



*press play.
get fit.*

 NextFit™

NextFit

exercise system

NextFit is the first and only system to create a truly customized fitness experience. There's literally nothing else like it in the world.





“STUDIES SHOW
THAT PEOPLE
WHO EXERCISE
WITH MUSIC
BURN MORE
CALORIES AND
LOSE MORE
WEIGHT.”

pump up the volume

Plug in the headphones and enjoy over **100 custom engineered songs** specifically **built to boost** your workouts. NextFit matches the perfect music for your current activity.

Plus, with **150,000 audio clips** in the **world's largest** audio exercise library, NextFit covers every area of fitness, from walking to weightlifting to yoga. It's the only system that gives you real, personalized fitness training, **made exclusively for you.**

It's like having a **personal trainer** and a **star DJ** come to your home and walk you through every exercise, keeping you **motivated and engaged.**

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LOSE WEIGHT WITH: JOEL HARPER DR. OZ'S TRAINER; JEANETTE JENKINS HOLLYWOOD TRAINER, AUTHOR, AND AMERICAN GLADIATOR; KENT BURDEN AUTHOR OF YIN YANG FITNESS AND MORE. WALK WITH: KATHY SMITH, "AMERICA'S TRAINER" JIM RYNO SHAPE MAGAZINE EXPERT, STEVE JORDAN TYRA BANKS SHOW EXPERT, AND MORE. SHAPE YOUR BODY WITH: LINDA SHELTON SHAPE MAGAZINE FITNESS EDITOR FOR 20+ YEARS; DAVID KIRSCH HEIDI KLUM'S TRAINER AND AUTHOR; KATHY KAEHLER TODAY SHOW FITNESS EXPERT. BUILD MUSCLE WITH GUNTER SCHLIERKAMP FORMER MR. UNIVERSE, BRYAN HAYCOCK AUTHOR AND CREATOR OF HYPERTROPHY-SPECIFIC TRAINING, AND MORE. RUN WITH JEFF GALLOWAY RUNNING LEGEND, RON MATHEWS JENNIFER GARNER'S TRAINER. GET IN PEAK CONDITION LISTENING TO BAS RUTTEN UFC CHAMP, OR YUMI LEE BRAD PITT'S TRAINER. BIKE AND SPIN WITH: JAMES HERRERA, DIRECTOR OF COACHING AT CARMICHAEL TRAINING SYSTEMS. DO YOGA AND PILATES WITH: MARK BLANCHARD JENNIFER LOPEZ'S YOGA INSTRUCTOR, ALYCEA UNGARO WORLD-RENOWNED PILATES GURU, AND MORE.



THE WORLD'S BEST

More than 40 of the best fitness coaches provide you with professional instruction when you use the NextFit Exercise System.

Kathy Smith

A leader in total fitness for over 25 years, Kathy earned her title as “America’s Trainer” by launching the home workout movement in 1980. With more than 40 popular DVDs covering all aspects of fitness, Kathy has achieved platinum status by selling over 16 million videos worldwide.

Her national media appearances include The Today Show, CNN, Oprah, and The Tonight Show with Jay Leno. Kathy has also appeared on the covers of top fitness and women’s publications including Shape, Fitness, Woman’s World, Vogue, Glamour and more.

With more than 400,000 books sold, Kathy continues to guide, motivate, and empower people through her books, videos, and with the NextFit Exercise System.



CUSTOMER: JENNI S.

I decided to get healthy after having been 40+ lbs overweight for many years. It was an emotional, spiritual & physical mountain climb... but it worked and I have been in maintenance for nearly 7 months now. NextFit has been a big part of my weight loss and maintenance journey. I started my journey walking with Kathy Smith.

The trainers combined with music give me just the right level of motivation and allow me to keep my workouts fresh, challenging and never boring. Thank you for NextFit! I am sure we will be together for a long time!

**“...fresh, challenging,
and never boring.”**



Jeanette Jenkins

Founder and President of “The Hollywood Trainer,” Jeanette is one of the country’s leading fitness experts and a Nike Elite Athlete.

She is Queen Latifah’s personal trainer and has also had Robin Thicke, Paula Patton, Tia Mowry, Lauren Velez, and Kimora Lee Simmons as clients. Jeanette is a resident expert on the Food Network’s weight loss show “Weighing In.” She studied human kinetics at the University of Ottawa, Canada and has earned over 17 international certifications in various methods of training.

As a fitness and nutritional consultant, Jeanette has been featured on Oprah.com, The Tyra Banks Show, Extra, Celebrity Fit Club, E! Entertainment Television, The Jay Leno Show and Access Hollywood.

Her work has been profiled in such leading publications as InStyle, People, Self, Redbook, In-Touch, Glamour, Fitness, Ebony, Essence, Women’s Health & Fitness, Us Weekly and The Los Angeles Times.

“NextFit and Jeanette have changed the way I work out.”

CUSTOMER: NANCY S.

Jeanette Jenkins is my trainer of choice right now, and I love working out with her!! NextFit and Jeanette have changed the way I work out.

When I discovered NextFit my training was in a “slump.” I just needed something to give me a little push again. That’s when I started looking

for something new and found NextFit. NextFit allowed me to add some full body workouts with many great strength training moves, that are new to me into my workout regime. Now what’s better than that? Thank you NextFit!



**CUSTOMER: DANI R**

NextFit took into consideration all the necessary details like weight, goals, training level, etc., and voila! My fitness program was created. The difference in music for each program I generate is great.

It's only been 2 months, but so far I see results in my upper and lower body. My arms and shoulders have started to look defined. My legs are getting more toned with some definition already showing.

I'm definitely committed and I think this is really great. So much so that I've been an ambassador at my job for everyone who's looking to lose weight or tone up or build muscle. They all love the idea!

David Kirsch

With more than 15 years of experience, David draws from his diverse training background to combine his knowledge of physical fitness, good health and spiritual wellness in his approach to fitness and nutrition. He is a staunch advocate of mind-body conditioning, teaching clients like Heidi Klum, Anne Hathaway, Liv Tyler, Kerry Washington, and Ellen Barkin to think and live soundly.

He has incorporated his lifestyle philosophy — the achievement of balance of mind, body & spirit — into his well-received books and videos *Sound Mind, Sound Body* (January, 2002) and *The Ultimate New York Body Plan* (January, 2005).

“NextFit took into consideration all the necessary details like weight, goals, training level, etc., and voila!”

NextFit Technology has created

3 4 7 2 8 9

unique workout sessions
...and counting.



No two people are alike. Neither are your workouts.

The Keychain Trainer is more than a player: it's the gateway to the amazing NextFit Exercise System.

NextFit has spent 4 years and over \$15 million perfecting a system that is unlike anything else in the world:

Expert MIMIC system models the way your trainer designs each workout

Learning System changes your training based on your feedback

Dynamic Audio Production (DAP) system adapts to your needs on the fly

It's exclusive to NextFit, **8 patents pending**

Take the world's smartest training system for a spin, and discover a fitness experience like no other.



listen for yourself

With the expert help and guidance you get with your own personal trainer, you can...

feel stronger

improve your relationships

get the quality of life you deserve

fit into your "skinny jeans" again

prevent heart disease or diabetes

Experience NextFit for yourself, and we'll prove it.
All you need is your NextFit trainer and a pair of walking shoes.

Take the step that will **change your life forever.**





source:
THE INTERNATIONAL
AGENCY FOR RESEARCH
ON CANCER (IARC)

source:
NEW ENGLAND
JOURNAL OF
MEDICINE

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NEW ENGLAND
JOURNAL OF
MEDICINE

THE STATS ARE ON **YOUR SIDE**:

Physical activity cuts...

Breast cancer by **31%**
Colon cancer by **40%**
and all cancers by **25%**

Heart disease by **50%**
Type II Diabetes by **50%**

...And the chance of death
by all diseases is cut in half
just by walking 30-45 minutes a day!