



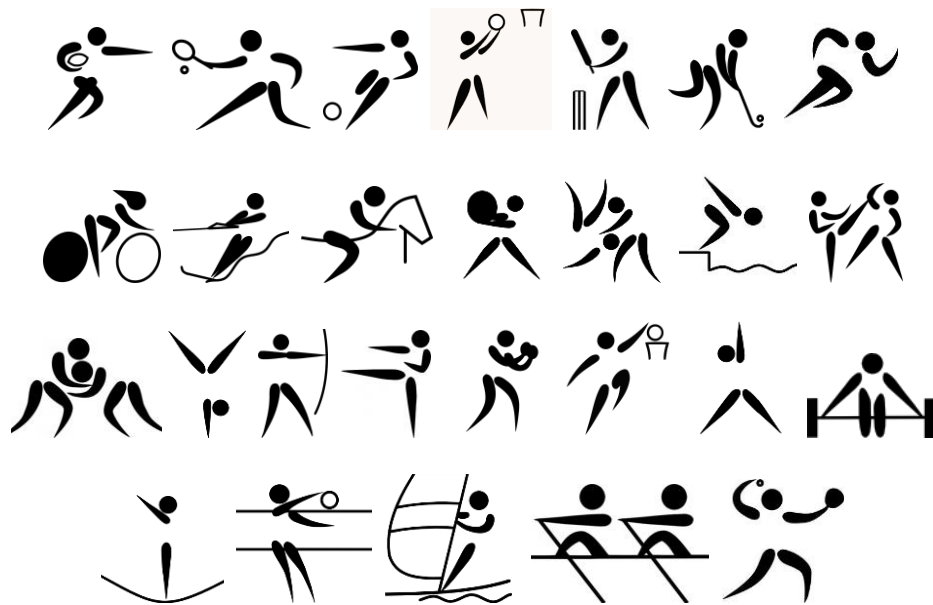
REVOLUTIONARY NEW
EXERCISE AND TRAINING DEVICE

"GYM IN A BAG"

**START TODAY!! BECOME THE FASTEST AND MOST
EXPLOSIVE ATHLETE YOUR SPORT HAS EVER SEEN!!**

*DEVELOP SUPERIOR
CORE STRENGTH AND FITNESS LEVELS*

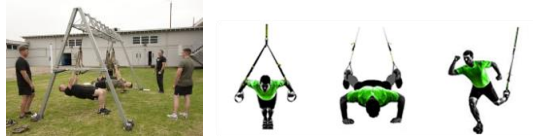
NO MORE GYM EQUIPMENT NEEDED, ONLY A RST TRAINER AND AN ANCHOR POINT FOR A
FULL BODY WORKOUT!!



*Dear Parent, support your child in developing superior fitness and strength levels at a
ONCE OF COST! The RST Trainer will have a phenomenal contribution to his or her sport
performance and achievements!!*

What is a Resistance Suspension Trainer?

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, garage, tree 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.
- 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.

Benefits of the RST Trainer in Sports Training

The beauty of Resistance Suspension Training is that it can be utilized by a broad spectrum of people. Its use for athletes and all other sports cannot be understated. The demands placed on any athlete’s body is enormous and injuries sometimes only shows in your later years especially if your core and lower back muscles are not strong.

Suspension trainers allow you to perform natural movements and **exercises to build strength, develop good balance**. It’s a scalable form of exercise that’s used to *develop elite fitness*.

Resistance Training is essential in achieving high levels of motor development, skeletal strength, co-ordination, connective tissue strength, **core strength development, back strength development**, behavioural benefits, advanced multi-directional strength, enhance movement skills, biomotor skills (strength, speed, flexibility and cardiorespiratory) and reduction in negative anthropometric values.

Resistance Suspension Training develops natural strength, muscular endurance, maintenance of lean fat-free mass, improved capacity in sports performance (motor skills), increased bone density, decreased injuries, better attitude and possible increased connective tissue strength. Increased coordination, strength, stability and agility. Develop speed and power sufficient mobility and stability putting the athlete at lesser risk of injury.

WHY IS CORE EXERCISES SO IMPORTANT FOR ALL SPORTS?

Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles. Core exercises don’t require specialized equipment or a gym membership. A Strong core reduces the risk of injuries greatly!!

The “core” refers to the muscles that are involved in holding the torso in position; the abdominal, lower back, and hip muscles involved in positioning the spine and pelvis. Pelvic stability is the ability of the trunk and pelvic muscles to keep the spine and pelvis in its optimal position during sporting activity. If these structures are kept in an optimal alignment then the muscles and joints of the lower limbs are able to function efficiently.

The low back is perhaps our biggest strength when attempting to produce power and precision through any range of motion. **Whether you are on the track, on the field, in the pool, or at the gym, the lower back is the key to any sport or activity.** This part of the body’s core optimizes both power and strength while protecting us from low back injury in the process. Proper athletic positions require an extremely strong low back.

What are the benefits of core strength training for all sports and athletes?

- Greater efficiency of movement
- Improved body control and balance
- Increased power output from both the core musculature and peripheral muscles such as the shoulders, arms and legs
- Reduced risk of injury (the core muscles act as shock absorbers for jumps and rebounds etc.)
- Improved balance and stability
- Improved athletic performance! Example Vertical Jump height with 9 % and 5000 meters decrease time with up to 47 seconds etc.

Professional Athletes and other sport Professionals that use Resistance Suspension Trainers with great success

Max Mirnyi – Tennis
Kyle Knox - USA Water Polo's
Alina Kabaeva - Olympic Gymnast
Lance Parker, Goalkeeper – Soccer
Hayley Hollander - Golfer

Grace Labinski - Ironman
Natalie Sweepstakes – swimming
Darren Burgess - Liverpool Soccer
Jason Brown - Owner, Crossfit
NAVY Seals and other Defence Units Worldwide

In South Africa – All our National Rugby, Soccer and Cricket teams and the Springboks use suspension trainers as part of their training routine.

GET YOUR RST TRAINER TODAY IN THE COLOR OF YOUR CHOICE!!



THE RST TRAINER IS USED BY MEN AND WOMAN

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 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?

RST Lite normal cost R1,499 save R299 only pay R1,200. Price includes delivery cost.

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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