

INSTRUCTIONS
for the
XISER

Anaerobic Trainer

Made in U.S.A.

PERFECT FOR ALL FORMS OF INTENSE TRAINING



Always consult your physician before starting any training program!

**Xiser Industries, Since 1977
Fort Collins, Colorado**

**PLEASE FOLLOW THESE INSTRUCTIONS IN DETAIL.
ADDITIONAL INFORMATION IS AVAILABLE ON THE INTERNET AT:**

xiser.com

START-UP

1. Remove the Xiser Anaerobic Trainer from the box. With care remove the wrappings without damaging the black latex band which holds down the pedals. Note the position of the cylinders, the cables and the black latex band when the Xiser Anaerobic Trainer is in this storage or carry mode.



NOTE THE POSITION OF THE BLACK LATEX BAND ON THE PEDALS AND THE POSITION OF THE CYLINDERS UNDER THE PEDALS.

IN THIS POSITION YOU CAN TAKE THE XISER ANAEROBIC TRAINER ALONG TO THE OFFICE OR ANY OTHER PLACE YOU LIKE.

2. Place the Xiser Anaerobic Trainer on a flat non-slip surface close to something you can hold on to when you first step on to it.
3. Remove the latex band from the pedals, and place it on the back of the frame.
4. To position the cylinders for use, lift both pedals with one hand and remove the cylinders with the other. Place the cylinders on the knobs of the frame so that the brass valve with the slot is facing to the front of the Xiser Anaerobic Trainer.
5. Place the cable blocks on the ends of the piston rods so that they are straight and completely on as far down as they can go. When on properly, the cap should be horizontal to the floor. See picture below.



6. Now your Xiser Anaerobic Trainer is ready for use.

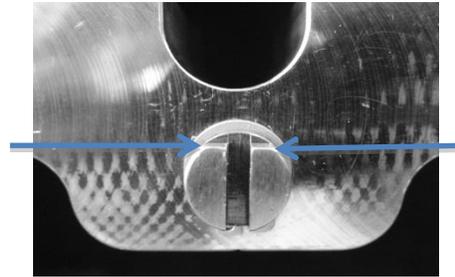
RESISTANCE ADJUSTMENT

You can customize your Xiser Anaerobic Trainer's resistance at any time. Resistance is changed by turning the cylinder's brass valve in either direction.

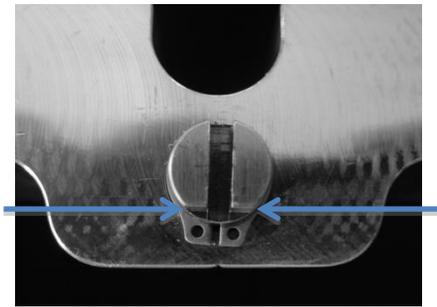
Simply change the resistance by inserting a coin into the slot of the valve as shown at right.



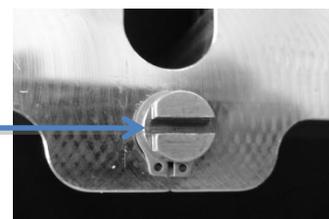
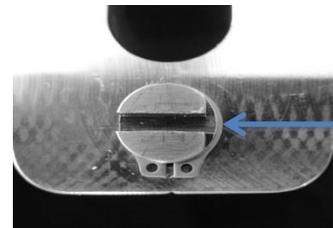
For the most intense maximum velocity training, the valve slot must be vertical, such that the flat area of the valve is on top as shown in illustration below.



For the lightest workout (aerobic), the valve slot must be vertical with the flat part of the valve on the bottom as shown below. This gives you the highest resistance for a slower work out.



To obtain a resistance somewhere in between the maximum and minimum levels, turn the valve so that the valve slot is at an angle more horizontal than vertical and the flat part of the valve is either on the left or right, again at some angle.



You should keep in mind that you can work faster and therefore produce more power with a lower resistance. Therefore, for maximum velocity training, the resistance must be low and your sprint velocity must be high. Because the cylinders are interactive and resist more under greater force, **you should keep the resistance on the lowest whenever you do intensive training, regardless of your weight.**



**XISER ANAEROBIC TRAINER IN CARRY OR STORAGE MODE:
Cylinders and cables are in place and the black latex band over the pedals.**



**XISER ANAEROBIC TRAINER IN WORKOUT MODE:
Cylinders are placed precisely on the frame knobs;
Cable blocks are squarely on the piston rods;
and the latex band is on back of frame.**

More information on: xiserindustries.com/instructional-resources

INSTRUCTIONS FOR INITIAL AND REGULAR USE

1. Set up your Xiser Anaerobic Trainer near something you can use for balance, like a wall or a chair. You will eventually be able to go without balance support. Use maximum resistance setting (flat part of valve down) to get used to the balance required.
2. For Maximum Velocity Training (MVT), turn the valve so flat part is up. This is the “lowest resistance” for maximum velocity.
3. Step on your Xiser Anaerobic Trainer so that your heels are on the ends of the pedals, with your weight distributed across the whole foot. Spend the first week or two developing your balance while you become familiar with the Xiser Anaerobic Trainer. As your balance improves, decrease the resistance to increase velocity and training intensity.
4. Your body posture while training should be close to vertical, with your knees slightly bent as if you were balancing a book on top of your head while skiing.
5. Step as fast as you can with the pedals as close to the frame as possible, without actually touching bottom. Do this for 60 seconds or try shorter intervals, like four 15 second sprints separated by 15 seconds of rest, three 20s sprints separated by 20s rests, or two 30s sprints separated by a 30 second rest. You should get a burning sensation in your legs, and be unable to go any longer when done correctly.
6. All you need for daily living fitness is a total of 60 seconds of all-out effort, once each day or each second day. You can increase the number of sessions or the number of bursts of training for a higher level of fitness. However, for optimum results each effort must be at maximum velocity.

INTENSE TRAINING 101

(CONSULT YOUR PHYSICIAN BEFORE ANY EXERCISE PROGRAM)

Intense training is also known as Maximum Velocity Training (MVT), Maximum Power Training (MPT), High Intensity Interval Training (HIIT), and other descriptive. However, the concept is the same. It is an “all out” effort, a sprint, of not more than 60 seconds, regardless of your fitness level. If you can last longer than 60 seconds, you are not sprinting “all out.” Your short burst of training must be explosive; it must be “all out”, full power.

For variety, you can do four 15 second sprints with 15 second rests, three 20 second sprints with 20 second rests, two 30 second sprints with a 30 second rest, or sprints of other length, to equal a total of 60 seconds.

For more information on intense training visit:

xiserindustries.com/instructional-resources

BENEFITS OF INTENSE TRAINING

- Intense or Maximum velocity training, either intermittent or continuous, produces human growth hormone (HGH) and burns more fat than aerobic, low intensity exercise.
- The HGH produced by intense training goes to all parts of the body increasing muscle growth and rebuilding all parts of the body, resulting in more “fat burning.”
- Maximum velocity training also improves the cardiovascular system quicker than aerobic exercise.
- Research shows that in every aspect of human wellness high intensity training outshines aerobic exercise.

Some Benefits of Maximum Velocity Training™

- 1. MAXIMUM VELOCITY TRAINING (MVT) involves all your muscle fibers, slow and fast. (Fast muscle fibers are referred to as IIa (2a) and IIx (2x), with 2a being approximately five times faster than slow fibers and 2x being approximately ten times faster than the slow fibers). On the other hand, aerobic exercise works slow muscle fibers only, neglecting both types of fast muscle fibers.**
- 2. MVT promotes greater muscle mass growth and greater muscle mass burns more calories for fat reduction. With training, each muscle fiber becomes thicker, which happens only when the fiber receives training.**
- 3. Fast fiber (2a & 2x) involvement triggers a mechanism for production of human growth hormone (HGH), which helps rebuild all parts of the body.**
- 4. MVT improves the cardiovascular system with much shorter training bouts than aerobic exercise.**
- 5. MVT requires much less time to produce an optimum workout effect.**
- 6. MVT requires only one or two one minute bouts each day, making it possible to work out at the office, on the road, or any other place, without changing into special workout clothes.**
- 7. MVT increases circulation rate, providing more oxygen to all parts of the body, including the brain, improving brain function.**
- 8. MVT is convenient and therefore facilitates workout schedule maintenance. It is easy to commit 10 to 15 minutes per week.**
- 9. MVT provides the aerobic workout effect during the recovery phase after the MVT bout.**
- 10. MVT on the Xiser Anaerobic Trainer improves balance and coordination.**
- 11. MVT relieves stress and lowers blood pressure.**
- 12. MVT prepares the body for possible sudden energy requirements in daily living.**
- 13. MVT adjusts to each individual's capability and fitness level automatically.**
- 14. MVT improves the individual's biological age, making one feel and look younger.**

Consult your physician before you start on any training program.

WARRANTY

BEST WARRANTY IN THE INDUSTRY SINCE 1977

All normally used (not abused) Xiser Wellness Machines maintain a 100% parts and labor warranty, five (5) years for individuals and ninety (90) days for institutions. Xiser Industries in its sole will determine whether the Xiser Wellness Machine has been abused in any way. The warranty does not cover shipping and handling.

REGISTER by completing the sending in the form below to:

Xiser Warranty You may also register online at the
1501 West Lake Street following Web address:
Fort Collins, CO 80521 www.xiser.com/register-warranty



Questions may be directed to CONTACT@XISER.COM

PLEASE PRINT CLEARLY:

NAME: _____

ADDRESS: _____

E-MAIL: _____

PHONE: _____

SERIAL #: _____

DATE BOUGHT: _____

PRICE PAID: _____

WHERE PURCHASED: _____

You may also register online at the following Web address:
<http://www.xiser.com/register-warranty>