



January 5, 1995

ROM - The Time Machine  
15000 Calvert Street  
Van Nuys, CA 91411

At long last we have compiled the results and written the final paper for the ROM study that was just concluded. The outcomes are really quite impressive, especially considering the study groups worked out for only four or eight minutes a day for just eight weeks.

The ROM study paper is attached but we would like to make the following observations after analyzing and reviewing the final statistics:

1). The increases in VO<sub>2</sub> Max Values of 6% using the ROM machines 4 minutes a day are similar to increases in VO<sub>2</sub> Max Values achieved doing aerobic exercises or using aerobic exercise machines that typically take 20-45 minutes a day, three to five days a week.

2). The average weight of the study subjects was 140 pounds and their average age was 21 years old. Even though these subjects were untrained, they were, by virtue of their age and lifestyles, in reasonably good physical condition. You have explained that your target end user is over 35 years of age. It is safe to say that if the ROM machines were used by subjects in average condition, over 35 years of age, the gains in VO<sub>2</sub> Max Values, Strength, and Fat Loss would be significantly greater than the study group.

3). There was a trend for an improvement in body composition. Percent Body Fat was lower and Fat Free Weight was higher, despite no changes in body weight. We believe that if subjects had continued to workout on the ROM machines for approximately six months, as compared to two, they would have significantly altered their body composition.

Based upon the results of our study, we conclude that untrained subjects can improve their cardiorespiratory fitness levels (VO<sub>2</sub> MAX) by training as little as four minutes/day, five days a week, over a two month period. Obviously, we would expect greater improvements if subjects would train for a longer duration (several months). We feel that the ROM is an excellent mode of training, affecting both upper and lower body, and we would strongly recommend this device for exercise for any individual.

Sincerely,

A handwritten signature in black ink that reads "Bob Girandola". The signature is written in a cursive, flowing style.

Bob Girandola  
Interim Chairman