



Total Body Workout Experience

Get an hour's results in just 30 minutes!

Unique to SpinGym, its constant resistance activates all of your muscles simultaneously.

Perfect for gyms, personal trainers and individuals of every fitness level. SpinGym training includes cardio, abs, strength, stretching and more.

**Gym Classes
Home Fitness
Sports Training
Personal Trainers
Corporate Wellness
Disabled / Wheelchair
Physical Therapy / Rehab**

Offering Nationwide...

- SpinGym Training Classes
- SpinGym Workshop
- SpinGym Corporate Wellness
- SpinGym Workout DVDs
- SpinGym Lifestyle Magazine

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SpinGym Workout Systems, Training & More...



SpinGym System...

Total body workout items available

- SpinGym in a variety of colors
(bulk buying rates available)
- Neoprene carry case
- SpinGym DVD Series – Basics, Cardio, Stretch
- SpinGym Manual & Training Guide
- Nutrition and Lifestyle Guide
- Posture & Techniques Poster

Patented
Workout
System



SpinGym Classes for Gyms & Trainers

Cardio SpinGym

Spinlates

30 Minute Fat Burner

Lower Body & Ab Sculpt

SpinGym Certified Training

Patented Fitness Techniques

SpinGym Training Curriculum

Fun, Energized System for EVERY fitness level

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Forbes Riley is...

- National Fitness Hall of Fame inductee
- Creator of the multi-million dollar SpinGym System (nearly 2 million sold)
- Award-winning international TV host and Health & Wellness celebrity
- Certified Fitness Trainer, Broadway Dancer and Martial Arts Expert
- Launched first fitness sales TV show with Body by Jake – FITtv
- International recurring guest on home shopping, including HSN & QVC, UK

