

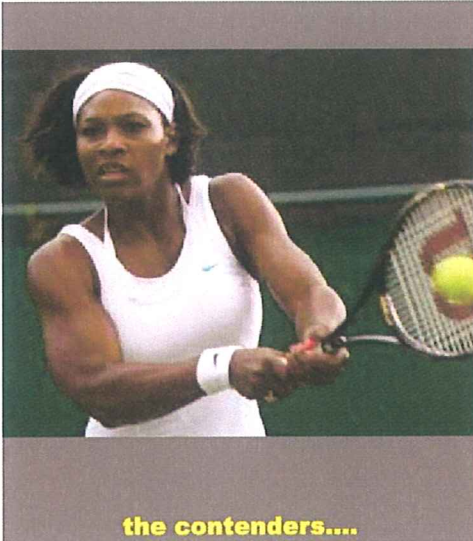
Florida Fitness

BODY TRANSFORMATION CENTER

In Western Hills and with training available also in downtown Newport, KY

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Who's got the

Most Awesome Arms?

Here's how
you voted

[see last week](#)

Interesting Equipment Hits US Market

Mats Thulin of Sweden has developed Nautilus-like machines that supply greater resistance in the lowering phase (eccentric contraction) than what you lift. Called X-Force, the equipment debuts this week at a fitness industry show in San Francisco.



The weights travel up the tilted pathway (effectively reducing the resistance level). Once the lifting phase is complete, a motor shifts the stack back to vertical. In essence, you're lifting a weight up a ramp, and then it drops straight down on you (figuratively speaking). Complete article found on [Dr. Darden's website](#).

Advice from The Biggest Loser Nutritionist

Cheryl Forberg discusses her role with the Biggest Losers and shows a 3-meal, 2-snack daily menu of 1,500 balanced calories: