



# CHEYENNE MOUNTAIN RESORT



June 15, 2009

To Whom It May Concern:

I would like to share some information that I feel would be valuable to potential Fitness Center management and trainers regarding the Pneubounder.

Approximately 2 years ago we were introduced to the Aerobounder. Upon using this machine my staff and I felt that it would be valuable to our customers in many aspects of fitness. Initially we began utilizing the Aerobounder to train clients who were interested in achieving maximum performance for their sports. This included tennis, skiing and cycling just to name a few. We found that those who chose to use the machine consistently made significant gains. These results included gains in strength, power, agility and aerobic capacity. We were very elated with the feedback and with what we were able accomplish with each individual case.

To support our experience we were excited to learn that the Air Force Academy decided to do scientific research to learn more about how this machine could improve anyone's level of fitness. As you may know, the Aerobounder proved in that research to be equal to plyometric jumping without stressing joints. This is a critical dimension of the machine that our clientele have found valuable. For "joint sensitive" fitness members, the Aerobounder may be the only explosive strength exercising they're comfortable doing. But for younger or more well trained members, they find that they can supplement plyometrics and agility drills with the machine to increase their power training exercise during a week. In two years of continued use, with both experienced athletes and more clumsy members, we've had zero injuries. That's not something I could say about a common treadmill. Furthermore, the machine has required literally no maintenance except for occasional dusting. That's after two years of heavy use by our membership and the occasional abuse the machine might experience from new users. Its small footprint makes it easy to include on the gym floor.

In 2010, The Cheyenne Mountain Resort will be purchasing a Pneubounder for its Fitness Center. I can only tell you that this machine is the real deal and has become an intricate part of all of our member's daily workouts.

If you are a Fitness Center GM or director of personal training please feel free to contact me with email if you have further questions.

Respectfully,

Wilfredo Lopez

Director of Recreation

The Country Club of Colorado

The Cheyenne Mountain Resort

wlopez@benchmarkmanagement.com