

Pneumasm Magnasizer Isometric Exercise System

In the 1960's Dr. Ronald Wiley, a noted cardiopulmonary physiologist, was commissioned by the U.S. Air Force to find a solution for "G-force blackout" experienced by F-16 pilots. His solution was a handheld isometric device pilots could squeeze during periods of intense G-force. This device not only helped with the G-force blackout problem, but also lowered the blood pressure of the pilots who used it!

The recommended application of this exercise is once in the morning, midday and before bed time. Therapy only requires 6 days a week. **In** only 4-7 weeks, more than users should see significant drops in their blood pressure.

Assemble 2 Magnarollers on shaft so that they repel each other

With PALMS DOWN, HOLD ONE ROLLER TIGHTLY IN EACH HAND

- Hold each roller tightly and Compress together until they touch for 30 seconds
- Rest for 30 seconds and repeat this procedure 3 times.
- Hold each roller tightly and Compress together until they touch for 60 seconds
- Rest for 60 seconds and repeat this procedure 3 times.
- Hold each roller tightly and Compress together until they touch for 90 seconds
- Rest for 60 seconds and repeat this procedure 3 times.
- Hold each roller tightly and Compress together until they touch for 120 seconds
- Rest for 60 seconds and repeat this procedure 3 times.

Warning:

- CONSULT YOUR PHYSICIAN IF YOU HAVE ANY CONCERNS IN THE USE OF THIS ITEM.**
- DO NOT USE IF YOU HAVE AN ELECTRICAL IMPLANT**
- DO NOT USE ON CHILDREN**
- DO NOT USE ON PREGNANT WOMEN.**
- KEEP AWAY FROM CREDIT CARDS ,CELL PHONES AND MEMORY STORAGE DEVICES**

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Referenced from ZONA.com

"From this study, it is evident that regular isometric handgrip training can be a useful tool in the treatment of hypertension in a family practice environment."

Geisberg, H. Brief Report: Regular Isometric Handgrip Training Lowers and Controls Blood Pressure in Hypertensive Patients: 4 One Year Cases. Anderson, S.C., USA. Please call to request copy.

"Isometric exercise training has been shown to reduce resting blood pressure"

Howden, Reuben, Lightfoot, Timothy J., Brown, Stephen J., and Swaine, Ian L. [The effects of isometric exercise training on resting blood pressure and orthostatic tolerance in humans](#). The Physiological Society. 2001;87.4, 506-515.

"...leads to a gradual and significant reduction in resting blood pressure... "

Wiley, R.L., Dunn, C.L., Cox, R.H., Hueppchen, N.A., a Scott, M.S. [Isometric exercise training lowers resting blood pressure](#). *Medicine and Science in Sports and Exercise*. 1992;24(7):749-754.

"...results indicate that six weeks of IET was associated with a significant decrease in systolic [blood pressure]..."

Peters, P., Alessi^o, H., Hagerman, A., Ashton, T., Nagy, S., Et Wiley, R. [Short-term isometric exercise reduces systolic blood pressure in hypertensive adults: Possible rote of reactive oxygen species \(R1\)](#). *International Journal of Cardiology*. 2005;110(2):199-205.

"These results suggest improvements in acute cardiac autonomic modulation following a single bout of IHG [isometric handgrip training]. This may be mechanistically linked to the observed reductions in ABP seen in previous IHG training studies."

Millar, Philip J., MacDonald M., Bray S., McCartney N. [Isometric handgrip exercise improves acute neurocardiac regulation](#). *Eur J Appl Physiol*. 2009 Aug 13.

"IHG training lowers resting blood pressure among persons medicated for hypertension."

Millar, Philip J. et al. [Effects of isometric handgrip training among people medicated for hypertension: a multilevel analysis](#). *Blood Pressure Monitoring*. 2007: 12(5), 307-314.

"One promising treatment, currently being explored, is isometric hand grip exercise training (IHG). This review offers a brief introduction to isometric hand grip training and its relevance as a non-pharmacological, antihypertensive treatment alternative."

Millar, Philip J. (2008). [Isometric Handgrip Training: A Natural Hypertensive Therapy](#). *Townsend Letter: The Examiner of Alternative Medicine*. 2008

