

Study conducted by the President of Smart Fit Heart, Mike Fussell, a Registered Respiratory Therapist (Rrt)

## **The Universal Performance POWERHANDZ POWERSUIT**

### *Benefits of Training in The POWERHANDZ POWERSUIT*



**Unique and patented technologies incorporated into the suit gives you performance features not found in any other training product:**

**1. An immediate and noticeable improvement in posture.**

Your shoulders move back, and your hips move forward as you “adjust” to maintain a good center-of-gravity. This happens automatically due to the distribution of the weights. Better posture reduces the risk of injury, improves efficiency, and promotes proper leverage.

**2. Improve running form.**

Your arms move front-to-back instead of across the body, Hips, knees, elbows, abdomen, lower back, upper back, shoulders; all work together for forward motion.

**3. Enhance muscle memory.**

The added weight directly over the exercising muscle provides a “feel” within the muscle as it fires, allowing the athlete to better learn and re-create positive movement.

**4. Increase muscle length, definition (tone), and ligament / tendon strength.**

As muscle strength improves, instead of bulky muscles you simply realize increased muscle length, definition (tone), and joint strength. All of these reduce the risk of injury and lead to improved performance.

**5. Increase caloric burn**

19% more calories are burned per minute while wearing the suit and performing any weight-bearing activity  
 . . . just walking around doing activities of daily living acts as a “mini-workout”.

**6. Increase Core strength**

Lower back, upper back, and abdominal muscles receive constant low-grade resistance.

**7. Wear it under your everyday work or leisure clothes without attracting attention**

Water-wicking and anti-odor properties of the suit keep you cool and dry throughout the day.

**8. Improve cardiovascular fitness**

The “gold-standard” measurement of fitness is VO<sub>2</sub> (oxygen consumption). Wearing the suit has shown an increase in VO<sub>2</sub> by 7% – 18% for any level of work. Ventilation increases by 13% – 18%. You get a harder workout any way you look at it!

With the suit, you can work out for 20% less total time and still achieve the same fitness benefits. Or, you can work out with the suit the same amount of time and get a 20% increase in total fitness benefits. Either way, you win!

*(As with any training, proper coaching, nutrition, technique, and listening to your body are imperative. Be wise, be consistent, and be successful!)*