

WHAT IS THE MILON CIRCLE?

Milon is a smart, revolutionary circuit featuring a combination of 8 fully automated strength and cardio machines. The fully automated equipment gives more resistance when you pull or lower the weights than when you push or raise them! This is known as eccentric training and ensures that you are working out to your maximum capacity in a SAFE and SIMPLE way. Milon is currently only available at a handful of UK locations.

IS MILON FOR ME?

Anyone over 1.1 metre tall can use the Milon Circle as it's simple, safe and effective. Therefore suitable for adults of all ages and for all fitness levels.

WILL I GET A FULL INDUCTION?

Every member signing up to our Milon circle will receive a full induction and programme setting session.

WHAT MAKES THE MILON CIRCLE DIFFERENT?

Milon equipment is fully automated via your personalised smart card so you never have to remember your programme, adjust the equipment or select the weight again. The eccentric training method strengthens your muscles by 30%. Milon also increases your metabolism for 15 times longer than a regular workout. In just 35 minutes you will experience a superb total body workout. You never have to spend more than 4 minutes performing the same exercise. The central timing column indicates when to start and stop, so nothing is left to chance.

CAN I WORK OUT WITH MILON EQUIPMENT IF I HAVE PHYSICAL LIMITATIONS?

If you have health concerns, we recommend that you talk to your doctor in advance. However, working out with Milon equipment is generally safe. Thanks to the electronic control, the miltronic equipment guarantees 100% reliable training, which also considers physical limitations such as back or joint pain. Your trainer can adjust the equipment for you accordingly. A specific workload is always set to the desired weight levels and without exceeding the optimum pulse range.

HOW LONG DOES IT TAKE TO USE THE MILON CIRCLE?

With Milon you only need to train for 35 minutes, 6 times a month and we will guarantee your satisfaction. With the fixed time intervals for each station on the Circle, there is a set rhythm, so there's no waiting around while someone else uses a piece of equipment.

HOW OFTEN SHOULD I USE THE MILON CIRCLE?

It is recommended that you train once every 4-5 days to gain maximum benefits. Your rest and recovery time is as important as the training time.

HOW MANY PEOPLE CAN WORK OUT ON THE MILON CIRCLE AT ONE TIME?

The strength-endurance circuit is designed for 12 people to work out simultaneously. With the fixed time intervals for each station on the circuit, there is a set rhythm, so there's no waiting around, while someone else uses a piece of equipment. Please refer to the notice board for when the Milon Circle is being used for private sessions and therefore not available to other users.

HOW QUICKLY WILL I SEE RESULTS WITH MILON?

You will feel the 'Milon effect' very quickly, maybe after your first training session, but you should start to see results after the first month of training with Milon.

CAN I USE MILON IN ADDITION TO MY NORMAL WORKOUT ROUTINE/CLASSES?

Absolutely, Milon is a great addition to a traditional training workout programme and can give you results faster if combined with other training styles and activities.

CAN I ONLY USE MILON AND STILL GET RESULTS?

Absolutely, the unique eccentric challenge will ensure that you see results quicker than with traditional training systems. The Milon Circle has been tried and tested by leading research institutes for all walks of life and proven to be up to 15 times more effective than using traditional training equipment.

WILL THERE BE SOMEONE TO GUIDE ME WHEN USING THE MILON EQUIPMENT?

All members are initially fully inducted on an individual basis to ensure the safe and effective use of the equipment. In addition to this, the Milon Circle is manned by our fitness team at specific times throughout the day. Please do not hesitate to consult with a member of the Fitness team, should you require any further guidance at all.

HOW CAN I GET MILON INCLUDED ON MY MEMBERSHIP?

Milon is included on the Clubs 'Gold membership option'. This option not only includes the full use of the Milon Circle but has the added benefits of using the pool, gym and all the group exercise classes. If you have opted for a Silver Membership but would now like to include Milon, you can upgrade by simply asking at reception.

FREE TASTER SESSIONS AVAILABLE

www.rbhealthclub.co.uk | info@rbhealthclub.co.uk | 01932 560 560