

HealthLadder™



The Next **Step** in Total Fitness



***Yoga Journal** writes:*

"...students rave about the HealthLadder™ class, in which postures are done on stationary oak ladders that facilitate balance and incorporate a cardiovascular and resistance training workout with yoga."

—March/April 2001 issue



The Design

Esthetically pleasing, the design requires a minimum of space and no weights. It is a stationary apparatus with no moving parts. In addition, the ladder has a folding floor attached with the Alignmat™.

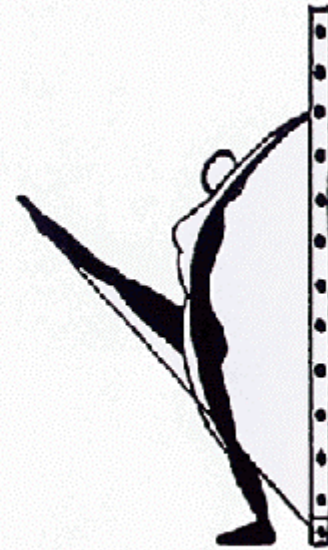
As you follow the routines, the well designed equipment keeps you in the correct posture, thus avoiding potential injury.

The ladder can be used therapeutically by incorporating exercises for reeducation after an injury or working with body alignment and strengthening for scoliosis or any other skeletal imbalance.

The HealthLadder™ can be custom built for personal use in the home or office.

The HealthLadder™ Exercise System

Is a **new**, incredibly simple approach to total fitness. It is a method of combining modern science with the wisdom of learning to listen to your body and having the full potential to reach total wellness.



The HealthLadder™ **incorporates resistance training, cardiovascular work, martial arts, yoga postures, and ballet without undo stress to the joints.** It enables you to focus on your posture using the Alignmat™ and the ladder for support.

The springs provide the right resistance for you and give total toning of the upper and lower body by using fluid controlled movements and repetitions to develop a lean, muscular body.

It is **the most complete workout available to achieve a deep stretch, toning every muscle, and keeping the skeleton in the correct alignment.**



Who can do it?

The HealthLadder™ exercises are suitable for all ages and fitness levels. This unique, complete 60 minute workout will help you to become more toned and flexible than ever before!

Testimonials

"The HealthLadder™ is aerobic, stretching, endurance and resistance all in one. Best exercise I have ever done."

— Ellen D. San Diego

"The HealthLadder™ offers a well-rounded resistance, toning and flexibility workout. After teaching ladder for over a year, I've noticed a significant improvement in myself and the students on all levels of fitness."

— Shirley B. Tucson, AZ

"The HealthLadder™ is the best way to tone, strengthen and firm arms and abs!"

— Robin M. Phoenix

"As a triathlete, I still have a passion for weight lifting and I can do a full body training on "The HealthLadder™ in less than 1 hour with the same results!"

— Harris W. *New York*

"The HealthLadder™ is not only one of the most complete workouts (strength, flexibility and aerobic) but, it is perfect for any level of fitness - even someone like me who was recovering from a hip injury."

— Teri W. *Chicago*

"The HealthLadder™ is a unique and balanced program that conditions, tones and strengthens with harmony and grace."

— Brad W. *Coronado*

"The HealthLadder™ has changed my body shape in only a month. I feel longer, leaner and stronger!"

— Beth D. *San Diego*



What Are The Benefits?

Anyone Can Do It?

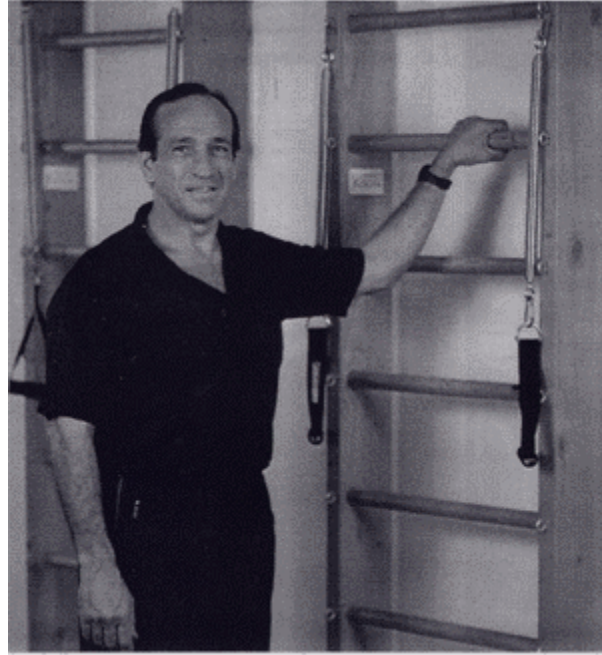
*The **HealthLadder**[™] exercises are suitable for all ages and fitness levels. This unique, complete 60 minute workout will help you to become more toned and flexible than ever before!*

Releases stress

*The **HealthLadder**[™] not only promotes muscular strength, flexibility, and cardiovascular improvement but also releases stress and restores vitality. The common weaknesses of our bodies are stomach muscles, hamstrings and lower back, cervical vertebrae, spinal cord and the heart (heart attacks are the number one fatal disease in the U.S.), and of course we lose overall flexibility as we age. The **HealthLadder**[™] Exercise System was designed to enable you to focus and strengthen those regions of weakness.*

Burns More Calories

*Resistance training on the **HealthLadder**[™] builds muscles which then speeds up your metabolism. Done regularly, resistance training can improve your muscle-to-fat ratio thus making your body leaner and putting less stress on your heart muscles. A leaner body has beneficial effects on blood pressure, lowering the risk of stroke and coronary heart disease.*



Jean Pierre Marques
Inventor of the **HealthLadder™**

Reduces Muscle Loss

*Resistance training on the **HealthLadder™** will help build and tone muscle. After age 40, women start losing approximately half a pound of muscle per year. During menopause, the loss may increase to a pound. If you are not doing something to put that calorie-burning muscle back on, it is very difficult to lose and maintain your weight.*

Recommended for Cardiovascular Disease

The American Heart Association recently recommended resistance training for individuals with and without cardiovascular disease. (If you have cardiovascular disease, check with your doctor before engaging in any exercise program.)

Helps Reduce Blood Pressure

Recent studies on resistance training showed an improvement in reducing high blood pressure. Scientists found that with resistance training and the resting systolic pressure (the top number) dropped by 2% and the diastolic pressure (the bottom number) dropped by about 4%.

Improves posture

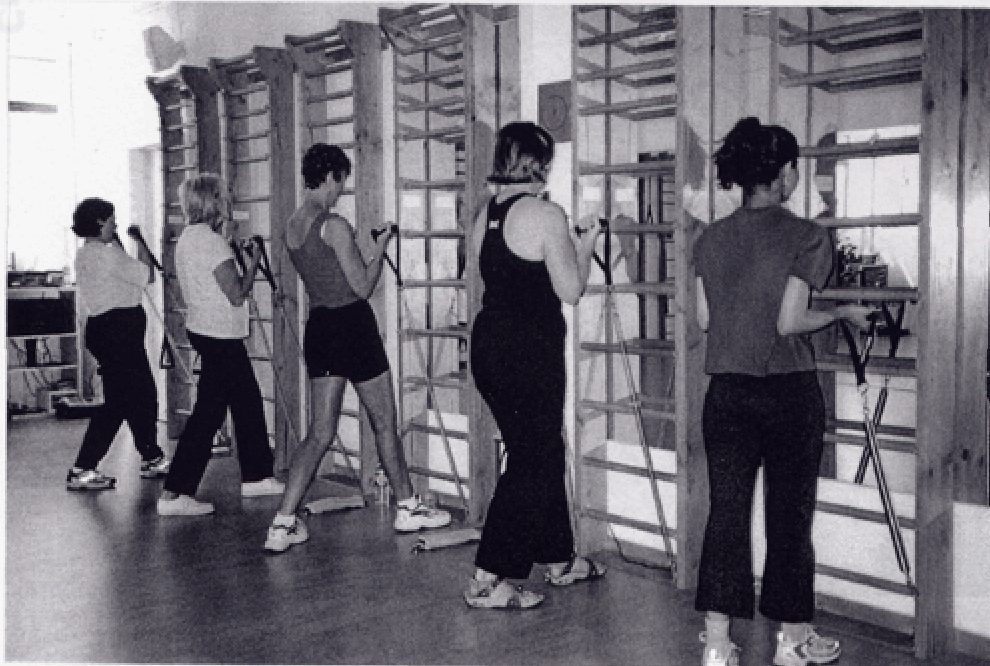
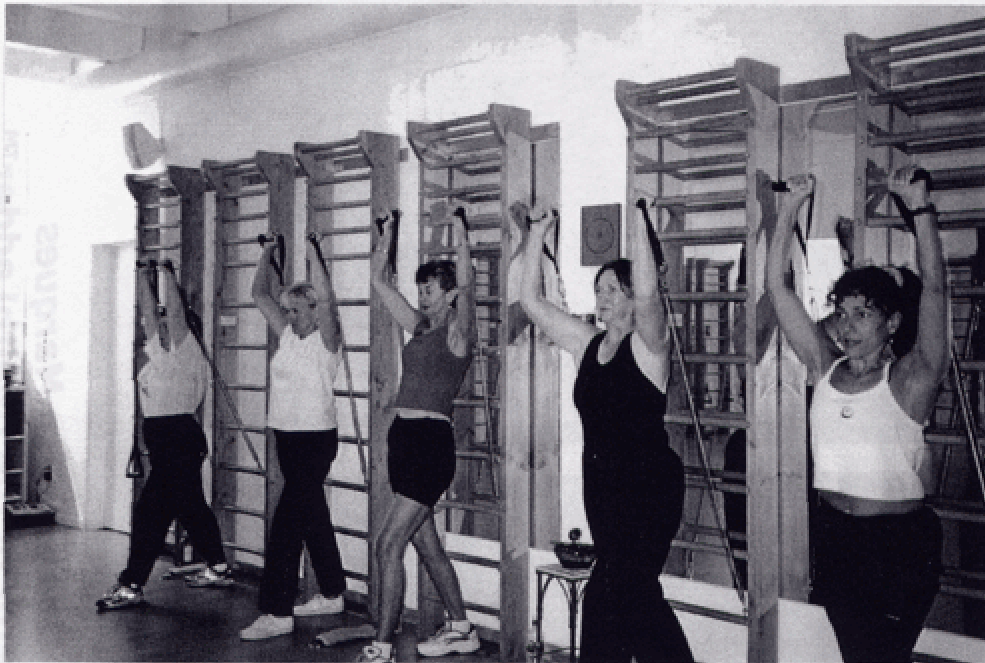
*The **HealthLadder™** will help to correct your posture. Good posture depends on the strength, endurance, and flexibility of the various muscles in your back, shoulders and stomach. Simply changing the way you carry yourself may make you look trimmer. With regular workouts on the **HealthLadder™** your posture will improve.*

Helps Prevent Osteoporosis

*Using resistance training on the **HealthLadder™** will stimulate bone-cell development, helping to prevent osteoporosis. It will also strengthen your muscle and connective tissues that protect bone, thus keeping injuries at bay.*

Custom orders

*Whether it's a gym, studio or any other special situation, the **HealthLadder™** can be custom built to fit your needs. Email for details.*



The **HealthLadder™** Exercise System

Patent Pending - HealthLadder™



Developed and designed by
Jean Pierre Marques

For 35 years Jean Pierre's vast expertise, knowledge and guiding principles as a Behavioral Therapist and Health & Fitness Expert, have changed the lives of the thousands who have benefited by his workshops, classes and private sessions.

A master in all he teaches, Jean Pierre Marques is one of those rare individuals with the ability to both inspire and effectively guide students and clients of all ages to the fruition of their personal and professional goals.

**To purchase the Healthladder
click here
For large orders email us**

JEAN PIERRE PRODUCTIONS
an evolution in health

