

# **New! JONES**

## **Active Balance Bar**

***The patented Active Balance Bar incorporates the need for lateral stability which effectively provides the unique benefits of free-weight training, combined with the safety of machine training.***

***Because of the fixed path of motion, typical machine training does not provide muscular symmetry, or engage synergistic stabilizer muscles. The Active Balance Bar is the answer to this problem!***

***Free-weight training is inherently dangerous due to the general lack of safety spotters and inconvenience of racking the bar. Because the bar hooks and safety spotters always travel with the lifting bar, the Jones Machine is the answer to this problem!***

***The Jones Machine, combined with the Active Balance Bar, is simply the most effective, and safest strength training device ever made!.***

