesha and Dane Counties.

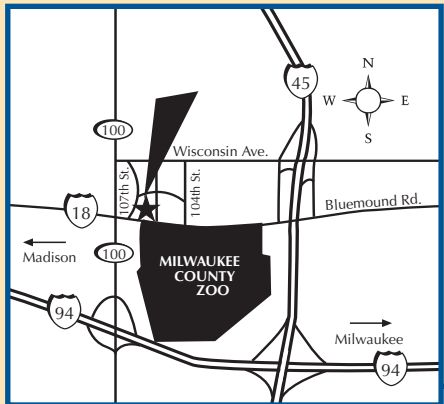


EVOLUTION's protocol has allowed me to plan my training around my life rather than planning my life around my workouts. I see much greater results in strength and appearance.
— Matt, 33



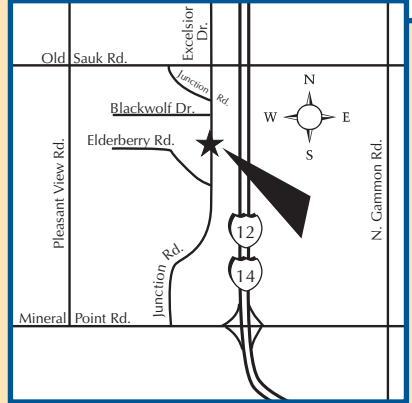
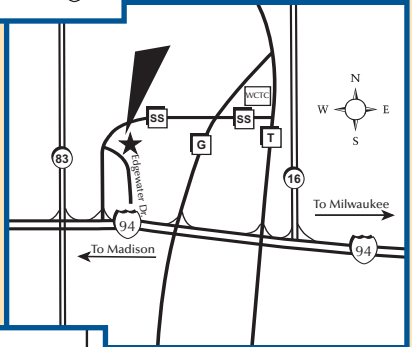
Research indicates improved strength gain and fat loss with EVOLUTION style strength training and diet versus other forms of exercise and diet. — Ellington Darden, PhD, Living Longer Stronger

Convenient Locations in Milwaukee, Pewaukee and Madison



EVOLUTION Milwaukee is located near the intersection of Hwy. 100 and Bluemound Road across from the Milwaukee County Zoo.

EVOLUTION Pewaukee:
From the East or West Exit I-94 at Hwy SS/Prospect Ave., Turn East onto Edgewater. From Hwy 16 Exit at Main Street, (WCTC) South to Hwy SS.



EVOLUTION Madison is located in the Junction Point Center, 1/2 mile North of Mineral Point Road.



10600 W. Bluemound Rd., Ste. 1, Milwaukee, WI 53226
Phone: (414) 727-8812 • Fax: (414) 727-8815

N22 W27847 Edgewater Dr., Pewaukee, WI 53072
Phone: (262) 264-0080 • Fax: (262) 264-0081

376 Junction Road, Madison, WI 53717
Phone: (608) 662-0016 • Fax: (608) 662-0017

Email: info@ExerciseandSpine.com
www.ExerciseandSpine.com

A Strong Body Has No Limits

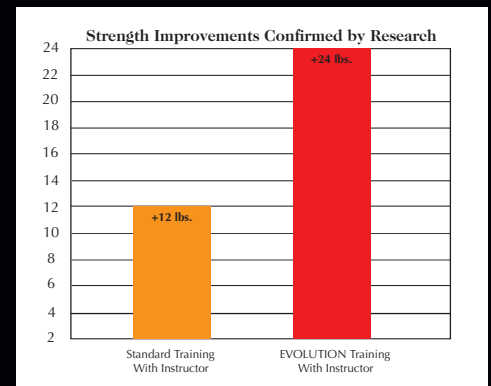
THE EVOLUTION

- Productive** — The EVOLUTION system is the highest quality full-body workout available.
- Efficient** — Only one or two 30-minute exercise sessions are necessary each week.
- Private** — One-on-one personal training services are provided in a distraction-free, non-health club setting.



The benefits of EVOLUTION's training include: tons of energy, a revved-up metabolism, an easy way to maintain my dress size. Most importantly, I feel strong! — Beth, 40+

One-On-One Professional Exercise Program



EVOLUTION style training produces 50% greater strength than traditional weight lifting with a trainer. — Wayne Westcott, PhD, Exercise Researcher YMCA, Boston