

SIDE 1

- INCREASE STRENGTH
- BUILD MUSCLE
- BURN FAT

HIT 5+  
MUSCLE GROUPS  
IN ONE MOVE



BUILD MUSCLE  
TO BURN FAT



EXPLORE NEW  
MOVES



TRAIN TO REGAIN



MASTER THE PUSH UP




FIGHT MUSCLE LOSS




SIDE 2

- INCREASE STRENGTH
- BUILD MUSCLE
- BURN FAT


HIT 5+  
MUSCLE GROUPS  
IN ONE MOVE




BUILD MUSCLE  
TO BURN FAT




EXPLORE NEW  
MOVES




TRAIN TO REGAIN



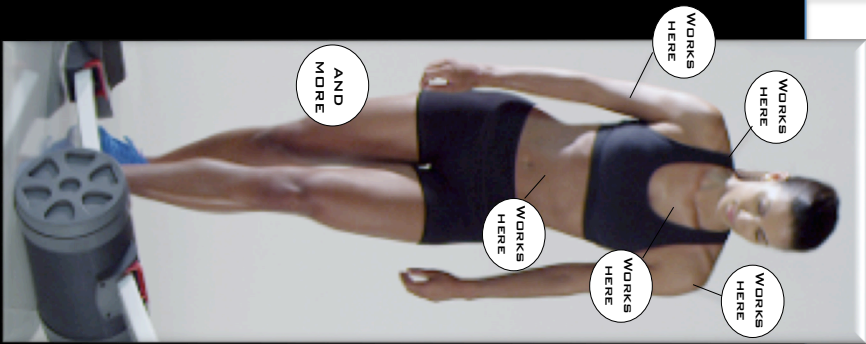
MASTER THE PUSH UP



FIGHT MUSCLE &  
BONE LOSS



TOP



WORKS  
HERE

WORKS  
HERE

WORKS  
HERE

WORKS  
HERE

AND  
MORE

THE ARC-NRG IS AN  
ASSISTED BODY WEIGHT  
EXERCISE MACHINE THAT  
HARNESSSES THE  
AWESOME EFFECTIVENESS  
OF THE PUSH UP TO  
HELP YOU ACHIEVE YOUR  
HEALTH & FITNESS  
GOALS.

ARC-NRG  
PUSHUP

- THE MORE  
MUSCLES YOU'RE  
WORKING, THE  
MORE FAT YOU'RE  
BURNING -