

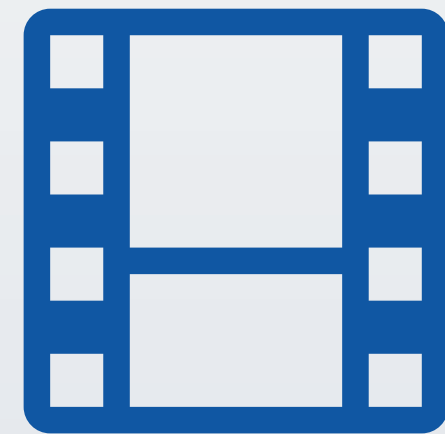
# WHAT WILL YOU BECOME?

With

JAMWORKOUT  
**TRAINER ON DEMAND**



AVAILABLE 24/7



ON DEMAND  
LEARNING CENTER



HEART RATE  
BASED FACILITY

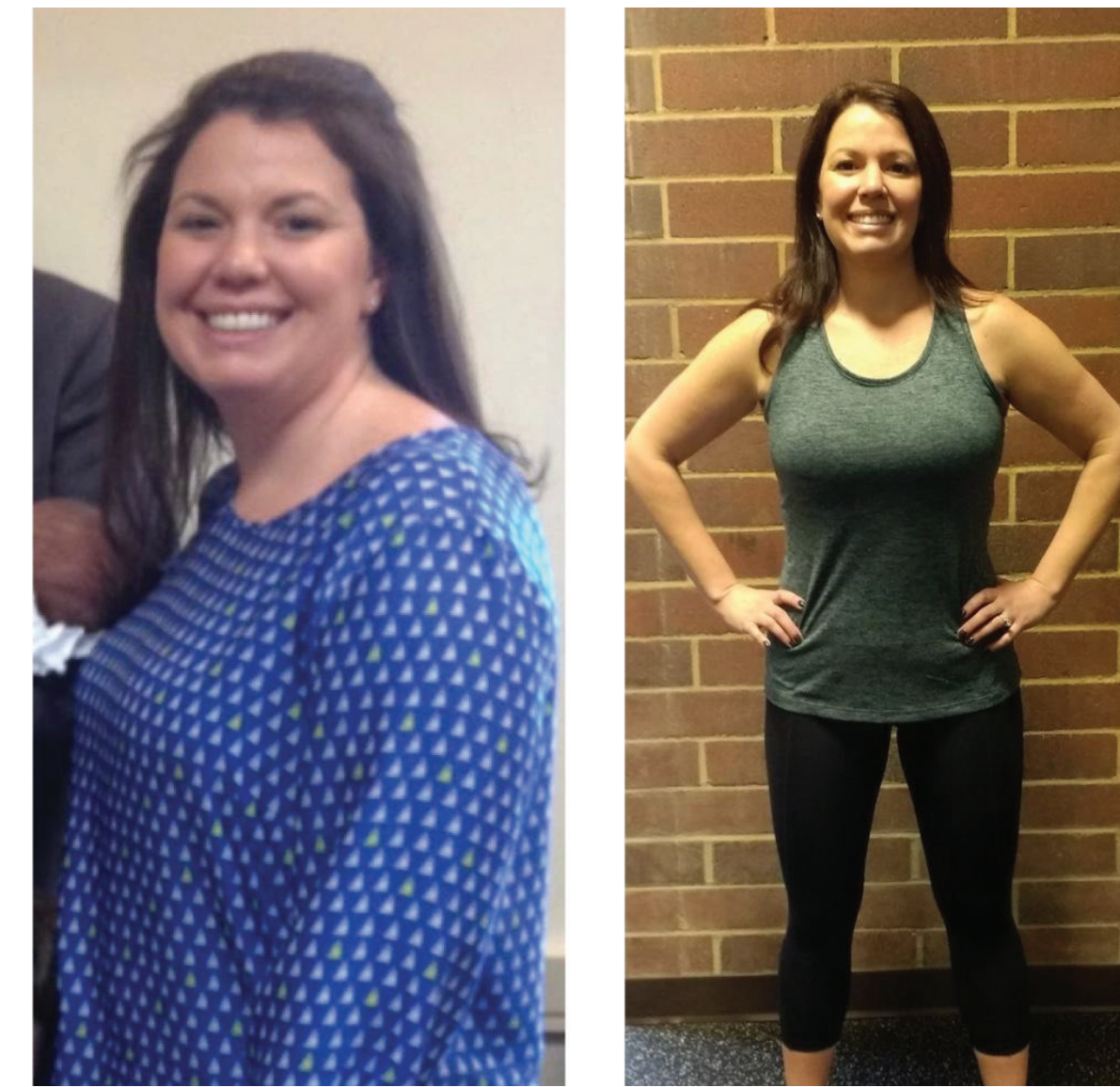


120 CUSTOMIZED  
WORKOUTS

**ERIN**

94,514 calories burned  
134 workouts 705 cal./wo

**LOST 40 POUNDS**



Erin

**74%**

of Max Heart Rate

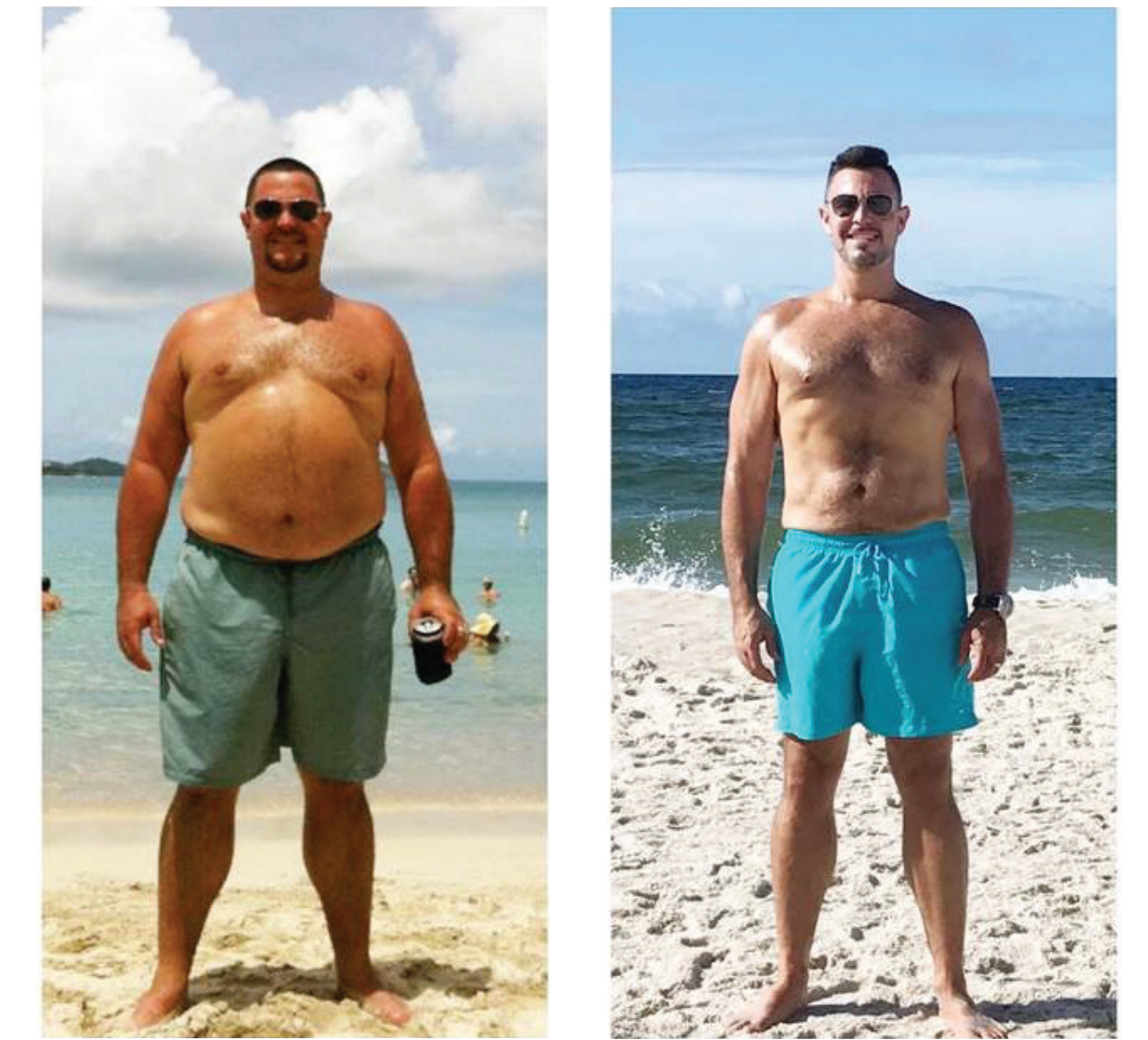
143 Beats/Min.

700 Calories

**JEREMY**

312,000 calories burned  
312 workouts 1000 cal./wo

**LOST 115 POUNDS**



Jeremy

**86%**

of Max Heart Rate

158 Beats/Min.

1000 Calories

**WWW.JAM.FITNESS**