

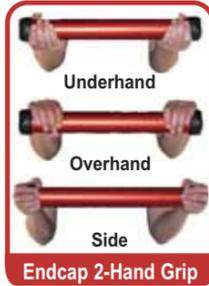


EXERCISE CHART

Xco Training Tips

The following 9 exercises are ideal for **Xco** training at home or at the gym. Beginners, advanced users and athletes alike will benefit from this basic routine. Each exercise is designed to train specific muscle groups and when combined in sequence, they effectively integrate arm, shoulder and trunk musculature.

- Always ensure that full impact of the internal granulate on the endcaps is clearly heard at the end of each motion. This helps you perform each exercise with control, maximizing the benefit and protecting your joints.
- For best results, we recommend 20 to 30 minute workouts, 2 or 3 times per week. For the first 20 workouts, one set of the following exercises at 12 - 20 repetitions each is sufficient. Gradually increase to 3 full sets per workout.
- **It is important to perform a proper warm-up and cool-down, including stretches for all major muscle groups.**
- Loosen up by breathing in and out deeply a few times while raising arms up over your head and then rolling shoulders forward and back several times.
- **Always use the proper stances and hand positions described for each exercise.**
- Focus on **quality** of movement rather than speed. Begin with 2 seconds per repetition and increase tempo as your skills improve. Make sure you hear the impact of the granulate on the tube endcap at the end of each motion.
- Exercises can be varied to intensify the training effect. As your skills improve, try changing angle of extension or range of motion and perform the exercises more aggressively and explosively.



EXERCISE #1: WOOD CHOPPER



Starting Position: Wide stance, keep buttocks tight, knees slightly bent, toes pointed out. Hold **Xco** with Midline 2-Hand Grip, thumbs pointing up.

Movement: Start with the **Xco** above your head keeping it in your peripheral vision. Vigorously move the **Xco** down in front of torso and then immediately back up again. Keep upper body stable using core muscles.

Shoulders, Chest

EXERCISE #2: KAYAK ROW



Starting Position: Lunge forward with right leg, left leg back. Hold **Xco** with Staggered 2-Hand Grip; right hand on top, left hand on bottom.

Movement: Start with **Xco** above your head to the right. With a large, dynamic diagonal motion, move the **Xco** down toward your back leg and up again. Rotate upper body with motion. After first set, switch to left foot forward and repeat on left side.

Legs, Shoulders, Abdominals

EXERCISE #3: TWIST



Starting Position: Wide stance, keep buttocks tight, knees slightly bent, toes pointed out. Hold **Xco** with Side Endcap Grip, with elbows pulled in tight to torso.

Movement: Dynamically twist torso side to side, with **Xco** parallel to the ground while keeping your body stable below the hips. Extend elbows to intensify this exercise. After first set, repeat using Underhand and Overhand Endcap Grips.

Abdominals

EXERCISE #4: ARM SCULPTOR



Starting Position: Lunge forward with right leg, left leg back. Hold **Xco** with left Midline 1-Hand Grip, thumb pointing up.

Movement: Start with upper arm parallel to the floor and forearm perpendicular to the floor, elbow at 90-degrees. Vigorously move the **Xco** forward and then back again, almost fully extending your elbow but not quite. After the first set, change hands, switch to left foot forward and repeat.

Biceps, Triceps, Shoulders

EXERCISE #5: WAVE



Starting Position: Wide stance, keep buttocks tight, knees slightly bent, toes pointed out. Hold **Xco** using Endcap Side Grip, bringing almost fully extended arms above your head and keeping **Xco** in your peripheral vision.

Movement: Vigorously move the **Xco** from side to side with a pendulum-like motion of the arms. Move upper body along with the arms but keep lower body stable.

Abdominals, Shoulders

EXERCISE #6: SHOULDER FLIES



Starting Position: Wide stance, knees bent. Hold **Xco** at knee level in front of you with Underhand Midline 1-Hand Grip. Rest opposite hand on mid-thigh, keeping upper body straight while bending forward at the waist.

Movement: Swiftly move the **Xco** out and up in an arc past shoulders and then back down again. Rotate upper body slightly along with the arm movement, following the **Xco** with your eyes.

Upper Back, Shoulders

EXERCISE #7: PULL OVER



Starting Position: Lying flat on back, knees bent, legs slightly apart. Hold **Xco** with Midline 2-Hand Grip, raised above head.

Movement: Initiate movement from your core, rolling your upper body up while pulling **Xco** forward towards your knees. Roll back down, bringing **Xco** back above your head again. Try diagonal variation by moving **Xco** from the upper right side down past the left thigh and then repeat on other side.

Abdominals

EXERCISE #8: SEATED TWIST



Starting Position: Sit with legs shoulder width apart, knees slightly bent and back straight. Hold **Xco** with Side Endcap Grip, elbows pulled in tight to torso.

Movement: Vigorously move **Xco** from right to left across the torso, keeping **Xco** parallel to the floor. Rotate your upper body along with the movement. Intensity may be increased by leaning upper body back or extending arms forward.

Abdominals

EXERCISE #9: POWER PUSH



Starting Position: Lying flat on back, knees bent, legs slightly apart. Hold **Xco** with Midline 2-Hand Grip.

Movement: Push **Xco** forward and away from you. Impact of the granulate on the endcap occurs only on the motion away from the body, not on the return. Roll upper body up and back down again along with **Xco** motion. Add challenge by raising feet off the floor.

Abdominals, Chest, Shoulders

WARNING - Do not use this product without a complete understanding of its intended purpose and function. By using this product the user accepts full responsibility for all risks and/or injuries and waives any right to themselves, their heirs, their executors or any part to hold the manufacturer or its representatives responsible for any direct or indirect damages whatsoever caused by use of this product. Only use Fitter products in a safe clear area on a flat dry surface. Children must not play with this equipment unattended. Consult a physician before starting this or any exercise program.



EXERCISE CHART



Experience
Reactive Impact

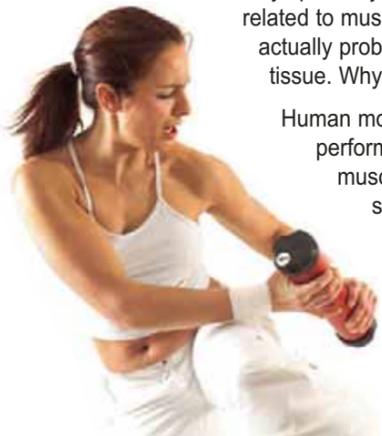
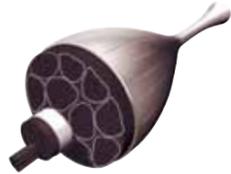


Experience Reactive Impact!

Xco Training is an effective way to build and tone muscle while strengthening the surrounding connective tissue and stabilizing the joints.

Many sports injuries and complaints related to muscles and joints are actually problems with connective tissue. Why is it so often overlooked?

Human motion and physical performance depend on more than muscle strength alone. Each individual muscle fiber is surrounded by connective tissue, as is each group and bundle of muscle fibers. Healthy connective tissue is integral to optimal functioning of the locomotor system, since physical movement in 3 dimensions is facilitated by a corresponding 3-dimensional network of connective tissue and muscle fibers.



By incorporating all of the critical components of human motion and physical performance, the **Xco Trainer** allows users to improve Stability, Agility and Mobility while strengthening the entire 3-dimensional structure of muscle and connective tissue.

Xco Training gives you endless options for your total-body exercise routine. You can vary movement starting position, direction, speed, force, rhythm, and frequency as well as the complexity and duration of your routine for maximum training results!



How Does It Work?

Xco Training produces results based on the principles of Reactive Impact and 3-Dimensional Freedom of Movement:

Reactive Impact

As you move the **Xco Trainer** in many different directions, each movement creates a delayed soft-impact as the granulate shifts inside the tube. This Reactive Impact or overload occurs at the critical point in the movement – when it changes direction from eccentric to concentric – producing maximum results.

3-Dimensional Freedom of Movement

Since natural movements are always 3-dimensional, training the body in 3-dimensional patterns is essential. **Xco Training** can be performed in a variety of positions and directions, maximizing the benefit to the 3-dimensional structure of the muscle and connective tissue.

Xco Trainer Design

The sleek design of the **Xco Trainer** consists of an anodized aluminum tube filled with a special granulate. The non-slip surface is comfortable to grip and most users can easily hold the 2" (50mm) diameter **Xco** with one hand. Users with small hands may need to use two hands to securely grip the 2.75" (70mm) diameter **Xco**.

Specifications

		Most Popular Xco		
MODEL	XTS	XTM	XTL	XTXL
WEIGHT	1 lb. (450g)	1.3 lbs. (600g)	2 lbs. (900g)	2.6 lbs. (1200g)
LENGTH	12.75"	16.75"	12.75"	16.75"
DIAMETER	2" (50mm)	2" (50mm)	2.75" (70mm)	2.75" (70mm)
COLOR	Red	Red	Red	Black
USER LEVEL	Beginner	Beginner, Intermediate	Intermediate	Advanced
APPLICATIONS	Fitness, Rehabilitation	Fitness, Rehabilitation	Fitness, Athletic Training	Advanced Fitness, Athletic Training

Xco Training Benefits

Increased Strength of Muscle & Connective Tissue

- Reactive Impact produces mechanical overload which strengthens muscle fibers and connective tissue, reducing risk of injury and improving performance.
- Strength gains are determined by the size and weight of the **Xco**, the force used and the number of repetitions performed.



Increased Flexibility & Joint Stability

- **Xco Training** uses the full range of joint movement in all directions.
- Helps protect joint integrity by strengthening soft-tissue components.
- Synergistic coordination of muscles improves dynamic joint stability.

Enhanced Balance & Coordination

- 3-dimensional movements improve intra- and inter-muscular coordination.
- Rapid contraction cycles improve muscle recruitment efficiency.
- Trains the balance system because movement of the loose granulate causes balance stress.

Improved Stamina

- Effective **Xco Training** raises heart rate by engaging large muscle groups in dynamic, energetic movements.
- Maintaining continuous pace of **Xco** exercise sequence sustains elevated heart rate.
- Improves endurance and cardiovascular fitness.

Great for Home, Clinic, Gym or Health Club!

Xco is used worldwide for:

- Group fitness classes
- Personal training
- Rehabilitation
- Elite athlete training
- General fitness