

XBT[®] FEEL THE RESISTANCE



Varied application

-  GROUP FITNESS
-  PERSONAL TRAINING
-  PHYSIOTHERAPY
-  REHABILITATION
-  FUNCTIONAL TRAINING
-  TEAM SPORTS
-  FIGHTING SPORTS

The exercise belt





What is XBT?

XBT is a mobile exercise belt with two side-mounted cable pulleys. The core element of the XBT consists of high-performance steel springs, which guarantee an intensive full-body 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.

FEEL THE RESISTANCE with every move!





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 or facebook.com/xbtfitness



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

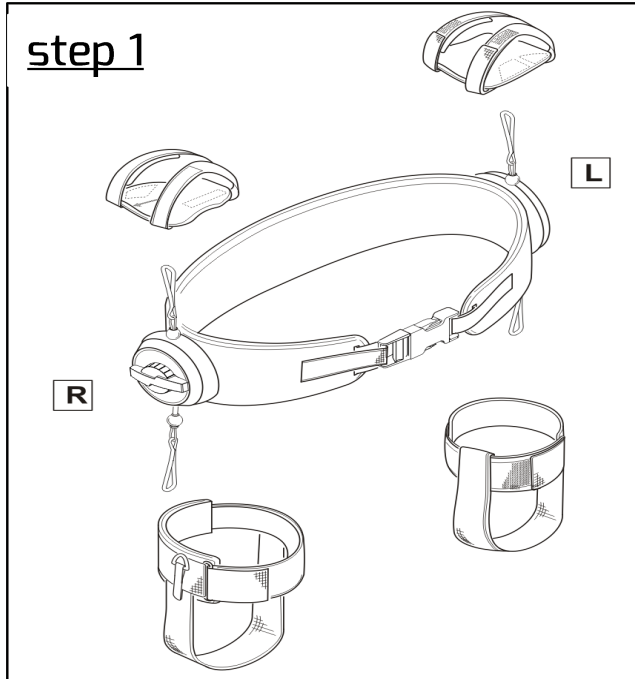
Size of belt

- XS: 65 cm
- S/M: 75 cm
- L/XL: 90 cm



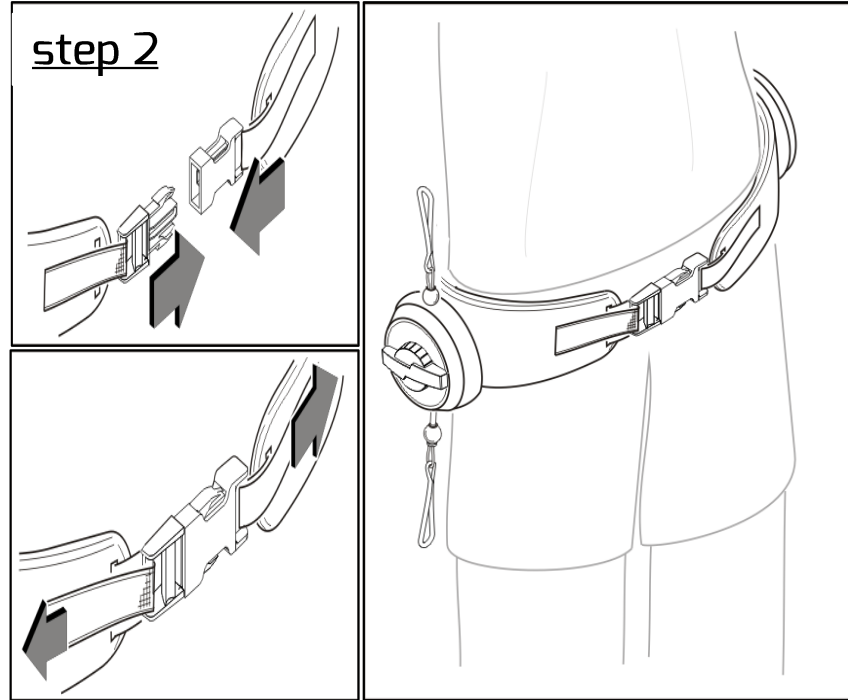
How to use XBT

step 1



XBT consists of a workout belt with two permanently mounted cable pulls and one pair of hand and foot loops (incl. R + L marking)

step 2



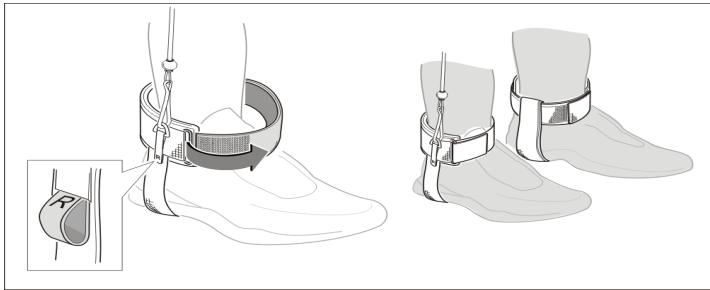
Buckle the device around your hips and fasten the belt clasp.
Pull the belt tight until it sits securely on your hips.



How to use XBT

Connect the hand (at the top) and foot loops (below) to the two spring balancers and check to ensure the cables are fastened correctly.

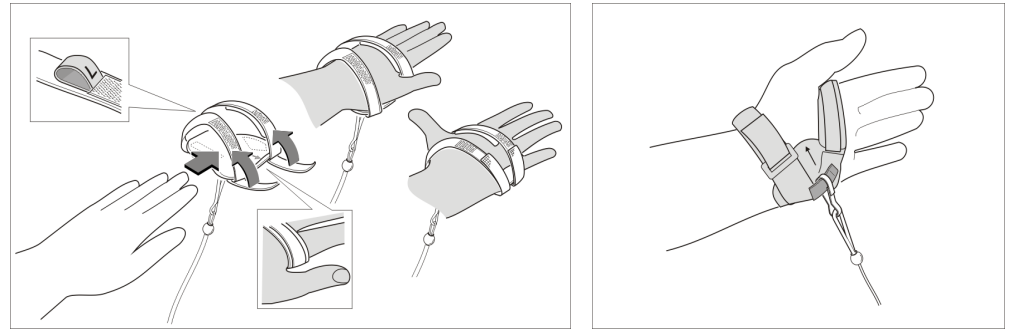
step 3



Then squat down and pull the two foot loops on according to the figure above. Step on the strap (for easier fastening); check to ensure that the suspension point is on your ankle and that the strap is straight under your foot, not crooked. Attach the loops with the velcro after pulling the strap through the plastic loop.

Note: You must hold the foot loops tightly, as they are pre-loaded with a strong spring tension.

step 4



Now, place your hands on your hips and pull on the hand loops. Place your hand through the two loops with your palm facing downward, as shown in the image on the left. Be sure that your thumb is in the middle, and that the arrow points to the location of your thumb joint (right image). After you pull the straps tight, the soft and somewhat wider material should be between your thumb and pointer finger.

Get ready with the XBT Tutorial: [video](#)

XBT[®] SPEED

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)
- Education by XBT-Mastercoaches
- Supervision of the instructors by the DO-IT-Academy
- XBT belt incl. hand and foot loops

NEW

GROUP FITNESS CONCEPT

by Klaus Kirsch

