

THE RAMP™

Cardio Reinvented™



Ramping™ Cardio Reinvented now available in Canada

Gin Miller, the legendary creator of the Step training, has unveiled a totally new direction in fitness once again with **The Ramp™** exercise device. The Ramp is a great tool to use during Group Class or Personal Training and provides amazing results!

Ramping™ is like nothing else out there. It is the first cardio exercise to use a combination of incline walking forward motion with backward walking retro motion. **Ramping™** is a revolutionary form of exercise that utilizes the muscles of the hips, glutes and hamstrings. **"It is like Boot Camp for the posterior muscles"**.

Ramping™ attracts everyone from the deconditioned and the ready-to-be-fit, to the experienced exerciser with three unique aerobic track programs: Incline Walking, Ramping 1-2-3 and Ramping-Up.

"Ramping Force" is here for you! It is the only Ramping Instructor Group recognized by The Ramp Company to certify instructors in Canada and also a Ramp™ products distributor.

Be ready for your 2005 autumn session!



To know more about **Ramping™**, to get your own Ramp exercise devices, or if you're looking for personalized training for yourself and your instructors (you will be eligible for discount on your next purchase of Ramp exercise devices).

Please contact Doris St-Arnaud, Ramping Force Director at 514-554-7284, or write to doris@dorisst-arnaud.com.