

RST  **TRAINER**
RESISTANCE SUSPENSION TRAINER
YOUR GYM  **IN A BAG**
Revolutionary new Training Device!!
**Use your own body weight to train anywhere anytime
Indoors or Outdoors !!!**

PRESENTS

REVOLUTIONARY NEW

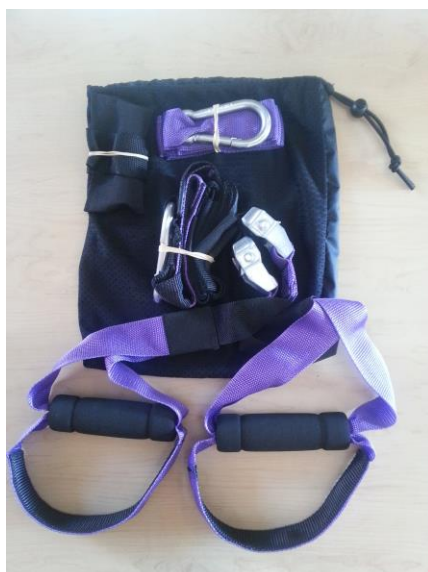
TRAINING DEVICE

“GYM IN A BAG”

THAT CAN BE USED BY WOMAN TO

EXERCISE

PRE-AND POST-NATAL



Why use a RST Trainer for training during and after your pregnancy?

Leading practitioners are finding success with the RST Trainer device and education of their patients. The RST Trainer delivers safe, scalable and effective functional training solutions that are both portable and affordable for pregnant woman.

RST exercises do not put your body in unnatural positions the way some health club machines may. The RST system also lets you exercise anywhere so it is easier to get the workouts you need no matter how busy your schedule is. You can choose the time of day to work out to fit your body's needs during pregnancy, and there are no expensive dues to pay on a monthly basis.

Safe and Effective exercises during and after pregnancy

The RST Trainer training is scalable to any level of fitness. The level of resistance on the body during exercise is pre-determined by the user and can be controlled every step of the way. The versatility of RST Training gives you the ability to develop muscle strength, mobility, joint stability maintain or gain fitness levels and strength in multiple planes of motion, all with the same piece of equipment.

Portable and Space Efficient

RST Training device is lightweight, portable and easy to set up. Support your patients during their post-natal rehabilitation by enabling them to perform efficient exercise programs at home or on the road with the RST Trainer. The RST Trainer is an ingenious exercise device that utilizes a pair of straps to connect to doorways, posts or other solid objects and only *weighs 1.3kg. The RST Lite can support weight up to 1 ton making it safe to use.*

Differentiate Your Practice and Create a New Revenue stream

By incorporating the RST device into your practice, you will be following the lead of numerous innovative sports medicine and other medical practitioners who are using it as part of individualized therapy, post-rehabilitation, pre and post pregnancy, injury prevention, and fitness programs.

What is a RST Trainer?

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 or at the park. Exercise indoors or outdoors. It uses your own body weight to create a more powerful workout without the high cost and space requirements of heavy duty machines.

Benefits of the RST Trainer

- Compact, lightweight, and easy to set up in limited space
- Scales to all levels of fitness and abilities
- The whole family can use the RST – mom, dad and kids
- *Increases cash-based revenue stream for your practice*

Your client can also choose the color of RST to suite personal taste



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

Dr. HC Toerien



Doctor Hendrik Toerien is a general practitioner and aviation medical doctor. His passion for the treatment of overweight patients started 16 years ago and has grown from just an interest, to an absolute passion to help. Dr Toerien has been practising in White River for 27 years as a general practitioner and is well known in the Lowveld as a man of integrity. He is the owner of Body & Face Synergy wellness clinic based in Witrivier.

Celynn Erasmus



Celynn is a qualified and registered dietician (RD SA). She is the founder and developer of the WELLCULATOR™ and she has published Fast Food For Sustained Energy with Tafelberg publishers which is now a bestseller in South Africa.

Celynn is a professional member of the PSASA (Professional Speakers Association of South Africa). She was invited as the first dietician to present at a PSA UK (Professional Speakers Association) conference and continues to present in the United Kingdom on a regular basis. Celynn does keynote presentations and wellness workshops throughout South Africa.

WHY USE A RST TRAINER DURING PREGNANCY?



A RST client recently had the following question that was answered by a Gynecologist. ***“Can I use the RST Trainer whilst pregnant?”***

Question:

I’ve got a very fit and strong 40 year old woman who has just discovered she’s pregnant with her first child, which was quite a shock to her, as she was training fairly hard on the RST in preparation for some equestrian competitions.

She loves the RST, and I'd describe her as intermediate to advanced trainer on it. She wants to keep training on it, but we're worried she might overdo things and, while not wanting to wrap her in cotton wool, since she's a bit late in years for her first pregnancy, we'd rather err on the side of caution, in terms of exertion while using the RST.

We were thinking we'd do just predominantly leg and upper body (at a moderate level of incline) for her. Are there any floor/core exercises you'd recommend? Would front/side planks raise her blood pressure too much? Certainly, no crunches (either prone or supine). She is planning on wearing a heart rate monitor from now on in sessions. What kind of HR would you recommend? Any pointers would be appreciated.

Answer:

These are good questions regarding using the RST Trainer, and exercising in general, during pregnancy.

It was previously thought that exercise during pregnancy could pose undue risks to the developing child. It is now widely believed that appropriate exercise during pregnancy is not only safe but beneficial for the general wellbeing of the mother. Exercising during pregnancy can help reduce the risk of conditions in pregnancy such as gestational diabetes, obesity and other conditions that can occur from a more sedentary lifestyle. General guidelines for pregnant women usually advise not to overdo exercise for a variety of reasons.

During pregnancy, a **hormone called relaxin** is released, which functions to loosen the ligaments and joints throughout the body in preparation for delivery. While this is a normal part of pregnancy, it can predispose one to injury, so certain precautions should be observed. Exercises involving deep muscle or extreme joint motions such as deep squats or lunges should be avoided, even though there may be a feeling that flexibility limits have not been breached.

After the fourth month of pregnancy, balance is altered due to the change in center of gravity. Any exercises or sports that involve balance such as bicycling or skiing should be considered with greater caution.

The issue of maximum recommended heart rate has been controversial. In general, it is not recommended to exercise to full exhaustion as an individual may have done prior to becoming pregnant. Some obstetricians recommend a fixed heart rate that should not be exceeded, such as 130-140 beats per minute. These numbers are controversial, and pregnant women are advised to consult their doctors for specific recommendations.

It is generally recommended to avoid doing any exercises lying flat on the back after the first trimester, as this position may decrease blood flow to the placenta. However, isometric and other core stabilization exercises are advised during pregnancy. Therefore, the RST Trainer can be used safely if the above guidelines are followed.

10 EASY TO DO RST TRAINER EXERCISES FOR PREGNANT WOMEN

There are many benefits to keeping fit during your pregnancy. Being pregnant is tough on the body. Maintaining a good exercise program will help you bounce back to your original weight and shape following the birth of your child, but even more, it will help you through the delivery and provide many important benefits to your child as well.

RST Trainer BENEFITS FOR PREGNANT WOMAN

The RST system is easy to use at any fitness level, and you can *adjust your training* to accommodate your body's development during pregnancy. It provides an excellent workout with 100s of different exercises so you won't get bored, without pressuring you into positions that might be unsafe for you during pregnancy. The RST Trainer creates a powerful total body workout that engages the abdominals and trunk muscles while using compound movements that are typical to the way you move in everyday activities and sports.

Some of the *benefits of exercising during pregnancy* are:

- *Shorter labor*
- *Better tolerance for pain during childbirth*
- *More stamina for the labor and delivery process*
- *Lower incidence of gestational diabetes*
- *Faster recovery following birth*
- *Less need for invasive intervention during delivery*
- *Higher pain tolerance and less need for drugs during delivery*
- *Better body image and less unnecessary weight accumulation*
- *Increased stamina during childbirth*
- *Reduced stress and insomnia during pregnancy*
- *Better placental development*
- *Stronger back muscles – which can help manage back pain and strain as your belly grows*
- *Improved posture*
- *Better muscle strength and coordination*
- *Weight control*
- *Stress relief*
- *Reduced fatigue and improved sleep patterns*
- *Preparation for the physical demands of labor*
- *Faster recuperation after labor*
- *Increased ability to cope with the physical demands of your changing shape and motherhood.*
- *Faster return to pre-pregnancy fitness and healthy weight*

10 RST Exercises You Can Safely do for a Better Pregnancy

Arm Row



Stand with feet hip width apart facing the RST straps. Hold one grip in each hand with your upper arms close to your sides, elbows bent at a 45-degree angle in front of you. Slowly lean backwards while straightening your arms, keeping your back and legs straight. Pull back up to an upright position.

To increase the intensity of the workout, hold both hand grips in one hand and do the exercise with one arm and then switch to the opposite arm.

Triceps Extension



Stand with your feet at hip width apart facing away from the RST system with one-hand grip in each hand. Keep your feet in place and your back straight as you lean forward and bend at the elbows until your upper arms are horizontal with the ground. Push back against the hand grips slowly to a full upright position.

Ab Rollout



Stand with feet hip width apart, arms straight down at your side with one grip in each hand, facing away from the RST Trainer. Keep your hips level and your back straight while raising your arms in front of you and leaning into the hand grips keeping your elbows straight. Extend your arms until your elbows are at your ears. Slowly push down on the hand grips and push yourself back until you are upright.

To increase the intensity of this exercise, allow yourself to lower further with your arms extending further behind your head.

Bulgarian Squat



Stand facing away from the RST Trainer. Hook one foot through the grip behind you with your knee bent at a 45-degree angle. Place your hands on your hips for stability. Keep your shoulders straight and bend at the knee on your supporting leg. Squat as deeply as possible without losing your balance, and return to an upright position. Switch legs and repeat on the opposite side.

Lateral Lunge and Hop



Stand feet together facing the RST Trainer with one hand grip in each hand in front of you, elbows bent at 45 degrees and upper arms close to your side. Jump to the right and lunge, bending your outside knee, keeping your inside leg straight and extended out to the side while straightening your arms as you lunge. Push back up with your bent knee and hop up to your starting position while bringing your arms back to the original position. Without stopping, jump to the left and bending your outside knee, keeping your inside leg straight and extended out to the side while straightening your arms as you lunge. Push back up with your bent knee and hop to your starting position.

Single Arm Pushup



This exercise works the chest, arms (triceps), and shoulders (deltoids). Stand with your feet at hip width apart facing away from the RST Trainer. Grasp the hand grips in one hand with your arm outstretched in front of you. Keep your back straight and your head up as you lower yourself into your arm, bending your elbow at a 45 degree angle away from your body. Slowly rise back to the starting position. Repeat and then switch to the opposite arm.

Beginners can make this exercise easier by using both arms at the same time.

Bicep Curls



This movement strengthens your biceps. Stand with your feet at hip width facing the RST Trainer. Grasp one hand grip in each hand in front of you with your arms bent at a 45 degree angle and your upper arms next to your sides. Slowly lean backwards, straightening your arms as you lower yourself. Slowly pull back to an upright position.

Triple Extension



This is a great exercise to tone your legs, back, and shoulder muscles. Start with your feet placed just beyond your hips facing the RST Trainer. Hold a hand grip in each hand with your arms extended above your head and elbows straight. Keep your back straight and bend at the knees, lowering yourself toward the ground and bring your hands down to shoulder level extended in front of you. Pull backwards and up to bring your hands back overhead, keeping your elbows straight and push up with your legs to an upright position.

Woodchop



You will find that this exercise targets your abs very effectively. Stand with feet placed wide just past your hips and facing the RST Trainer. Clasp your hands in front of you with both grips. With your feet firm on the ground, let your body fall back a little so that it is at a 30-45 degree angle to the ground. From this position, keep your elbows straight and twist at the hips to the left keeping your arms straight in front of you and following the arc of your movement. Return to the center and twist at the hips to the right with your hands following your path in front of you. Return to center.

TRX Squat



A great all around leg exercise. Stand with feet slightly wider than hip width facing the TRX system. Hold one hand grip in each hand in front of your chest with elbows bent and upper arms at your sides. Lean back slightly, and lower yourself into a squat position by bending at the knees and straightening your arms. Using your arms to pull and your legs to push, return to an upright position.

These exercises work effectively your arms (biceps, and triceps), your midsection (abs, lower back) and your legs (quadriceps, glutes, and hamstrings).

Tips for Exercising During Pregnancy

- **Eat properly and increase calorie intake:** Always be sure to eat enough to compensate for the extra calorie burn when exercising during pregnancy. Exercise for pregnancy women isn't as much about losing weight as it is keeping fit and strengthening cardio and muscular fitness. While pregnancy is not the time to try and lose weight in general, if you were overweight before becoming pregnant ask your doctor the best way to stay healthy and maintain calorie levels while increasing your fitness levels.
- **Avoid dangerous activities:** Exercise is great for pregnant women, and there's no reason to worry about staying active. However, this is not the time for extreme sports, or activities that can bump or throw you.
- **Always warm up:** Your muscles are under a lot of stress just from the normal pressure of pregnancy. It is even more important now to make sure you warm up slowly and thoroughly before a workout, and cool down properly following your exercise session so you protect your muscles and ligaments.
- **Avoid exercises that require lying flat on your back:** After the first trimester, lying flat on your back increases pressure on a major vein that runs from your heart to your extremities, called the vena cava. The reduced blood pressure caused by pressure on this vein can make you dizzy and nauseated as well as causing shortness of breath. If you really want to do a particular exercise that requires lying on your back, put a pillow under your hips to help keep the pressure off of the vena cava.
- **Drink lots of water:** Staying hydrated is important any time you exercise, but even more so while pregnant. Dehydration can cause contractions or increase your internal body temperature to a point where it is dangerous for the fetus. A good rule of thumb is to drink a glass of water prior to beginning a workout and one every 20 minutes during your exercise session.

How Long should Pregnancy Workouts Last?

One of the most common excuses for not exercising is that there's no time to fit in a regular workout routine. It really doesn't take much time at all to increase your overall fitness levels. According to prenatal fitness specialists, just 30 minutes a day is all you need to create the extra muscle strength and cardiovascular levels that will propel you through your pregnancy, child birth and give your baby a great start in life. You can exercise every day as long as you alternate the types of exercises you do so that you do not overstress any one muscle group.

The RST Trainer is a fantastic way to increase both cardiovascular and muscular strength.

Many of the benefits of good muscle strength above are easy to understand. Some benefits of the RST Trainer exercises during pregnancy have an impact on metabolic health, and include health benefits you might not easily associate with working out. Lessening the incidence of gestational diabetes is one of those things.

Pregnancy causes abrupt changes in hormones that the body is not always equipped to deal with. When you're pregnant your pancreas has to work overtime to produce enough insulin to combat the hormonal insulin resistance and keep you healthy. If the pancreas can't produce enough insulin the results can be disastrous.

Another RST Client told us the following: *"I had gestational diabetes during both of my pregnancies. It had nothing to do with my general health when not pregnant. I didn't have diabetes before being pregnant and haven't had it since. So don't assume that just because you don't have a problem with diabetes under normal circumstances that when you're pregnant it isn't going to be a problem."*

Exercising helps you metabolize the sugars and hormones in your system better and keeps your body working more efficiently even when under the stress of pregnancy.

RST Training After Giving Birth

The post-natal period is often a difficult time in terms of maintaining the commitments to exercise. The danger is that women will leave themselves no personal time to exercise. Therefore a patient must establish some short term goals that are SMART (Specific, Measureable, Achievable, Realistic and Timely).

Benefits of Post-Natal Exercise

- *Improve posture*
- *Increase local muscular endurance*
- *Increase stamina*
- *Increase energy*
- *Increase metabolic rate*
- *Increase weight loss and improve body image*
- *Increase self-confidence*
- *Reduce anxiety*

Mary van der Walt – RST Client

“I was 57kg at the beginning of my pregnancy. It was very important for me to watch what I ate so that after the birth it would be easy for me to get my figure back. I made sure that I ate meals on a regular basis, eating healthy foods including lots of fruits, vegetables and various foods that contain iron. Towards the end of my pregnancy I “gave in” a little, eating less healthy foods and eventually I reached the weight of 72 kg”.

Health Eating & Exercise

“After the birth, I went back to eating regular meals (despite the difficulties involved, because of the changes due to having a new born and not having a regular daily routine. Now it has been two months since the birth and I lost 12 Kg thanks to healthy eating combined with the RST Trainer workouts that I do at least twice a week”.

The RST Fitness Team look forward to discuss the introduction of the RST Trainer to your practice.

Thank you for your time!!

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