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For Immediate Release

TECHNOLOGY TO IMPROVE FITNESS

Vancouver, WA

The TotalPackage, a self-contained system containing the Schwinn Airdyne, Bowflex SelectTech free weights, and a StairMaster has been engineered to help athletes of all levels condition themselves. Available to the general public today, the TotalPackage is a new breed of home fitness system, infused with the latest technology to ensure safe and proper handling. *FitnessEdge*, an artificial intelligence program installed in the machine, helps each user (athlete, or everyday person) to improve their body in a safe manner at all times. This program acts like one's personal trainer- it knows what one needs to improve their overall fitness and lets the user attain this goal while protecting him/her from injury. If a user tries to go faster than the *FitnessEdge* predicts they can, *FitnessEdge* will let the user try to perform at a higher level, but will stop the TotalPackage if the user can't keep up.

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FitnessEdge utilizes a simple computer chip that is placed in the TotalPackage. It interacts with athletes as they grow and develop themselves. Starting from a simple user profile, the *FitnessEdge* starts the user out slowly, while varying what type of exercise is conducted. One day, *FitnessEdge* may choose free weights, and another may be using an elliptical. After a couple of sessions on the TotalPackage, *FitnessEdge* will change the workout type to help completely tone an athlete.

According to the latest issue of *USA Today*, there are thousands of injuries each year that are caused by overexerting oneself from working out. "We are committed to bringing our users the best type of fitness possible, but we want them to have a fun and safe experience at the same time," states Jones. "We want to see that no one gets hurt while using our equipment. *FitnessEdge* allows us to both provide safety measures and push the user. This will cause a revolution in the fitness world, allowing everyone to be challenged at their own pace, delivering a personalized workout with results."

To help users worldwide interact with the TotalPackage, Nautilus is working with leading gyms and health clubs to show those who exercise both recreationally and professionally that there is nothing to fear from this machine. "This is the first time that a machine will control an athlete's fitness regimen, and not a human; we realize that athletes have been used to working with professionals to train, but having a personal trainer that you can count on to be invested in your individual workout will definitely improve the experience of working out," notes Jones. "That's the best that we hope to give to anyone and everyone who wants to improve their physique."

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