

# Body Oars™

## By far the World's Greatest Fitness Equipment

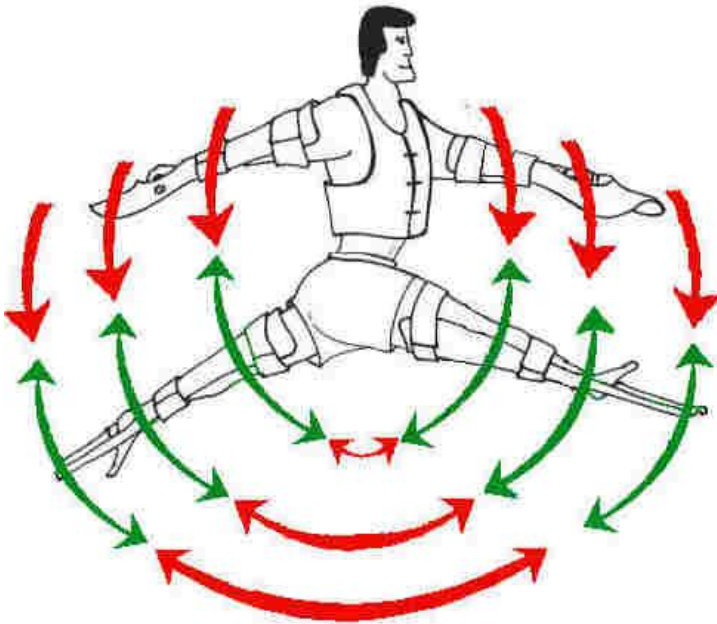
### Body Oars™ - Compared to Running

***Motion Resistance*** is the Powerful Force that Greatly Strengthens Muscles  
However it is also the Force that Wears Out Joints and Vertebrae

*So where does your Cardio Exercise Dissipate its Motion Resistance force?  
Opposing Your Core Muscle Contractions, or Smashing your Joints and Vertebrae*

### Vertical LOBOS™ in Life Jacket

Swinging Horizontal Effort  
forward and reverse directions



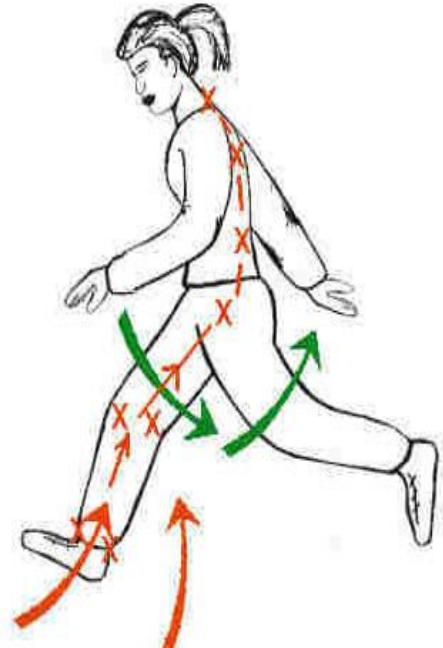
### Fully Opposing Swinging Motion Resistance

#### Forces travel against Body Oars™

- Almost no joint and spinal compression because forces are against the LOBOS instead of driven up and down leg bones
- Hips are fully levered, knees are braced and protected
- Body Weight is not compressing joints and spine.
- Greatest mechanical stress happens at the hips, however without forces weight and gravity compressing hip stress is very light.
- Without compression no skeletal wear
- Massive core muscle strengthener
- Weight looser for the overweight
- Painless during use
- Extreme core muscle exertion
- Can fully load opposing core mobility muscles
- Cardio strengthener
- Session time 15-20 minutes

### Running

Swinging Horizontal Effort  
Reverse direction unopposed



### Mostly Vertical Motion Resistance. Crosses far more than oppose

#### Forces travel up and down bones

- Full Compression almost all forces are being shoved up and down the leg bones
- Knees are primary lever, not allowing hips to be fully applied, or load in full range.
- Greatest Mechanical stress happens at the knees.
- Body weight crashing multiplies compression forces
- Far more joint and disk compression and wear
- Very little core muscle building
- Weight looser
- Very painful for most people
- Extreme foot and knee exertion
- Resists opposing motions with air
- Cardio strengthener
- Session time 20-60 minutes

By not allowing the joints and back to compress, the core muscles can be easily applied far deeper, farther and harder without the pain of compression  
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## **You Still Need To Run!**

The ability to run is a very important ability to keep and improve on for life, not loose. So everyone who can run needs too for regular exercise, but just enough to keep the ability strong. Overrunning and all foot impact loading cardio methods are ultimately destructive from their constant compounding of impacts traveling up and down the skeleton.

However this looks to be almost the opposite for people still growing.

Running is very different for many children because their joint material is softer and more flexible and it seems to grow stronger to handle the conditions the child throws at it.

If this is how it appears to us at [bodyoars.com](http://bodyoars.com), then the children who run well, not necessarily fast, should be encouraged even rewarded to run often for their cardio type exercise.

For those children who have great running difficulties, and thus never do, Body Oar technology can give many the core and knee running power to help them run enough to develop stronger bones and joints for adulthood.

Once adult bones and joints continually harden and become more brittle and thus wear ever faster from being continually hammered.

Manufactures of running shoes and tread mills are missing out on fortunes by keeping the assumption that runners run for miles. That may be ideal for kids but adults need to jog 50-100 yards one or 2 times a week, and that is to keep the ability to run for a long life.

Everyone that can run needs to wear the finest running shoes and jog on the highest quality tread mills that they can afford.