

MULTI-ENERGY HYPERTHERMIC RECOVERY — A MAJOR BIOSTACKING BREAKTHROUGH ACCELERATE THERMAL FITNESS — AMPLIFY ACTIVE AND PASSIVE RECOVERY

Radiant Infrared Gym • Chromolights (R, Y, B, G) • Jade Stone Emitters • Himalayan Salt Tiles • Pink Ferric Oxide, Bian Stones & Trace Minerals
OPTIONAL HYPERBARIC PURE ENRICHED OXYGEN AIR FLOW

Two (2) Compact Sizes: RedFit Room; D 9' x W 7' x H 7.6" • 63' sq feet ; RedFit iGym; D 7' x W 6' x H 7.6" • 42' sq feet

SCAN HERE
WEB PAGE



Fitness & Recovery
**MORE RESULTS
LESS TIME**



**Stress Reduction
& Promote
Better Sleep**

**Increase
Strength &
Endurance**

**Improve
Physical
Fitness**

**Assist Weight
Loss Goals &
Management**

**Optimize
Wellness Modality
& Flexibility**

**Promote
Mindfulness
& Mental Acuity**

Irv Smith Jr.
– NFL PRO Tight End

Peter Everett
NFL PRO NBA Certified Trainer

Craig James
– NFL PRO Cornerback

De'Vondre Campbell
– All-NFL PRO Linebacker



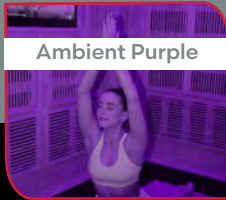
“THE BEST SHAPE
OF MY LIFE!”

“MY ENERGY IS WAY UP!” “I FEEL AMAZING!” “CHANGED MY LIFE!”

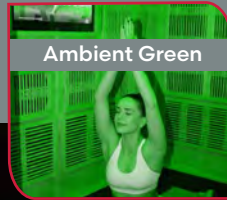
Ultimate Thermal Fitness – Accelerate Recovery & Amplify Fitness



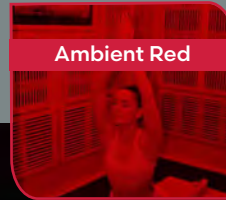
Ambient Blue



Ambient Purple



Ambient Green



Ambient Red

14 NATURAL ENERGIES



Michael Rallis – Professional Wrestler “THE REDFIT GYM IS A GAME CHANGER!”

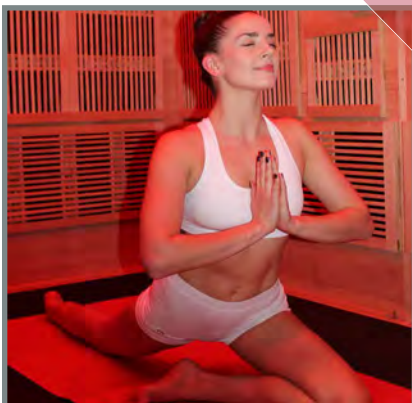
TURN-KEY FITNESS RECOVERY & OPTIMAL WELLNESS BUSINESS CENTER



Infrared Chromolight Fitness Recovery Workouts INCREASE WORKOUT RESULTS

Mark Ellis –Performance Recovery Specialist Sportmetrx®
“HYPERTHERMIC-CONDITIONING IS GAME - CHANGING!”

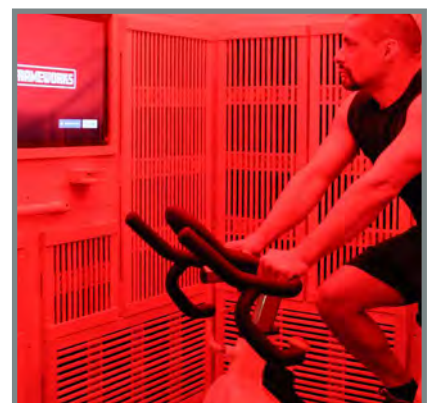
HOT YOGA



HYPERTHERMIC-CONDITIONING



HOT CYCLING



P.01

“I HAVEN'T FOUND
ANYTHING BETTER”

De'Vondre Campbell
–All-PRO NFL Linebacker

Accelerate Recovery & Improve Your Flexibility, Strength, Endurance & Fitness
with Amplified Training Sessions in your own Bio-Stacked Infrared Gym.

Just Imagine the Possibilities with Enhanced Fitness Training, Deep Focused Meditation or Wellness

The **RedFit Room™** / **RedFit iGym™** are two very powerful infrared fitness gyms with chromolight Red, Yellow, Green, Blue, White designed to enhance your workouts with infrared heat, light and a total of 12 natural energies of tri-infrared, near, mid range, and far infrared, multi-chromolights and Himalayan Salt Tiles; Jade gemstones and Bian & Pink Quartz and Ferric Oxide natural energy emitters. New multi-energy infrared fitness training is powerful and allows you to sweat more and burn more calories in less time. Improve flexibility and endurance in the privacy of the beautiful & energized **RedFit Room™** (9'D x 7'W x 7'6"H Just 63sf) or the smaller **RedFit iGym™** (7' D x 6' W x 7'6" H Just 42 sf). Both **RedFit™** units include a 32' Smart TV for Internet access, E-Fit platforms for signature resistance fitness sessions, or choose your own workout routines. Two (2) powerful bluetooth speakers provide exciting musical workouts timed at your selection both powerful private **RedFit Gyms** are made of beautiful Canadian Hemlock, are lined with Himalayan salt blocks mined from the Himalayan Mountains for air purity and a refreshing ionized environment. The wall-to-wall infrared heaters are inlaid with genuine JADE mid-IR gemstones, as well as Bian Stones & Pink Quartz and Ferric Oxide with carbon far-infrared heaters. Each room comes with a dynamic E-Fit resistance platform and three beautiful Hemlock portable benches. Both are ready for oxygen enriched air HBOT and aromatherapy. Optional: Oxygen Concentrator, and Aroma Diffuser.

Heated Walking



H.I.I.T. Core Workouts



Hot Assisted Stretching



Pilates



Heated Tai Chi



Yoga

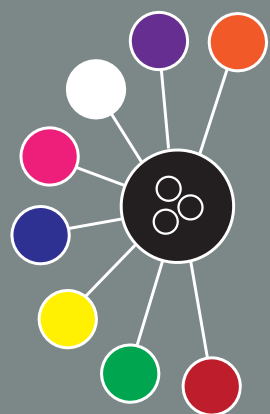
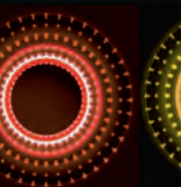
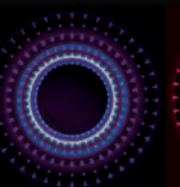


Hot Cycling

Heated Foam Rolling

Heated Rowing

Heated Leg Massage



RedFit™ Room™

Ambient Light-Enhanced Recovery Sessions

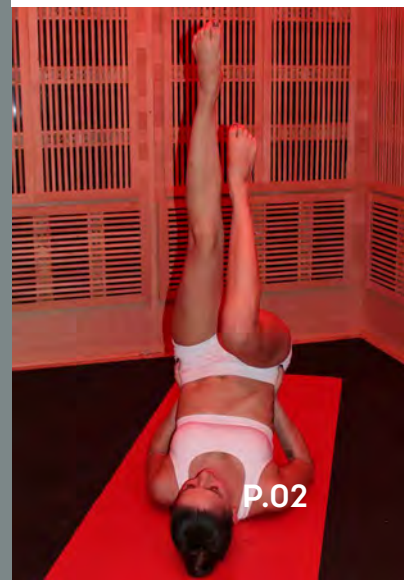
Select from Eight (8) Full-Spectrum Ambient Chromolights Red, Pink, Orange, Blue, Purple, Yellow, Red, Green, and Full Spectrum White Light

RedFit™ iGym™

Infrared + Chromolight—Accelerated Fitness & Amplified Recovery

WWW.WELLNESS-USA.COM

H.I.I.T. CORE



P.02

NEW FITNESS RECOVERY BREAKTHROUGH

RedFit™ Room • **RedFit iGym™**



Increased Fitness Recovery & Wellness,
Amplify Workout Results with Time-Saving
Hyperthermic - Recovery
Far-Infrared & Ambient Multi-Chromolight

RECOVER FASTER

SWEAT MORE — BURN MORE

MORE RESULTS — LESS TIME

RedFit™ Room™

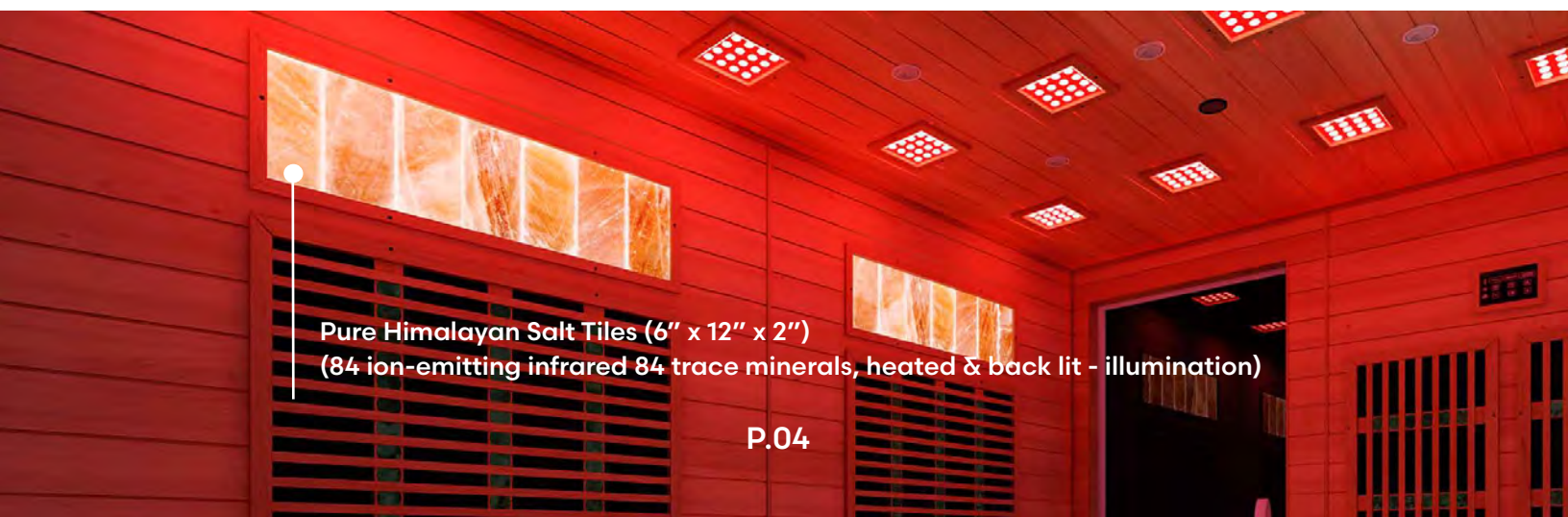
RedFit iGym™



Genuine JADE
Gemstone IR Emitters

Bio-Stacked Natural Multi-Energies Soothing & Powerful Radiant Far & Mid Infrared Heat

- Wall-to-Wall Carbon Infrared Heaters with 74 Segmented Emitters (Far IR & Mid IR)
- Wall-to-Wall Genuine Green Jade Gemstone IR Emitters
- Genuine Black Bian Gemstone IR Emitters
- Genuine Pink Ferric Oxide Trace Mineral Energy Emitters
- Surround Genuine Pure Himalayan Mineral Salt Tiles

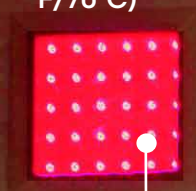


Pure Himalayan Salt Tiles (6" x 12" x 2")
(84 ion-emitting infrared 84 trace minerals, heated & back lit - illumination)

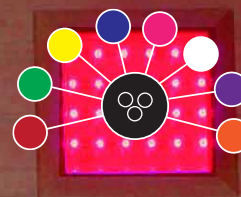
Precise Temperature



Adjustable Infrared Heating (Ambient to 165°
F/70°C)



RedFit™ Room™



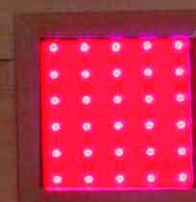
RedFit Room has Powerful 20A LED Full Spectrum (Red, Yellow, Green, Blue and more) Overhead Ceiling Full Room Ambient Chromolight (480 total) diodes each (6" x 6") Modules



Overhead Ceiling White Light Modules



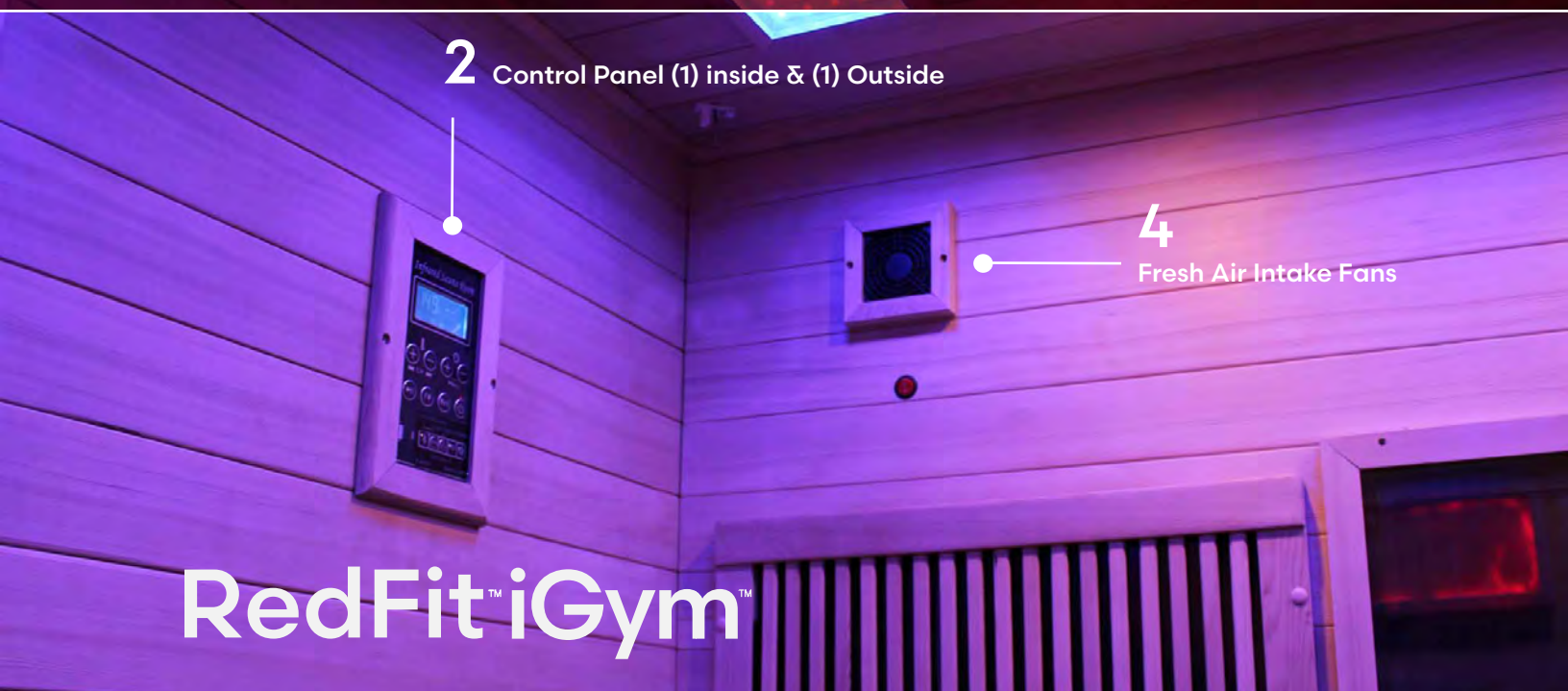
Overhead High Performance
Speakers Bluetooth Music Technology



RedFit™ iGym™



Infrared Heat & Entertainment & Online Videos



Two (2) Precise Control Panels Outside & Inside for Time, Temperature, Music & Lights

- Interactive Online Video Workouts for Fitness Recovery, Wellness, Weight Management, Flexibility, Conditioning, Yoga & Mindfulness
- 12 Expert Fitness Video Workouts: standing, sitting, laying down
- Ambient Chromolights Enhance Wellness & Fitness Recovery Sessions
- Built-in 32' Smart TV System for Internet Access, On-line Entertainment & Training Video



RedFit™ iGym™

Just 42' sq Feet

Compact Beautiful Design. Personal. Powerful

Ultimate Bio-Stacking Natural Energies 401 J/cm²

Perfect for 1-2 person active workouts-Seats 5-6
for Hyperthermic Cleansing & Relaxing Recovery
Simple Modular Installation

INCLUDES:
FREE FREIGHT
FREE Smart TV
FREE Portable Benches
FREE Gym Mat
FREE eFit Platform

(7' x 6' x 7'6")

7' Depth (274 cm)

7' 6"
Height
(231 cm)

6' Wide
(234 cm)

3 Matching Portable Benches
with seat (5 - 6) people comfortably
or remove & sit outside iGym.
Dynamic E-Fit™ Fitness Exercise Platform



Specifications

Footprint: 7' x 6', 42' sq
D 7' x W 6' x H 7'6"

Voltage:

(2) dedicated 220V/20 Amp circuits
(1) 110V/15A for Smart TV
110V/15A 5L OxyOasis (Optional)
Enriched Hyperbaric Oxygen system

Weight: 900 lbs / 408 kg.

Max Power: 6000W System



Canadian Hemlock Wood Panels & Beautiful Dense Wood Heater Grills with Detailed Craftmanship
Deep 7' x Wide 6' x Height 7.6' / 274cm x 228cm x 219cm height (natural gold tones)

Efficient & Spacious Yet Compact

Ultimate Bio-Stacking Natural Energies 452J/cm²

Perfect for 3 person active workouts, Seats 7-8
for Hyperthermic Cleansing Recovery
Simple Modular Installation

INCLUDES:
FREE INSTALLATION
FREE FREIGHT
FREE Smart TV
FREE Portable Benches
FREE Gym Mat
FREE eFit Platforms

(9' x 6' x 7'6")

9' Depth
(274 cm)

7' 6" Height
(234 cm)

7' Wide
(231 cm)

3 Matching Portable Benches that
Seat (7 - 8) people comfortably
or remove & sit outside RedFit Room.
2 Dynamic E-Fit™ Fitness Exercise Platforms

Specifications

Footprint: 9' x 6', 63' sq
D 9' x W 7' x H 7'6"

Voltage:

(2) dedicated 220V/20 Amp circuits
(1) 110V/15A for Smart TV
110V/15A OxyOasis (Optional)
Enriched Hyperbaric Oxygen system

Weight: 1100lbs/499kg

Max Power: 7500W System

Canadian Hemlock Wood Panels & Beautiful Dense Wood Heater Grills with Detailed Craftmanship
Deep 9'x Wide 7' x Height 7.6' / 274cm x 228cm x 219cm height (natural gold tones)

RedFit™ Room™

RedFit™ iGym™

Refreshing Pure Oxygen Enriched Air Flows
into the RedFit Room or Redfit iGym
Hyperbaric O2 Atmosphere

Oxygen Enriched Air

- Improve Mental Acuity & Mindfulness
- Increase Strength & Endurance
- Improve Fitness Recovery
- Promote Better Sleep
- Improve Wellness
- Uplift Mood



OxyOasis 5L Pure Oxygen Condenser refreshes and enriches the ambient hyperbaric gym Chamber air for all levels of fitness and wellness workouts from elite pro to beginners. Oxygen enriched fitness training helps promote recovery & enhance fitness, endurance and athletic performance. Enhance Infrared Gym and Sauna Sessions with Ambient Hyperbaric Enriched Oxygen.



KEEP CALM
HEAT UP

RECOVER
Carry ON



RedFit™ Room™

63' sq feet | 3 Bikes | Perfect for 3

25 IR Carbon Heaters | JADE 408

TIME SAVING THERMAL RECOVERY
& FITNESS WORKOUTS IN A
BEAUTIFULLY CRAFTED
INFRARED (9' x 7') SPACE

**Profitable Wellness
& Fitness Recovery
Hyperthermic Zones!**

BIO-STACKED Natural Multi-Energies

Heat-Up | Rejuve | Recover

TURN YOUR REDFIT GYM ROOM
INTO A SPACIOUS RELAXING
RECOVERY MULTI-ENERGY SAUNA
Comfortably Seats 7-8 PERSONS
RedFit iGym Comfortably
Seats 5-6 PERSONS



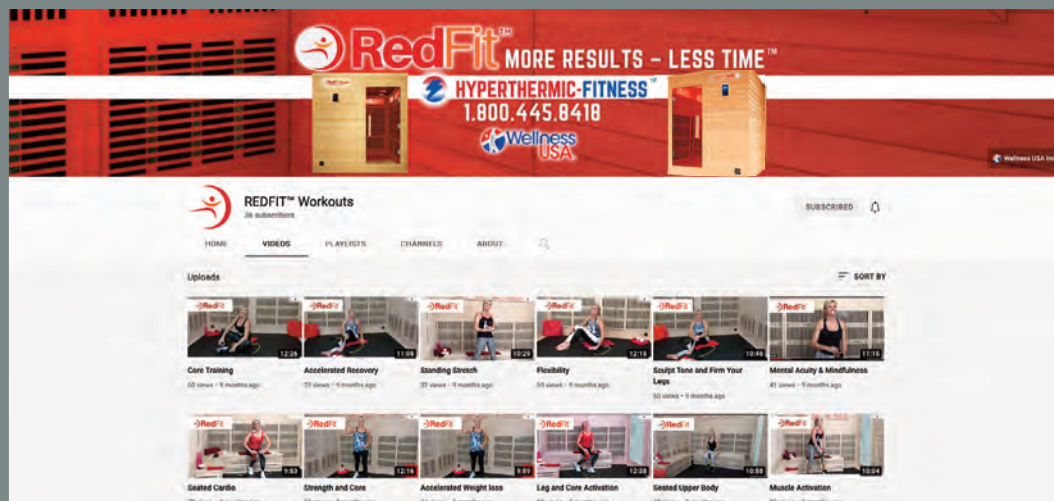
RedFit™ iGym™

42' sq feet | 1 Bike | 1-3

20 IR Carbon Heaters | JADE 328

14 Natural Multi-Energies Thermal
Wellness, Recovery & Mindfulness
Relax & Meditate

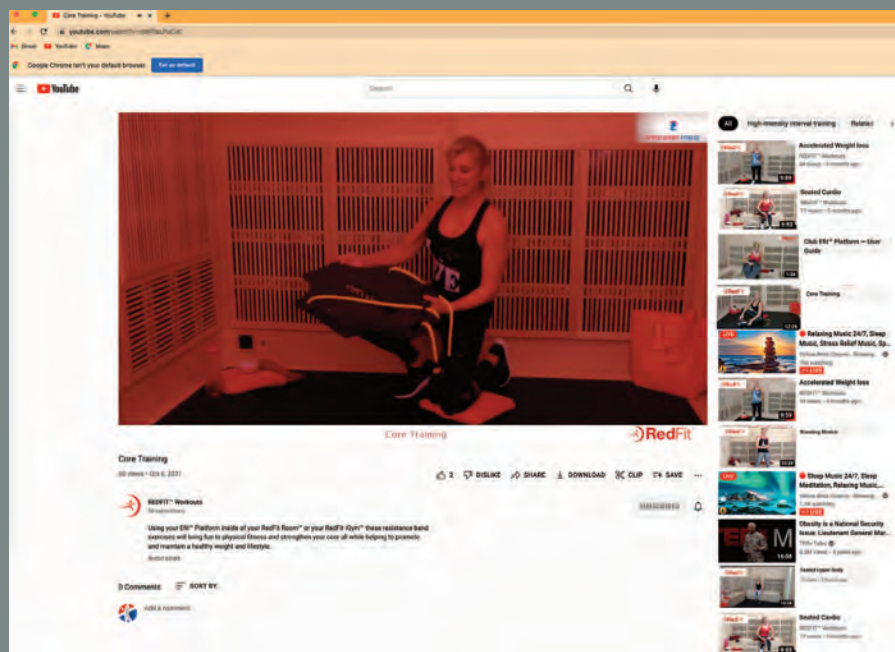
- HOT IR Yoga & Flexibility
- HOT IR Cycling
- HOT IR Massage
- HOT IR Stretching & Foam Rolling
- HOT IR Assisted Stretching
- HOT IR Rowing



Dynamic EFit™ Fitness Exercise Platform



12 Expert Fitness Video Workouts: standing, sitting, laying down - building Strength, Flexibility & Accelerating Recovery:



- Core Training
- Accelerated Recovery
- Standing Stretch
- Flexibility
- Sculpt Tone & Firm Your Legs
- Mental Acuity & Mindfulness
- Seated Cardio
- Strength & Core
- Accelerated Weight Management
- Leg and Core Activation
- Seated Upper Body
- Muscle Activation

12 Expert Fitness Video Workouts

Natalie Heckert
Master Trainer/Efit® Inventor

RedFit Room™ and RedFit iGym™ dynamic resistance band exercises can help improve and strengthen your body, relax your mind, mental acuity & mindfulness.

Using E-Fit™ Platform resistance band exercises with the Bio-Stacked RedFit Room™ or RedFit iGym™ will increase endurance, flexibility, increase mobility, improve physical fitness, and strengthen your core while helping to promote weight loss goals, maintain a healthy weight, accelerate recovery and optimized lifestyle.



Which Infrared Sauna is Best for you?



Step One: SlimLine BodyCare, or Super Sweat

Exfoliation Scrub Use as needed 2-3 times per week. **Celiminate Cream** Apply on cleansed skin and to targeted areas only. **Slender Serum** Use over Celiminate Cream for best results. Choose a **SuperSweat** either with or without CBD. Enhance Cleansing session.



Step Two: HYDRATE with WATER

Before, during and after drink plenty of water.

MULTI-ENERGY RADIANT INFRARED HEAT • AMBIENT CHROMOLIGHTS • PURE JADE & HIMALAYAN SALT

BENEFITS OF BIO-STACKING MULTI-ENERGY THERMAL WORKOUTS

EXERCISING IN THE HEAT IMPROVES YOUR ABILITY TO COOL YOURSELF

Exercising in thermal infrared heat causes increased blood flow to your skin to cool your body down. Over time, you will adapt, becoming more responsive to the demands of infrared thermal workouts and competitive events through improved endurance, increased energy and earlier sweating. This promotes accelerated recovery, restored performance and gives you an edge in competition or general conditioning and accomplishes more in your daily workouts.

HEAT ADAPTATION ACCELERATES QUICK IMPROVEMENTS IN FITNESS

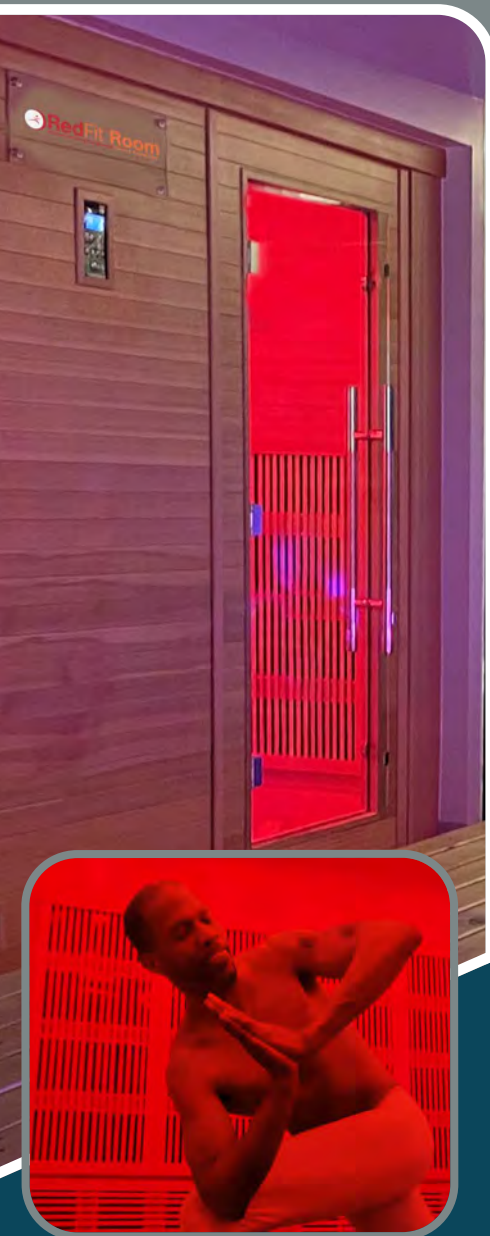
Exercising in the heat increases the stress load of your training when your body responds by increasing sweating, you become more efficient at working out across a range of temperatures and conditions. This means you'll accelerate recovery and that you're more likely to improve in your next workout or lifting session regardless of temperature and condition. You also experience these benefits quickly. As little as five sessions (of thermal high-temperature sessions) are sufficient to lead to improvements in overall fitness and sweat rate.

EXERCISING IN THE HEAT CALMS & IMPROVES MENTAL CLARITY & INCREASES YOUR PSYCHOLOGICAL TOLERANCE FOR TOUGH WORKOUTS

Training and competing require getting comfortable with being uncomfortable. Exercising in the heat causes physiology change and trains your brain and body to adapt and be able to tolerate and achieve greater performance and more work while you improve and complete your future workout. Eventually the ability to work at a threshold that is "comfortably uncomfortable" gives you the ability to perform at a greater threshold, which increases and improves through thermal training.

REFERENCES:

- Heat Acclimation Improves Exercise Performance, Santiago Lorenzo, J Appl Physiol. Oct 2010;
- Heat Adaptation Produces Quick Improvements in Performance, Dileo TD. J Sports Med Phys Fitness. Jan2016;
- Effectiveness of Short-term Heat acclimation for Highly Trained Athletes. Garrett AT. Eur J Appl Physiol. May 2012



“MY ENERGY LEVEL IS WAY UP. IT ALMOST BROUGHT ME BACK TO WHEN I WAS 14 YRS OLD — THAT TYPE OF ENERGY”

Peter Everett

—Martial Arts Black Belt,
PRO NBA Certified Trainer,
Teacher & Yoga Master

RedFit™ Room™ RedFit™ iGym™

HOW TO MAINTAIN YOUR **HYPERTHERMIC** **INFRARED REDFIT GYM** INVESTMENT

Caring and maintaining an infrared gym sauna is less costly compared to caring for hot tubs or pools. Saunas require few repairs and maintenance. When you decide to add a thermal gym or sauna to your home, it's best to keep your sauna in great condition. Periodically vacuuming of the floors, sweeping and wiping benches and backrests will keep your sauna in good condition.

After Use Care

After you have finished using the sauna, be sure to eliminate excess moisture. Wipe the benches and leave the door open to dry completely.

Towels and Rugs

Sweating means that your sauna is working efficiently. However, it can cause discoloration and stain from perspired body oils. To minimize the contact between sweat and the benches and backrests, use rugs and towels on the floor and grills. Using a towel to wrap your lower half will make a significant difference to your sauna. Rugs on the floor also help to clean your feet — before proceeding to the benches lay a towel down to keep benches clean.

Foot Washing

Before entering your sauna make sure your feet are clean, wear slip off footwear and leave shoes placed near the entrance. Failure to have clean shoes or your feet can bring debris and soil into your sauna. Keep your sauna clean means less clean up later since you reduce the dirt on the floor, benches, and gym mat.

Maintaining Sauna Doors & Vents

The moving parts of a sauna, such as vents and doors, may occasionally require cleaning. Vents are used to regulate the amount of heat, humidity, and fresh air inside the sauna. Since they are not made of wood, they can be cleaned time-to-time. Occasionally, monitor the operating doors and vents based on use.

Wood Maintenance

With time, moisture, sunlight, and air will change the appearance of the wood. Note that applying wood protectant or sealant in a sauna is not recommended. After use, vacuum all the surfaces and wipe sauna grills and benches with a damp towel.

You don't need to be fanatical when caring and maintaining your infrared sauna. Thermal Gyms & Saunas have several health benefits including relaxing, improve fitness & wellness, boosting mental acuity and mindfulness, and Improve endurance — among other benefits. Therefore, caring for your sauna will not only reduce the costs of operation but also guarantee you a healthy lifestyle.

ACCELERATE RECOVERY & AMPLIFY FITNESS WORKOUTS

2 Powerful Radiant Far Mid Infrared Heated Gyms

RedFit Room™



63 sq'

3 Person
Seated
7-8

SPECIFICATIONS

D 9' x W 7' x H 7'6"

- (2) dedicated 220V/20 Amp circuits
- (1) 110V/15A for Smart TV
- 110V/15A OxyOasis (Optional)

Enriched Hyperbaric Oxygen system

Weight: 1100 lbs. / 499 kg.

30 minute Session Power: 452 J/cm²

RedFit iGym™



42 sq'

1-2 Person
Seated
5-6

SPECIFICATIONS

D 7' x W 6' x H 7'6"

- (2) dedicated 220V/20 Amp circuits
- (1) 110V/15A for Smart TV
- 110V/15A OxyOasis (Optional)

Enriched Hyperbaric Oxygen system

Weight: 900 lbs / 408 kg.

30 minute Session Power: 401 J/cm²

Michael Rallis

– Professional Wrestler

RELAX & CLEANSE



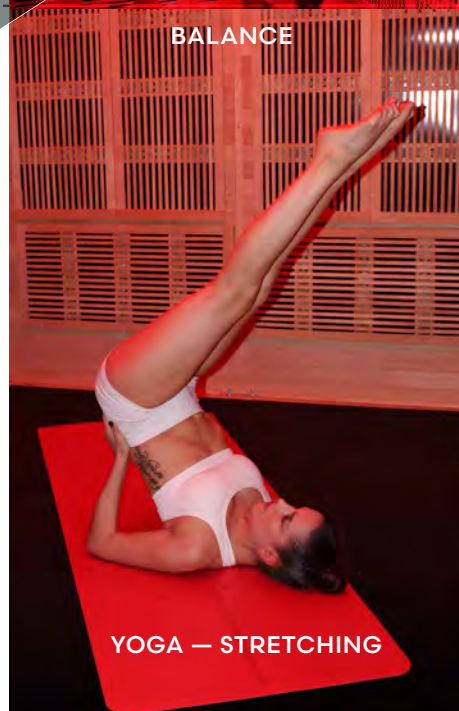
FREE WEIGHTS



H.I.I.T. CORE ENDURANCE



BALANCE



YOGA – STRETCHING

Redfit Room: Redfit iGym

Precise Temperature: Adjustable Infrared Heat (Ambient to 165°C, 70°C	Yes	Yes
Control Panels: (5.6" Control Panels) 1 Inside, 1 Outside	2	2
Infrared Heaters: Wall-to-Wall Carbon Far-Infrared Heaters 16 Emitters	26	20
JADE IR Emitters: Wood Grills Inlaid Jade Gemstones Mid-IR Emitters	408	328
BIAN Black & Browne IR Emitters: Genuine BIAN Gemstone IR Emitters	24/24	24/24
FERRIC IR Emitters: Genuine Pink Ferric Oxide Gemstone IR Emitters	24	16
Intake Fans: Fresh Air Intake Fans	4	4
Chromolights White: Chromolights Clusters (white) Ceiling	8	6
Chromolights LEDs: Chromolights (R, Y, G, B) - Full Spectrum Lights	16 (480)	12 (360)
Himalayan Salt: Himalayan Salt Mineral Tiles Blocks back lit with LEDs	48	43
Smart TV: 32" Smart TV mounted on exterior with interior safe glass	1	1
Speakers: Bluetooth Stereo Ready-150W speakers	2	2
Glass Door: Tempered Glass Door with Beautiful carved wood handle	1	1
Seating: Portable Hemlock Benches Included	3(6-7)	3(5-6)
Exercise Platforms: Dynamic EFit™ Fitness Resistance Exercise Platforms	2	1
Reinforced Floor: Strength - Reinforced Floor	Yes	Yes

- Optional Hyperbaric Oxygen Concentrator OxyOasis system — Enhanced HBOT with Pure Enriched

Oxygen Air Flow. • Optional: Aroma Diffuser



Carter Coughlin
– NFL PRO
Linebacker

Kamal Martin
– NFL PRO
Linebacker

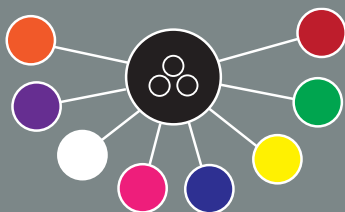


Designed, Patented, Assembled
& Quality Guaranteed
in Minnesota USA



Wellness
USA™

Eight (8) colorful ambient chromolights



ENHANCED RECOVERY, WELLNESS
& FITNESS WORKOUT SESSIONS

Toll Free: 1 (800) 445.8418 or 1(952) 888.8282 • Fax: 1 (952) 888.8887
e-mail: info@wellness-usa.com • website: www.wellness-usa.com