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17 VIDEOTAPE - INFOMERCIAL ON COURT TV

18 FAST ABS

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FEDERAL TRADE COMMISSION

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FEDERAL TRADE COMMISSION

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In the Matter of:)
United Fitness of America) Matter No. 0223110
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 February 9, 2002

 The following transcript was produced from a
live videotape provided to For The Record, Inc. on
February 20, 2002.

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P R O C E E D I N G S

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VIDEOTAPE - INFOMERCIAL PLAYED ON COURT TV

FAST ABS

ON SCREEN: UNITED FITNESS OF AMERICA

The following is a paid advertisement for the
Fast Abs System brought to you by United Fitness of
America, L.L.C.

MALE ANNOUNCER: The following is a paid
advertisement for the Fast Abs System, brought to you by
United Fitness of America.

MALE ANNOUNCER: Are you tired --

ON SCREEN: Tired?...

MALE ANNOUNCER: -- of the same old --

ON SCREEN: ...of ab workouts?...

MALE ANNOUNCER: -- ab workouts that --

ON SCREEN: ...without results!

MALE ANNOUNCER: -- don't give you the results
you want?

ON SCREEN: Want Rock Hard Abs?...

MALE ANNOUNCER: Do you want rock-hard abs
without sweating in a gym for hours?

ON SCREEN: Want Toned Muscles?...

MALE ANNOUNCER: Do you want to have toned
muscles all over your body without lifting heavy weights?

1 Well, now, you can.

2 **ON SCREEN: Fast Abs**

3 MALE ANNOUNCER: Introducing Fast Abs --

4 **ON SCREEN: The Complete No-Sweat Workout**
5 **System!**

6 MALE ANNOUNCER: -- the complete no-sweat
7 workout system. It's the fast --

8 **ON SCREEN: Fast!**

9 MALE ANNOUNCER: -- fun --

10 **ON SCREEN: Fun!**

11 MALE ANNOUNCER: -- easy --

12 **ON SCREEN: Easy!**

13 MALE ANNOUNCER: -- way to get --

14 **ON SCREEN: Before and After photographs**

15 **Unique results. Your results will vary.**

16 **Guaranteed! or Your Money Back!**

17 **Less Shipping and Handling**

18 MALE ANNOUNCER: -- amazing results guaranteed.

19 People everywhere are sitting back and relaxing while
20 they --

21 **ON SCREEN: Firm Up!**

22 MALE ANNOUNCER: -- firm up --

23 **ON SCREEN: Slim Down!**

24 MALE ANNOUNCER: -- slim down and shed inches
25 quickly.

1 **ON SCREEN: Fast Abs**

2 **10 Minutes = 600 Muscle Contractions!**

3 MALE ANNOUNCER: Just 10 minutes with Fast Abs
4 is the equivalent of 600 muscle contractions. And it's
5 so small and compact, you can use it anywhere, at home,
6 your office, in the car, doing laundry, even while
7 watching TV.

8 **ON SCREEN: Wear under clothes...**

9 MALE ANNOUNCER: Plus, you can wear Fast Abs
10 discreetly under your clothes --

11 **ON SCREEN: ...and no one knows!**

12 MALE ANNOUNCER: -- and no one will even know.

13 UNIDENTIFIED FEMALE: My abs are getting a
14 workout and I'm just standing here talking.

15 UNIDENTIFIED MALE: It's much easier than
16 actually doing crunches and sit-ups.

17 MALE ANNOUNCER: Olympic athletes, fitness
18 experts and astronauts have known for years about this
19 amazing technology, and now, you, too, can benefit from
20 this breakthrough in muscle conditioning with Fast Abs --

21 **ON SCREEN: Fast Abs**

22 **The complete Fast Abs System includes: Fast**
23 **Abs microprocessor, accessories and the Fast Action Food**
24 **Plan.**

25 MALE ANNOUNCER: -- the complete no-sweat --

1 **ON SCREEN: The Complete No-Sweat Workout**
2 **System!**

3 MALE ANNOUNCER: -- workout system.

4 Here with the story behind this breakthrough
5 technology is one of America's leading fitness pros,
6 Kathy Derry.

7 **ON SCREEN: Kathy Derry**

8 MALE ANNOUNCER: You've seen her on ESPN 2, on
9 some of the world's top-rated fitness shows, and she's
10 considered one of the most sought-after fitness and
11 sports models in America.

12 **ON SCREEN: Peter Virgile**

13 MALE ANNOUNCER: She's joined by top personal
14 trainer, Peter Virgile --

15 **ON SCREEN: Before and After photographs**

16 MALE ANNOUNCER: -- who struggled with weight
17 his entire life, having once weighed over 320 pounds.
18 Peter has now found his solution to keeping a great body
19 with Fast Abs.

20 **ON SCREEN: Before and after photographs**

21 **Unique results. Your results will vary.**

22 **14-Day Results**

23 MALE ANNOUNCER: Together, they share the
24 amazing results this revolutionary full-body workout
25 system has given people. So, stand by to discover your

1 answer to a beautiful toned body with --

2 **ON SCREEN: Fast Abs**

3 **The Complete No-Sweat Workout System!**

4 MALE ANNOUNCER: -- Fast Abs, the complete no-
5 sweat workout system.

6 KATHY DERRY: Hi, everyone, I'm Kathy Derry.

7 PETER VIRGILE: And I'm Peter Virgile.

8 KATHY DERRY: And today, we're introducing you
9 to Fast Abs, the complete no-sweat workout system. It's
10 so amazing.

11 **ON SCREEN: Kathy Derry**

12 **Fitness Professional**

13 KATHY DERRY: It's going to change the way you
14 look and feel without the drudgery of workouts and
15 expensive health club memberships.

16 **ON SCREEN: Peter Virgile**

17 **Fitness Trainer**

18 PETER VIRGILE: This isn't something new, risky
19 and untested. This is actually a technology that fitness
20 pros, star athletes, body builders and even astronauts
21 have been using for years, and it's now been adapted for
22 home use.

23 KATHY DERRY: This is amazing technology. I
24 mean, I've worked out my whole life, and keeping a lean
25 waistline and most of all having those beautiful

1 washboard abs is a lot of work.

2 PETER VIRGILE: Um-hum. But it doesn't have to
3 be.

4 **ON SCREEN: (Photograph) Peter Last Year!...**

5 PETER VIRGILE: My weight has been a lifelong
6 battle. When I was younger, I weighed 320 pounds.

7 KATHY DERRY: Wow.

8 **ON SCREEN: Peter lost weight by eating a**
9 **reduced calorie diet like the Fast Action Food Plan and**
10 **doing exercise.**

11 PETER VIRGILE: And since then, I've yo-yo'ed
12 up and down so many times, I've lost count.

13 **ON SCREEN: (Photograph) ...at over 220 lbs!**

14 PETER VIRGILE: I mean, just last year, I was
15 220 pounds.

16 KATHY DERRY: That is really amazing, Peter.
17 You look great.

18 PETER VIRGILE: Well, you know, I finally
19 decided that was it. I started eating sensibly, and
20 along the way, I started using Fast Abs, and it's been
21 a dream come true.

22 **ON SCREEN: Peter lost weight using the**
23 **complete Fast Abs System.**

24 PETER VIRGILE: To give you an idea, in just
25 two weeks using the Fast Abs Program, I lost 12 pounds

1 and 2 inches --

2 **ON SCREEN: Before photograph**

3 **Peter Last Year!...**

4 PETER VIRGILE: -- off my waist and my abs have
5 gotten tight and lean.

6 **ON SCREEN: After photograph**

7 **...now at 185 lbs.!**

8 PETER VIRGILE: And, you know, I'm 41 years old
9 and I'm in the best shape I've ever been.

10 **ON SCREEN: Before and After photographs**

11 **Unique results. Your results may vary.**

12 PETER VIRGILE: I weigh 185 pounds and I feel
13 great.

14 KATHY DERRY: Peter, that is awesome. You look
15 amazing.

16 PETER VIRGILE: Well, thank you, Kathy. You
17 see, Fast Abs is so easy to use, and people who have
18 tried Fast Abs are amazed at the results that they feel
19 after using it for the very first time.

20 **ON SCREEN: First-time users**

21 UNIDENTIFIED FEMALE: My abs and my butt are my
22 biggest concerns. Whoa. Wow. It feels like I'm doing
23 exercise without having to do anything. I mean, my abs
24 are getting a workout and I'm just standing here talking.
25 It's wonderful.

1 UNIDENTIFIED MALE: It's much easier than
2 actually doing crunches and sit-ups.

3 UNIDENTIFIED FEMALE: I like it. I could put
4 this on anytime.

5 UNIDENTIFIED MALE: What's cool is because I
6 can cover this up and say go to the store or something
7 and no one even knows. So, how cool is that?

8 UNIDENTIFIED FEMALE: It's kind of a tingly
9 sensation.

10 UNIDENTIFIED MALE: There's no strain on my
11 back.

12 UNIDENTIFIED FEMALE: It doesn't hurt. It
13 feels good.

14 UNIDENTIFIED MALE: I can be working my abs all
15 day then now.

16 **ON SCREEN: Christina**
17 **Administrative Coordinator**

18 CHRISTINA: Using Fast Abs was really easy to
19 learn how to do.

20 **ON SCREEN: For maximum results use the**
21 **complete Fast Abs System.**

22 CHRISTINA: All you do is put the belt on and
23 push a button and then you get your workout for 10
24 minutes.

25 **ON SCREEN: Heather**

1 **Film Archivist**

2 HEATHER: In the last 14 days, I lost two and a
3 half inches --

4 **ON SCREEN: Before and After photographs**
5 **Unique results. Your results will vary.**

6 HEATHER: -- off my waist and two inches off my
7 hips.

8 **ON SCREEN: Lost 4 1/2 inches total!**

9 **14-Day Results!**

10 **ON SCREEN: Karen**

11 **Teacher**

12 KAREN: It's really exciting. I actually have
13 abs.

14 KATHY DERRY: People really can see great
15 results quickly and easily with Fast Abs.

16 **ON SCREEN: Consult your physician before**
17 **beginning this or any other exercise program. Read all**
18 **instructions before using.**

19 KATHY DERRY: The secret is EMS, electronic
20 muscle stimulation.

21 **ON SCREEN: EMS**

22 **Electronic Muscle Stimulation**

23 KATHY DERRY: This tiny transformer sends out
24 safe, gentle impulses that trigger your motor nerves and
25 activate deep muscle contractions.

1 **ON SCREEN: 10 Minutes = 600 Muscle**
2 **Contractions!**

3 KATHY DERRY: In fact, just 10 minutes of Fast
4 Abs is the equivalent of 600 muscle contractions.
5 Imagine that. 600 muscle contractions.

6 You'll feel the results but without the sweat,
7 the pain and the extra time it takes to go to the gym.
8 Just sit back and relax and let Fast Abs do the work for
9 you.

10 PETER VIRGILE: Kathy, let's talk about
11 effective. I've lost weight before, but I've never had
12 abs like this.

13 KATHY DERRY: Wow, Peter, they look great.
14 What I love about Fast Abs is that it's a no-sweat
15 workout and you can do it anywhere at any time, while
16 you're watching TV, cooking dinner, at the office, taking
17 the kids to school. In fact, I'm going to do a workout
18 right now.

19 You simply apply the Fast Abs Firming Gel to
20 the belt and put it around your waist.

21 PETER VIRGILE: Kathy, you can really see it
22 working.

23 **ON SCREEN: Total Body Workout!**

24 **Works:**

25 • **Upper Abs**

1 • **Lower Abs**

2 • **Obliques**

3 PETER VIRGILE: You can work your upper abs,
4 your lower abs, and your love handles.

5 KATHY DERRY: But why stop there?

6 **ON SCREEN: Total Body Workout!**

7 **Also Works:**

8 • **Buns & Thighs**

9 • **Calves**

10 **Plus:**

11 • **Upper Body**

12 • **Biceps & Triceps**

13 KATHY DERRY: You can also work your lower body
14 to tone your thighs and calves, and it's a terrific
15 workout for the upper body to help tone the biceps and
16 triceps. It really helps achieve that sleek, sexy,
17 defined look all over. And because it's such a gentle
18 massage-like feeling, you can use it to soothe tired
19 aching muscles after a tough day.

20 Let's go to a gym in Hollywood, California, a
21 true mecca for the physically fit where image is
22 everything, to ask body builders and top personal
23 trainers what they think of Fast Abs.

24 **ON SCREEN: Personal Fitness Trainers**

25 UNIDENTIFIED MALE: I like to do personal

1 training because I get to help people make a positive
2 change in their life.

3 UNIDENTIFIED MALE: When you can sort of
4 motivate somebody to do something that they're not --
5 that they normally wouldn't do unless they were pushed,
6 you know, it's such a beautiful thing.

7 UNIDENTIFIED FEMALE: You have to do a lot of
8 abdominal work to get great abs, and Fast Abs has really
9 made that easy.

10 UNIDENTIFIED MALE: Put some gel on, velcro it
11 to you. That's it, as simple as that.

12 UNIDENTIFIED FEMALE: I think it feels amazing.
13 I mean, it's a -- you can go anywhere from a light little
14 push to a really strong, deep, intense workout.

15 UNIDENTIFIED MALE: Just standing here, it
16 feels like I'm getting an incredible workout.

17 UNIDENTIFIED FEMALE: A lot of my clients want
18 to get the cuts and the definition, and this is amazing
19 if you want to do that.

20 UNIDENTIFIED MALE: I like the Fast Abs a lot
21 because you could throw it on in the car, reading a book,
22 doing whatever, it's very convenient.

23 UNIDENTIFIED MALE: It feels great.

24 UNIDENTIFIED MALE: You can be in your office,
25 you can be in your home.

1 UNIDENTIFIED MALE: It's an awesome product.

2 KATHY DERRY: Oh, hey, I was just doing an ab
3 workout. This is great. I can relax and condition my
4 abs at the same time.

5 Fast Abs takes just minutes a day and you'll be
6 so comfortable, you won't even remember you're working
7 out.

8 And athletes and fitness experts aren't the
9 only ones talking about Fast Abs. Health professionals
10 are also seeing the benefits of this breakthrough
11 abdominal conditioning technology.

12 **ON SCREEN: Dr. Donald R. Furnival**
13 **Chiropractor**

14 DR. DONALD FURNIVAL: Well, I've been in
15 practice for 20 years and my specialty is natural health
16 care.

17 Muscles do one thing. Muscles contract.
18 That's all they do. And for a muscle to contract, it has
19 to have a stimulus.

20 Electro-muscle stimulation is effective and
21 efficient. When you go to the gym, you are exercising
22 everything, and that brings on fatigue. You don't get
23 that with Fast Abs.

24 And the reason for that is that --

25 **ON SCREEN: EMS**

1 **Electronic Muscle Stimulation**

2 DR. DONALD FURNIVAL: -- electro-muscle
3 stimulation is applied to a very small isolated group of
4 muscles.

5 I would recommend Fast Abs because it empowers
6 you, as an individual, to take charge of your own health.

7 KATHY DERRY: Fast Abs is awesome. It offers
8 an amazing technology that is so simple and easy to use.

9 PETER VIRGILE: And Fast Abs delivers it with a
10 variety of programs designed specifically to fit your
11 level of fitness.

12 **ON SCREEN: Tiny Transformer**

13 KATHY DERRY: This tiny, state-of-the-art
14 transformer has its own multi-function microprocessor
15 to --

16 **ON SCREEN: Delivers Custom Workout!**

17 KATHY DERRY: -- deliver a custom designed
18 workout that will fit your needs.

19 PETER VIRGILE: There are six workout routines
20 with Fast Abs.

21 KATHY DERRY: And each routine is designed to
22 work on different muscle groups to improve definition and
23 muscle tone.

24 **ON SCREEN: 6 Fast Abs Routines**

25 KATHY DERRY: The six routines include

1 Supersonic --

2 **ON SCREEN: 1 Supersonic**

3 • **Fast-paced routine**

4 • **Improves muscle condition**

5 KATHY DERRY: -- a fast-paced program designed
6 to help improve muscle condition and tone.

7 **ON SCREEN: 2 Fortifier**

8 • **Relaxed-paced routine**

9 • **Increases circulation**

10 • **Satisfying massage**

11 PETER VIRGILE: Fortifier, a relaxed pace to
12 help increase circulation with a satisfying massage.

13 **ON SCREEN: 3 Invigorator**

14 • **Warm-up & Cool-down routine**

15 KATHY DERRY: Invigorator, a warm-up and cool-
16 down program designed to engage your muscles for a fast,
17 fun, Fast Abs workout.

18 **ON SCREEN: 4 Super Charger**

19 • **Medium-paced routine**

20 • **Tighten muscle fiber**

21 • **Improve muscle tone**

22 PETER VIRGILE: Super Charger, a medium
23 intensity to help tighten muscle fiber and speed all over
24 muscle tone.

25 **ON SCREEN: 5 Accelerator**

1 • **Fast & intense routine**

2 • **Conditions muscles**

3 **For maximum results use the complete Fast Abs**
4 **System**

5 KATHY DERRY: Accelerator, a fast and intense
6 program for maximum muscle conditioning.

7 **ON SCREEN: 6 Vitality**

8 • **Even-paced routine**

9 • **Tones**

10 PETER VIRGILE: And Vitality, an even-paced
11 program to help tone major muscle groups all over your
12 body.

13 **ON SCREEN: 6 Fast Abs Routines**

14 KATHY DERRY: That's six different programs to
15 help give you fast results.

16 PETER VIRGILE: And that's just the beginning,
17 Kathy. Push this button.

18 **ON SCREEN: Consult your physician before**
19 **beginning this or any other exercise program. Read all**
20 **instructions before using.**

21 KATHY DERRY: Wow.

22 **ON SCREEN: Do not use during pregnancy, if you**
23 **use a pacemaker or if you have a cardiac or other medical**
24 **condition.**

25 PETER VIRGILE: You can manually adjust the

1 contractions through --

2 **ON SCREEN: 6 Routines each with 10 Levels of**
3 **Intensity**

4 PETER VIRGILE: -- ten progressive levels of
5 intensity. So, there's a setting right for you.

6 KATHY DERRY: So, it's really like having --

7 **ON SCREEN: 60 Workout Settings!**

8 KATHY DERRY: -- 60 workout settings to help
9 give you fast results.

10 **ON SCREEN: Fast Results!**

11 KATHY DERRY: And to eliminate all the
12 guesswork, Fast Abs uses a specially designed shut-off --

13 **ON SCREEN: Auto Shut-Off After 10 Minutes!**

14 KATHY DERRY: -- that automatically turns the
15 unit off at the end of a 10-minute conditioning cycle.

16 PETER VIRGILE: All you have to do is sit back
17 and relax and let Fast Abs do the work.

18 **ON SCREEN: For maximum results use the**
19 **complete Fast Abs System.**

20 CHRISTINA: I love the fact that you can use
21 Fast Abs just about anywhere.

22 KAREN: You can have it on underneath your
23 clothes and you can be shopping, cleaning, driving your
24 car. It's working for you while you're doing other
25 things and nobody has any idea that you're using it.

1 UNIDENTIFIED MALE: With Fast Abs, I've been
2 able to zap my love handles.

3 UNIDENTIFIED MALE: Hey, guys, can you argue
4 with this?

5 **ON SCREEN: Before and After photographs**
6 **Unique results. Your results will vary.**
7 **Lost 4 inches total!**

8 **14-Day Results!**

9 UNIDENTIFIED MALE: I lost an inch and a half
10 in my hips. I lost two and a half in my waist.

11 **ON SCREEN: Before and After photographs**
12 **Unique results. Your results will vary.**
13 **Lost 3 1/2 inches total!**

14 **14-Day Results!**

15 KAREN: In the last 14 days, I've lost three
16 and a half pounds and two and a half inches off my waist
17 and an inch off my hips.

18 CHRISTINA: I love Fast Abs because it is a no-
19 sweat workout. I know that I can put it on and I don't
20 have to break a sweat.

21 KATHY DERRY: Okay, everyone, you've been
22 listening to people tell you how amazing Fast Abs, the
23 no-sweat workout can be. Well, now it's time to start a
24 program that will work for you no matter what your
25 fitness level.

1 PETER VIRGILE: You can use it almost anywhere.
2 Go to the store, go to the pool, go to work and let the
3 electronic massaging unit do the work for you.

4 **ON SCREEN: For maximum results use the**
5 **complete Fast Abs System, including the Fast Action Food**
6 **Plan.**

7 KATHY DERRY: And because the Fast Action Food
8 Plan is included as part of the complete Fast Abs System,
9 you'll be able to really start seeing results quickly and
10 easily.

11 Plus, Fast Abs will let you try the product for
12 30 days.

13 **ON SCREEN: Before and After photographs**
14 **Unique results. Your results will vary.**
15 **Guaranteed! or Your Money Back!**
16 **Less Shipping and Handling**

17 KATHY DERRY: Get the results we're talking
18 about or you don't pay. That's because your Fast Abs
19 comes backed with our 30-day fast results money-back
20 guarantee.

21 **ON SCREEN: 30-Day Risk Free**
22 **Money Back Guarantee**
23 **Fast Abs**
24 **The No Sweat Workout**
25 **Less Shipping and Handling**

1 KATHY DERRY: If, for any reason, you're not
2 completely satisfied with your new firmer, tighter shape,
3 simply return it for a complete refund of the purchase
4 price, no questions asked.

5 **ON SCREEN: The program you are watching is a**
6 **paid advertisement for the Fast Abs System.**

7 KATHY DERRY: Stay tuned to find out how you
8 can have Fast Abs for the lowest price ever offered
9 anywhere. Don't go away.

10 MALE ANNOUNCER: Are you tired --

11 **ON SCREEN: Tired?...**

12 MALE ANNOUNCER: -- of the same old --

13 **ON SCREEN: ...of ab workouts?...**

14 MALE ANNOUNCER: -- ab workouts that don't give
15 you the results --

16 **ON SCREEN: ...without results!**

17 MALE ANNOUNCER: -- you want?

18 **ON SCREEN: Want Rock Hard Abs?...**

19 MALE ANNOUNCER: Do you want rock-hard abs
20 without sweating in a gym for hours?

21 **ON SCREEN: Want Toned Muscles?...**

22 MALE ANNOUNCER: Do you want to have toned
23 muscles all over your body without lifting heavy weights?

24 Well, now, you can.

25 **ON SCREEN: Fast Abs**

1 MALE ANNOUNCER: Introducing Fast Abs --

2 ON SCREEN: The Complete No-Sweat Workout

3 System!

4 The complete Fast Abs System includes: Fast

5 Abs microprocessor, accessories and the Fast Action Food

6 Plan.

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8 workout system. It's the fast --

9 ON SCREEN: Fast!

10 MALE ANNOUNCER: -- fun --

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21 they --

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23 MALE ANNOUNCER: -- firm up --

24 ON SCREEN: Slim Down!

25 MALE ANNOUNCER: -- slim down and shed inches

1 quickly.

2 **ON SCREEN: 10 Minutes = 600 Muscle**

3 **Contractions!**

4 MALE ANNOUNCER: Just 10 minutes with Fast Abs
5 is the equivalent of 600 muscle contractions. And it's
6 so small and compact, you can use it anywhere, at home,
7 your office, in the car, doing laundry, even while
8 watching TV.

9 **ON SCREEN: Wear under clothes...**

10 MALE ANNOUNCER: Plus, you can wear Fast Abs
11 discreetly under your clothes --

12 **ON SCREEN: ...and no one knows!**

13 MALE ANNOUNCER: -- and no one will even know.
14 Olympic athletes, fitness experts and
15 astronauts have known for years about this amazing
16 technology, and now, you, too, can benefit from this
17 breakthrough in muscle conditioning with --

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19 MALE ANNOUNCER: -- Fast Abs --

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23 **Abs microprocessor, accessories and the Fast Action Food**
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1 workout system.

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3 **Electronic Muscle Stimulation**

4 **Consult your physician before beginning this or**
5 **any other exercise program. Read all instructions before**
6 **using.**

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8 muscle stimulation.

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10 **use a pacemaker or if you have a cardiac or other medical**
11 **condition.**

12 MALE ANNOUNCER: This tiny transformer sends
13 out safe, gentle impulses that trigger your motor nerves
14 and activate deep muscle contractions.

15 **ON SCREEN: 6 Fast Abs Routines**

16 MALE ANNOUNCER: With Fast Abs, you can choose
17 from six different customized workout and massage
18 programs, including --

19 **ON SCREEN: 1 Supersonic**

- 20 • **Fast-paced routine**
21 • **Improves muscle condition**

22 MALE ANNOUNCER: -- Supersonic, a fast-paced
23 program designed to help improve muscle condition and
24 tone --

25 **ON SCREEN: 2 Fortifier**

1 • **Relaxed-paced routine**

2 • **Increases circulation**

3 • **Satisfying massage**

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5 to help increase circulation with a satisfying massage --

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12 • **Medium-paced routine**

13 • **Tighten muscle fiber**

14 • **Improve muscle tone**

15 MALE ANNOUNCER: -- Super Charger, a medium
16 intensity to help tighten muscle fiber and improve
17 overall muscle tone --

18 **ON SCREEN: 5 Accelerator**

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20 • **Conditions muscles**

21 **For maximum results use the complete Fast Abs**
22 **System.**

23 MALE ANNOUNCER: -- Accelerator, a fast and
24 intense program for maximum muscle conditioning --

25 **ON SCREEN: 6 Vitality**

1 • **Even-paced routine**

2 • **Tones**

3 MALE ANNOUNCER: -- Vitality, an even-paced
4 program to help tone major muscle groups all over your
5 body.

6 **ON SCREEN: 6 Fast Abs Routines**

7 MALE ANNOUNCER: That's six different
8 programs --

9 **ON SCREEN: 10 Levels of Intensity**

10 MALE ANNOUNCER: -- each with 10 levels of
11 intensity.

12 **ON SCREEN: 60 Workout Settings!**

13 MALE ANNOUNCER: So, it's really like getting
14 60 different workout settings for --

15 **ON SCREEN: Fast Results!**

16 MALE ANNOUNCER: -- fast results.

17 So, whether you're an athlete or you've never
18 worked out before --

19 **ON SCREEN: The complete Fast Abs System**

20 **includes: Fast Abs microprocessor, accessories and the**
21 **Fast Action Food Plan.**

22 MALE ANNOUNCER: -- with Fast Abs, you can
23 enjoy a comfortable --

24 **ON SCREEN: The Complete No-Sweat Workout**
25 **System!**

1 MALE ANNOUNCER: -- no-sweat workout. And to
2 help eliminate all the guesswork, Fast Abs is designed to
3 automatically --

4 **ON SCREEN: Automatic Shut-off Feature!**

5 MALE ANNOUNCER: -- shut-off after a 10-minute
6 conditioning cycle.

7 Other electronic machines that try to take
8 advantage of the Fast Abs technology could cost --

9 **ON SCREEN: \$ Hundreds**

10 **\$ of Dollars!**

11 MALE ANNOUNCER: -- hundreds of dollars. But
12 now, Fast Abs, with its amazing ab conditioning
13 technology, is slashing the price.

14 **ON SCREEN: \$ Hundreds**

15 **\$ of Dollars! (crossed out with red**

16 **X)**

17 **ON SCREEN: Call in the Next 20 Minutes!**

18 MALE ANNOUNCER: Call in the next 20 minutes --

19 **ON SCREEN: www.fastabs.com**

20 **1-800-315-2414**

21 MALE ANNOUNCER: -- and you can receive Fast
22 Abs for the unbelievable price of just \$39.95.

23 **ON SCREEN: Just \$39.95**

24 **Plus Shipping and Handling**

25 **...Incredible Savings!**

1 MALE ANNOUNCER: That's an incredible savings
2 compared to the competition.

3 **ON SCREEN: 2nd Fast Abs Fitness Belt!**

4 **For A Total Body Workout!**

5 **No Extra Charge!**

6 **www.fastabs.com**

7 **1-800-315-2414**

8 MALE ANNOUNCER: Here's the best part. For
9 ordering today, we'll include a second adjustable Fast
10 Abs fitness belt at no extra charge. Now you can work
11 out all major muscle groups with Fast Abs speed.

12 **ON SCREEN: Special Bonuses!**

13 **Instruction Manual**

14 **www.fastabs.com**

15 **1-800-315-2414**

16 MALE ANNOUNCER: Plus for calling today, you
17 can receive these special bonuses: The Fast Abs easy-to-
18 follow instruction manual --

19 **ON SCREEN: Special Bonuses!**

20 **Target Toning Chart**

21 **www.fastabs.com**

22 **1-800-315-2414**

23 MALE ANNOUNCER: -- the Fast Abs target toning
24 chart for ideal placement to help maximize your total
25 body workout to lose inches quickly --

1 **ON SCREEN: Special Bonuses!**

2 **Extra Battery!**

3 **www.fastabs.com**

4 **1-800-315-2414**

5 MALE ANNOUNCER: -- an extra battery so you can
6 enjoy Fast Abs twice as long --

7 **ON SCREEN: Special Bonuses!**

8 **Fast Abs Firming Gel**

9 **www.fastabs.com**

10 **1-800-315-2414**

11 MALE ANNOUNCER: -- the Fast Abs Firming Gel,
12 simply apply before using Fast Abs for maximum results in
13 minimum time --

14 **ON SCREEN: Special Bonuses!**

15 **Handy Travel Case**

16 **www.fastabs.com**

17 **1-800-315-2414**

18 MALE ANNOUNCER: -- plus this handy travel case
19 that allows you to take Fast Abs with you anywhere.

20 **ON SCREEN: Special Bonuses!**

21 **\$40.00 Value!**

22 **www.fastabs.com**

23 **1-800-315-2414**

24 MALE ANNOUNCER: These bonuses, a \$40 value,
25 are included today through this special TV offer at --

1 **ON SCREEN: Special Bonuses!**

2 **No Additional Charge!**

3 **www.fastabs.com**

4 **1-800-315-2414**

5 MALE ANNOUNCER: -- no additional charge.

6 **ON SCREEN: Also Included!...**

7 **www.fastabs.com**

8 **1-800-315-2414**

9 MALE ANNOUNCER: And it gets even better.

10 **ON SCREEN: Added Bonus!**

11 **Fast Action Food Plan**

12 **www.fastabs.com**

13 **1-800-315-2414**

14 MALE ANNOUNCER: As part of the Fast Abs
15 System, to make your program complete, we've included as
16 an added bonus, the Fast Abs Fast Action Food Plan,
17 designed to help you lose pounds and inches fast.

18 **ON SCREEN: Before and After photographs**

19 **Guaranteed! or Your Money Back!**

20 **Less Shipping and Handling**

21 **Lose 4 Inches in 30 Days**

22 **Guaranteed!**

23 **Unique results.**

24 **Your results will vary.**

25 **www.fastabs.com**

1 **1-800-315-2414**

2 MALE ANNOUNCER: You'll drop four inches in the
3 first 30 days. We guarantee it.

4 **ON SCREEN: There's More!...**

5 **www.fastabs.com**

6 **1-800-315-2414**

7 MALE ANNOUNCER: And there's more.

8 **ON SCREEN: Free Gift!**

9 **www.fastabs.com**

10 **1-800-315-2414**

11 MALE ANNOUNCER: Today, as a special gift,
12 we'll include, absolutely free, the Five Secret Foods for
13 Fast Action Fat Loss Guide --

14 **ON SCREEN: Tips & Secrets**

15 **www.fastabs.com**

16 **1-800-315-2414**

17 MALE ANNOUNCER: -- with insider tips and
18 secrets to help you get even faster results.

19 **ON SCREEN: One-Year Warranty**

20 **www.fastabs.com**

21 **1-800-315-2414**

22 MALE ANNOUNCER: Fast Abs, the no-sweat workout
23 system, comes with a full one-year limited warranty --

24 **ON SCREEN: 30-Day Risk Free**

25 **Money Back Guarantee**

1 **Fast Abs**

2 **www.fastabs.com**

3 **1-800-315-2414**

4 MALE ANNOUNCER: -- and is backed by a 30-day
5 fast results money-back guarantee.

6 **ON SCREEN: Less Shipping and Handling**

7 **Lose 4 Inches in 30 Days**

8 **Guaranteed!**

9 **www.fastabs.com**

10 **1-800-315-2414**

11 MALE ANNOUNCER: If you don't shed at least
12 four inches in the first 30 days, simply return it for a
13 full refund of the purchase price, no questions asked --

14 **ON SCREEN: Free Gift!**

15 **www.fastabs.com**

16 **1-800-315-2414**

17 MALE ANNOUNCER: -- and keep the Five Secret
18 Foods for Fast Action Fat Loss Guide as our free gift to
19 you.

20 So, you have nothing to lose and a beautiful
21 body to gain with Fast Abs, the no-sweat workout system.

22 **ON SCREEN: Only \$39.95 plus S&H**

23 **CA & CT residents add sales tax**

24 **Or Use Check Book as Credit Card**

25 **30 Day Money Back Guarantee!**

For The Record, Inc.
Waldorf, Maryland
(301)870-8025

1 **(Less S&H)**

2 **Fast Abs**

3 **www.fastabs.com**

4 **Or send check or money order for \$49.90 to:**

5 **Fast Abs P.O. Box 3511 Wallingford, CT, 05454**

6 **Allow 4-6 weeks for delivery**

7 **1-800-315-2414**

8 MALE ANNOUNCER: Get your credit card ready and
9 call now to order Fast Abs, the no-sweat workout system,
10 for just \$39.95. You'll also receive the Fast Action
11 Food Plan as a special bonus and the Five Secret Foods
12 for Fast Action Fat Loss Guide as our free gift. It's
13 all backed by our 30-day fast results money-back
14 guarantee.

15 There's only one Fast Abs System. So, call
16 now.

17 KATHY DERRY: Hi, I'm Kathy Derry, here with
18 Peter Virgile. We've been talking about Fast Abs --

19 **ON SCREEN: For maximum results use the**
20 **complete Fast Abs System.**

21 KATHY DERRY: -- literally the no-sweat workout
22 because you're not exercising. The Fast Abs System does
23 the work for you.

24 PETER VIRGILE: Fast Abs has taken technology
25 that astronauts and world class athletes have been using

1 for years and adapted it for home use.

2 KATHY DERRY: It's all right here in this
3 simple belt, a custom designed program that adapts to fit
4 your fitness needs whether you're an athlete or a couch
5 potato.

6 PETER VIRGILE: And, folks, I know how much of
7 a struggle it is to keep in shape.

8 **ON SCREEN: Before and After photographs**

9 **Peter lost weight by eating a reduced calorie**
10 **diet like the Fast Action Food Plan and doing exercise.**
11 **Unique results. Your results will vary.**

12 PETER VIRGILE: I've yo-yo'ed up and down with
13 my weight my whole life, and I finally found the solution
14 to keep my body in tip-top shape.

15 KATHY DERRY: In just minutes a day, with Fast
16 Abs, you'll be building, toning, firming and defining
17 your entire body. The secret is EMS, electronic muscle
18 stimulation.

19 **ON SCREEN: EMS**

20 **Electronic Muscle Stimulation**

21 **Consult your physician before beginning this or**
22 **any other exercise program. Read all instructions before**
23 **using.**

24 KATHY DERRY: This tiny transformer sends out
25 safe, gentle massaging impulses that --

1 **ON SCREEN: Do not use during pregnancy, if you**
2 **use a pacemaker or if you have a cardiac or other medical**
3 **condition.**

4 KATHY DERRY: -- activate deep muscle movements
5 that tone and build muscle tissue.

6 **ON SCREEN: 10 Minutes = 600 Muscle**
7 **Contractions!**

8 KATHY DERRY: Just 10 minutes with Fast Abs is
9 the equivalent of 600 muscle contractions.

10 PETER VIRGILE: And not only does it give your
11 abs a great workout, you can use Fast Abs to condition
12 major muscle groups all over your body, toning and
13 firming --

14 **ON SCREEN: Total Body Workout!**

15 PETER VIRGILE: -- your hips, your arms, your
16 thighs, your chest and your calves.

17 **ON SCREEN: Consult your physician before**
18 **beginning this or any other exercise program. Read all**
19 **instructions before using.**

20 PETER VIRGILE: Fast Abs really is the fast,
21 safe and effective way to finally be able to condition
22 your abs without sweat, strain and hours of workout in
23 the gym.

24 KATHY DERRY: Fast Abs is truly a breakthrough
25 in muscle conditioning technology.

1 PETER VIRGILE: Inside this tiny transformer
2 are --

3 **ON SCREEN: 6 Fast Abs Routines**

4 PETER VIRGILE: -- six different exercise
5 programs.

6 KATHY DERRY: And each routine is designed to
7 work on different muscle groups to improve definition and
8 muscle tone.

9 **ON SCREEN: 10 Levels of Intensity**

10 PETER VIRGILE: Each one with 10 different
11 levels of intensity.

12 **ON SCREEN: 60 Workout Settings!**

13 PETER VIRGILE: So, that's like having 60
14 different workout settings to give you --

15 **ON SCREEN: Fast Results!**

16 PETER VIRGILE: -- fast results.

17 **ON SCREEN: The complete Fast Abs System**

18 **includes: Fast Abs microprocessor, accessories and the**
19 **Fast Action Food Plan.**

20 KATHY DERRY: The great thing about Fast Abs is
21 that you can use it anywhere, at home, at the office, in
22 the car.

23 **ON SCREEN: For maximum results use the**
24 **complete Fast Abs System.**

25 KATHY DERRY: Fast Abs is so small and compact,

1 no one will even know you have it on.

2 **ON SCREEN: Consult your physician before**
3 **beginning this or any other exercise program. Read all**
4 **instructions before using.**

5 PETER VIRGILE: Just like me, other top fitness
6 trainers and body builders have found that it provides an
7 easy, safe and effective workout.

8 TONY MURPHY, JR.: I totally love body
9 building. I've won a lot of body building shows. I've
10 done it all naturally --

11 **ON SCREEN: Tony Murphy, Jr.**
12 **Professional All-Natural Body Builder**

13 TONY MURPHY, JR.: -- and I've competed against
14 some people that haven't been natural and it makes me
15 feel real good about it.

16 **ON SCREEN: www.fastabs.com**
17 **1-800-315-2414**

18 TONY MURPHY, JR.: EMS works in a way that it
19 actually has a --

20 **ON SCREEN: EMS**
21 **Electronic Muscle Stimulation**
22 **www.fastabs.com**
23 **1-800-315-2414**

24 TONY MURPHY, JR.: -- stimulation of the
25 muscles that's outside of the normal nervous system.

1 **ON SCREEN: www.fastabs.com**

2 **1-800-315-2414**

3 TONY MURPHY, JR.: With the Fast Abs, you have
4 a way that you can actually regulate how you want the
5 stimulation to be. We can actually have six different
6 modes in here, so once we turn this on, we can put it on
7 mode one and we can take it up to ten different
8 intensities.

9 Having Fast Abs on, I'm getting my workout in
10 while I'm talking to you.

11 KATHY DERRY: So far, you've seen how Fast Abs
12 delivers a custom designed ab training routine in just
13 minutes a day.

14 **ON SCREEN: www.fastabs.com**

15 **1-800-315-2414**

16 PETER VIRGILE: It's not like other ab machines
17 on the market.

18 KATHY DERRY: Take, for instance, those laying
19 down torso machines.

20 **ON SCREEN: Torso machines:**

21 • **lots of work**

22 **www.fastabs.com**

23 **1-800-315-2414**

24 KATHY DERRY: You have to do a lot of work to
25 get the benefits from that type of machine because you

1 have to start in a fully stretched position.

2 **ON SCREEN: Torso machines:**

3 • lots of work

4 • potential back pain

5 **www.fastabs.com**

6 **1-800-315-2414**

7 KATHY DERRY: So, there's a potential for back
8 pain and the risk of injury if you're not in the proper
9 shape or using proper form.

10 **ON SCREEN: www.fastabs.com**

11 **1-800-315-2414**

12 KATHY DERRY: And this type of machine has cost
13 as much as \$200.

14 PETER VIRGILE: And then there's those ab
15 rolling devices that are very popular --

16 **ON SCREEN: Ab rolling machines:**

17 • not comfortable

18 **www.fastabs.com**

19 **1-800-315-2414**

20 PETER VIRGILE: -- but not very comfortable.

21 You have to lie on the floor and these can only help --

22 **ON SCREEN: Ab rolling machines:**

23 • not comfortable

24 • not versatile

25 **www.fastabs.com**

1 **1-800-315-2414**

2 PETER VIRGILE: -- train your abs, not other
3 muscle groups all over your body like Fast Abs can.

4 **ON SCREEN: Saves**

5 **Time • Money • Stress • Strain**

6 **www.fastabs.com**

7 **1-800-315-2414**

8 KATHY DERRY: So, Fast Abs is saving us time,
9 money, stress and strain. Wow, it's really amazing when
10 you look at all the equipment out there.

11 **ON SCREEN: www.fastabs.com**

12 **1-800-315-2414**

13 PETER VIRGILE: And, Kathy, there are muscle
14 stimulation machines on the market, but they can be
15 expensive.

16 KATHY DERRY: I know. I saw one for \$700.

17 PETER VIRGILE: And then there's the one on TV
18 that looks a lot like Fast Abs. But it's more than
19 double the cost for basically the same workout you get
20 with Fast Abs.

21 KATHY DERRY: There is no doubt about it. If
22 you're looking for a quick way to tone different muscle
23 groups, including the all-important abs, Fast Abs is the
24 only way to go.

25 **ON SCREEN: Fast Abs can firm and tone your**

1 **muscles. To lose weight, follow the Fast Action Food**
2 **Plan.**

3 UNIDENTIFIED FEMALE: It was very easy to
4 figure out how to use it.

5 KAREN: You just put the gel on and then you
6 just put it around your waist and press a couple of
7 buttons.

8 UNIDENTIFIED FEMALE: One thing I've never been
9 very dedicated to doing is working my abs.

10 **ON SCREEN: Before and After photographs**
11 **Unique results. Your results will vary.**
12 **14-Day Results!**
13 **Lost 3 inches total!**

14 UNIDENTIFIED FEMALE: But using the Fast Abs
15 program for the last few weeks, I have lost four pounds
16 and I've actually lost three inches off my waist.

17 **ON SCREEN: For maximum results use the**
18 **complete Fast Abs System.**

19 **www.fastabs.com**

20 **1-800-315-2414**

21 UNIDENTIFIED FEMALE: I actually have a
22 waistline, an actual waistline again.

23 **ON SCREEN: www.fastabs.com**

24 **1-800-315-2414**

25 UNIDENTIFIED MALE: I've seen more definition

1 than I've ever seen before in my abs.

2 DR. DONALD FURNIVAL: You don't have to go
3 anywhere. It's convenient. You can use it in your home.
4 You can use it in your office.

5 **ON SCREEN: Dr. Donald R. Furnival**
6 **Chiropractor**

7 DR. DONALD FURNIVAL: I've used it in my own
8 office, and just like it says, it's fast.

9 KATHY DERRY: With Fast Abs, you can help turn
10 that frumpy midsection into washboard sexy abs in just
11 minutes a day safely and easily. You won't believe your
12 eyes. I know how you feel, how hard it can be to make a
13 change. I'm here to tell you, it doesn't have to be a
14 struggle anymore. Fast Abs is the no-sweat workout
15 because it does the work for you.

16 **ON SCREEN: 30-Day Risk Free**
17 **Money Back Guarantee**
18 **Fast Abs**
19 **The No Sweat Workout**
20 **Less Shipping and Handling**

21 KATHY DERRY: Plus with Fast Abs' 30-day fast
22 results money-back guarantee, there is no reason not to
23 give it a try.

24 **ON SCREEN: The program you are watching is a**
25 **paid advertisement for the Fast Abs System.**

1 KATHY DERRY: So, don't just sit there thinking
2 about a great body when you can start to get one right
3 now, with Fast Abs, the no-sweat workout.

4 **ON SCREEN: Want Toned Muscles?...**

5 MALE ANNOUNCER: Do you want to have toned
6 muscles all over your body without lifting heavy weights?
7 Well, now, you can.

8 **ON SCREEN: Fast Abs**

9 **The complete Fast Abs System includes: Fast**
10 **Abs microprocessor, accessories and the Fast Action Food**
11 **Plan.**

12 MALE ANNOUNCER: Introducing Fast Abs --

13 **ON SCREEN: The Complete No-Sweat Workout**
14 **System!**

15 MALE ANNOUNCER: -- the complete no-sweat
16 workout system. It's the fast --

17 **ON SCREEN: Fast!**

18 MALE ANNOUNCER: -- fun --

19 **ON SCREEN; Fun!**

20 MALE ANNOUNCER: -- easy --

21 **ON SCREEN: Easy!**

22 MALE ANNOUNCER: -- way to get --

23 **ON SCREEN: Before and After photographs**
24 **Unique results. Your results will vary.**
25 **Guaranteed! or Your Money Back!**

1 **Less S&H**

2 MALE ANNOUNCER: -- amazing results guaranteed.
3 People everywhere are sitting back and relaxing while
4 they --

5 **ON SCREEN: Firm Up!**

6 MALE ANNOUNCER: -- firm up --

7 **ON SCREEN: Slim Down!**

8 MALE ANNOUNCER: -- slim down and shed inches
9 quickly.

10 **ON SCREEN: 10 Minutes = 600 Muscle**
11 **Contractions!**

12 MALE ANNOUNCER: Just 10 minutes with Fast Abs
13 is the equivalent of 600 muscle contractions. Other
14 electronic machines that try to take advantage of the
15 Fast Abs technology could cost --

16 **ON SCREEN: \$ Hundreds**
17 **\$ of Dollars!**

18 MALE ANNOUNCER: -- hundreds of dollars. But
19 now, Fast Abs, with its amazing ab conditioning
20 technology, is --

21 **ON SCREEN: \$ Hundreds**
22 **\$ of Dollars ! (crossed out with**
23 **red X)**

24 **ON SCREEN: Call in the Next 10 Minutes!**

25 MALE ANNOUNCER: -- slashing the price.

1 Call in the next 10 minutes and you can receive
2 Fast Abs --

3 **ON SCREEN: www.fastabs.com**

4 **1-800-315-2414**

5 MALE ANNOUNCER: -- for the unbelievable price
6 of just \$39.95.

7 **ON SCREEN: Just \$39.95**

8 **Plus Shipping and Handling**

9 MALE ANNOUNCER: That's an --

10 **ON SCREEN: ...Incredible Savings!**

11 MALE ANNOUNCER: -- incredible savings compared
12 to the competition.

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19 ordering today, we'll include a second adjustable Fast
20 Abs fitness belt at no extra charge. Now you can work
21 out all major muscle groups with Fast Abs speed.

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24 **www.fastabs.com**

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1 MALE ANNOUNCER: Plus for calling today, you
2 can receive these special bonuses: The Fast Abs easy-to-
3 follow instruction manual --

4 **ON SCREEN: Special Bonuses!**

5 **Target Toning Chart**

6 **www.fastabs.com**

7 **1-800-315-2414**

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9 chart for ideal placement to help maximize your total
10 body workout to lose inches quickly --

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15 MALE ANNOUNCER: -- an extra battery so you can
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2 **1-800-315-2414**

3 MALE ANNOUNCER: -- plus this handy travel case
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6 **www.fastabs.com**

7 **1-800-315-2414**

8 MALE ANNOUNCER: And it gets even better.

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14 System, to make your program complete, we've included as
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16 designed to help you lose pounds and inches fast.

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19 **1-800-315-2414**

20 MALE ANNOUNCER: And there's more.

21 **ON SCREEN: Free Gift!**

22 **www.fastabs.com**

23 **1-800-315-2414**

24 MALE ANNOUNCER: Today, as a special gift,
25 we'll include, absolutely free, the Five Secret Foods for

1 Fast Action Fat Loss Guide --

2 **ON SCREEN: Tips & Secrets**

3 **www.fastabs.com**

4 **1-800-315-2414**

5 MALE ANNOUNCER: -- with insider tips and
6 secrets to help you get even faster results.

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11 system, comes with a full one-year limited warranty --

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13 **Money Back Guarantee**

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15 **www.fastabs.com**

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17 MALE ANNOUNCER: -- and is backed by a 30-day
18 fast results money-back guarantee.

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21 **Guaranteed!**

22 **www.fastabs.com**

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25 four inches in the first 30 days, simply return it for a

1 full refund of the purchase price, no questions asked --

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3 **www.fastabs.com**

4 **1-800-315-2414**

5 MALE ANNOUNCER: -- and keep the Five Secret
6 Foods for Fast Action Fat Loss Guide as our free gift to
7 you.

8 **ON SCREEN: Only \$39.95 plus S&H**

9 **CA & CT residents add sales tax**

10 **Or Use Check Book as Credit Card**

11 **30 Day Money Back Guarantee!**

12 **(Less S&H)**

13 **Fast Abs**

14 **www.fastabs.com**

15 **Or send check or money order for \$49.90 to:**

16 **Fast Abs P.O. Box 3511 Wallingford, CT, 05454**

17 **Allow 4-6 weeks for delivery**

18 **1-800-315-2414**

19 MALE ANNOUNCER: Get your credit card ready and
20 call now to order Fast Abs, no-sweat workout system, for
21 just \$39.95. You'll also receive the Fast Action Food
22 Plan as a special bonus and the Five Secret Foods for
23 Fast Action Fat Loss Guide as our free gift. It's all
24 backed by our 30-day fast results money-back guarantee.

25 There's only one Fast Abs System. So, call

1 now.

2 KATHY DERRY: Today, we've been telling you
3 about Fast Abs, the no-sweat workout. It's the easy way
4 to get fast results in --

5 **ON SCREEN: Before and After photographs**
6 **Unique results. Your results will vary.**
7 **Guaranteed! or Your Money Back!**
8 **Less Shipping and Handling**

9 KATHY DERRY: -- just minutes a day,
10 guaranteed.

11 PETER VIRGILE: Like so many people, I've
12 struggled with my weight for years.

13 **ON SCREEN: Peter Virgile**
14 **Fitness Trainer**

15 PETER VIRGILE: My top weight was over 320
16 pounds, and I yo-yo'ed all over the place.

17 **ON SCREEN: Before photograph**
18 **Peter Last Year!...**

19 **Peter lost weight by eating a reduced calorie**
20 **diet like the Fast Action Food Plan and doing exercise.**
21 **Unique results. Your results will vary.**

22 PETER VIRGILE: This is me a year ago --

23 **ON SCREEN: ...at over 220 lbs!**

24 **Results achieved using reduced calorie eating**
25 **plan like Fast Abs Fast Action Food Plan**

1 PETER VIRGILE: -- at 220 pounds --

2 **ON SCREEN: After photograph**

3 **...now at 185 lbs!**

4 **Unique results. Your results will vary.**

5 PETER VIRGILE: -- and this is me today after
6 Fast Abs.

7 **ON SCREEN: Kathy Derry**

8 **Fitness Professional**

9 KATHY DERRY: Besides being fun, fast and
10 incredibly simple, the great thing about Fast Abs is that
11 you can use it anywhere, at home, at the office, in the
12 car. Fast Abs is so small and compact, no one will even
13 know you have it on. You can wear it under your clothes.

14 **ON SCREEN: 10 Minutes = 600 Muscle**
15 **Contractions!**

16 KATHY DERRY: Fast Abs is the equivalent of 600
17 muscle contractions in just 10 minutes a day.

18 PETER VIRGILE: No more huffing and puffing
19 through a tough workout at the gym. All you do is sit
20 back and relax. Fast Abs does the rest for you, and
21 people everywhere are seeing amazing results.

22 **ON SCREEN: Fast Abs can firm or tone your**
23 **muscles. To lose weight, follow the Fast Action Food**
24 **Plan.**

25 **www.fastabs.com**

1 **1-800-315-2414**

2 UNIDENTIFIED MALE: What's really great about
3 Fast Abs is I can sit at the computer and get my workout
4 done and my work done at the same time.

5 **ON SCREEN: www.fastabs.com**

6 **1-800-315-2414**

7 UNIDENTIFIED FEMALE: You know, I'm like, yeah,
8 yeah, right, this is going to work? You know what, it
9 does.

10 CHRISTINA: For the first time in a really long
11 time, I can see my abs. I can see the muscle definition
12 and it makes me want to show them off.

13 HEATHER: The results have been really amazing.
14 It's been -- it's been fast.

15 **ON SCREEN: Consult your physician before**
16 **beginning this or any other exercise program. Read all**
17 **instructions before using.**

18 KATHY DERRY: Fast Abs is perfect for everyone
19 who wants to have perfect abs.

20 **ON SCREEN: Do not use during pregnancy, if you**
21 **use a pacemaker or if you have a cardiac or other medical**
22 **condition.**

23 KATHY DERRY: It was designed to fit the needs
24 of people at all different fitness levels. Doctors have
25 found that it is safe and effective for people because of

1 its unique design and breakthrough technology.

2 **ON SCREEN: Dr. Donald R. Furnival**

3 **Chiropractor**

4 DR. DONALD FURNIVAL: I would recommend Fast
5 Abs because it is very convenient, it is very cost-
6 effective. It is a way to develop your own muscles and
7 to be able to take care of your health at home.

8 **ON SCREEN: www.fastabs.com**

9 **1-800-315-2414**

10 UNIDENTIFIED FEMALE: It was amazing. It's so
11 much better. My abs were working on their own.

12 UNIDENTIFIED FEMALE: If this is exercise, this
13 is fun.

14 UNIDENTIFIED FEMALE: It was so relaxing. It
15 was like a massage.

16 KATHY DERRY: The simple, fast, easy, effective
17 tool to help tool and reshape your body and help get
18 those washboard lean sexy abs is finally here. With Fast
19 Abs, we'll guarantee fast results with no sweat.

20 **ON SCREEN: Before and After photographs**

21 **Unique results. Your results will vary**

22 **Guaranteed! or Your Money Back!**

23 **Less Shipping and Handling**

24 PETER VIRGILE: Just look at all these Fast Abs
25 results achieved by all these people in just a few weeks.

1 Fantastic results.

2 KATHY DERRY: I'll guarantee you'll firm that
3 saggy midriff --

4 **ON SCREEN: For maximum results use the**
5 **complete Fast Abs System, including the Fast Action Food**
6 **Plan.**

7 KATHY DERRY: -- tone those flabby love handles
8 and tighten that belly that's been embarrassing you for
9 years. Reshape all your problem areas --

10 **ON SCREEN: Less Shipping and Handling**

11 KATHY DERRY: -- or simply return Fast Abs, no
12 questions asked. You deserve to have the body you've
13 always imagined --

14 **ON SCREEN: The program you are watching is a**
15 **paid advertisement for the Fast Abs System.**

16 KATHY DERRY: -- and now you don't have to
17 spend all day at the gym to get it.

18 PETER VIRGILE: Get the technology that fitness
19 pros, star athletes and body builders have been using for
20 years.

21 KATHY DERRY: So, what are you waiting for?
22 It's your turn to get Fast Abs right now.

23 MALE ANNOUNCER: Are you tired --

24 **ON SCREEN: Tired?...**

25 MALE ANNOUNCER: -- of the same old --

1 **ON SCREEN: ...of ab workouts?...**

2 MALE ANNOUNCER: -- ab workouts that --

3 **ON SCREEN: ...without results!**

4 MALE ANNOUNCER: -- don't give you the results
5 you want?

6 **ON SCREEN: Want Rock Hard Abs?...**

7 MALE ANNOUNCER: Do you want rock-hard abs
8 without sweating in a gym for hours?

9 **ON SCREEN: Want Toned Muscles?...**

10 MALE ANNOUNCER: Do you want to have toned
11 muscles all over your body without lifting heavy weights?

12 Well, now, you can.

13 **ON SCREEN: Fast Abs**

14 MALE ANNOUNCER: Introducing Fast Abs --

15 **ON SCREEN: The Complete No-Sweat Workout
16 System!**

17 **The complete Fast Abs System includes: Fast
18 Abs microprocessor, accessories and the Fast Action Food
19 Plan.**

20 MALE ANNOUNCER: -- the complete no-sweat
21 workout system. It's the fast --

22 **ON SCREEN: Fast!**

23 MALE ANNOUNCER: -- fun --

24 **ON SCREEN: Fun!**

25 MALE ANNOUNCER: -- easy --

1 **ON SCREEN: Easy!**

2 MALE ANNOUNCER: -- way to get --

3 **ON SCREEN: Before and After photographs**

4 **Unique results. Your results will vary.**

5 **Guaranteed! or Your Money Back!**

6 **Less Shipping and Handling**

7 MALE ANNOUNCER: -- amazing results guaranteed.

8 People everywhere are sitting back and relaxing while

9 they --

10 **ON SCREEN: Firm Up!**

11 MALE ANNOUNCER: -- firm up --

12 **ON SCREEN: Slim Down!**

13 MALE ANNOUNCER: -- slim down and shed inches

14 quickly.

15 **ON SCREEN: Fast Abs**

16 **10 Minutes = 600 Muscle Contractions!**

17 MALE ANNOUNCER: Just 10 minutes with Fast Abs

18 is the equivalent of 600 muscle contractions. You can

19 use it anywhere, at home, your office, in the car, doing

20 laundry, even while watching TV.

21 **ON SCREEN: Wear under clothes...**

22 MALE ANNOUNCER: Plus, you can wear Fast Abs

23 discreetly under your clothes --

24 **ON SCREEN: ...and no one knows!**

25 MALE ANNOUNCER: -- and no one will even know.

1 UNIDENTIFIED FEMALE: My abs are getting a
2 workout and I'm just standing here talking.

3 UNIDENTIFIED MALE: It's much easier than
4 actually doing crunches and sit-ups.

5 **ON SCREEN: EMS**

6 **Electronic Muscle Stimulation**

7 **Consult your physician before beginning this or**
8 **any other exercise program. Read all instructions before**
9 **using.**

10 MALE ANNOUNCER: The secret is EMS, electronic
11 muscle stimulation. This tiny transformer sends out
12 safe, gentle impulses that trigger your motor nerves and
13 activate deep muscle contractions.

14 **ON SCREEN: 6 Fast Abs Routines**

15 MALE ANNOUNCER: With Fast Abs, you can choose
16 from six different customized workout and massage
17 programs --

18 **ON SCREEN: 10 Levels of Intensity**

19 MALE ANNOUNCER: -- each with 10 levels of
20 intensity.

21 **ON SCREEN: 60 Workout Settings!**

22 MALE ANNOUNCER: So, it's really like getting
23 60 different workout settings for --

24 **ON SCREEN: Fast Results!**

25 MALE ANNOUNCER: -- fast results.

1 So, whether you're an athlete or you've never
2 worked out before, with Fast Abs, you can enjoy a
3 comfortable --

4 **ON SCREEN: The Complete No-Sweat Workout**
5 **System!**

6 **The complete Fast Abs System includes: Fast**
7 **Abs microprocessor, accessories and the Fast Action Food**
8 **Plan.**

9 MALE ANNOUNCER: -- no-sweat workout. And to
10 help eliminate all the guesswork, Fast Abs is designed to
11 automatically --

12 **ON SCREEN: Automatic Shut-off Feature!**

13 MALE ANNOUNCER: -- shut-off after a 10-minute
14 conditioning cycle.

15 Other electronic machines that try to take
16 advantage of the Fast Abs technology could cost --

17 **ON SCREEN: \$ Hundreds**
18 **\$ of Dollars!**

19 MALE ANNOUNCER: -- hundreds of dollars. But
20 now, Fast Abs, with its amazing ab conditioning
21 technology --

22 **ON SCREEN: \$ Hundreds**
23 **\$ of Dollars! (crossed out with red**
24 **X)**

25 **ON SCREEN: Call in the Next 2 Minutes!**

1 MALE ANNOUNCER: -- slashing the price.
2 Call in the next two minutes and you can
3 receive Fast Abs --

4 **ON SCREEN: www.fastabs.com**
5 **1-800-315-2414**

6 MALE ANNOUNCER: -- for the unbelievable price
7 of just \$39.95.

8 **ON SCREEN: Just \$39.95**
9 **Plus Shipping and Handling**

10 MALE ANNOUNCER: That's an --

11 **ON SCREEN: ...Incredible Savings!**

12 MALE ANNOUNCER: -- incredible savings compared
13 to the competition.

14 **ON SCREEN: 2nd Fast Abs Fitness Belt!**

15 **For A Total Body Workout!**

16 **No Extra Charge!**

17 **www.fastabs.com**

18 **1-800-315-2414**

19 MALE ANNOUNCER: Here's the best part. For
20 ordering today, we'll include a second adjustable Fast
21 Abs fitness belt at no extra charge. Now you can work
22 out all major muscle groups with Fast Abs speed.

23 **ON SCREEN: Special Bonuses!**

24 **Instruction Manual**

25 **www.fastabs.com**

1 **1-800-315-2414**

2 MALE ANNOUNCER: Plus for calling today, you
3 can receive these special bonuses: The Fast Abs easy-to-
4 follow instruction manual --

5 **ON SCREEN: Special Bonuses!**

6 **Target Toning Chart**

7 **www.fastabs.com**

8 **1-800-315-2414**

9 MALE ANNOUNCER: -- the Fast Abs target toning
10 chart for ideal placement to help maximize your total
11 body workout to lose inches quickly --

12 **ON SCREEN: Special Bonuses!**

13 **Extra Battery!**

14 **www.fastabs.com**

15 **1-800-315-2414**

16 MALE ANNOUNCER: -- an extra battery so you can
17 enjoy Fast Abs twice as long --

18 **ON SCREEN: Special Bonuses!**

19 **Fast Abs Firming Gel**

20 **www.fastabs.com**

21 **1-800-315-2414**

22 MALE ANNOUNCER: -- the Fast Abs Firming Gel,
23 simply apply before using Fast Abs for maximum results in
24 minimum time --

25 **ON SCREEN: Special Bonuses!**

1 **Handy Travel Case**

2 **www.fastabs.com**

3 **1-800-315-2414**

4 MALE ANNOUNCER: -- plus this handy travel case
5 that allows you to take Fast Abs with you anywhere.

6 MALE ANNOUNCER: These bonuses, a \$40 value,
7 are included today through this special TV offer at --

8 **ON SCREEN: Special Bonuses!**

9 **No Additional Charge!**

10 **www.fastabs.com**

11 **1-800-315-2414**

12 MALE ANNOUNCER: -- no additional charge.

13 **ON SCREEN: Also Included!...**

14 **www.fastabs.com**

15 **1-800-315-2414**

16 MALE ANNOUNCER: And it gets even better.

17 **ON SCREEN: Added Bonus!**

18 **Fast Action Food Plan**

19 **www.fastabs.com**

20 **1-800-315-2414**

21 MALE ANNOUNCER: As part of the Fast Abs
22 System, to make your program complete, we've included as
23 an added bonus, the Fast Abs Fast Action Food Plan,
24 designed to help you lose pounds and inches fast.

25 **ON SCREEN: Before and After photographs**

1 **Guaranteed! or Your Money Back!**

2 **Lose 4 Inches in 30 Days**

3 **Guaranteed!**

4 **Unique results.**

5 **Your results will vary.**

6 **Less Shipping and Handling**

7 **www.fastabs.com**

8 **1-800-315-2414**

9 MALE ANNOUNCER: You'll drop four inches in the
10 first 30 days. We guarantee it.

11 **ON SCREEN: There's More!...**

12 **www.fastabs.com**

13 **1-800-315-2414**

14 MALE ANNOUNCER: And there's more.

15 **ON SCREEN: Free Gift!**

16 **www.fastabs.com**

17 **1-800-315-2414**

18 MALE ANNOUNCER: Today, as a special gift,
19 we'll include, absolutely free, the Five Secret Foods for
20 Fast Action Fat Loss Guide --

21 **ON SCREEN: Tips & Secrets**

22 **www.fastabs.com**

23 **1-800-315-2414**

24 MALE ANNOUNCER: -- with insider tips and
25 secrets to help you get even faster results.

1 **ON SCREEN: One-Year Warranty**

2 **www.fastabs.com**

3 **1-800-315-2414**

4 MALE ANNOUNCER: Fast Abs, the no-sweat workout
5 system, comes with a full one-year limited warranty --

6 **ON SCREEN: 30-Day Risk Free**

7 **Money Back Guarantee**

8 **Fast Abs**

9 **www.fastabs.com**

10 **1-800-315-2414**

11 MALE ANNOUNCER: -- and is backed by a 30-day
12 fast results money-back guarantee.

13 **ON SCREEN: Less Shipping and Handling**

14 **Lose 4 Inches in 30 Days**

15 **Guaranteed!**

16 **www.fastabs.com**

17 **1-800-315-2414**

18 MALE ANNOUNCER: If you don't shed at least
19 four inches in the first 30 days, simply return it for a
20 full refund of the purchase price, no questions asked --

21 **ON SCREEN: Free Gift!**

22 **www.fastabs.com**

23 **1-800-315-2414**

24 MALE ANNOUNCER: -- and keep the Five Secret
25 Foods for Fast Action Fat Loss Guide as our free gift to

1 you.

2 So, you have nothing to lose and a beautiful
3 body to gain with Fast Abs, the complete no-sweat workout
4 system.

5 **ON SCREEN: Only \$39.95 plus S&H**

6 **CA & CT residents add sales tax**

7 **Or Use Check Book as Credit Card**

8 **30 Day Money Back Guarantee!**

9 **(Less S&H)**

10 **Fast Abs**

11 **www.fastabs.com**

12 **Or send check or money order for \$49.90 to:**

13 **Fast Abs P.O. Box 3511 Wallingford, CT, 05454**

14 **Allow 4-6 weeks for delivery**

15 **1-800-315-2414**

16 **MALE ANNOUNCER:** Get your credit card ready and
17 call now to order Fast Abs, no-sweat workout system, for
18 just \$39.95. You'll also receive the Fast Action Food
19 Plan as a special bonus and the Five Secret Foods for
20 Fast Action Fat Loss Guide as our free gift. It's all
21 backed by our 30-day fast results money-back guarantee.

22 There's only one Fast Abs System. So, call
23 now.

24 **ON SCREEN: UNITED FITNESS OF AMERICA**

25 **The preceding was a paid advertisement for the**

1 **Fast Abs System brought to you by United Fitness of**
2 **America, L.L.C.**

3 **© United Fitness of America, U.C., 2001**

4 MALE ANNOUNCER: The preceding was a paid
5 advertisement for the Fast Abs System, brought to you by
6 United Fitness of America.

7 **(The infomercial was concluded.)**

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C E R T I F I C A T I O N O F T Y P I S T

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MATTER NUMBER: 0223110

4

CASE TITLE: UNITED FITNESS OF AMERICA

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TAPING DATE: FEBRUARY 9, 2002

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TRANSCRIPTION DATE: FEBRUARY 20, 2002

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I HEREBY CERTIFY that the transcript contained herein is a full and accurate transcript of the tapes transcribed by me on the above cause before the FEDERAL TRADE COMMISSION to the best of my knowledge and belief.

DATED: FEBRUARY 20, 2002

ELIZABETH M. FARRELL

C E R T I F I C A T I O N O F P R O O F R E A D E R

I HEREBY CERTIFY that I proofread the transcript for accuracy in spelling, hyphenation, punctuation and format.

KATHY J. DE MENT