

A MAJOR BREAKTHROUGH IN THERMAL FITNESS & ACTIVE RECOVERY WORKOUTS

Radiant Infrared Gym • Chromolights (R, Y, B, G) • Jade Stone Emitters • Himalayan Salt Tiles • Interactive Internet Training

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



**MORE RESULTS
LESS TIME**

Stress Reduction
& Promote
Better Sleep

Increase
Strength &
Endurance

Improved
Fitness

Assist Weight
Management
Goals

Optimize
Wellness

Promote
Mindfulness
& Mental Acuity

Irv Smith Jr.
– PRO Tight End

Peter Everett
PRO NBA Certified Trainer

Craig James
– PRO Cornerback

De'Vondre Campbell
–All-PRO Linebacker



“THE BEST SHAPE
OF MY LIFE!”

“MY ENERGY IS WAY UP!”

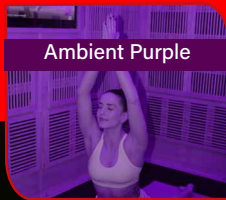
“I FEEL AMAZING!”

“CHANGED MY LIFE!”

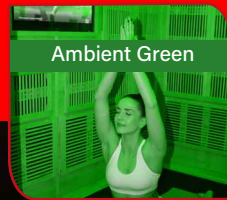
Ultimate Thermal Fitness – Accelerated & Increase Workout Results



Ambient Blue



Ambient Purple



Ambient Green



Ambient Red

12 NATURAL ENERGIES



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

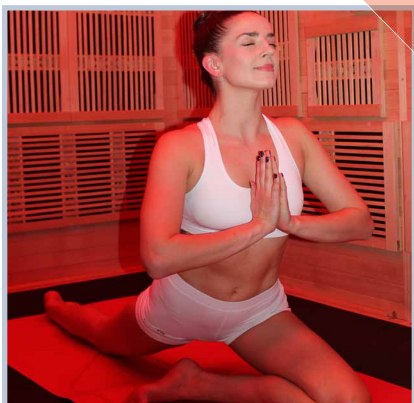
TURN-KEY FITNESS RECOVERY & OPTIMAL WELLNESS BUSINESS CENTER



Infrared Chromolight Fitness Recovery Workouts **INCREASE WORKOUT RESULTS**

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

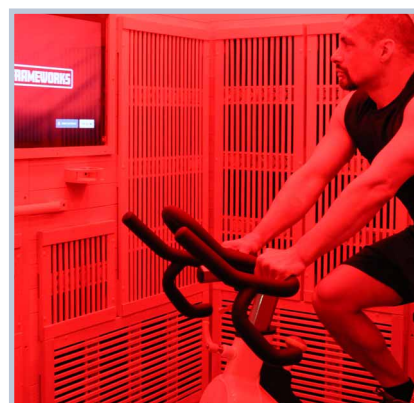
HOT YOGA



HYPERTHERMIC-CONDITIONING



HOT CYCLING



P.01

“I HAVEN'T FOUND ANYTHING BETTER” De'Vondre Campbell
–All-PRO Linebacker

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

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

The **RedFit Room™** / **RedFit iGym™** are two very powerful infrared fitness gyms with chromolight 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 & Jade gemstones emitters. New 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 a beautiful space that is **RedFit Room™** (9' x 7' square x 7' 6") or the **RedFit iGym™** (7' x 6' square x 7' 6"). Both units includes a 32' Smart TV for Internet access, or use the signature resistance fitness sessions, or your own workout routines. Two (2) powerful bluetooth speakers for exciting musical workouts timed at your selection. The powerful private **RedFit Gym** made of beautiful Canadian Hemlock, lined with 12 Himalayan salt blocks mined from the Himalayan Mountains for a refreshing Ionized environment. The wall-to-wall inlaid with genuine JADE mid-IR gemstones, as well as carbon far-Infrared heaters. Each room comes with a dynamic eFit resistance platform and multiple beautiful Hemlock portable benches. Both are ready for oxygen enriched air and aromatherapy. Optional: Oxygen Condenser, and Aroma Diffuser.

Heated Walking



H.I.I.T. Core Workouts



Hot Assisted Stretching



Heated Tai Chi

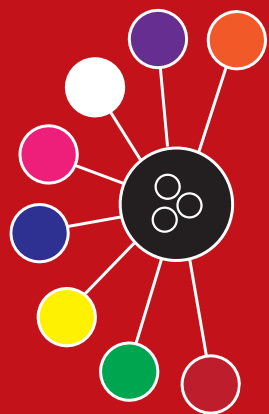
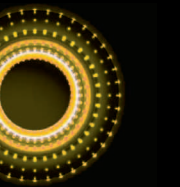
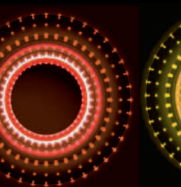
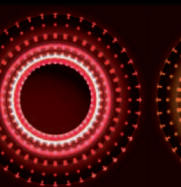
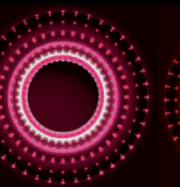
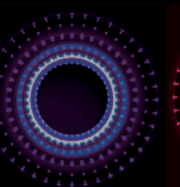
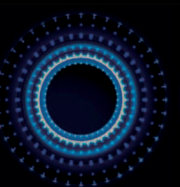


Hot Cycling

Heated Foam Rolling

Heated Rowing

Heated Leg Massage



Enhance Fitness Workouts

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

RedFit™ Room **RedFit™ iGym**

WWW.WELLNESS-USA.COM

H.I.I.T. CORE



NEW FITNESS RECOVERY BREAKTHROUGH

 **RedFit™ Room**
Infrared & Chromolight Fitness Recovery Gym

 **RedFit™ iGym**
Infrared & Chromolight Fitness Recovery Gym



INCREASED FITNESS RECOVERY & WELLNESS,
WORKOUT RESULTS with TIME-SAVING
FAR-INFRARED & AMBIENT
MULTI-CHROMOLIGHT
ATTENDANT - FREE
EXPERT VIDEO WORKOUTS

SWEAT MORE – BURN MORE

MORE RESULTS – LESS TIME

12 Pure Himalayan Salt Tile back lighted



20
Wall-to-Wall
Carbon Infrared
Heaters with 74
Segmented (Far, Mid IR)

328
Genuine JADE
Gemstone IR Emitters

Soothing & Powerful Radiant Far & Mid Infrared Heat

- 25 Wall-to-Wall Carbon Infrared Heaters with 74 Segmented Emitters (Far IR and Mid IR)
- 408 Wall-to-Wall Genuine Jade Gemstone IR emitters
- 12 Himalayan Salt Tiles



12

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

Precise Temperature

Adjustable Infrared Heating (Ambient to 150° F/65°C)



RedFit Room

16 RedFit Room has a Full Spectrum (Red, Yellow, Green, Blue) Overhead Ceiling Chromolight 30 diodes each (6" x 6") Modules

8 RedFit Room Overhead Ceiling White Reading Light Modules

12 RedFit iGym has a Full Spectrum (Red, Yellow, Green, Blue) Overhead Ceiling Chromolight 30 diodes each (6" x 6") Modules

2 Both have Overhead High Performance Speakers Bluetooth Music Technology

RedFit iGym

Infrared & Chromolight Fitness Recovery Gym

6 RedFit iGym Overhead Ceiling White Reading Light Modules

Full Spectrum Chromolight System (Red, Yellow, Green, Blue)

Infrared Heat & Entertainment & Online Videos

2 Control Panel (1) inside & (1) Outside

4 Fresh Air Intake Fans

 **RedFit™ iGym**
Infrared & Chromolight Fitness Recovery Gym

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

- Interactive Online Video Workouts for Fitness Recovery, Wellness, Yoga & Mindfulness
- 12 Expert Fitness Video Workouts: standing, sitting, laying down
- Colorful Ambient Chromolights Enhance Wellness & Fitness Recovery Sessions
- Built-in 32' Smart TV System for On-line Entertainment & Instruction Video

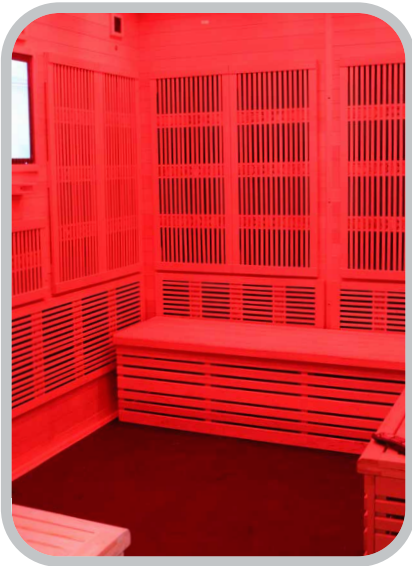
 **RedFit™ Room**
Infrared & Chromolight Fitness Recovery Gym

COMPACT BEAUTIFUL DESIGN (7' x 6' x 7'6")

PERSONAL. PRIVATE. POWERFUL.

Perfect for 1-2 person workouts
SIMPLE MODULAR INSTALLATION

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



7'
(274 cm)



7' 6"
(231 cm)

6'
(234 cm)

3 Beautiful Portable Benches that seat (5 - 6) people comfortably

Dynamic EFit™ Fitness Exercise Platform



SPECIFICATIONS

(2) dedicated 220V/20 A
(1) 110V for Smart TV
and/or OxyOasis
Weight: 900 lbs / 408 kg.
Powerful 5000W System
42' sf: 7' x 6'



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

COMPACT BEAUTIFUL DESIGN (9' x 6' x 7'6")

ATTRACTIVE SMALL FOOTPRINT

Perfect for 3 person workouts

SIMPLE MODULAR INSTALLATION

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



7' 6"
(234 cm)



3 Beautiful Portable Benches that
Seat (7 - 8) people comfortably

2 Dynamic EFit™ Fitness Exercise Platforms



SPECIFICATIONS
D 9' x W 7' x H 7'6"
(2) dedicated 220V/20 A
(1) 110V for Smart TV
and /or OxyOasis
Weight: 1100lbs/499kg
Powerful 5000W System



Canadian Hemlock Wood Panels & Beautiful Wood Grills with Detailed Craftmanship


Deep 9'x Wide 7' x High 7.6' / 274cm x 228cm x 219cm height (natural gold tones)

Refreshing Oxygen Enriched Air flow into the RedFit Room or Redfit iGym

Oxygen Enriched Air

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



 **OxyOasis** refreshes and enriches the ambient air for all levels of fitness and wellness workouts from elite pro to beginners. Oxygen enriched fitness training helps promote enhance fitness, endurance and athletic performance. Enhance Infrared Gym and Sauna Sessions with Ambient Enriched Oxygen.



KEEP CALM
SWEAT ON!

GET FIT
HEAT UP!

PORTABLE - SEATING BENCH SYSTEM

Heat-Up | Rejuve | Recover

TURN YOUR REDFIT ROOM INTO A
SPACIOUS SAUNA -SITTING
CAPACITY 7-8 PERSONS

RedFit iGym

CAPACITY 5-6 PERSONS



RedFit™ Room
Infrared & Chromolight Fitness Recovery Gym

63' sq feet | 3 Bikes | Perfect for 3

25 IR Carbon Heaters | JADE 408



RedFit™ iGym
Infrared & Chromolight Fitness Recovery Gym

42' sq feet | 1 Bike | 1-3

20 IR Carbon Heaters | JADE 328

**TIME SAVING THERMAL FITNESS
WORKOUTS IN A BEAUTIFULLY
CRAFTED SMALL (9' x 7') SPACE**

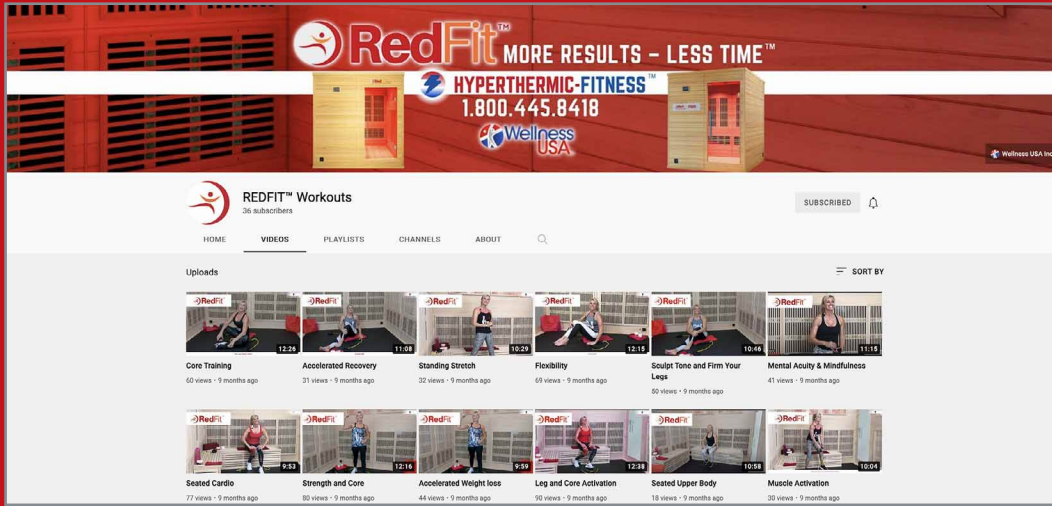
**Profitable Integrative Wellness
& Fitness Recovery
Service Zones!**

**Thermal Focused Mindfulness
Relax & Meditate**

- HOT IR Recovery Workout
- HOT IR Yoga
- HOT IR Cycling
- HOT IR Massage
- HOT IR Stretching & Foam Rolling
- HOT IR Assisted Stretching



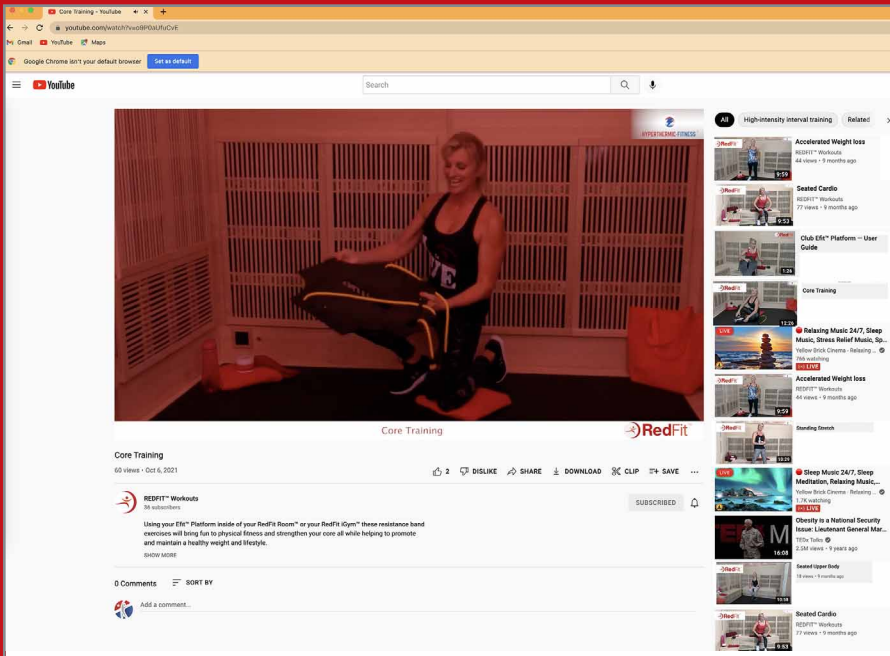
Core Training RedFit Accelerated Workout Videos



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™ or your **RedFit iGym™** these resistance band exercises will not only help you to strengthen your body, but may also help you to relax your mind helping your mental acuity & mindfulness.

Using your **Efit™** Platform inside of your **RedFit Room™** or your **RedFit iGym™** these resistance band exercises will bring fun to physical fitness and strengthen your core all while helping to promote and maintain a healthy weight and lifestyle.

Which **INFRARED** Program is Best for you?

Program

RELAXATION

Deep Relaxation

- Meditate & Foam Rolling
- Stretching & Yoga
- Deep Breathing Exercises

SESSION TIME: 10-20 MINUTES
MAX. TEMPERATURE: 110°F/43C
AROMA: RELAXATION

BENEFITS

- Full-body Holistic Cleansing
- Enhances the Wellbeing & Lifestyle
- Recharges & Energizes the Mind

Program

WELLNESS

Recover & Motivate

- Yoga & Tai Chi
- Massage & Stretching
- Meditate & Deep Breathing

SESSION TIME: 10-20 MINUTES
MAX. TEMPERATURE: 140°F/60C
AROMA: HEALTH

BENEFITS

- Enhances Restoration & Recovery
- Enhances the Wellbeing & Lifestyle
- Recharges & Energizes the Body

Program

WEIGHT MANAGEMENT

Helps Eliminate Excess Fluids

- Cyclist, Gymnast, Runners
- Wrestler & Boxers
- Models with Weight Goals

SESSION TIME: 10-20-30 MINUTES
MAX. TEMPERATURE: 180°F/82C
AROMA: CLEANSING

BENEFITS

- Helps to Natural Cleanse of the Body
- Raises Body Temperature to Perspire
- Improves Speed and Endurance

Program

FITNESS CORE

Transform Your Body Ideal for Holistic Perspiration & Body Shaping

- Athletes & Everyone

SESSION TIME: 10-20-30 MINUTES
MAX. TEMPERATURE: 155°F/68C
AROMA: CLEANSING

BENEFITS

- Burns Calories While Hydrating Body
- Improves Endurance, Toning & Firming
- Recharges & Energizes the Body & Mind

Program

ENDURANCE

Recover & Motivate

- Improve Sleep
- Mental Acuity
- Mindfulness

SESSION TIME: 10-20-30 MINUTES
MAX. TEMPERATURE: 180°F/82C
AROMA: HEALTH

BENEFITS

- Enhances Wellness & Recovery
- Enhances the lifestyle & Well-being

Program

RECOVERY

Promote Qi Energy & Balance

- Isometric Training eFit
- Breathing Exercises
- European Calisthenic

SESSION TIME: 10-15-20 MINUTES
MAX. TEMPERATURE: 110°F/43C
AROMA: RELAXATION

BENEFITS

- Enhances Wellness & Recovery
- Improves Balance, Flexibility, Clarity
- Improves Deep Sleep and Qi Energy



Step One: SlimLine BodyCare 1-2-3, or Super Sweat 1 & 2

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: Pick Your Program & Start Your Session



Step Three:

HYDRATE with WATER

Before, during and after drink plenty of water.

Accelerated Fitness & Dynamic Wellness for Body & Mind

DUAL RADIANT INFRARED HEAT • AMBIENT CHROMOLIGHTS • PURE JADE & HIMALAYAN SALT

BENEFITS OF 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 earlier sweating. This gives you an edge in competition or general conditioning and simply accomplishing more in your daily workouts. It can also make you more comfortable when you just want to get outside during the hotter months of the year.

HEAT ADAPTATION PRODUCES 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 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 exercise) are sufficient to lead to improvements in overall fitness and sweat rate.

EXERCISING IN THE HEAT 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 be able to tolerate and achieve more work while you complete your workout. Eventually that 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 (1985). 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



HOW TO MAINTAIN YOUR INVESTMENT

Caring and maintaining a sauna is less costly compared to caring for hot tubs or pools. Saunas require few repairs and maintenance. When you decide to add a sauna to your home, it's best to keep your sauna in great condition. Because of this, it is essential to learn how to care and maintain it properly. Occasional 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.

AVOID USING HARD WATER

Hard water contains magnesium and calcium that can stain these magnesium and calcium salts precipitate, forming a lime buildup that is hard to clean. The aesthetic value of your sauna is lost and you will be forced to spend more to clean and maintain it. For damages caused by hard water, use light sanding sponge to scrub the affected areas and cleanse with water or a mild cleaning solution.

MAINTAINING SAUNA DOORS AND 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. 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 & AMPLIFY THERMAL WORKOUTS



63 sq'
3 Person
Seated
7-8

SPECIFICATIONS

D 9' x W 7' x H 7'6"
(2) dedicated 220V/20 A
(1) 110V for Smart TV and /or OxyOasis
Weight: 1100 lbs. / 499 kg.



42 sq'
1-2 Person
Seated
5-6

SPECIFICATIONS

D 7' x W 6' x H 7'6"
(2) dedicated 220V/20 A
(1) 110V for Smart TV and /or OxyOasis
Weight: 900 lbs. / 408 kg.

Michael Rallis
– Professional Wrestler



2 Powerful Radiant Far Mid Infrared Heated Gyms

Redfit Room: 2 (5.6" Control Panels) 1 Inside, 1 Outside	Redfit iGym 2
Redfit Room: 25 Wall-to-Wall Carbon Far-Infrared Heaters 74 Emitters	Redfit iGym 20
Redfit Room: 408 Wood Grills Inlaid Jade Gemstones Mid-IR Emitters	Redfit iGym 328
Redfit Room: 4 Fresh Air Intake Fans	Redfit iGym 4
Redfit Room: 8 Chromolights Clusters (white) Ceiling	Redfit iGym 6
Redfit Room: 16 Chromolights (R, Y, G, B) - Full Spectrum Lights	Redfit iGym 12
Redfit Room: 16 Himalayan Salt Tiles Blocks back lit with LEDs	Redfit iGym 12
Redfit Room: 32" Smart TV mounted on exterior with interior safe glass	Redfit iGym 1
Redfit Room: 2 Bluetooth Stereo Ready-150W speakers	Redfit iGym 2
Redfit Room: Tempered Glass Door with Beautiful stainless steel handle	Redfit iGym 1
Redfit Room: 3 Portable Hemlock Benches (Seats 7-8) Included	Redfit iGym 3
Redfit Room: 2 Dynamic EFit™ Fitness Resistance Excise Platforms	Redfit iGym 1
Redfit Room/Redfit iGym: Aroma Diffuser (Optional)	
Redfit Room/ Redfit iGym: Oxygen Condenser (Optional)	



FREE WEIGHTS

OxyOasis — Enhance RedFit Workouts with Enriched Oxygen



Carter Coughlin
– Professional NFL
Linebacker

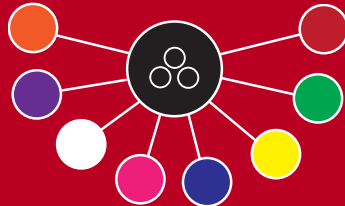
Kamal Martin
– Professional NFL
Linebacker



H.I.I.T. CORE / BALANCE

Power requirements: 220V-240V, 50-60 Hz
Amperage: 2 Dedicated (20 A / 5000W)
1 (110V) for Smart TV & Oxygen
Power Requirements: 2 / 220V Circuits
Patents Pending: IG.210504

Eight (8) colorful ambient chromolights



**ENHANCED 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

