



If you want to play XPLOSIVE,
you have to train XPLOSIVE.



Stronger Faster Higher

Whether you're a Professional Athlete or a Coach... whether you're an aspiring athlete or someone that wants to improve their performance. The **Xvest** can take you there. You can train with confidence – it is safe, effective and delivers results. The **Xvest** is the ULTIMATE accessory for any XTREME training program. **Xvest** is the single best strength enhancing, power-producing conditioning tool available for athletes today!

When you incorporate the **Xvest** into your Strength, Power, Plyometric, Agility, Speed and Conditioning Programs your gains will be vastly improved and your results will astonish you, your teammates and your coaches.

The science of the **Xvest** is "Muscle Overloading"; overloading your body with properly positioned weights will put your workouts on an XTREME level. It will give you the XPLOSIVE burst of strength necessary to separate you from your competition. Imagine getting to the spot or ball faster, shaving time off your forty or hundred yard dash and distance running, adding inches to your vertical or broad jump. The **Xvest** can do this for you; it can make you faster, stronger, jump higher or farther and last longer. The two-piece clamshell design of the **Xvest** is based on orthopedic devices that aid in the proper spinal alignment and support. The adjustability of the **Xvest** design insures proper fit to your body and proper placement of the weights. The materials used in the construction of the **Xvest** are of the highest quality and utilize Anti-Bacterial and Anti-Microbial properties that aid in the control of malodorous smells.

"The **Xvest** is the ONLY choice for serious athletes seeking to dramatically improve their event-specific strength through the use of what the Soviets call 'special exercises.' This is more than just a 'vest' – it's a valuable piece of training equipment. You have to use the **Xvest** in order to fully appreciate how effective it is."

Charles Staley

Charles Staley is a sports conditioning specialist and director of Integrated Sport Solutions in Las Vegas, Nevada. He has coached elite athletes from many sports, including martial arts, luge, boxing, track & field, bobsled, football, Olympic weightlifting and bodybuilding. Staley has written hundreds of published articles, and has lectured extensively on the topics of human performance and sport training.

www.thexvest.com

Features

1. Designed to produce dynamic respiratory resistance.
2. The **Xvest** is made of a 400 Denier Nylon that has been treated with an Anti-Bacterial and Anti-Microbial.
3. Seams are surged and bound.
4. Individual weight pockets give you complete control and stability of the weight. Now, you have less of an opportunity of weight migration, movement and injury.
5. Quad-Lateral elastic torso straps with hook and loop closures. The proper fit also improves safety when in use.
6. Adjustability in length and depth to improve fit and performance.
7. Adjustable shoulder straps with hook and loop closures. With the proper fit you will get the proper placement of the weights, resulting in optimum performance.
8. A secondary closure for each shoulder utilizing a quick release clasp offers you the security of safety while the **Xvest** is in use.
9. The two-piece clamshell design of the **Xvest** is based on orthopedic devices that aid in the proper spinal alignment and support. The adjustability of the **Xvest** design insures proper fit to your body and proper placement of the weights.
10. The **Xvest** Liner is made of an Orthopedic Beta with moisture wicking properties and is also treated with an Anti-Bacterial and Anti-Microbial.

The **Xvest** is also washable and we recommend it. Lets be honest, when you incorporate the **Xvest** into your workouts, you are going to sweat.



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Xtreme Worldwide Athletic Equipment

19408 Park Row, Suite 305
Houston, Texas 77084

Phone: 281-206-2284 • 800-697-5658
Fax: 281-206-2286