

PRESS RELEASE

Train to Get More out of Sports

Studies show that milon's concept is full of promise

Emersacker, 09.June 2010 – A recent thesis from the German Sport University in Cologne has proven yet again: those who train on the milon circuit get more out of sports. The study analysed the effectiveness of the milon strength-endurance training circuit that allows both eccentric and concentric movements. Half of the student participants trained on the milon circuit for 14 weeks while the other participants used conventional fitness equipment. „The study proved yet again that the milon strength-endurance circuit is especially effective for the whole body and delivers better training results than other conventional fitness equipment. This is both a confirmation and motivation for our work. Our aim has always been to optimise the efficiency of milon machines and strive to make them more comfortable“, explains Mario Görlach, milon's president of sales.

The study showed improvements from both groups regarding natural endurance, strength endurance, body composition and personal state of health. However, the group using milon equipment, emphasising the eccentric movement, showed significantly better training results compared to the group only using conventional concentric fitness equipment.

Even last year, milon fitness machines demonstrated in the ORTEMA fitness study that they are more effective and out-perform other competitors. This study looked at the improvement of stomach and back muscles over a four week period. The results of the study: „It was clear that circuit training, using milon's electronic fitness equipment, offered significant advantages over conventional group training in terms of personal strength control and safe settings ensuring optimal training technique.“

Recently, the Federal Association of German Internists recognised an international study that looked at 9000 participants over a 19 year period. The study concluded that a good balance of strength and endurance training, as found in the milon strength-endurance circuit, has the largest positive effect on health. According to the study,



there is a close relationship between muscle strength and longer life expectancy. Men with more strength in the arms and legs have a lower health risk than those that do not train. Regardless of which age, the study indicated a lower mortality risk for those that are fit. Additionally, the obese participants of the study also had a lower risk of succumbing to fatal diseases. The participants with well trained muscles tended to delay health problems to later in life.

milon industries GmbH

milon Industries GmbH manufactures premium training systems for gyms, physical therapy clinics and other health facilities. The mid-sized company based at Emersacker in Augsburg was founded in 1970 as "miha Machine Manufacturing" and renamed in 2008 to milon industries. milon is recognised as the world's first equipment manufacturer to offer fully electronic fitness equipment. The company is currently one of Europe's leading providers of fitness equipment and is now operating in 17 countries. milon industries is undoubtedly the leader in German-speaking world for smart card operated fitness equipment. The milon circuit is milon's most successful product and is currently found in over 1,300 fitness clubs. For this innovative concept, milon was honoured with the "FIBO Innovation Award" in 2008, 2009 and 2010. The company has additionally received awards from the bodyLIFE Awards for its fitness equipment with MDA certification (Medical Device Act). Aside from manufacturing world-class fitness equipment, milon is also a consulting partner for clubs on marketing and club planning issues. For more information, find us at www.milon.com

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