



**The Effect of Booty Bouncer Jogger™ first stage beginner movement
on Caloric Burn for Normal and Overweight Men and Women.**

Booty Bounce Jogger
vs,
Mini Trampoline rebounder, a treadmill workout and an indoor cycle workout

Study Date:

Booty Bouncer Jogger™
CALORIE BURN
STUDY

From: OC Testing Centers

With Protocol Approval and Statistical Analysis
by Dr. Bob Girandola Ed.D Associate Professor Dept of Kinesiology

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ABSTRACT

Five screened volunteer subjects agreed to take part in this research study. These volunteer subjects were examined to assess the caloric burn effects of utilizing a Booty Bouncer Jogger™ first stage beginner cardio exercise movement.

Testing protocol was approved and administered by Dr. Bob Girandola Ed.D, a Department of Kinesiology Associate Professor at the University of Southern California,

Five subjects were prepared for the metabolic measurement test (V02). Subjects were connected to the Fitness Assessment System (FAS) while, using the Booty Bouncer Jogger, a treadmill, an indoor cycle and a common mini trampoline rebounder. The subjects exercised on each until their Anaerobic Threshold was achieved.

INTRODUCTION

Dr Bob Girandola of OC Testing Centers conducted a Research Study for Tweebaa Inc designed to document a user's rate of caloric burn while performing a Booty Bouncer Jogger workout vs other traditionally accepted exercises producing efficient caloric burn. The results of this study will help Tweebaa Inc. document effectiveness of the Booty Bouncer Jogger™ as it relates to caloric burn.

Product Description:

The Manufacturer states the Booty Bouncer Jogger was designed as a low impact jogger with a bounce. Booty Bounce Jogger incorporates cutting edge research and fitness techniques to target the largest fat burning muscles in order to burn maximum calories, build lean muscles, and increase stamina.

The Testing Center conducted a Booty bounce Jogger™ research study for Tweebaa Inc. designed to document a user's level of muscle activity while performing specific styles of workouts. The results of this study will help Tweebaa document effectiveness of the product.

Product Photo: The Booty Bounce Jogger™ Device:



The tested Booty Bounce Jogger™ Exercise utilizing the Booty Bounce Jogger™ device was the Lateral Heal Press Jog

Test subjects were instructed to begin in the starting position with feet wider than shoulder width apart and toes pulled up and pointed slightly inward, knees bent and begin to lift and press each heel to acquire a side to side jogging motion in rhythm with the bounce effect of the Booty Bounce Jogger. Shift body weight from side to side while pressing the heel into the angled surface.

Objectives:

The key objective of this study was to:

- 1) Capture Vo2 readings as it relates to caloric burn during the established movements.
- 2) Determine if there are any statistically significant differences.

METHODS:

Study Methodology

Testing protocol was approved and administered by Dr. Bob Girandola Ed.D, Director of Exercise Science at the OC Testing Center and a Department of Kinesiology Associate Professor at the University of Southern California.

5 subjects were fitted with the Hans Rudolf face mask and connected to the Cardio Coach Plus model # 9001 - RMR.. The Test subjects were examined for VO₂ activity while using the Booty Bounce Jogger™ device and while doing 3 other workouts considered effective.

Booty Bouncer Jogger Workout Vo₂ Calorie burn test.

Rebounder



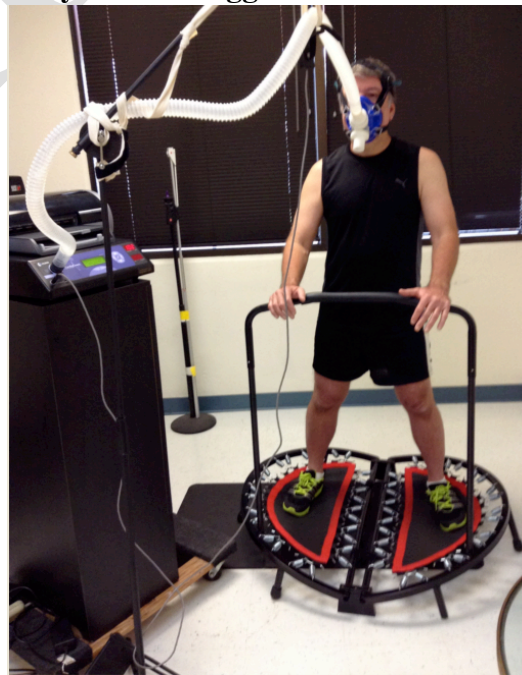
Indoor Cycle



Treadmill



Booty Bounce Jogger



Booty Bouncer Jogger workout consisted of a non-stop flat fotted jogging motion while pressing down on heels.

The Booty Bounce Jogger™ exercise was compared to:

1. A motorized treadmill workout, a commonly accepted cardio machine. The treadmill pace was set at 3.1 miles per hour with a 1.5% grade.
2. A spinner style indoor cycle set at approximately 35% (light/medium) resistance and a pace of approx. 75 to 85 revolutions a minute.
3. Jumping repetitively on a standard mini trampoline (also known as a rebounder) as the subject would normally – no instruction of proper form was given.

Equipment

For Metabolic measurements a KORR Medical Technologies VO2 Fitness Assessment System Model 9001 RMR (FAS) was used in conjunction with a wireless heart rate monitor and a Hans Rudolph full face respiratory mask.

The FAS used in this study also measures the heart rate observed during an exercise test. Heart rate monitoring during a metabolic test defines the unique relationship between heart rate and calorie consumption for the tested individual.

Since the amount of calories expended is directly proportional to the amount of oxygen consumed. The FAS used in this study calculates oxygen consumption by measuring the volume of air that is exhaled and the concentration of oxygen in that air. The concentration of oxygen in the inspired air is fairly constant. The FAS used in this study measures this inspired (room) air oxygen concentration during an automatic calibration cycle prior to each test. This ensures accuracy of the measurement. The FAS used in this study also measures the temperature, relative humidity and barometric pressure to further improve the accuracy of the calculations.

To measure oxygen consumption, all of the air exhaled by the user must pass through the FAS used in this study. Two (2) one-way valves are configured in or near a mask or mouthpiece. This ensures that fresh air is inhaled and all exhaled gas passes through the hose and into the FAS used in this study. The amount of calories expended for a given amount of oxygen consumed is approximately 5 calories (0.005 Kcal) for every milliliter of oxygen consumed.

Because the volume of oxygen changes depending on the barometric pressure (elevation above sea level) and the room temperature where the measurement is made, it is necessary to convert all measurements to a standard temperature and pressure. This standard pressure and temperature is called STPD, (Standard Temperature and Pressure Dry). The FAS used in this study measures barometric pressure, relative humidity and temperature during each automatic calibration cycle. Using these measured parameters, VO2 and metabolic rate measurements are all compensated to standard (STPD) conditions.

Procedures

Five test subjects representing a range of fitness levels volunteered to participate in the study. On test day they were weighed and measured and the testing process was explained. Subjects were fitted with a heart rate monitor and a face mask and an air tight seal was confirmed. Subjects were instructed to conduct each exercise until researcher signaled they had reached their AT zone. A 20 minute break was taken in between each exercise test.

Subjects

Five volunteer subjects unfamiliar with the Booty Bouncer Jogger styled movements agreed to take part in the study with the following characteristics:

TABLE 1:

Subject #	Gender	Age	Height	Weight	BMI	FIT level
901	F	56	5'5"	123	20.5	Superior
902	M	26	6'3"	223	27.9	Low
903	M	57	5'6"	170	27.5	Low
904	F	51	5'3"	132	23.4	Fair
905	F	37	5'3"	130	23	Good

As can be noted above, the group represented male and female subjects with a range of age and fitness levels. Ages ranged from 26 years to 56 years, and fitness levels ranged from low to superior. BMI ranged from 20.5 to a high of 27.9 The National Institute of Health defines overweight as having a Body Mass Index of 25 to 29 and obese as 30 or more. The above characteristics indicate the group represented normal and overweight.

RESULTS

Caloric Burn Results

Table 2., displays the individual maintainable Anaerobic Threshold (AT) exercise level and the calories burned per individual at those levels. The Anaerobic Threshold (AT) represents the maximum intensity level that an individual can actually maintain for an extended period of time. The average AT values of all 5 tested subjects indicate that a beginner stage Booty Bouncer Jogger workout generated an average of 27% more calories burned than jumping on a rebounder, 44% more than the tested treadmill workout and 30% more than an indoor cycle workout.

Table 2:

Subject	BBJ (AT)	Rebounder	Tread	Cycle
901	478	348	264	297
902	663	445	395	373
903	545	496	310	358
904	427	249	256	309
905	518	378	259	499
AVE:	526.2	383.2	296.8	367.2
		27%	44%	30%

When we look at the realistic sustainable AT burn rate numbers for each test subject we find that Booty Bouncer Jogger™ burned more calories for all 5 test subjects. In fact, a statistical analysis of the results reveals that the higher results are in fact Statistically Significant meaning that 95% or more users should expect to generate a higher caloric burn with the Booty Bounce Jogger™ than the other 3 tested workout styles. Highly Statistically Significant results were registered in favor of the Booty Bounce Jogger™ over all of the above tested exercises. Rebounder $P \leq 0.007^*$ Treadmill $P \leq 0.0001^{**}$ Bike $P \leq 0.02^*$

This evidence indicates that the most basic first stage beginner exercise with the Booty Bounce Jogger™ is highly effective at burning calories.

To lose one pound of fat, which is calorically equal to 3500 calories, using the overall average sustainable (AT) caloric burn rates of the 5 subjects, a subject would only need to maintain their Booty Bouncer Jogger™ basic jogging motion for approximately 6.6 hours to burn 1 pound of fat or 3500 calories. (ave. burn rate of 526.2 Calories/hour AT). To burn 1 pound of fat with the tested rebounder jumping it would take 9.1 hours or 33% more time to acquire the equivalent Booty Bounce Jogger™ result. With the tested treadmill workout and indoor cycle workout one would have to spend 49% more time or 11.8 hours on the treadmill and the tested indoor cycle workout revealed one would need to spend 36% more time or 9.5 hours on the indoor cycle in order to achieve the same caloric burn rate as the Booty Bounce Jogger™.

DISCUSSION

It is important to note that the cardio exercise tested on the Booty Bounce Jogger was a first stage basic beginner movement and it is possible that the results achieved during the testing of the Booty Bouncer Jogger™ are lower than what may have actually been achieved by incorporating some of the other available Booty Bounce cardio moves. This could be considered an impressive low end possibility of the caloric burn potential when not encumbered by a massive hose connected to a full face mask and therefor limiting full movements and exertion levels.

CONCLUSIONS

Caloric Burn

The results of this study demonstrated a workout utilizing Booty Bouncer Jogger to be a highly effective low impact calorie burning exercise that tested better than jumping on a rebounder, an indoor cycle workout and a treadmill workout.

No matter how you look at the numbers of this study, the tested Booty Bouncer Jogger™ workout comes out as a more efficient and effective way as well as apparently a fun way, as commented by the test subjects, to burn calories.

One other consideration for the Booty Bouncer Jogger is the concept of NOVELTY. Many people don't really enjoy "boring" exercises and will do almost anything to avoid them. That is why there are so many different programs on the market. Therefore, the novelty of this device would maintain attention span as well as provide a good caloric expenditure.