

EFFORTLESS EXERCISE



EXERCISE IS THE only reducing and exercising machine of its kind. Operated by electricity it enables you to reduce and keep in condition *entirely without effort on your part*.

No matter how tired you are, how nervously exhausted, you need not exert yourself in the slightest when you use Exercycle. Just get on—turn the switch and *relax*—and the machine does the work.

Nor is Exercycle merely an electric bicycle or horseback riding machine. Exercycle's motions have been scientifically worked out after years of experimentation under the supervision of doctors and physical directors. Exercycle combines a variety of synchronized movements. It brings almost every muscle of your body, large and small, into play. It stimulates circulation, tones up sluggish muscles and systems, is useful in correcting conditions caused by lack of proper exercise and sedentary habits.

Exercycle is no larger than an arm chair. You can keep it right in your bedroom or office, ready for use any time when you have a few minutes to spare.

★On the following pages, in question and answer form, we have attempted to cover all the specific points that you would like to know about this new method. If you find that we have omitted anything in which you are especially interested, we shall be only too glad to answer your questions by letter or in person.