


**nats**

 *Mini E Fit Gym*™

PATENT PENDING

**[www.natstotalefit.com](http://www.natstotalefit.com)**

## The Mini E-Fit

Natalie Heckert holds a B.S. Degree in Sports Science, Community Health and Coaching. Since 1986 she has helped thousands achieve their goals through her instruction, training, and presenting. Through years of dedicated service helping individuals, groups, and corporations implement wellness practices into their everyday life and workplace, she designed the Total E-Fit workout system. It is portable, practical and effective.

Her latest invention, the Mini E-Fit takes this concept one step farther. It offers the same effective workout potential in half the space. Offered at a fraction of the cost of the Total E-Fit, it is accessible to a wider population. The Mini E-Fit can go wherever you do: home, work, the gym, and on the road.

**Natalie says:**

**“Achieving a healthy lifestyle takes hard work, dedication and a willingness to learn about yourself and your health habits.”**

The Mini E-Fit makes achieving a healthy lifestyle easier with everything it stands for.

### ***Easy***

Setting up the Mini E-Fit takes less than a minute. You simply unfold the base, hook your tubes and you're ready to work out. Moving the tubing around the board takes seconds as does putting on the ankle cuff. The resistance can be changed without changing the tubing. The tubes can be shortened or lengthened to whatever length you need to achieve the correct amount of resistance. When you are done with your workout, simply unhook the tube(s), store them in the bag, fold up your Mini E-Fit and slide it under the bed, put it in the closet, etc. It takes up very little space.

### ***Efficient***

Most workouts are designed to take 15 minutes or less. Of course, you could do 30 minutes or more depending on your goals, time, and other factors. The point is that you will immediately feel the muscles working. Completing a workout series boosts confidence and increases mental outlook, helping you to look forward to your next session.

### ***Effective***

Even the experienced exerciser will feel the workout immediately. The resistance of the tubing offers a unique toning quality. Many say they feel it deeper in the belly of the muscle. This is partly due to the higher level of concentration required to stabilize the non moving parts of the body while controlling the moving ones. Another factor is the challenge incurred when working with a new piece of equipment. The body and mind work together to learn a new move altogether or just a slight variation of a familiar one.

## ***Economical***

Gym equipment is expensive. Small equipment like free tubing can be limiting by themselves and need frequent replacement. The Mini E-Fit is guaranteed. With regular sensible use, the tubes are guaranteed for one full year.

## ***Environmentally Friendly***

The Mini E-Fit is comprised of recycled plastic and is manufactured in Minnesota. This factor is very important to Natalie. It helps the environment as the materials are reused and helps the economical health of the country by offering labor contracts with local residents.

The Mini E Fit is easy to use, easy to store, easy to carry, and provides easy-to-see results. It's easy enough for a beginner to use, yet provides a challenging workout as your fitness level increases.

## **The Mini E-Fit Limited Warranty**

If you are not 100% satisfied during the thirty day period following delivery of your NATS Mini E Fit™ or NATS Slide & Glide, return your product in its original condition and packaging for a full refund, less shipping and handling.

NATS, LLC warrants that the products sold by it are free from manufacturing defects for a period of 30 days from the invoice date. Should your product show signs of defective workmanship or material prior to the expiration of the **30-day warranty**, you should e-mail our customer service department at [fatnat@wisper-wireless.com](mailto:fatnat@wisper-wireless.com) to receive an exchange authorization number; or return the product to NATS Nutrition & Aerobic Training Service at 963 Latoka Heights Lane SW, Alexandria, MN 56308. This warranty is limited to the replacement of the product by NATS®, and all transportation, shipping, and return costs shall be at your expense.

This warranty does not extend to any defect or problem caused by the negligence or acts of you or others, failure to maintain the product in accordance with instructions furnished with the product, unreasonable use, accidents, alterations, or ordinary wear. NATS Nutrition & Aerobic Training Service WILL NOT BE RESPONSIBLE OR LIABLE FOR INDIRECT OR CONSEQUENTIAL DAMAGES OF ANY KIND.

# Recommended Care and Usage Requirements

## ***Recommendations***

- Consult with a physician to discuss any specific guidelines regarding fitness/wellness programs and the use of any NATS health & fitness products.
- Always check for possible wear on the tubing and attachment area before each exercise session. If the tubing has a nick or a cut, discontinue use of that tubing product and replace it. There is not a safe way to repair a tubing product.
- You may use a mild soap to clean any part of the NATS Mini E Fit products.
- Avoid prolonged exposure to sunlight and salt or chlorine treated water.

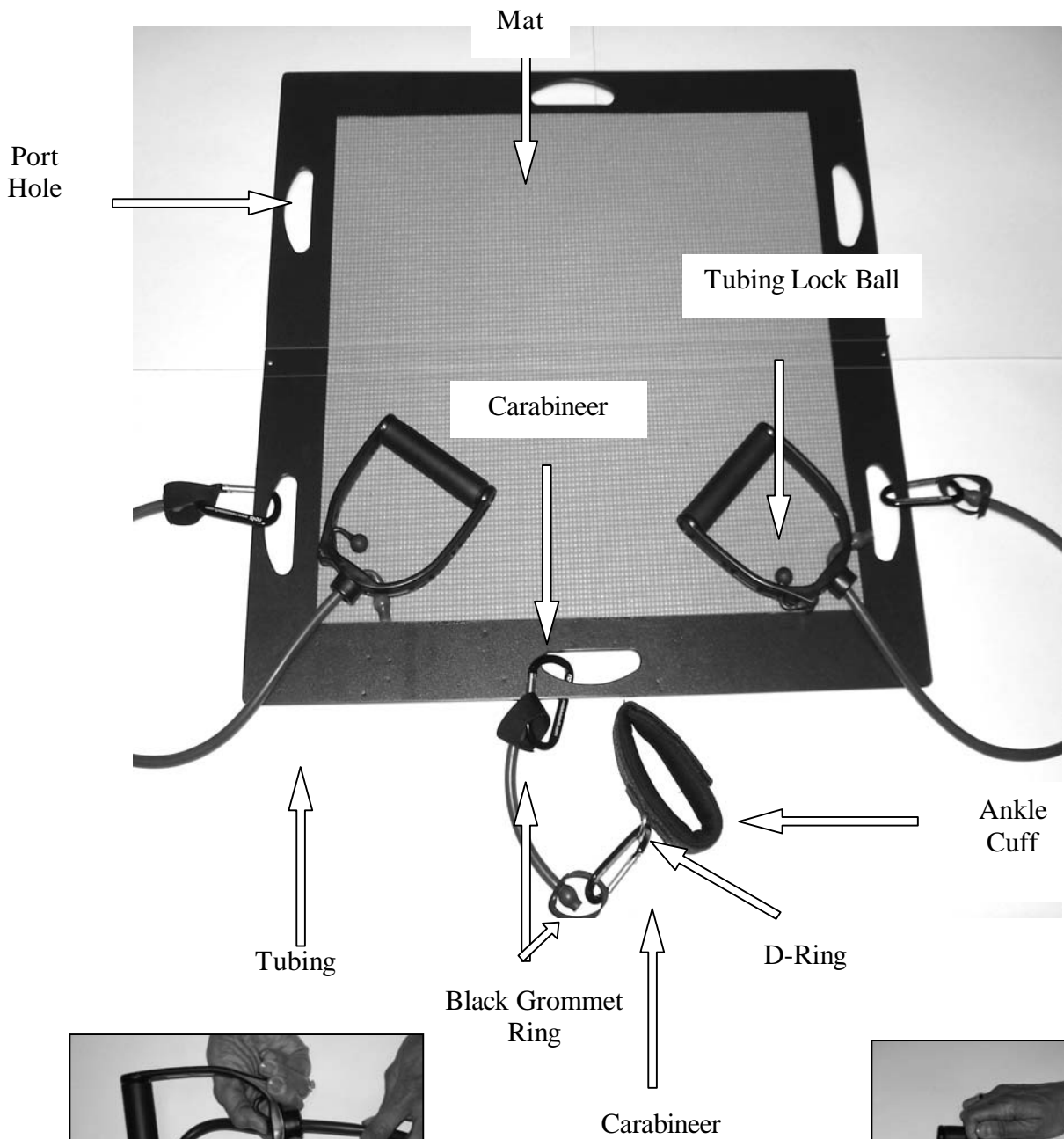
## ***Tips***

- To begin, work at 60 to 70% of your maximum strength and 4-10 repetitions of each exercise. Increase effort, repetitions and sets as your fitness condition improves.
- Recommended exercises with the tubing products are 2-3 times per week and rest a minimum of 24 hours between exercise sessions.
- Perform the exercises in a controlled, slow, careful manner. Do not release the band with a quick snap; keep the band taut through your full range of motion.
- Remember to breath. Inhale before the contraction; exhale during the hard part (contraction).
- Good alignment is very important while exercising. Tighten your abdominal muscles in order to stabilize you center, the core area of your body, which includes your back. When standing, maintain good posture but do not lock your knees.

## ***Warnings***

- Make sure hooks are securely fastened to board, and the carabineer and resistance bands are in good condition.
- Never stretch the tubing beyond 2 times its resting length. Please note, overhead presses should be done while sitting. Standing would take the tubing well past its safe working length.
- Always insert black ball that holds the tubing securely into handle before each exercise.
- Both feet must always be on the mat unless otherwise specified in the exercise.
- In order to ensure proper usage of the mat, always place feet wide on edges of mat next to the holes containing your resistance bands.
- Never tie two or more pieces of tubing together.
- Never pull tubing towards your face. Avoid any uses that might cause the resistance bands to snap back towards you.
- Children should use this product only with adult supervision.
- Get medical assistance and discontinue use immediately if you experience any unusual, severe, or prolonged pain and discomfort while using a NATS Mini E Fit, or the Slide and Glide.

# The Mini E Fit Diagram



Lock tubing by pushing Tubing Lock down



Release Tubing Lock Ball