COMPRESS A 45-MINUTE JOG INTO 2, 20-SECOND SPRINTS
NO SWEAT

C A R O L
MEET CAR.O.L
THE SHORTEST, SMARTEST, MOST SCIENTIFIC EXERCISE SYSTEM IN THE WORLD

SHORTEST
Just 40 seconds with CAR.O.L gives the same benefits as a 45-minute jog.

SMARTEST
- Personalised
- Optimised
- Data rich
- Real-time
- Cloud connected
- Accurate

SCIENTIFIC
CAR.O.L reproduces clinical results at home or work. Peer-reviewed and published, all CAR.O.L’s protocols are backed by solid science.

Not a spin bike, an ergometer.
CAR.O.L WORKS BY DEPLETING SUGAR STORES IN 20 SECONDS

Glycogen is the storage form of sugar and depleting is the holy grail of exercise. The higher the intensity, the faster you burn glycogen and the more effective your exercise. This is why, HIIT can't be sustained for very long.

CAR.O.L's sprints are maximum intensity. They are impossible to maintain for more than 20 seconds. And yes they are safe!

COMPARE CAR.O.L TO OTHER EXERCISE

<table>
<thead>
<tr>
<th>TYPE</th>
<th>TIME TO DEPLETE SUGAR STORES</th>
<th>INTENSITY</th>
<th>PERSONALISATION</th>
<th>AFTER BURN</th>
</tr>
</thead>
<tbody>
<tr>
<td>JOGGING</td>
<td>45 MINS – 2 HOURS</td>
<td>LOW</td>
<td>NO</td>
<td>A FEW HOURS</td>
</tr>
<tr>
<td>SPINNING</td>
<td>45 MINS – 1 HOUR</td>
<td>MEDIUM</td>
<td>NO</td>
<td>A FEW HOURS</td>
</tr>
<tr>
<td>HIT EG TABATA, CROSSFIT, TRX, CIRCUITS</td>
<td>30 MINS – 45 MINS</td>
<td>HIGH</td>
<td>NO</td>
<td>18-24 HOURS</td>
</tr>
<tr>
<td>CAR.O.L ALL OUT SPRINTS</td>
<td>10 – 20 SECONDS</td>
<td>MAXIMUM</td>
<td>PERSONALISED AND PROGRESSIVE EVERY TIME</td>
<td>24-48 HOURS</td>
</tr>
</tbody>
</table>
**NO SWEAT**

**Fiction:** The more you sweat, the harder you have worked.

**Fact:** You sweat because you get hot, just as you would sitting in a warm room.

With CAR.O.L you work hard for just two 20-second sprints. These short bursts mean you aren't pedalling long enough to get hot and sweaty.

No need to change your clothes or shoes for CAR.O.L. Either before, or after.
CAR.O.L’S OTHER PROTOCOLS

**ENERGIZER**
Better energy boost than a chocolate bar, this 10-second sprint protocol gives you your mojo back.

**FAT BURN 30**
Proven to lose nine times more fat than regular exercise, this protocol is also an amazing endorphin booster.

**FAT BURN 60**
The same as Fat Burn 30 but with 60 sprints. For serious burn junkies this one tests every cell in your body!

**CONSTANT POWER**
Set your preferred power and see how long you can sustain it. Unlike alternatives, CAR.O.L automatically changes the resistance as your RPM changes so that you stay at the power you want. No fiddle knobs, no guesses, just perfect.

**RAMP UP**
Automatically increasing power by 1 Watt every 3 seconds, this one is a stamina test. Hook up a portable VO2Max analyser to the rider, log in and ride. A very hassle free VO2Max reading can be taken.

**FREE RIDE**
Fancy a regular ride? Just go off protocol and ride as long as you want. Control resistance on screen. Your hard work will be recorded on your web account.

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I am on the board of 10 companies and every month, I am in at least three continents. As much as I would love to exercise regularly, I simply have no time. The promise of CAR.O.L appealed to me and after just 10 mins I really feel like I have had a hard 1 hour workout. I didn’t believe the no sweat part at first but remarkably it is true and I see and feel the logic. Believe it or not, I exercise in my normal clothes yet CAR.O.L packs a heavy punch because she is totally customised to me and adjusts to my ability. I have lost weight and feel very energetic. Because she is cloud connected I can use CAR.O.L anywhere which has been a game changer for me.

Mr Robert Bensoussan, Board Director, Lululemon Athletica and former CEO of Jimmy Choo
# DON'T TAKE PILLS. TAKE CAR.O.L

**YOUR PRESCRIPTION**

<table>
<thead>
<tr>
<th></th>
<th>FAT BURN 30</th>
<th>INTENSE</th>
<th>ENERGISER</th>
</tr>
</thead>
<tbody>
<tr>
<td>FAT LOSS AGGRESSIVE</td>
<td>3 PER WEEK</td>
<td></td>
<td>2 PER WEEK</td>
</tr>
<tr>
<td>FAT LOSS STEADY</td>
<td>1 PER WEEK</td>
<td>2 PER WEEK</td>
<td>2 PER WEEK</td>
</tr>
<tr>
<td>FITNESS / PERFORMANCE</td>
<td>3-4 PER WEEK</td>
<td>1-2 PER WEEK</td>
<td></td>
</tr>
<tr>
<td>STAY ACTIVE</td>
<td>2 PER WEEK</td>
<td>3 PER WEEK</td>
<td></td>
</tr>
<tr>
<td>GENTLE</td>
<td>1 PER WEEK</td>
<td>4 PER WEEK</td>
<td></td>
</tr>
</tbody>
</table>

**LEAVE 24-HR RECOVERY BETWEEN RIDES.**

**LOW FAT MILK IS THE BEST RECOVERY DRINK.**

**FAT BURN: BLAST THE FIRST 2 AND THE LAST 2 BUT IN BETWEEN KEEP A STEADY RHYTHM AT A LOWER POWER.**

**AIM FOR A 10-20% IMPROVEMENT IN YOUR FITNESS SCORE (OCTANE SCORE).**

**MAKE SURE YOUR SEAT IS HIGH ENOUGH SO YOUR LEGS ARE ALMOST FULLY EXTENDED.**

**CHANGE TAKES 6-8 WEEKS. BE PATIENT!**
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0800-292-2765

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