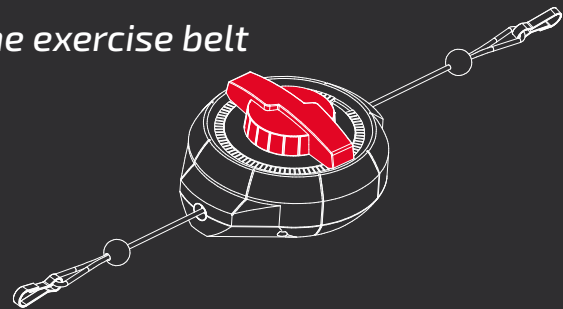




There are **NO XBT** classes **AROUND YOU?**
Visit xbt-fitness.com/around-you and
BRING XBT TO YOUR CITY!

The exercise belt



Details

- High-quality steel spring technology – made in Germany
- 100 years of industrial experience by Carl Stahl Kromer GmbH
- Adjustable resistance (upper body)
- Comfortable and water repellent belt
- Padded foot and hand loops
- Mobile fitness tool, easy to use

Benefits

- Very good pull-out behavior for perfect movements
- Long-term tested with over 1 million repetitions
- Suitable for every performance level
- High wearing comfort for a unique workout feeling
- Easy care / hygienic
- Exercises everywhere and anytime
- Everyday strength training



Contact



DO-IT-ACADEMY
Ettishofer Straße 10
D-88250 Weingarten
www.do-it-academy.de
info@kravmaga-ravensburg.de



GET IN TOUCH WITH THE XBT COMMUNITY

JOIN THE COMMUNITY **#XBT FITNESS**  



GROUP FITNESS // HOME FITNESS // PERSONAL TRAINING
FIGHTING SPORTS // PHYSIO & REHABILITATION
FUNCTIONAL TRAINING // TEAM SPORTS

What is XBT?

XBT®

XBT is a mobile exercise belt with two sidemounted cable pulleys. The core element of the XBT consists of high-performance steel springs, which guarantee an intensive fullbody workout. Hands and feet are connected with arms and legs by loops – this allows a free training without any restrictions. Due to the adjustment mechanism, the spring resistance can be adjusted individually. This allows perfect training conditions for rehabilitation patients up to competitive athletes.



Training with XBT

XBT sets new standards in the field of functional training.

It allows almost all three-dimensional movements which makes XBT suitable for many different areas: functional training, fighting sports, group fitness, rehabilitation / physiotherapy and many more.

By training with the XBT you are especially improving your own body perception. Stabilization, strengthening and coordination exercises against the spring resistance are promising intensive workout sessions. The exercise belt adapts flexibly to the needs of the user, helping to achieve the individual personal goals. The handy fitness tool allows exercises anytime and anywhere, for your own, in a team, indoor or outdoor.

More information about the workout variety at:

www.xbt-fitness.com
facebook.com/xbtfitness

XBT® / **FEEL THE RESISTANCE**

NEW GROUP FITNESS CONCEPT *by Klaus Kirsch*

The concept

- 30 minute workout
- Fighting elements and functional exercises
- Challenging, exhausting and a lot of fun
- Introduction by XBT-SPEED Instructors
- Concept of the DO-IT-Academy by Klaus Kirsch

Our offer

- Absolute novelty in the area of group fitness
- Varied course concept
- High motivational factor
- Marketing material (flyer, poster, roll-up)
- Different press releases
- Education by XBT-Mastercoaches
- Supervision of the instructors by the DO-IT-Academy
- XBT belt incl. hand and foot loops

