



REVOLUTIONARY NEW EXERCISE AND TRAINING DEVICE

"GYM IN A BAG"

**SAVE ON GYM FEES, EXERCISE IN YOUR OWN TIME
ANYWHERE WHERE AN ANCHOR POINT IS AVAILABLE**

GET A FULL BODY WORKOUT INDOORS OR OUTDOORS!!

SEE RESULTS BY EXERCISING FOR 15 MINUTES A DAY!!

**You will never use another training device after experiencing the results
from the RST Trainer!**

Lose weight and get in shape for summer!

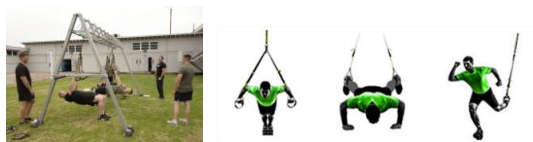


What is a Resistance Suspension Trainer?

Suspension Training bodyweight exercise is a uniquely revolutionary effective form of bodyweight exercise. The RST is a **highly portable** exercise device that can be used to improve the functional qualities of physical fitness.

Suspension trainers allow you to perform natural movements and **exercises** to build strength, lose weight and tone up. It's a scalable form of exercise that's suitable for people of all abilities and can be used to **develop Elite Fitness**.

Suspension trainers are essentially length adjustable straps which can be temporarily fixed to an anchor point (door / or any other stable object) to allow you to harness your body weight against gravity and carry out exercises in a suspended state.



The RST Trainer is an amazing new exercise device “**Gym in a Bag**” that lets you take all of the benefits of high-powered gym equipment anywhere you want to work out. You can use this system at home, in your yard, in your room, in your office, hotel room, garage etc. Exercise indoors or outdoors. It uses your own body weight to create a more powerful workout without the high cost and space requirements of conventional training equipment.

Benefits of the RST Trainer

- Compact, lightweight, and easy to set up in limited space.
- Scales to all levels of fitness and ability levels – beginner – intermediary and advanced levels.
- The whole family can use the RST – mom, dad and kids – 7 to 80 years.
- Save time and money as you will not have to go to a Gym to exercise.
- **MORE THAN 100 COMBINATION EXERCISES – YOU WILL NEVER GET BORED!**
- Experience the “AfterBurn Training Effect” up to 48 hours by training using the RST Trainer.
- Portable, Safe and Space Efficient – Only weighs 1.3kg, can support up to 1,000kg and folds up into a small carry bag.
- Can travel with you anywhere you go.

What health risks are associated with physical inactivity?

Lack of physical activity has clearly been shown to be a risk factor for cardiovascular disease and other conditions:

- Less active and less fit people have a greater risk of developing high blood pressure.
- Studies show that physically active people are less likely to develop coronary heart disease than those who are inactive. This is even after researchers accounted for smoking, alcohol use, and diet.
- Lack of physical activity can add to feelings of anxiety and depression.
- Physical inactivity may increase the risk of certain cancers.
- Physically active overweight or obese people significantly reduced their risk for disease with regular physical activity.

Strong evidence shows that physical inactivity increases the risk of many adverse health conditions, including major non-communicable diseases such as coronary heart disease, type 2 diabetes, and breast and colon cancers, and shortens life expectancy.

Health Benefits using the RST Trainer

- Increased well-being, self-image, and self-esteem.
- Improved coping skills with stress or other factors affecting health.
- Improved health status - Decreased rates of illness and injuries.
- **Lose weight.**
- Develop core muscles thus reducing lower back problems.
- Develop elite fitness and energy levels.

Who will benefit from the RST Trainer?

Paraplegic patients, Pregnant woman – pre and post-natal, Athletes, Elderly, Security and Defence forces, Rehab of Injuries, Kids, Overweight people wanting to start to exercise, General Exercise for the whole family, All forms of sports – rugby, cricket, hockey, netball, soccer etc. for young kids to adults, Business people that travel.

Facts about Fitness and Exercise:

1. Exercise boosts brain power
2. Exercise makes you feel more energized because it releases endorphins into the blood.
3. Improved self-image
4. Weight control without dieting
5. Control over appetite
6. Higher endurance or stamina – not being winded easily

7. Better conditioned heart and lungs
8. Less tension
9. Greater management of stress
10. Better ability to fall asleep and stay asleep
11. Less chance of injury
12. Toned muscles
13. Healthier cholesterol level
14. Quicker healing
15. For every pound of muscle gained, the body burns 50 extra calories every day.
16. Only 13% of men are physically fit.
17. The human body has 650 muscles.

What stops anyone from exercising every day?

- *I Don't Have Time*
- *I'm Too Tired*
- *I Don't Get a Break From the Kids.*
- *I'm on my feet all day at work and that counts as my exercise*
- *I never see any results*
- *Gyms are too expensive*
- *I am overweight and tired*

Those who do not make time to exercise you will need to make time for illness". Do yourself a favour and make time for yourself to exercise, you'll look and feel much better and quite possibly prevent health-related issues in the future.

Medical Professionals currently supporting the RST Trainer in their practices with great success

Dr. HC Toerien medical doctor from Witrivier and Celynn Erasmus qualified and registered dietician (RD SA).

RST FITNESS

RST Fitness has sold in excess of 1,000 units to the consumer market with no returns!! **The RST Trainer will be a great asset as it can be used by the whole family.** RST Fitness has clients aged 7 to 80 years of age.

We are the only company in Africa that manufacture a Resistance Suspension Trainer of this kind. Safety is paramount to us and we thus ensure that only the best material is used in the manufacturing process and we have a very stringent quality control process before any of our products move to the final packaging stage at our factory facility.

RST Fitness is a South African company based in Bredell, Kempton Park. The owner has been involved in exercising and training various junior athletes and sports teams for more than 20 years and providing rehab exercises to athletes, sports teams and Defence forces in Africa.

WHAT WILL A RST TRAINER COST ME?

PRE-SUMMER SPECIAL

RST Lite normal cost R1,499 save R299 only pay R1,200. Price includes delivery cost. (RST Lite is available in various colors).

RST Combat normal cost R1,899 save R499 only pay R1,400. Price includes delivery cost.

RST package includes: The RST Trainer, Extension Strap, Doorstop, Carry bag, 18 exercise wall chart and CD with 70 Exercises.

***For more information or to place an order please contact JP on:
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