



Resistance Suspension Training

Scientific Foundations and Practical Applications

RESEARCH DONE ON RESISTANCE SUSPENSION TRAINERS WORLDWIDE HAS SHOWN THE FOLLOWING:

Scientific Foundations and Practical Applications

The goal of this review is to describe a Resistance Suspension Trainer, the scientific basis of functional training as it applies to a Resistance Suspension Trainer bodyweight exercise and the practical applications from injury to high performance.

By leveraging bodyweight and manipulating one's stability, Resistance Suspension Training can scale intensity across a continuous sequence of low to high loads and stable to unstable positions. Functional exercise as performed on a Resistance Suspension Trainer can be used to rehabilitate musculoskeletal injuries or disabilities, prevent injuries, promote health and fitness and enhance performance.

Key findings regarding the benefits of a Resistance Suspension Trainer and/or instability training include:

- Effective in reducing the risk of injuries.
- Lower limb injuries by 39%.
- Acute knee injuries by 54%.
- Ankle sprain injuries by 50%.
- Recurrence of ankle sprain decreases two-fold.
- CL injuries by 88%.
- Effective in improving health and fitness.
- Can promote weight loss and reduce disease risk.
- Is safe and effective in reducing fall risk.
- Instability training provides a greater variety of training experiences without sacrificing strength, balance and functional performance measures.
- Effective in improving performance and elite fitness levels.
- Vertical jump height increases 9%.
- Hockey players improve skating speed.
- Golfers improve performance.
- 5000 meter runners decrease their time by 47 seconds.
- Military service members improve fitness test scores.
- It is easily adjustable for all fitness levels.
- Versatility maximises strength development, stability and endurance
- Tones and defines the body
- Great for the whole family to use – young and old – beginner to advanced exercises
- Pre- and Post-Natal use for pregnant woman wanting to stay active during their pregnancy.
- Cardiovascular and dedicated **strength training** program offers a well-rounded complimentary routine.
- Excellent core conditioning and abdominal strength development
- Space saver
- The RST Trainer offers more than 100 variable and combination exercises.
- Easy to **setup** in seconds and **take down** in seconds
- Portable – weighs less than 1.5kg
- Strong and safe to use – supports weight up to 1,000kg
- Help achieve any goal
- Engages whole body
- Assist in healthy weight loss and fitness development.