

GROUND BREAKING GYM EQUIPMENT ARRIVES AT MARLOW HEALTH CLUB

- Marlow Club first in UK to install revolutionary Milon kit -

Marlow's leading health and fitness club has invested £90,000 into new kit that will make it the most advanced of its kind in the region - if not the whole of the UK.

The first club in the country to install the revolutionary Milon Circuit, will mean members at The Marlow Club on Fieldhouse Lane will be able to complete an express cardiovascular and muscle work-out in just 35 minutes.

Backed by research undertaken at The German Sport University in Cologne, it's been scientifically proved that the Milon equipment is 30% more effective than conventional equipment while users spend almost half the time training.

The system is so good because it uses what is called an eccentric weight system which is regarded as being the most effective way to train by those in the sports science industry.

Until now equipment that provides this unique training method was not available and in an exclusive deal with The Marlow Club will mean no other health club within the area will offer this type of training.

Jon Williams, manager at The Marlow Club said: "We're hugely excited by the arrival of this new equipment and is a massive statement in terms of taking the club forward. We're constantly looking for ways to improve the level of service to our members and the Milon equipment does just that. It really is leading edge and our members will benefit hugely achieving better results in less time.

"Completing a two-lap circuit will take just 35 minutes and has been found to increase people's metabolism rates for up to 48 hours. In addition, research has proven that by attending only two sessions in a 10 day period achieves noticeable results improving body tone and fitness levels."

Including six pieces of resistance and six pieces of cardiovascular equipment, the new system will be arranged in a circuit format. This will allow users to either join a class or complete a work out on their own.

In addition all users' personal settings are stored on a smart card which when inserted into each piece of equipment automatically adjusts the seat position, weight level, handle and lever positions.

Jon added: "There's nothing worse than trying to remember your personal settings and adjusting things such as the seat. This new kit does away with that, allowing the user to focus on their work out and getting the maximum benefit.

"Research in Germany has shown that of the 1,200 clubs that already use this type of kit, 75% of those club's members convert to using it. To be able to complete a total work out in 17.5 minutes is great for those who are perhaps a little pushed for time."

For further information please call T: 01628 475 709 or visit www.themarlowclub.co.uk

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