



Exercise Chart

Here are some exercise examples for home or the gym. No matter your fitness level, these routines can aid in your overall fitness program. These are exercise routines that can maximize your fitness efforts.

“Now, you can improve your overall fitness by simply wearing the Xvest during your exercise routine or normal daily activities.”

SQUAT & LUNGE

Squat

Stand in a ready position with feet slightly outside the shoulder with your feet in a neutral position, at a 20 degree laterally rotated position. Begin with your hips and knees flexed, your trunk should lean forward slightly while stabilizing the trunk. Bend the knees and lower the body. The optimal position of the knees would be 90 degrees, but you must always maintain proper body position. When you have lowered your body to the positional goal, pause for a moment then begin to extend the legs raising back to original starting position, the weight should be over the ankle and felt in the heel of your foot. Repeat to desired goal.



Variation 1 Slow Squat
Same positions with a very slow strict movement.



Variation 2 Fast Squat
Same positions with a fast but strict movement.

Single Leg Squat

Standing on one leg, bend the knee and slowly lower the body. The optimal position of the knee would be 90-degrees, but you must always maintain proper body position.

When you have lowered your body to the positional goal, pause for a moment then slowly begin to extend the leg raising back to original starting position. The weight should be over the ankle and felt in the heel of your foot.



Single Leg Split Squat w/ Back Leg Elevated

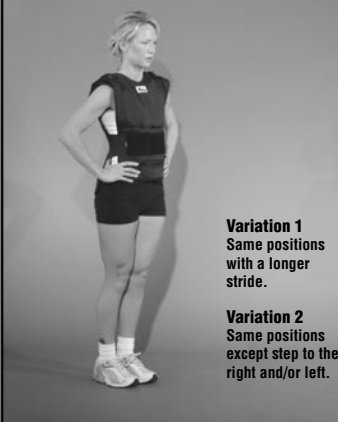
Stand on one leg with the back leg elevated using a bench or chair. Bend the knee and slowly lower the body. The optimal position of the knee would be 90-degrees, but you must always maintain proper body position. When you have lowered your body to the positional goal, pause for a moment then slowly begin to extend the leg raising back to original starting position. The weight should be over the ankle and felt in the heel of your foot.



Split Squat/Lunge

Standing with feet together, step forward. Bend the knee and slowly lower the body. The optimal position of the knee would be 90-degrees, but you must always maintain proper body position.

When you have lowered your body to the positional goal, pause for a moment then slowly begin to extend the leg raising back to original starting position. The weight should be over the ankle and felt in the heel of your foot.



Variation 1 Same positions with a longer stride.
Variation 2 Same positions except step to the right and/or left.

PLYOMETRIC

Single Leg Step-Up

Start with one foot on platform, box or bench. Raise the leg until the leg is extended, then lower to starting position. Do not push off of the foot on the ground. Repeat action same leg for one set then switch leg.



Hop-Up/Push-Offs

Kneel down with one foot forward. Hop-up using only forward leg to gain as much height as possible. Landing on the opposite leg in forward position, then repeat. Do not push off of the back foot.

Single Leg Hop-Up

Start with one foot on platform or step-up box. Push off the platform to gain as much height as possible. Land with the opposite foot on the top of the platform, box or stair. Do not push off of the foot on the ground. Repeat to desired goal.



UPPER BODY

Triceps Extension/Dips

Place your hands on a stable structure (bench, chair or table). With your hands behind your body and facing away from the structure lower your body to a 90-degree angle at the elbows, pause then straighten your arms back to the original starting position. Repeat to desired goal.

Variations

Same hands placement except with legs/feet elevated using bench, chair or step up.



Pull-Ups

Using a pull-up/chinning bar, place hands with palms facing away from your body at shoulder-width and grip the bar. Lift your legs transferring the weight to your grip and pull your body up moving your head, preferable your chin to a point higher than the bar. Repeat to designated goal.

Variations

Hands may be placed closer together or wider apart, palms of the hands may be facing your body or away.



Push-Ups

Lie prone with your arms straight, your palms flat on the floor, and your hands shoulder-width apart, hold your feet together or slightly spread. Bend at the Elbows lowering your body to slightly above the floor. At the point just prior to touching the floor begin to straighten your arms returning to the starting position. Repeat to desired goal.



Push-Ups, One Arm Destabilized with Plyoball

Same as prone push-up with ball under one hand to destabilize the shoulder. This destabilization will require the posterior deltoid and rotator to stabilize the shoulder.



CARDIO

Cardio

You can incorporate the X2 into your current cardiovascular conditioning program. Remember to start with a reasonable weight, such as four (4) percent of your total body weight and slowly increase the weight over time to a maximum of ten (10) percent of total body weight.



Cardio Training

Walking, Jogging, Treadmill, Stair Stepper, Elliptical, Spin-Bike.

Group Class

Group Exercise utilizing the X2

Agility Exercises

For sports specific training. Speed, quickness & conditioning.

Power Yoga

Crescent-moon pose, Extended-angle pose, Warrior pose with back leg elevated off ground

HEALTH NOTICE: The X2™ Weight Vest is an athletic training aide. It is intended for use by individuals with a doctor's approved fitness regimen. All new users of the vest should consult with their physician before working out with the equipment. Xtreme Worldwide Athletic Equipment (dba Xvest™ and X2 Vest™) is not liable or responsible in any manner for the safe use of the workout vest or its ancillary products and/or accessories.

WARNING: Use of this equipment by persons with heart or other medical problems may cause serious personal injury. Please consult a physician prior to using this equipment. Immediately cease exercise if you feel dizzy, faint, or short of breathe. Use of this equipment in a manner other than prescribed by the instructions here, may result in serious injury.

1. Begin your workout with stretching, warm up and conclude with a 5-minute cool down period.
2. To maximize your results, we recommend a minimum of a 20-minute cycle routine three times a week. Begin with one set of the nine exercises for the first 15 – 20 workouts, one set of each at 15 repetitions gradually increasing to 3 full sets.
3. Concentrate on quality of the movements, and not speed. Start with 2-3 seconds per movement and build up as you are confident.