



**Ideal for:** Weight loss, strength training, sprint training, endurance, core strength, stability, plyometric training, general toning and injury rehabilitation.

**X-VEST**

**Weights / Resistance Vests**

# Resistance Training with the X-Vest...

**Exercise is not complete unless it is accompanied by some sort of resistance, against which muscles have to work harder to build them for better quality.**

**Ideal for: Weight loss, strength training, sprint training, endurance, plyometric training, general toning and injury rehabilitation.**

By adding resistance to any exercise routine, indoor or outdoor, the X-Vest will help you to burn calories faster and improve muscle strength. You can lose unwanted kilos much, much quicker.

You can wear the X-VEST anywhere, on the beach, at the gym or around the house. You will have more time to do those things you enjoy most.

Reported to increase the number of calories burnt by up to 30% for any aerobic or anaerobic exercise.

## Uses & Benefits...

- Designed to increase the intensity of any exercise workout session...
- Ideal for Sports Performance and general exercise including walking and weight loss activities.
- Works on shoulders, chest, upper and lower abdominals, back, thigh and leg muscles.
- Engineered and tested by professional athletes and sports physiotherapists to help you achieve your goals quicker and safer.
- Reduce the time you need to exercise.
- Trim and tone your body faster.
- Helps you gain muscular strength.
- Increase bone density.
- Can be used in conjunction with any other gym equipment like tread mills, steppers or cross machines.



### Used by Professional Athletes

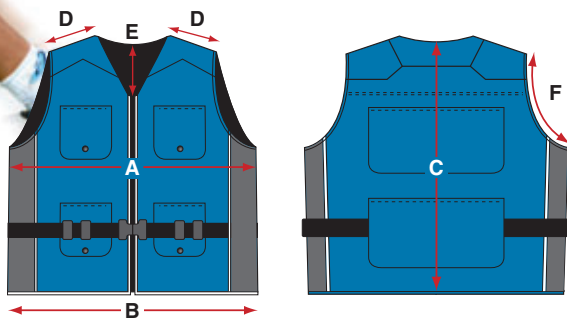
The X-Vest is used by elite sporting teams, National and State sporting institutions.

The X-Vest is a SMA recommended product. (Sports Medicine Australia)

## X-Vest Features:

- Available in sizes and designs for both men and women.
- Each vest supplied with 8 x 0.5kg weight blocks
- Fits up to 16 of the 0.5kg weight blocks
- Available in small, medium, large and extra large
- Sponge padded lining for comfort
- Unique design with heavy duty straps which conform to the body which eliminates movement and allows even weight distribution.
- 3M Reflective tape for night walking

# X-VEST



### Sizes Available

		S	M	L	XL	XXL
A	Chest Width 1/2	53	56.7	60.5	64.3	68.5
B	Bottom 1/2	48	51.7	55.5	59.3	63.5
C	Length	6.5	63	64.5	66.0	67.5
D	Shoulder Width	13.8	14.3	14.8	15.3	16.0
E	Neck Width	17	17.5	18.0	18.5	19.0
F	Sleeve Width	31.5	33	34.5	36.0	37.5

Resistance Training...

Health Management Group Markets and Distributes the Following Products



Sports Performance Recorders



Weights/Resistance Vests



Respiratory Exerciser



Stop Watches & Pedometers



Resistance Bands & Tubes

**healthMG**

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