



FEDERAL TRADE COMMISSION

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VIDEOTAPE:

PAGE:

Fast Abs

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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                   **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 howi  
518onreSe Abs

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 --

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  
because you could throw it on in the car, reading a book, that.

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**

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!**

UNIDENTIFIED MALE: I ,3Mrpan inch and n

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.

7 MALE ANNOUNCER: -- the complete no-sweat

8 workout system. It's the fast --

9 ON SCREEN: Fast!

10 MALE ANNOUNCER: -- fun --

11 ON SCREEN; Fun!

12 MALE ANNOUNCER: -- easy --

13 ON SCREEN: Easy!

14 MALE ANNOUNCER: -- way to get --

15 ON SCREEN: Before and After photographs

16 Unique results. Your results will vary.

17 Guaranteed! or Your Money Back!

18 Less Shipping and Handling

MALE ANNOUNCER: -- D (MALE6ur276yhlo Tf (Guaranteed!



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 --

18 **ON SCREEN: Fast Abs**

19 MALE ANNOUNCER: -- Fast Abs --

20 **ON SCREEN: The Complete No-Sweat Workout**  
21 **System!**

22 **The complete Fast Abs System includes: Fast**

~~ON SCREEN: The Complete No-Sweat Workout System~~

1 workout system.

2 **ON SCREEN: EMS**

3 **Electronic Muscle Stimulation**

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

7 MALE ANNOUNCER: The secret is EMS, electronic  
8 muscle stimulation.

9 **ON SCREEN: Do not use during pregnancy, if you**  
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**

4           MALE ANNOUNCER: -- Fortifier, a relaxed pace  
5 to help increase circulation with a satisfying massage --

6           **ON SCREEN: 3 Invigorator**

7           • **Warm-up & Cool-down routine**

8           MALE ANNOUNCER: -- Invigorator, a warm-up and  
9 cool-down program designed to engage your muscles for a  
10 fast, fun Fast Abs Workout --

11          **ON SCREEN: 4 Super Charger**

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**

19          • **Fast & intense routine**

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!**

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

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](http://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](http://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



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**



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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.

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

14 **For A Total Body Workout!**

15 **No Extra Charge!**

16 **www.fastabs.com**

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

18 MALE ANNOUNCER: Here's the best part. For  
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.

22 **ON SCREEN: Special Bonuses!**

23 **Instruction Manual**

24 **www.fastabs.com**

25 **1-800-315-2414**

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**

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

11                  **ON SCREEN: Special Bonuses!**

12                  **Extra Battery!**

13                  **www.fastabs.com**

14                  **1-800-315-2414**

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

17                  **ON SCREEN: Special Bonuses!**

18                  **Fast Abs Firming Gel**

19                  **www.fastabs.com**

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

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

24                  **ON SCREEN: Special Bonuses!**

25                  **Handy Travel Case**



1                   **www.fastabs.com**

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

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

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

6                   **www.fastabs.com**

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

8                   MALE ANNOUNCER: And it gets even better.

9                   **ON SCREEN: Added Bonus!**

10                  **Fast Action Food Plan**

11                  **www.fastabs.com**

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

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

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

18                  **www.fastabs.com**

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.

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

8 **www.fastabs.com**

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

MALE ANNOUNCER: Fast Abs, the no-sweat workout

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

2 **ON SCREEN: Free Gift!**

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](http://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 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 --

**ON S9-cland**

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](http://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.

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

CASE TITLE: UNITED FITNESS OF AMERICA

TAPING DATE: FEBRUARY 9, 2002

TRANSCRIPTION DATE: FEBRUARY 20, 2002

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

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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.

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KATHY J. DE MENT