



April 21, 2010

To Whom It May Concern:

This letter is to certify that the Exercise & Sport Nutrition Lab (ESNL) has completed comprehensive kinesiological and biomechanical assessment of the Curves fitness equipment. This analysis involved ergonomic assessment of appropriate muscle group, function, and mechanical properties by staff physical therapists, biomechanists, athletic trainers, and certified strength and conditioning specialists. Additionally, force and 2-D biomechanical analyses were performed to assess force production and percentage of one repetition maximums achieved at varying repetition schemes performed during 30-second bouts of exercise. We have also conducted training studies on over 1,500 women participating in our 14-week training studies over the last seven years. These studies confirm that the equipment is functionally and kinesiologicaly sound to effectively work the targeted muscle groups; that performing standard repetition schemes during 30-second bouts of exercise elicit resistance-training intensities (typically 40 – 75% of one repetition maximum) that fall within guidelines for proper resistance-training exercise by the National Strength and Conditioning Association and American College of Sports Medicine; that the training program promotes gain in muscular strength, muscular endurance, and measures of aerobic fitness; that results are replicable and reliable when performed over a series of days; and, that the equipment is safe and reliable for use by large populations. In addition, analysis of the CurvesSmart system has found that the exercise intensities and energy expenditure values observed meet recommended guidelines to promote fitness.

Based on this extensive research, we certify that the Curves resistance-training equipment is safe and effective to promote general fitness.

Respectfully,

A handwritten signature in black ink, appearing to read 'R.B. Kreider'.

Richard B. Kreider, PhD, FACSM, FISSN  
Professor and Head  
Thomas A. and Joan Read Endowed Chair for Disadvantaged Youth  
Founder & Director, Exercise & Sport Nutrition Lab