

sole. Wearing FiveFingers can improve a person's strength, balance, agility, range of motion, and general foot health. Using the shoes for training or after-sport recovery can minimize the risk of injuries by strengthening foot muscles, while improving range of motion. In 2007, *Time* magazine named FiveFingers one of the most innovative new products in its health category. For more information, contact the company at 9 Pond Lane, Damon Mill Square, Concord, MA 01742; 978-318-0000; www.vibramfivefingers.com. —

### X-Force

► X-Force, introduced during IHRSA's 28th Annual International Convention and Trade Show, is a simple and attractive piece of equipment that permits club



Mats Thulin

members to effectively engage in negative (eccentric) strength training. The unit boasts innovative construction and a unique weight stack, which tilts automatically when the user moves from a positive to a negative mode. Exercisers enjoy a smooth, natural motion and obtain better results. The X-Force was developed by industry veteran Mats Thulin, who introduced Nautilus to his homeland of Sweden, and who, with his partners, has been involved in the opening of more than 120 clubs in Scandinavia over the past 15 years. "Today, there's almost universal agreement that negative (eccentric) training improves strength and muscle building," he observes, "and that even better results can be achieved by combining this with positive (concentric) training." For more information, contact the company at Danarövägen 28, 182 56 Danderyd-Stockholm, Sweden; +46-7052-777-99; +46-7062-707-99; www.x-force.se. —

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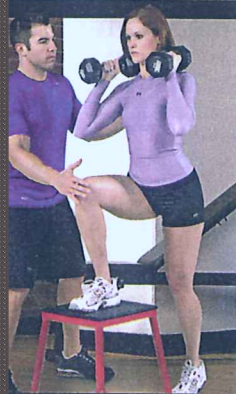


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