

Exerciser Elite[®]

The Revolutionary Home Therapy Product Guide



A Passive
Exercise
Machine
that can
Change
Your
Life



Enjoy the gentle
lateral swinging
movement!



About This Manual

Read operating instructions carefully before using the Exerciser Elite®.

For those who have already purchased the Exerciser Elite®, we thank you and congratulate you on your recent investment in your health. This manual contains useful information to help you become familiar with your Exerciser Elite®, operating instructions, as well as the many ailments it has been known to help.

For those who are considering investing in your health, by purchasing the Exerciser Elite®, we hope you take the time to thoroughly read through this manual. The answers to most of your questions and concerns are found in these pages. You will also find why thousands of satisfied customers are excited about the benefits they have experienced by incorporating this machine into their daily routine.

Disclaimer: These statements are personal experiences from our customers and are considered anecdotal. They have not been evaluated by the FDA and are not intended to treat, cure or prevent any diseases.

Eleventh Edition

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Introduction

The Exerciser Elite® is a passive exercise machine capable of providing positive results to the complex human body. Many people have made improvements in the way they feel by incorporating this revolutionary machine into their daily routine.

The Exerciser Elite® does not take up a great deal of space and does not require regular maintenance. Operating the machine is simple...just lie down, place your ankles on the ankle rest and turn the machine on. The machine creates an approximate 2" right to left movement. This gentle, swinging movement cycles up through the body, which, in turn, can help promote flexibility in the ankles, knees, hips and spine, relaxation of the muscles in the back, and increase circulation in the lower extremities. Increasing the circulation in the lower extremities can help relieve swelling in the ankles and legs. The Exerciser Elite® can offer some of the benefits of aerobic exercise without stress or impact on the joints.

This type of movement has been practiced for over 200 years, only it was done by hand. A practitioner would elevate a person's feet and swing them back and forth to stimulate the circulation throughout the body. In 1992, a gentleman in Japan introduced a machine that would simulate the same movement. However, this type of machine was not introduced in the United States until 1997. These machines were designed for the Asian and Eastern market and could not withstand extended use by Westerners.

Clark Enterprises introduced the first Exerciser Elite® machine in 1999 and has been the market leader of this type of equipment ever since. The Exerciser Elite is designed for Western physiques using the latest technology and manufacturing procedures. The internal components of the Exerciser Elite® will be described later in this manual. Continuously developing and improving the Exerciser since its inception, Clark Enterprises is confident that the Exerciser Elite® is the highest quality and safest machine, of this type, on the market today.

Research done by Dr. Marvin Sackner M.D. has indicated a swinging type, passive exercise can be beneficial to the human body. The hundreds of positive results we have seen first hand, have more than convinced us that the simple concept of the Exerciser Elite® is capable of providing positive results to the complex human body.

We guarantee you will enjoy using the Exerciser Elite® or your money back.

Why the Exerciser Elite® is superior compared to similar models on the market

The Exerciser Elite® is a genuine Clark-built machine and not a copy of any other machine on the market. The internal mechanism, as well as, the unique, cushioned ankle rest were designed by Clifford Clark, the Founder & CEO of Clark Enterprises. Clark Enterprises has built a reputation of providing the highest quality, home therapy products at a reasonable price for many years.

There are numerous factors to consider when purchasing this type of machine, as various makes and models are available on the market today. The Exerciser Elite® does not fall into the lower priced category, as it is built for long term use and is not a typical consumer, throw away product. This machine will provide many years of in-home therapy as well as peace of mind knowing you own the highest quality machine available.

The Exerciser Elite® utilizes a DC high torque motor, a three prong grounded power cord and three replaceable circuit boards: controller board, speed sensor board and power supply board.

- The controller board uses the latest technology in order to offer the digital timer display, two pre-programmed settings, a 16 minute digital timer with safety shut-off and five selectable, user speeds ranging from 120-160 swings per minute. The user friendly controller makes using the Exerciser Elite® easy for anyone, whether 10 or 100 years of age!
- The speed sensor board keeps the unit running the proper speed, at all times, regardless of the user's weight (up to 425 pounds). If there is a malfunction, it shuts the unit off. This is one of the built-in safety features that the Exerciser Elite® offers.
- The power supply board changes the AC current to DC, to be able to run the DC high torque motor. This makes the machine safe for long term use and requires no ventilation.

With the built-in safety features that the Exerciser Elite® offers, if there is an electrical malfunction, the unit will shut off.

The Exerciser Elite® has five different speeds. This allows the user to adjust the speed to their own liking. Some machines on the market, have only one speed. Clark Enterprises disagrees with the concept of a "perfect speed" for everyone. Some people need to start on the lowest speed and work their way up, others are going to be more active and find the higher speeds much more

satisfying. In addition, the two pre-programmed settings are a popular feature of the Exerciser Elite®. There are people of all ages with a wide variety of health issues who are using the Exerciser Elite® on a daily basis and receiving wonderful results.

The Exerciser Elite® also has a large, reinforced, cushioned ankle rest. This unique, ankle rest is wider than those on similar machines, as people in the United States tend to be larger than those in Asian and European markets. Most of the other machines of this type on the market have out-dated, hard plastic, narrow ankle rests.

The Exerciser Elite® is built to higher standards than similar products on the market and is manufactured exclusively for Clark Enterprises. Most of the machines of this type are manufactured in China. The factory that manufactures the Exerciser Elite® is located in Taiwan and has ISO-9001 Certification, one of the highest standards in manufacturing.

The Exerciser Elite® is an FDA Class 1 Registered Device as well as a physical medicine therapeutic device. Clark Enterprises is also a registered medical device establishment.

The Exerciser Elite® is also ETL (Electronic Testing Laboratories) approved, which insures a safe and quality product. This internationally recognized seal of Quality and Safety is granted only after rigorous testing with regard to North American set regulations and specifications for electrical products.

Perhaps the most important quality that the Exerciser Elite® possesses is the excellent "service after the sale" provided by Clark Enterprises. The Exerciser Elite® carries a generous warranty backed by Clark Enterprises. In addition, an optional, extended warranty is available. This extended warranty can be renewed within 30 days of its expiration. Any warranty issues that arise are taken care of at the home office in Salina, KS by Clark Enterprises experienced technicians. Clark Enterprises is a family owned business in Salina, Kansas since 1959, and a proud member of the Better Business Bureau.

Features

The Exerciser Elite® incorporates a 5 speed heavy duty, high torque DC motor and uses less than 40 watts of electricity.

The illustrations below will help you become familiar with the Exerciser Elite®. The buttons and features shown will be described in more detail later on.



Finding Your Optimum Speed

The Exerciser Elite® is suitable for use by those with various activity levels and health concerns. Regardless of your age, performance level or health issues, it is strongly recommended that all first time users start out SLOW. As with any type of exercise...more time or endurance is not necessarily better at the beginning. Incorporating this machine into your daily routine is like starting a new exercise program. If you overwork your body in the beginning you may feel somewhat sore and fatigued. If for any reason you feel muscle soreness or fatigue you may need to either reduce your speed or use time. Please keep in mind, you can adjust the speed to your own liking. What works for one person may not work for another.

Slowly working up to the preferred speed is extremely important in order to receive the optimum benefits. The Exerciser Elite® features two pre-programmed settings; however, these settings are not for first time users and will be described, in more detail, later on. Clark Enterprises highly recommends you follow the instructions below for the first few days.

- First time users, who have health issues of any kind, should start with the speed selector set on 1 or 2. For the first couple of sessions set the timer to either a 2 or 4 minute session.
- Healthy first time users can start with the speed selector set on 1, 2 or 3. Set the timer to a 6 or 8 minute session.
- During the next few days, increase your speed one level at a time until the desired speed is reached. Remember, a faster speed is not necessarily better. We strongly recommend you use the speed that feels best with your body.
- Speed 1 is an introductory speed. It is recommended that every user work up to at least speed 2 to receive the optimum benefits. Speeds 2 and 3 are the most common speeds used. Speeds 4 and 5 are for the more advanced users who like more movement.
- Increase your time 2 or 4 minutes per session until your desired session length is reached. Again, remember to listen to your body. Do not increase your time per session, until you are comfortable with the previous time.

When you feel comfortable with a particular use time and speed, you may want to start working on your second daily session. For example, if you have worked up to a six minute session on speed 2 in the morning and feel this is comfortable for you, you may start working on your second session later in the day. Follow the same instructions above when adding your third session. At your discretion, you may work up to two or more sessions per day. Some individuals work up to 3 or more sessions per day.

Things to know before using The Exerciser Elite®

Please keep in mind, the Exerciser Elite® utilizes a combination of high quality electronics that can be subject to voltage surges. Possible damage to the electronics may incur from being dropped during shipping. Unpack the unit and check its operation upon arrival. Clark Enterprises strive to provide the highest quality products available. Every machine is tested by qualified technicians before it leaves the warehouse. Here are a couple of normal sounds you may hear when using the Exerciser Elite® due to its commercial built quality:

- It is normal for the Exerciser Elite® to make a slight “thumping” or “knocking” sound similar to the older agitator washing machines. This is caused by the heavy duty motor, slide mechanism and gear-box used in the machine. This sound is more noticeable on the new machines and will lessen during the “break in” period.
- It is also normal for the machine to make slight, high frequency “whining” or “ringing” sound at different speed settings.
- During seasonal cold temperatures, below 32 degrees Fahrenheit, the grease in your machine’s sealed gearbox may become “thick” during transit. Before using the machine, take it out of the packaging. Allow it to sit for a couple of hours until it reaches room temperature. Once the machine reaches room temperature, plug the AC power cord into the electrical outlet. Press the “POWER” button once. Immediately press and hold the “SPEED” button until the red indicator light moves to speed 5. Press the timer button until the digital timer display shows 16. Allow the machine to run for the complete 16 minute session. It will shut off automatically. Performing this procedure allows the unit to stabilize after transit. If you turn the machine on before allowing the grease to warm up, the internal overload surge protector may shut down. To reactivate, unplug the power cord, wait 5 seconds, and plug the power cord back in.

Please refer to the Troubleshooting Guide found in the back of this book for further information.

Who Should Not Use The Exerciser Elite®?

Many pregnant women have used the Exerciser Elite® to help relieve back pain and to help eliminate swelling in the legs. However, it is not recommended

to use the machine during the first trimester. If your doctor has indicated you should not exercise due to complications, you should not use the Exerciser Elite®.

The machine should not be used when body trauma or open wounds are present, or by somebody who recently has had some form of surgery or recent fracture. Individuals who have had recent surgery can use the Exerciser Elite® once the doctor has released them to do normal exercise and activity. If you have any reason to question the use of the machine in regards to a specific health challenge you may have, take the literature to your doctor and ask if there is any reason why you should not use the machine.

Using the Exerciser Elite®

Read all instructions carefully before using the Exerciser Elite®.

Place the machine on a carpeted area with the handle of the machine facing toward the direction you will be lying as shown in the photo below. **This**



is extremely important as the padded ankle rest is designed to be used in this manner and could cause discomfort if used incorrectly. If using the machine on a bed, please refer to the Alternate Uses Section on page 15. Lie down on your back and place your ankles on the padded ankle rest.

Press the power button to turn unit on. The digital timer should display 2. ***If the digital timer displays P1 or P2, this indicates you have pushed the Prog button instead of the Power button. Push the Power button to turn the machine off. Press Power button again and this time the digital timer should display 2.*** The red speed indicator light should display 1. Press the speed button to select the desired speed 1 through 5. Press timer button to select desired amount of time from 2 minutes up to 16 minutes.

NOTE: When the machine first comes on, it will gradually increase speed until the selected speed is reached, regardless of which speed is selected. When you select a different speed during your session, the machine will gradually increase or decrease until the newly selected speed is reached.

When the Exerciser Elite shuts off, you should continue lying down for at least one minute. While lying down, we suggest that you do the following stretching exercise.

1. Place your arms at your sides.
2. Bend your knees and place your feet directly behind the handle of the Exerciser Elite.
3. With your knees together, move your legs to one side and then to the other, without moving your upper back. You will feel a nice stretch in your hips and lower back.
4. Continue to do this to the best of your ability 2-3 times.
5. Relax for approximately 30 seconds.
6. After this rest period, roll to one side and get up slowly.

Drinking a glass of water after your session is recommended to help flush toxins from the body that were released during your session.

Alternative Healing Practices

One premise of Eastern medicine is that a person can help heal one's self by sitting quietly and focusing on wellness instead of disease. Whether you call it meditation, prayer, or quiet solitude these practices seem to work for some individuals.

When combining the use of the Exerciser Elite® and the quiet solitude of focusing on healing one's self, the results can be most rewarding.

To get the most out of each session, make your environment calm and peaceful. Many enjoy listening to calming music with low lighting in the room. If your room is cool, especially at floor level, cover up with a lightweight blanket that doesn't hinder your movement while using the machine. Many people use the machine three times a day - once in the morning to help get the kinks out, once in the afternoon to energize, and once in the evening to relax for a great night's sleep. It is a wellness tool that offers some of the best passive exercise in the comfort of your own home.

Relaxing and Unwinding Before Bed

When using the machine before going to bed, do everything you have to do to get ready for bed. Then make sure the room where you use your machine is an ideal environment for relaxing and letting go. Set the timer to your desired setting, breathe in deep, exhale slowly and let the cares of the day flow away. When the session is finished, go directly to bed, if you haven't already fallen asleep. This experience is very relaxing.

Energizing in the Morning

The opposite unbalance can also be present in the morning. There are people who just can't seem to get going in the morning. They feel sluggish and waking up is hard for them...the sympathetic nervous system doesn't seem to function properly. Many people have reported, when using the machine first thing in the morning, it helps to give them the energy they need to go through the day.

Pre-Programmed Settings

Please note, the pre-programmed settings should only be used after you have comfortably worked up to a 16 minute session on speed 3.

The pre-programmed settings run for a total of 16 minutes before the machine shuts off. The speed indicator light will display what speed the machine is currently on during the pre-programmed operation.

To activate the pre-programmed settings, select the "Prog" button. By pressing the "Prog" button once the red LED will indicate "P1" meaning Program 1 is activated. On Program 1, the machine continually cycles up through speeds 1-5 and back down approximately every 90 seconds. During each cycle the machine advances to the next speed approximately every 10 seconds.

By pressing the "Prog" button twice the red LED will indicate "P2" meaning Program 2 is activated. On Program 2, the machine starts on speed 1 and automatically advances to the next speed approximately every 3 minutes and 10 seconds until it reaches speed 5. After running on speed 5 approximately 3 minutes and 10 seconds, the machine will shut off.

Experiment With Different Positions

Arm Positions

While using the machine, extend arms up over your head placing them on the floor if possible. This helps to stretch the low back, upper back, and shoulder muscles and will increase shoulder mobility. We find this really is a comfortable position for reducing stress.

Put your hands under the base of your head. Your arms will be in a butterfly position. This position can be beneficial in helping to relieve headaches.

Put your right hand on your left shoulder and your left hand on your right shoulder. Turn neck to the left for a few minutes and then to the right. This seems to work the neck, upper back and shoulders.

Put arms down along the sides of your body. This position works the entire body.

Leg Positions

It is normal for one foot to swing back and forth more than the other.

Place your big toes together and hold them in that position for a short while, then relax your feet. You will notice more upper body movement when performing this procedure.

Place the right foot on top of the left foot while the machine is running. After approximately one minute place the left foot on top of the right foot. This procedure helps to stimulate the hips and may be repeated several times during your session.

Stomach Position

Lie on your stomach, instead of your back, and place the tops of the feet in the ankle cradle. Using the machine in this position helps to gently massage the internal organs and intestinal tract. Several people have told us this procedure helps relieve constipation.

Exercises For the Physically Fit

Using the #5 speed, place ankles in the cradle, place your hands behind your head and lift your head and shoulders as if you were going to do a sit up. Hold this position for a few seconds; breathe deeply, lie back down and repeat this as many times as desired. Feel your stomach muscles tighten.

Temporary Pillow Support

A pillow can be used under the neck if it is uncomfortable for you to lay flat. Those who have knee pain or have had knee replacements may want to try keeping the knees slightly bent while using the Exerciser Elite®. Placing

pillows under the knees may also help prevent discomfort caused by over-extending the legs. Please keep in mind, the use of pillows may restrict the body's movement.

Alternate Uses

1. The Exerciser Elite® can be used on a firm bed, however, the machine will need to be placed on a piece of $\frac{3}{8}$ " plywood approximately 3 foot wide by 2 foot deep. This is so the machine will be more stable and prevent holes from being worn in the bed linens. If the mattress is not firm it may absorb the body movement and make the machine less effective.
2. People who have a spare bedroom can place a piece of plywood measuring 4 foot wide and the length of their mattress on the bed. This helps to better stabilize the machine and eliminates the absorption of the body movement.
3. Those who use the Exerciser Elite® on the floor, may find that lying on a padded exercise or yoga mat to be more comfortable.
4. Individuals confined to a wheelchair can simply place the machine on the floor in front of the chair. Place the soles of the feet on the ankle rest and select the desired speed and time. By using the machine in this manner you will still benefit from the leg movement; however, you will not experience upper body movement.
5. Clark Enterprises also offers a table (shown on the next page) that is specially designed for use with the Exerciser Elite® for an additional cost.

Table Features include:

- Adjustable headrest
- Nothing to assemble—just remove from the box and unfold
- 1" high density foam for better body movement. Tables with thicker foam have a tendency to absorb the body movement.
- Dimensions: 73" long by 30" wide, the headrest will add approx. 11" in length
- Weight: Approx. 45 pounds
- Adjustable height from 21" up to 34"
- User weight limit 375 pounds
- 600 pound working weight



For more information or to place an order, contact Clark Enterprises by calling 800.748.7172 or visit our website at www.cwmachines.com. Our hours of operation are Monday–Friday 9:00 a.m.–5:00 p.m. CST.

Optional Ankle Rest Cover Installation



An optional ankle rest cover is available for use with the Exerciser Elite®. This cover maximizes your comfort during each session, as it provides additional cushion to your ankles.

Installing the ankle rest cover is very easy. Just slip the cover over the ankle rest. If the cover does not conform to the ankle rest, take it off, turn it 180 degrees and re-install.

Hand wash or machine wash on gentle cycle when needed.

For more information or to place an order, contact Clark Enterprises by calling 800.748.7172 or visit our website at www.cwmachines.com.



Exerciser Elite® Exercise and Passive Exercise



Feel Better with Passive Exercise

Studies indicate passive exercise is extremely beneficial, especially to those who are unable to do aerobic type exercise. Passive exercise is also beneficial for those who do aerobic type exercise, as it helps loosen muscles before an intense workout. It also helps to use as a cool down after a workout. Although passive exercise does not increase the heart rate or burn as many calories as true aerobic exercise, you can still enjoy many other remarkable benefits. Both passive and aerobic exercise can increase circulation, oxygenate the blood, help with the production and release of nitric oxide and endorphins. It also helps move the lymph fluid, which can be beneficial to the immune system.

Exercise & You...

For many years, exercising on a regular basis has been known to help with various ailments. Exercise is essential to our overall well-being. It helps increase energy levels, helps maintain a healthy heart, helps with weight control, and helps to decrease depression and fatigue. Exercise can also help prevent heart disease, high blood pressure, diabetes and many other ailments. Not only does a well-rounded exercise program help reduce the risk of many ailments, it also helps to reduce the emotional pain that often accompanies the development of many ailments. Exercise can help increase circulation throughout the body and helps deliver oxygen and nutrients to your tissues. This, in turn, helps the cardiovascular system work more efficiently. Millions of people suffer from various ailments that could be improved through regular exercise.

- **Edema**

Edema is a condition of fluid buildup in the circulatory system or tissues that normally affects the lower extremities. With edema, either too much fluid moves from the blood vessels into the tissues, or not enough fluid moves from the tissues back into the blood vessels. This fluid imbalance can cause mild to severe swelling in one or more parts of the body. Exercise has been known to help with the affects of edema as it helps to lessen fluid build-up by increasing the circulation throughout the body. Exercise also helps to move the lymph fluid, which, in turn, helps the body reduce excess fluid buildup. With edema, either too much fluid moves from the blood vessels into the tissues, or not enough fluid moves from the tissues back into the blood vessels. This fluid imbalance can cause mild to severe swelling in one or more parts of the body.

Many ordinary factors can upset the balance of fluid in the body to cause edema, including:

Immobility. The leg muscles normally contract and compress blood vessels to promote blood flow with walking or running. When these muscles are not used, blood can collect in the veins, making it difficult for fluid to move from tissues back into the vessels.

Medications. Certain drugs, such as steroids, hormone replacements, nonsteroidal anti-inflammatory drugs (NSAIDs), and some blood pressure medications may affect how fast fluid leaves blood vessels.

Using the Exerciser Elite® provides a comfortable elevation of the feet and the movement needed to help reduce inflammation and decrease pain associated with the effects of edema.

- **Arthritis**

Arthritis is becoming more and more common and not just among the elderly. Regular exercise can offer many benefits to those with arthritis. Exercise helps reduce joint pain and stiffness and increases flexibility and endurance. Moving the joints daily helps to improve mobility. Also, joint movement transports nutrients and waste products to and from the cartilage, the material which protects the ends of the bones.

- **Fibromyalgia**

Fibromyalgia is a chronic condition characterized by widespread aches, pains, fatigue and stiffness. Many people with fibromyalgia suffer from tight muscles and poor range of motion, which place additional strain on the body. Little is known about what causes fibromyalgia; however, it is known that exercise can help improve energy levels, range of motion and increase the circulation throughout the body. Also, exercise can help the body release endorphins, which is a natural pain reliever. Regular exercise has been known to help those suffering from fibromyalgia improve physical function, mobility and the feeling of well-being.

- **Parkinson's Disease**

Parkinson's affects many aspects of a person's daily life. The condition can make it difficult to initiate movements or maintain balance. Exercise can help improve flexibility and mobility, which can help the individual maintain a higher quality of life. Exercise will not stop Parkinson's from progressing; but, it will improve balance and can help lessen joint stiffness. Exercise can also help improve circulation to the heart and lungs.

- **Varicose Veins**

Varicose veins are those that become stretched and swollen with blood. The veins often show up on the legs, ankles and feet because those body parts are farthest from the heart. Gravity pulls blood down into your legs

and feet when you're standing up or sitting down. So the veins have to work extra hard to get that blood back up to the heart, and some of those veins can wear out over time.

The primary cause of varicose veins is a breakdown of the valve system in the veins. Blood carrying nutrients to the cells is pumped from the heart through the arteries to the legs. The depleted blood then returns to the heart through the venous system – veins having one-way valves. When the valves cannot close properly, veins become varicose, blood backs up, causing the veins to widen and become distended.

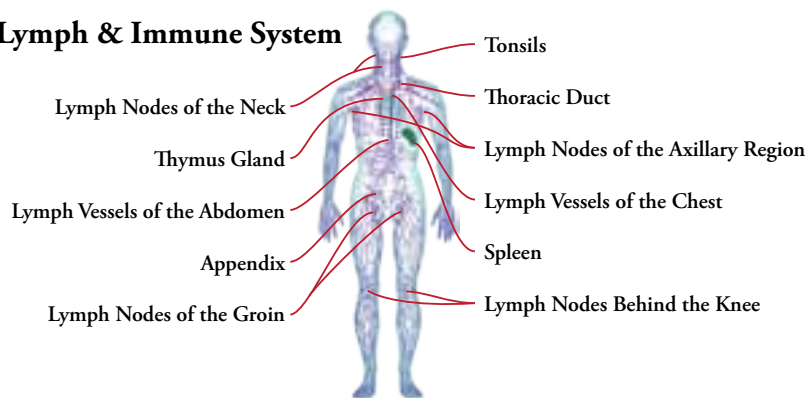
Age, strenuous activity and extra weight are some of the contributing factors to the development of varicose veins. With age, the valves and veins become weaker, and muscle mass and tone tend to decrease, thereby impeding the return of blood to the heart and increasing the risk of developing varicose veins. These factors may cause the valve to leak or fail, allowing blood to accumulate in the veins, causing them to stretch.

Since varicose veins swell because blood pools in them, the best treatment is to empty blood from the veins. Any program of regular exercise stimulates circulation, and helps prevent varicose veins. However, most intense activity may increase blood pressure in the legs and accentuate varicose veins. Low impact or passive exercise are excellent therapy as they are gentle to the joints and lower extremities yet very effective.

How Exercise Can Help With the Lymphatic & Cardiovascular System

The human body has two circulatory systems, which are your body's delivery systems. One is the cardiovascular system and the other is the lymphatic system.

Lymph & Immune System



The cardiovascular system is made up of the heart, blood and blood vessels. Blood moving from the heart delivers oxygen and nutrients to every part of the body. On the return trip, the blood picks up waste products so that your body can get rid of them. Increased blood circulation helps your body eliminate waste products and deliver oxygen-rich blood to oxygen-depleted muscles, helping them recover faster. The lymphatic system is also connected to every part of the body, but its function is completely different from that of the cardiovascular system.

The lymphatic system is made up of the spleen, thymus, tonsils, adenoids, lymph nodes and lymph fluid. Lymph vessels branch through all parts of the body like blood vessels, except the lymphatic system carries a colorless liquid called lymph instead of blood. Lymph circulates through the lymph system, around body tissues to the lymph vessels. As blood circulates, fluid leaks out into the body tissues. The leaked fluid drains into the lymph vessels where it is filtered; the old worn out red blood cells are replaced with new ones and returned to the bloodstream. Increased lymph flow helps the body eliminate waste products and helps kill pathogens and some cancer cells more effectively.

Being aware of the differences between these two systems makes it easier to understand the special difficulties encountered when any part of these systems are not functioning properly.

Comparison of the Cardiovascular and Lymphatic System	
<i>Cardiovascular System (Blood)</i>	<i>Lymphatic System (Lymph)</i>
Blood is responsible for collecting and distributing oxygen, nutrients and hormones to the tissues of the entire body.	Lymph is responsible for collecting and removing waste products left behind in the tissues.
Blood flows in a closed continuous loop throughout the body via the arteries, capillaries, and veins.	Lymph flows in an open circuit from the tissues into lymphatic vessels. Once within these vessels, lymph flows in only one direction.
Blood is pumped. The heart pumps blood into the arteries that carry it to all of the body. Veins return blood from all parts of the body to the heart.	Lymph is not pumped. It passively flows from the tissues into the lymph capillaries. Flow within the lymphatic vessels is aided by other body movements such as deep breathing and the action of nearby muscles and blood vessels.

Chart continued on page 22

Comparison of the Cardiovascular and Lymphatic System *continued from 21*

Cardiovascular System (Blood)	Lymphatic System (Lymph)
Blood consists of the liquid plasma that transports the red and white blood cells and platelets.	Lymph that has been filtered and is ready to return to the cardiovascular system is a clear or milky white fluid.
Blood is visible and damage to blood vessels causes obvious signs such as bleeding or bruising.	Lymph is invisible and damage to the lymphatic system is difficult to detect until swelling occurs.
Blood is filtered by the kidneys. All blood flows through the kidneys where waste products and excess fluids are removed. Necessary fluids are returned to the cardiovascular circulation.	Lymph is filtered by lymph nodes located throughout the body. These nodes remove some fluid and debris. They also kill pathogens and some cancer cells.

Normally the body maintains a balance of fluid in tissues by ensuring that the same amount of water entering the body also leaves it. The circulatory system transports fluid within the body via its network of blood vessels. The fluid, which contains oxygen and nutrients needed by the cells, moves from the walls of the blood vessels into the body's tissues. After its nutrients are used up, fluid moves back into the blood vessels and returns to the heart. The lymphatic system also absorbs and transports this fluid. Using the Exerciser Elite® is one of the quickest ways we know to help the lymphatic system get rid of the excess liquid build up.

Exercise & Oxygen...Your health depends on it

Increasing the oxygen level in the blood is extremely important. All functions of the body are regulated by oxygen and must be replenished as our life energy depends on it. Oxygen energizes cells so they can regenerate. The body uses oxygen to metabolize food and to eliminate toxins and waste through oxidation. The brain needs oxygen each second to process information. In fact, all of the organs, in the human body, need a great deal of oxygen to function efficiently. The ability to think, feel, move, eat, sleep and even talk all depends on generated energy from oxygen.

Exercise and Building Oxygen Surplus

Most exercises are anaerobic in nature. Strenuous exercises can create a state of oxygen debt, or a depletion of oxygen in the body, which means it is an anaerobic activity, not aerobic activity. People who engage in heavy

competitive sports usually create an anaerobic condition. This is also true for a person who has a heavy workout in the gym. A body can go into a state of oxygen debt from which it takes time for the body to recover. Using the Exerciser Elite® after your exercise routine will help increase the oxygen in the body, which allows your body to recover from oxygen debt more rapidly.

Walking, jogging, riding a bike or swimming, in moderation, can provide aerobic activity and will most likely record an increase in oxygen when measured by an oximeter. There is no substitute for exercise, however; the Exerciser Elite® can definitely enhance one's exercise program. In addition to helping increase the oxygen in the body, it helps to limber up the spine and joints making it easier for you to exercise.

Nitric Oxide and Endorphins

Regular exercise can help the body produce and release nitric oxide and endorphins.

In the late 1980's researchers discovered that human cells produce nitric oxide and use it to communicate with other cells. Abnormalities in the body's production of nitric oxide have been linked with high blood pressure, atherosclerosis, diabetes, impotence and stroke.

In the body, nitric oxide is generated through the action of enzyme systems called nitric oxide synthase. The enzyme uses a common amino acid, L-arginine, and converts it to nitric oxide. This process takes place in many cells and tissues. The nitric oxide then regulates many body functions including: blood pressure, respiration, blood clotting, bacterial killing, brain and sexual function. Blood vessels continuously generate small amounts of nitric oxide that cause the vessels to widen and greatly increase blood flow. At the same time, some of the nitric oxide interacts with blood platelets, the elements in the blood stream responsible for clotting. This causes the platelets to become less reactive and prevent their clotting of important blood vessels such as those feeding the brain or heart. By opening blood vessels and increasing blood flow, nitric oxide can also relieve impotence.

In the lung blood vessels, nitric oxide improves the amount of oxygen that the lungs deliver to the blood. An important part of the body's defenses against microbial invasion relies upon the production of nitric oxide. Nitric oxide is a major component of the body's policing against infections. The process of memory formation within the brain can also be nitric oxide dependent. Specific cells within the brain produce nitric oxide that can reinforce memory storage.

Regular exercise helps increase or enhance nitric oxide production in the body; and the more nitric oxide that is produced, the more protection you have against cardiovascular disease and many other diseases. For individuals who have problems with inflammation, studies indicate the release of nitric oxide can also work as a natural anti-inflammatory.

Regular exercise can also help the body to produce and release endorphins. Endorphins are a group of substances formed within the body and are normally released during exercise. They naturally relieve pain and work as a natural anti-depressant. Endorphins have a similar action as morphine and codeine without the side effects.

The Health Benefits of Drinking Water

Water is the second most important ingredient for the body after oxygen. Drinking a glass of water after your session is recommended to help flush toxins out of the system.

The health benefits of drinking water are many, including: a clear, healthy and vibrant complexion, regular bowel and urinary functions, healthier teeth and bones, and as an aid in weight loss. Drinking water is essential for life. We can live without many things including certain foods. However, without consuming adequate amounts of drinking water we will die in only a few days. Water makes up about two thirds of the human body. It is the main component of blood, urine, lymph, sweat, and digestive juices. We need water simply to function every day. Water produces energy, regulates body temperature, builds new cells, lubricates joints, and eliminates waste.

We lose water naturally every day from breathing, sweating, and eliminating waste. We also lose water every day as a result of exercise and/or environmental conditions such as humidity and heat. During the summer months, water loss is greater because perspiration, which is used to cool our bodies, evaporates faster in a hot environment. As it evaporates, our bodies produce more perspiration, using up more and more of the water in our bodies. When the water has been depleted, our bodies are not able to cool and we become over heated. Without water, blood pressure rises and the heart begins to malfunction causing the kidneys to shut down. This is very dangerous and can lead to death if not treated properly in time.

Because using the Exerciser Elite® helps to move the lymph fluid, a person will most likely experience different forms of detoxification. Detox and cleansing is one of the most important functions that the human body performs. When most people decide to detox their body it is usually because they are sick and

are having a problem recovering from a long term chronic illness. They are trying to clean out toxins that have accumulated over several years. There are many parts of the body that handle detoxification such as the liver, lungs, kidneys, colon and skin. Drinking water helps carry the toxins out of the body quicker and more efficiently.

The Autonomic/Unconscious Nervous System

The human body has two nervous systems called the somatic or *conscious* and the autonomic or *unconscious*.

The **somatic or conscious** nervous system is what we control. It is what lets us direct activities in our daily lives. We walk, brush our teeth, and exercise, etc, as per our command.

The **autonomic or unconscious** nervous system controls all of our body functions that we do not have any control over, such as, digestion, pumping of blood, oxygen utilization, etc. This system consists of two parts, sympathetic and parasympathetic.

The sympathetic is what allows us to do many things in life. It is the fight or flight adrenaline trigger. It moves the blood around the body to the degree that we need it in an emergency situation. The parasympathetic is a calming mechanism, which helps to balance the effects from the sympathetic. These sympathetic and parasympathetic components in the unconscious nervous system need to be balanced in order for a person to have good health.

Exercise Brings Balance

Many people lack balance in their life. Stress is the number one cause for imbalance of the autonomic nervous system. The pressures of daily living can create a situation where the parasympathetic does not function properly. Most people have a hard time managing their stress levels. Many people cannot unwind and relax before they go to sleep. Insomnia is a major health concern for more and more people. Exercise is important in helping to bring balance in the autonomic nervous system. The Exerciser Elite® has helped many long time insomniacs to start sleeping peacefully after only a few days of use.

Exerciser Elite® Customer Feedback



We wish to acknowledge the thousands of users, whose ages range from 30-102 years old, from which hundreds have shared their experiences with us. These wonderful stories have spanned from those in good physical health who experienced a greater sense of well being, to those with major health issues who experienced life-changing benefits.

Almost 84 and feeling better

The Exerciser Elite® is just SUPER! I cannot tell you how much I enjoy my relaxing sessions, 3 times a day. I am almost 84 years old and so many parts of my poor, old hardworking body are crying out for relief – your Exerciser Elite® has answered my prayers. The minute the machine turns off, I lie very still and a wonderful sensation sweeps up my entire body – like I am about to levitate. When I get up, I feel like I am back in the fast lane. I am so glad I decided to splurge and buy your magical, magnificent machine.

—Irene R.

World War II Veteran with health problems

I am a World War II Veteran with a basket of health problems. I saw your ad in the VFW magazine, came to your showroom and, after a brief demonstration, I bought one on the spot. After using the machine for 30 days I had worked up to 16 minutes, 3 times a day on Program 2. I had headaches, high blood pressure, arthritis, joint pain, back pain, stiff muscles, cold feet and breathing problems. I have improved all of these problems and I am so happy that I can go to bed at night with warm feet. My mail box is 150 feet from my house and I used to have to stop and rest two times on a trip to get the mail. Yesterday, I made the round trip non-stop. I am so happy that I found some relief for some of my health problems. At 86 years old, I know that I am a very lucky man. Our son, was over the other day and tried the Exerciser Elite® and says he just has to get him one! We thank you great people at Clark Enterprises. I am very happy for the help of my new Exerciser Elite®. It's Great!

—Hugh L.

New energetic feeling

I can't tell you how pleased I am with the Exerciser Elite®. I have had my machine for a little over a month and a half and seem to be getting stronger every day. To start with, I could not even get up off the floor without dragging myself up by a chair, now I can get up all by myself. I can also go up and down the basement steps much easier, which before I had to lead with my left leg and go slow. I am now using Program 1 before bed and Program 2 in the morning for energy. This new energetic feeling will be perfect next Spring when I want to get outside in my flower beds. Thank you very much.

—Carol P.

I was skeptical at first

I purchased the Exerciser Elite® approximately a month ago. I have Spinal Stenosis of the Lumbar and Cervical spine. I was going in the hospital approximately two or three times a year and getting Epidurals under total anesthesia. I have been on a pain management program for approximately 6 months taking different pain medications. I also have severe Osteoarthritis. Since using the Exerciser Elite® I have completely stopped the pain medications. My pain has diminished considerably. I also had ice cold feet and could not get them warm in anyway while in bed. Since using this machine my feet are toasty warm. Also, I have been doing the Program 1 before retiring and I sleep like a baby. My attitude and just over all feeling has changed and I know it is because I feel better. I was very skeptical at first and felt we could not afford to put that kind of money out. Well, if things continue the way they have been going, this machine will pay for itself just in what I pay for medication. I feel the machine will continue to help in more ways than one and would highly recommend it to anyone who wants to feel better. Thank you Clark Enterprises for making this product available to the public. I only hope that more people will give it a try.

—Carol M.

Lower blood pressure after 4 months

I received my Exerciser Elite® in May 2006. The first 4 months I didn't notice much difference. After using the machine for 5 or 6 months, I started monitoring improvements. I believe the reason it took so long to notice anything is because I was only using it once a day instead of twice a day. Now for the benefits I have received...my toes are not numb anymore. My lower back has improved about 70%. My blood pressure has dropped from 140/70 to 122/60 and I am not quite as tired as I used to be. My breathing is also a lot deeper. I will use this machine until I drop.

—Tony S.

Back Pain & Arthritis Relief

Since I bought the Exerciser Elite® it has really helped my back pain and arthritis. I was so satisfied with it, I decided to order the Kneading Roller 2000 Elite® reflexology machine for my feet. Now I have my own "mini-gym" to use at my discretion. I don't have to "get dressed to go out" to a local gym somewhere which saves me time as well as money – no club membership fees and no gas money to get there. Now that's a big plus! I'm pleased with my machines, and I've had them less than a month. What a great investment in my health!

—Genelle M.

Referred by a friend

My friend phoned me and said I should look in the American Legion magazine for an advertisement that he was extremely interested in. It was your Exerciser Elite®. In just a few days, my friend ordered one and was extremely impressed with the results. A few days later I also ordered one and my wife and I have been very, very impressed with the almost immediate results. Everything you say in your advertisement is certainly true. At the age of 86, I suffer from diabetes and very achy knees with almost bone on bone. The Exerciser Elite® has already helped the constant numbness in my feet. I actually screamed out in pain whenever I would take a step with my walker.

My wife suffers from Fibromyalgia and perhaps post-polio syndrome along with a circulation problem and she has already seen improved results. Several years ago my wife had operations on both knees at the same time. Consequently, to get up and down off the floor is difficult. We took your suggestion and put a piece of plywood on a bed and that is the answer for anyone who cannot maneuver up and down from the floor.

Your product is the greatest thing since the riding lawnmower. When a person is 21, you never give any thought to purchasing a riding lawnmower. You wait until you are 55 or older. All those years you could have had the luxury of mowing with ease. The same is true about your Exerciser Elite®. A person should purchase one at an early age and enjoy all the health improvements you notice immediately.

—Wallace M.

Relief From Neuropathy

I am so happy my daughter talked me into trying the Exerciser Elite® that was being demonstrated at the Cottonwood Mall here in Albuquerque, NM. I have had neuropathy in my feet and lower parts of my legs for over 7 years. My feet are numb all of the time which makes it very hard for me to walk without my walker. After using the machine at the mall for about 4 minutes, I noticed some sort of tingling in my feet. We decided to walk around for a while afterwards and 30 minutes later we stopped back to try the machine again. This time I went for 6 minutes. Again, I noticed the same tingling sensation as before only this time it was more intense. To make a long story short, my daughter decided to purchase the Exerciser Elite® for me. After using the machine every day for a little over 2 months, I now have feeling in both my feet and I am able to go to the mall with my daughter and leave my walker at home. I am so thankful my daughter bought this wonderful machine for me.

—Maria G.

65th birthday present

A few months ago I was reading my National News magazine from The American Legion and came across your ad for the Exerciser Elite®. I found the ad to be very interesting but thought about it for quite a while before deciding whether or not I wanted to make this type of investment. I finally decided to go ahead and order your Exerciser Elite®, as a 65th birthday present to myself. I must tell you, this is the best investment I ever made, one that absolutely benefits my health.

For years, I would have trouble with swelling in my left leg, even in my younger years of 20's and 30's and lasted into my 60's. I have been using the machine for the past six months and noticed right away that the swelling problem has subsided starting with the first month of use.

My blood pressure has been elevated for the past 9 years and even with medication it hardly moved from 140/90 and sometimes higher if I became ill with a cold, etc.

After six short months of use my blood pressure is now 120/82 and I do not get winded going up steps anymore. I used to huff and puff like it was going to be my last breath and I could hardly speak for a few minutes plus I would have this severe pounding in my chest. All I could hear was this ba-boom, ba-boom coming up into my ears from my chest. Not anymore. I am really feeling good about myself these days and still working a full time job! Thank you for your fabulous machine.
—Judith K.

Thanks for the referral check

Well, we certainly got a pleasant surprise the other day when we opened your letter and found a check as well as such a nice note from you. Thank you so very much for the referral money that we received as a result of our friends mentioning our name when they ordered.

We found it so nice to talk with you folks on the phone, and have been SO pleased with the Exerciser Elite® that we purchased from you. As a matter of fact, when my husband, Jim, cannot sleep at night, he gets on what we call "the machine" and sets the timer. When its done (if he's not already asleep there on the floor) he gets back in bed and falls asleep right away. He usually gets on it twice a day, sometimes 3 times a day.

Thank you again for your fine products and also for the very much appreciated check.

—Joanna K.

Sciatica Pain Relief

I saw your ad for the Exerciser Elite® in the Elks magazine for several months. The information in the ad almost sounded "too good to be true". With your no risk money back guarantee I figured I had nothing to lose so I purchased the machine...and boy, am I glad I did! I am 75 years old and suffer from sciatica, which makes my back and legs tighten up and causes numbness. After using the machine for only 4 minutes, I noticed my lower back loosening up. Since I have been using the machine I have not taken any pain pills and have been pain free. My sciatica is not giving me problems anymore and my body stays loosened up. My wife and I went to a restaurant the other day and we had to wait in line for about an hour. I was able to stand there without any pain! I have also had a snoring problem for quite sometime, however, since using the machine my snoring has subsided. My wife is so excited!

I cannot tell you how much this machine has turned my life around. The Exerciser Elite® is the greatest thing since sliced bread! I am going to tell everyone I know about it.

—C. Cummings

62 year young hairdresser

I ordered my Exerciser Elite® on a Monday and received it on a Wednesday. WOW! What Service! I started using it that day...2 times a day for 2 minutes each session for about 2 weeks. I am up to 16 minutes for 2-3 sessions each day.

I cannot describe what this machine has done for me. I can now say my back is much better and my knees are better. Before using the Exerciser Elite I could not stand very long without holding onto something and my walking was painful. I have been a hairdresser 40+ years. I am 62 years old and I can do more work now than in the past 2 years. I can do my housework easier. Climbing up and down on step stools was risky before, but now it's not a problem. THANK YOU! THANK YOU!

—P. Smith

Lower Back Pain Relief

I have chronic low back pain that started when I was in the Navy. I have been told to do back exercises. My back would hurt the worst in the morning. The first time I tried the Exerciser Elite®, the next morning my back pain was gone and I couldn't believe it. I now use it morning and night along with my family who have seen numerous benefits, as well. We keep it in the living room so we never forget to use it. I almost forgot, I also have lots more energy.

—Gary F.

Back Pain Relief

My wife and I both use the Exerciser Elite and are extremely pleased with it and the results obtained. Up until recently, we had been going to a school where they were teaching young adults to become massage therapists, however, the school had to close down for various reasons. I had been seeing your magazine ad for this machine for quite some time and finally decided to try it.

What a wonderful discovery! I suffer from a combination of Gout, Diabetes and lower back problems. My wife has problems with her neck, right shoulder and upper back. I won't say that this machine is a cure-all, but comes very close. I use it three times a day and she uses it twice a day. It would be difficult to describe the changes it has brought us. Suffice it to say that, for us, it is an answer to a prayer. If someone is contemplating a purchase, don't wait. You will never be sure how much it does help in so many ways, until you try it. You will not be disappointed.

Thank you so much for providing to us the means to relieve a lot of pain and enjoy life again.

—D. Dinkel

Leg Pain Relief

I received my Exerciser Elite® today, I tried it as recommend for 8 minutes and it's unbelievable! I felt a difference in the way my legs felt. I am 71 years old and still work 8 hours a day as a safety specialist which requires me to do a lot of walking. If what I have felt in one 8 minute session is just the beginning, I am really looking forward to using this machine every day for the rest of my life.

—D. Garner

Osteoporosis

In 1994 or 1995 I was diagnosed with severe osteoporosis and in the danger zone. I broke my ankle, way too easily in 1995. I refused taking estrogen and felt it was too dangerous with side effects. For a while I used progesterone and did not continue it faithfully. No regular treatments or exercises.

The last couple of winters, I had 2-3 hard falls on the ice hurting my joints and muscles-never broke a bone to my surprise! In fact, the last fall hurt my right knee joint and twisted the muscles above and below the knee. I limped a few days, got back on my Exerciser Elite® and soon the injury healed nicely. WOW!

Last week, I took advantage of the free osteoporosis test as I was curious how my bone density was. The test result was so marginally small, it is not called osteoporosis. I was delighted to see such great results. The Exerciser Elite® is truly a miracle machine. I use this machine instead of physical exercise for my osteoporosis.

—Jan H.

Relief from Edema and much more

Since we received our Exerciser Elite® the edema in my legs and hands is gone. I can see my ankles and my wedding band is no longer tight.

I have had numbness in my right toes for sometime now due to my high blood sugar condition. It was gone in 3 weeks after using the machine 3 times each day.

I wake up in the morning with more energy than I have had since I was a young person. Not bad considering I work two jobs with over 70 hours a week.

I had knee surgery in January of 2001 and had to take a desk job due to slow healing, swelling and pain. Now the pain is almost gone from the knee and the swelling is greatly reduced since using the Exerciser Elite®.

The most interesting pain was in my shoulder. I injured it at work mowing grass almost 5 years ago. I just waited for it to get better, but it didn't. I couldn't raise my arm above my head without a great deal of pain. Well, three 16 minute sessions per day, on the Exerciser Elite® and it is gone! I can raise my arm above my head with no pain at all. I also had popping in my neck, which is gone. I'm also no longer bothered with loud snoring, plus having more oxygen in the blood during sleep helps with a great nights sleep. Thank you for the Exerciser Elite®.

—Claudia H.

Knee Pain Relief and much more

We recently received our Exerciser Elite® and the miracles started happening.

In September of 2000, I took early retirement as a HVAC mechanic from Jefferson County Schools because my doctor told me the next time I had an injury I would have to have knee replacement surgery. A great deal of my work was either on my knees or on a ladder with a heavy tool pouch on. Both knees gave me a lot of pain, but now it is gone. The real test was when it was time to get the extension ladder and get the rain gutters on the house cleaned out again. For the first time in years, my knees didn't hurt going up and down the ladder. When I got up the next morning I had no pain at all. I've had edema in my legs and ankles for about 20 years and I noticed an improvement after one week. Now it's almost gone.

I have also quit taking my gout meds. I don't think I need them anymore and this winter was a bad one for gout (not the weather...but the holiday food).

I have had varicose veins below my right knee ever since I was a kid, checking out groceries all day for Safeway. I recently noticed the veins aren't bulging out anymore.

My asthma and sleep apnea are also both much better. I feel alive again, and don't nap much anymore. I guess this machine helps just about everything. Too bad it doesn't fix teeth! Life is good!

—David H.

Varicose Veins

Thank you for offering this wonderful machine, I am so amazed with the results I have experienced. After only 2 months the ugly veins on my legs disappeared and years of fatigue vanished. After spending thousands of dollars on treatments with no avail, I can't believe this machine has done so much for me.

Not only do I get the luxury of youthful energy, but also the sweetest and deepest sleep. I can't remember the last time I felt this way. The feeling of well-being is so precious.

I am positively looking forward to using my Exerciser Elite® 2 to 3 times a day for the rest of my life. It is unbelievable how fast I experienced the results. Thank you for your generosity and for being the bridge builders to well-being.

—Rose B.

Increased Endurance

I first became acquainted with the Exerciser Elite® through the Saturday Evening Post magazine, as I am always on the lookout for anything that might improve my racquetball game plus it had a thirty day return policy (how could I go wrong). After using it for a week, I was so impressed that I ordered two more machines as gifts for my son and daughter, who are both adults. I am in excellent health and played one on one racquetball two or three times a week, in half hour sessions. At the end of each session I would be thoroughly exhausted and feel that I had gotten a great workout. After using the Exerciser Elite® for two or three weeks, I found that my racquetball sessions were becoming longer and longer and without the feeling of exhaustion. Now my regular sessions are from two and a half to three hours long and I feel great.

I owe it all to the Exerciser Elite®, in fact, I wouldn't sell it back for double what I paid for it. My regular opponents are 39, 49 and 54 and they wonder what is going on, as I will be 79 in April and am at the top of my game. Thanks for making such a wonderful machine.

—Dick S.

Restless leg syndrome

Little did I know when I ordered the Exercise 2000 Elite® that it would prove valuable to my wife of 62 years. I got it for the stiffness in my legs and it works perfectly to get me loosened up after playing tennis in the morning. When I come home I immediately get on the Exerciser Elite® for ten minutes and I feel great! My wife suffers from restless leg syndrome at night. Instead of walking the floor for a long period of time, she just gets on the Exerciser for ten minutes and the syndrome subsides. After wrestling with restless legs for a long time she is all smiles in the morning. Happy days are here again! Just thought you would like to know.

—Dick P.

Living with Cerebral Palsy

Thank you, thank you, thank you. I am 63 this year and have been living with a birth injury. I guess now you would call it cerebral palsy. It affected the right side of my body. It caused stiffness and has affected my balance as I have aged. Using the Exerciser Elite® has changed my life in so many ways. I now have the flexibility to do tasks that used to be so difficult. It has taken me since July to realize that I owe it all to this miracle machine, also called my shimmy-shaker. It's the reason I rise in the morning and sleep peacefully at night.

You need to hear these testimonies so you know how much you have changed my life and the lives of others. I am brand new and enjoying the rest of my life with hope and happiness.

—Sharon A.

Sleep Apnea and Snoring

I had suffered with sleep apnea for many years. I was waking everyday with a total feeling of lethargy. After a sleep study had been done, I was told I would have to use a breathing apparatus. In the meantime, I was introduced to the Exerciser Elite® and decided to purchase one.

To start with, I used it for just 4 minutes, three times a day on speed #3. Within two weeks I was using it three times a day for ten minutes each session. I was sleeping more deeply and restfully than ever before.

Today, over a year later, I am using the Exerciser Elite® twice a day for 16 minutes each session. My wife no longer complains about my snoring, which has all but abated. I feel great and no longer have problems sleeping.

—David B.

Diabetics

I am in my late 80's and have diabetes. The first thing I noticed when I started using my Exerciser Elite® was that my feet were warm when I went to bed. They were always ice cold before. Because one of my problems is poor circulation, I use the machine three times a day for 10 minutes each; in the morning, late afternoon and just before bed. I almost forgot to mention that I have not been able to lift my arms above my head. Now I can do it. You think that's no big deal until you can't do it anymore. Thanks for a wonderful machine.

—Ralph K.

Depression

A man in his thirties who did not want his name mentioned has suffered from depression for many years. Many times he would feel suicidal for no apparent reason. Since using his machine daily, he reports that his feelings of suicide don't seem to be present and that he has a much better outlook on life. Could this be due to the release of endorphins in the body while using the machine?

Wonderful results for a lady with MS

I have had MS for over 33 years and been in a wheelchair for the past 18 years. After a routine check up my neurologist noted that since I have been using the Exerciser Elite® for the past 4 months, I am stronger, my speech is better and my mind is clearer.

I started slowly (very important) with speed #1, and then slowly worked up until now I use my favorite speed #5. I, also, started with 6 minutes and worked slowly up to what I do today, which is 32 minutes, twice a day. It really loosens me up and makes me more limber. I am doing so much better using my walker and my balance is much better.

I used to use the machine on the floor; however, I find it much more comfortable using it on the new Exerciser Elite® table that I purchased a few months ago. I can do so many more things since I started using the Exerciser Elite®. For instance, I would do the laundry and then my aide would fold and put away the clothes. Now, I'm doing the whole thing. Plus, I put my dishes away and am doing most of my own housework. Now my aides are here mainly to take me places.

I recently traded my original Exerciser Elite® for the new Exerciser Elite® model. I just love this new machine... especially the pre-programmed settings.

I continue to share the Exerciser Elite® with a lot of my MS support group and they now have wonderful stories to tell, as well.

—Judith R.

Edema Alleviated

After having a stroke, I could no longer exercise the way I used to. As a result, I developed edema. A friend of mine introduced me to the Exerciser Elite®. I loved it and I purchased one for myself. After using the machine daily for a few weeks, my symptoms of edema were completely gone. I now use the machine twice a day for 16 minutes each time on speed 3. What a wonderful way to exercise.

—Robert M.

Edema and more

After using the Exerciser Elite® twice a day for one week the swelling in my ankles went away. It has also helped my breathing, as I can get out and walk without having to stop and catch my breath! Thank you.

—Shirley H., Florida

Cool down after workout

I love using the Exerciser Elite® after my morning workout. It is an excellent way to cool down and it helps to start my day off right.

—Deanna C., Kansas

97 year old benefits

I had been spending my days just waiting when I saw your ad in Guideposts for the Exerciser Elite®. I had edema of my left foot and leg, two bad falls and a fear of falling which made me inactive. I'm 97 years old. Could it really help me? My daughter encouraged me to try it. I did. It's working! I feel alive again and have a new zest for life, thanks to you.

—Grace R.

P.S. My daughter loves it too!

Sexual Dysfunction

I tried this wonderful machine while attending a trade show in the Kansas City area. I had been walking through the show for quite some time and my lower back and hips were starting to bother me. I am somewhat overweight, which doesn't help my hip problem. The gentleman at the show was giving 4 minute demonstrations and I didn't figure I had anything to lose and besides I could lie down for 4 minutes and take a load off my feet. When the machine shut off after 4 minutes, I felt a tingling sensation in my legs. I was amazed how good my low back and hips felt. My husband and I decided to buy the machine and give it a try since it had a money back guarantee. After having the machine for a little over a week my husband decided to try it since I kept going on about how good it made me feel. While my husband was using the machine he told me there was "something funny going on". "I am having somewhat of a tingling sensation, but it is not in my legs", he said. My husband is 76 and I am 68. My husband's sex drive has diminished over the past 8-9 years. As of this writing, we both have been using the machine for a month and a half. My husband is acting like he is in his 50's...I don't need to go into anymore detail!!! Thank you for this wonderful machine.

—Gladys R.

Knee pain

I have had pain in both of my knees since I had them replaced in 2000, 6 months apart. My husband purchased one of your Exerciser Elite® machines. I use it when I first get up in the morning and the last thing at night before I go to bed. I put two pillows under my knees for support and use the lowest speed for a few minutes. After a couple of days I worked up to a full 16 minute session. What a blessing! I have no pain, can walk better, keep my balance better and am so grateful, at 77, to lead a normal life again. I thank you so much.

—Gwen S.

A Brief Explanation from a Chiropractor

The Exerciser Elite® stimulates the spinal column through a rhythmic serpentine motion. While the spine is moving, the surrounding soft tissue is also moving. This musculature and ligamentous tissue is also being stretched, in which increased flexibility is gained. There is also a benefit of motion within all the tissues of the body, including, the myofascial tissues of the abdomen and chest. As these tissues are moved, we find that the circulation has increased, and especially in the lymphatic tissues, we see circulation that is increased dramatically, as these tissues require motion to function, as they are not under pressure like the arterial and venous systems.

The use of the Exerciser Elite®, in the office, can be billed to various insurance providers under various billing reimbursement codes such as: 97112 for neuromuscular reeducation, 97250 for myofascial release, 97110 for therapeutic passive exercise, 97265 for joint mobilization, 97140 mechanical therapy techniques and 97530 for therapeutic activities. E0935 can be used for selling a machine to a patient under Durable Medical Equipment (DME) as a Passive Motion Exercise Device.

In conclusion, the Exerciser Elite® fits very well into the vitalistic philosophy. It enables people to benefit themselves at home. It is a valuable asset in moving lymph fluid, oxygenating the blood, increasing immune system function, maintaining mobility in the spine, and additionally freeing up a spine that has become stiff and arthritic.

This machine assists and helps people maintain health and function throughout their lifetime.

—Garry G., D.C.

Lower back pain relief and more

I want to tell you and everyone how much I like the Exerciser Elite®. I had such lower back pain that I could not stand it. I saw your ad in the American Legion magazine two years ago. At that time, I thought it wouldn't help. But, I ordered one anyway. Up to the time I received the Exerciser Elite®, I still had doubts if it would work. I was wrong. I have used it for four months now. Now I have very little back pain, am more regular, and I sleep much better now thanks to the Exerciser Elite®. I would not ever part with it. It is the greatest thing I ever bought.

—Clifford C.

Constipation and weight loss

"I have had constipation problems for over 25 years. Since I have been using the Exerciser Elite® I have been regular every day and have begun to lose weight. This is truly a blessing and is so easy to use."

—Jeannie

After suffering from IBS for over a year I purchased the Exerciser Elite® in hopes to help my problem. After using the machine for 30 days I lost 17 pounds and am no longer bothered by IBS. I love my Exerciser Elite®—it has changed my life!

—Keith J., Missouri

Relief from sciatica

I am 54 years old, in good physical shape and like to ride horses every day. About 4 years ago I tripped over a garden hose and fell. Ever since then, I have had huge pain in my right leg and they say it is from the sciatica nerve. I went through physical therapy, which was very costly, and if I do the exercises every day, for one hour, it does seem to help. The problem is I work full time and sit at a computer all day and the pain comes back immediately. I even sold my stick shift car and got an automatic as it pained me to shift. The fact that I bent my body was troubling the issue. So, I was desperate. I could not afford the therapy and really did not have the time to do it in my lifestyle. Then I discovered your machine....after 2 weeks of using the machine twice a day for 10 minutes per session, on speed 2, I now have no problems. Now, I can do it every other day and it keeps the pain gone. Wonderful and amazing....worth every penny! Thank you.

—Jennifer M.

High Blood Pressure

I am writing to you to thank you for the repair of my Exerciser Elite®. I feel this machine saved my life and maybe my sanity.

In February I was told my sugar was high so I changed my diet, but I also started to use the Exerciser Elite® in the morning and night for 32 minutes. When I went back to the doctor my sugar and blood pressure was under control and I was also losing weight. Since February I have lost 55 pounds and I feel great. I am walking better, can walk longer and just all around feel great. I think I have your machine to thank.

I have had both hips replaced and been through breast cancer. Regular exercise was not something I could do every day and still move. But with this wonderful machine I can! Thank you again.

—Carol H.

76 year old feels 10 years younger

This is just a note to thank you for the rebate check. I am more grateful to you than ever – and I was already grateful because I am getting so much good out of my Exerciser Elite®, far more than I expected. I am 76 years old, heavy, stiff with arthritis and a leukemic for the past nine years. Using your machine twice a day has made me feel ten years younger. I am far less stiff and my thinking is clearer. I also have a great deal more energy. When you say that your company is in the business of “helping people feel better”, it is no fib!

—Kate B.

Back Pain

My Exerciser Elite® was purchased in March 2007. It has faithfully performed twice daily for me. The major result is that my sway back has straightened out to a normal posture. Previously, I had to use a lower back cushion to drive a car or sit in theater and airline seats.

It used to be painful to sit unaided because of the excessive curvature of my lower back. Return to a normal back was accomplished without resorting to expensive treatments. I lie prone on the carpeted bedroom floor and use hand weights to exercise my arms and core body muscles. Now, I am able to feel my entire spine contacting the floor; whereas, previously the small of my back formed a tunnel that I would not flatten out. It is a great machine, a real health aid.

—Roger K.

Insomnia

For the last 4-5 years, I've have suffered from insomnia, which seemed to take over my life. For the last two years, I have depended on a nightly sleeping pill that made me groggy during the day. Since working up to 16 minute sessions on the Exerciser Elite® I fall asleep easily at night. On rare occasions when I wake up I can use the machine for a few minutes and go right back to sleep. Only someone who can't sleep knows how precious it is to no longer dread bedtime. I can hardly believe the wonderful benefit of the Exerciser Elite®.

—Jane L.

Hip Replacement

I just had to write to say what your machine has done for me in less than a month. I just can't believe it! I had a hip replacement three years ago and the surgeon put in the wrong hip. It took me five months to get a surgeon to replace the wrong one with the right one. Although I did well, I wasn't back to normal and couldn't walk very far. But I was much better with the new hip. I also had problems after a couple of surgeries that made it so I couldn't bend over to tie my shoes which caused me terrible pain. However, now I can bend any which way I want and walk for a couple of miles with no problem. It's just unbelievable.

My daughter is also using the machine to see if it helps with her knee. So far she is doing well but she had a shot of cortisone just before we got the machine. Usually the shot only works for six weeks. We are watching the six week period. It also has helped her lower back. We are both so excited and can't wait to share our experience with others who are having problems. We can never thank you enough and we will spread the word.

P.S. Did I mention the energy we both have! I 'am 86 and my daughter is 57. We are doing great! Many Thanks.

—Frances W.

Knee Replacement

I received your nice letter and I'm proud of my Exerciser Elite®. I can already tell the difference and I've only used it a few days! I was an elementary school P.E. teacher and coach for many years so I've been use to a lot of exercise. I use to be a mountain climber and runner. However, I'm getting old now I'm 77 years old. I have a bad back and a knee replacement and the other knee is not in good shape. I can still jog a little, walk, and exercise at my condo.

I started out on speed 3 and doing two 16 minute sessions. I can use speed 5 now and do all the 16 minutes. I put a DVD on and watched and listen to Elvis Presley gospel music. I get down on my carpet in the front of the TV and let the Exerciser Elite® do the work. I love it!

Thank you for your nice letter and I'm very happy I invested in the Exerciser Elite®.

—Gordon W.

Increased energy

I use the Exerciser Elite® during the day when my energy level starts to drop. After 15 minutes on the machine I am fully rejuvenated and ready to go again! I no longer have to rely on my afternoon espresso to get me through the day thanks to the Exerciser Elite®.

—Linda T., Mass.

Stress

I bought my Exerciser Elite® a little over a year ago and cannot believe the results I have experienced. I breath much better, my circulation is better and with our busy lifestyle I find my stress level has improved. I use the machine 16 minutes morning and night. Thank you for a great machine that helps to make life more pleasant and less stressful.

—Leroy H.

One of My Many Blessings

Having just had my 70th birthday, and while looking back and counting my many Blessings, I have to include my Exerciser Elite®, which I've had for almost four years. I use it daily and take it with me when I go out of town. I have just purchased an extended warranty. I can't recommend it enough!

—Elaine W.

Reading Instructions is Very Important

In January I ordered the Exerciser Elite®. It is everything you claim, and more! Thank you! I have 2 metal knees, and a small metal plate in my back, plus extreme osteoporosis, that necessitates my use of a walker. When I first got it I didn't think it would affect the muscles that much, so I used it 10 minutes that morning, and 10 more minutes that afternoon. Oh! I learned! The next morning my leg muscles were so sore that I couldn't pick up my ankles to get them onto the machine! I left it alone that first weekend, but then started out more sensibly at two minutes morning and night, and gradually worked up so that now I'm doing 16 minutes, and though I'm still doing speed 1, I plan to try the other speeds shortly, and then I'll be set to try both programs. Thank you so very much. By the way, I'm 92 years old.

—Carey C.

Customer Service

Thank you for the referral check. It was a big and pleasant surprise to me. I use my Exerciser Elite® daily and like it so much. Our friends use their Exerciser Elite® 12 minutes in the morning and evening. I know they have also recommended your machine to others. Thank you.

—Jean T.

Exerciser Elite® Precautions and Troubleshooting



Operating Precautions

To prevent injury, risk of burns, fire, and electric shock the following precautions should be observed:

- Prior to use, please read the enclosed operating instructions thoroughly to prevent injury due to improper usage.
- Do not operate this unit if the insulation on the AC power cord or timer controller cord is damaged or torn.
- Do not use this unit if you have had a recent injury or major surgery. Please consult your physician first.
- Use by children should be supervised.
- Should this unit need to be cleaned, wipe with a soft damp cloth.
- When using the Exerciser Elite® on light colored carpet, place a towel completely under the machine to prevent rubber marks on the carpet.

Appliance Precautions

- Unplug unit when unattended for an extended period of time.
- Do not use in or around water due to danger of electrical shock.
- Keep cords away from heated surface.
- Never insert any object into any opening on the unit.
- Unit must be repaired by warrantor listed on warranty card.
- Do not attempt to disassemble the unit for repair. Any unauthorized repairs of your unit will void the manufacturer warranty.
- Do not operate in vicinity of aerosol products, flammable gases or when oxygen is being administered (oxygen tent).
- Avoid using the unit (or storing it) in a location such as the bathroom, where excessive moisture, heat or humidity may be present.
- The Exerciser Elite® does not interfere with pacemakers, defibrillators, automatic insulin pumps or automatic drug pumps.

For further warranty information, refer to the warranty card packaged with each unit.

Troubleshooting Guide

This guide provides helpful solutions to issues you may encounter while using the Exerciser Elite®. If you still cannot find the solution to your problem in this guide, please contact customer support for further information.

Problem	Solution
Machine will not change speeds. Note: Voltage fluctuations may cause the machine to lock onto one speed. This is indicated when the machine will run the same speed regardless of the selected speed.	Turn the machine off and unplug the AC power cord from the electrical outlet. Wait 5 seconds and plug the AC power cord back into the electrical outlet. Push the power button to turn the machine on and then set the desired time and speed. If this does not correct the problem, contact customer support for further information.
Machine is speeding up even though I did not select a different speed.	When you first turn on the machine, if it reads P1 or P2 on the digital timer display this indicates you have pushed the Prog button instead of the power button. To reset the machine, push the power button to turn the unit off. Press the power button again to turn the unit on. This time the display should show the number 2. Now you can select your desired time and speed. If this does not correct the problem, contact customer support for further information.
The machine only runs for 2 or 3 seconds and shuts off.	This indicates a problem with the speed sensor circuit board. Unplug the AC power cord from the electrical outlet, wait 5 seconds and plug the AC power cord back into the electrical outlet. If this does not correct the problem, contact customer support for further information.

Troubleshooting *(continued)*

Problem	Solution
Machine is making a loud “knocking” type sound.	This indicates the crank wheel bearing has failed. Please contact customer support for further information.

Cold Weather Notice

During seasonal cold temperatures below 32° Fahrenheit, the grease in your machine’s sealed gearbox may become “thick” during transit. Before using the machine, take it out of the packaging. Allow it to sit for a couple of hours until it reaches room temperature. Once the machine reaches room temperature, plug the AC power cord into the electrical outlet. Press the “POWER” button once. Immediately press and hold the “SPEED” button until the red indicator light moves to speed 5. Press the timer button until the digital timer display shows 16. Allow the machine to run for the complete 16 minute session. It will shut off automatically. Performing this procedure allows the unit to stabilize after transit.

If you turn the machine on before allowing the grease to warm up, the internal overload surge protector may shut down. To reactivate, unplug the power cord, wait 5 seconds, and plug the power cord back in.

Help & Support

If you have any questions, please contact our customer service department toll free 1-800.748.7172 between the hours of 9:00 AM and 5:00 PM CST, Monday-Friday. You may also contact us through the “Contact” page on our website, www.cwmachines.com.

Warranty Registration

To register your Exerciser Elite® machine, please visit the “Warranty Registration” page on our website, www.cwmachines.com.

Clark Enterprises 2000, Inc.
240 Berg Road
Salina, KS 67401
1-800.748.7172

Specifications

Power Source:	AC 120V, 60Hz	Dimensions:	15"w x 13.5"d x 9.5"h
Motor:	DC / High Torque		(approx.)
Power Consumption:	36W/.6 Amps	Weight:	15 lbs.
Timer (approx.):	2-16 Minutes	Model:	MS-Elite
User Weight Limit:	425 lbs.	Power Cord:	7' 2"
Swing Frequency:	120–160 ± 3%	Controller Cord:	6'
Swing Travel:	1.75 Inches		



A big thank you for the Exerciser Elite®. After one week my body is feeling the results. My leg pain is reduced and I know it will be gone with some more sessions on my machine. Thank you for providing a miracle! –*Joe and Alona F.*

I ordered the Exerciser Elite® as a birthday present for my husband. He is turning 79. Three years ago he had triple bypass surgery and he has never been the same. Lately he's had lots of medical problems and his health deteriorated to the point that he could not walk or stand up. Since his birthday, we have been using the Exerciser Elite® for a few minutes about three to four times a day. It is hard to believe, but my husband can now stand up and walk a short distance with a walker. I am amazed and very happy. Because of his poor health, we will continue to use it slowly, and I sincerely hope his strength and agility will keep improving.

Thank you for the kind and friendly service. Also, thanks to the Exerciser Elite®, the person who invented it and the company for producing a very useful product. –*Marija Oman M.*

I love using the Exerciser Elite® after my morning workout. It is an excellent way to cool down and it helps to start my day off right. –*Deanna C., Kansas*

\$3.95 U.S.



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