



XCO Walking & Running Trainer



Originally designed as a form of therapy, the patented secret is inside the XCO-TRAINER. Unlike "dead dumbbells", a special granulate inside the XCO-TRAINER serves as a flywheel.

Scope of delivery of the XCO Trainer set:

- 2 x XCO-Trainer incl. hand straps
- 1 x carrying belt
- 1 x instruction DVD
- 1 x training plan

CHF 199.00

XCO Walking & Running Trainer

- is much more effective than walking
- Strengthening of deep and surface muscles
- Joint strengthening "reactive" body reaction (sensomotoric stimulus)
- tendons, ligaments, bones, cartilage regenerate faster
- has an enormously high energy consumption because of the high muscle involvement
- improves sense of rhythm
- increases the oxygen supply of the whole organism by active use of the respiratory auxiliary musculature
- trains all five main motoric forms of strain: endurance, strength, flexibility, coordination and speed
- relieves tension in the shoulder and neck area
- delays the aging process
- promotes the reduction of stress hormones
- economizes the work of the heart
- strengthens the immune system

Reactive training with the XCO barbells

Reactive training, also known as plyometric training, is one of the **most effective forms of strength training** available in performance training. The principle is that force impulses are produced, which



cause the musculature to a reflexively fast tension. Not only the **muscle cells as such are intensively stimulated, but also the connective tissue and the tendon apparatus.**

As with any effective form of training, the effect always depends on the dosage. Subliminal stimuli remain ineffective and too high stimuli have a damaging effect. Since the classic reactive training mostly used the own body weight, extremely high loads were provoked for joints, muscles and tendons. As a result, this form of intensive strength training could only be used after the muscles had been very well trained.

This form of training could also be achieved on various strength training machines by abruptly braking and accelerating a weight. Reactive training was and is therefore an ingenious and effective form of training with the disadvantage of the badly dosable high intensity.

Classical reactive training (plyometric training) works here exclusively in the area of rapid strength increase, mostly with the leg extensor muscles and relatively long pauses between jumping exercises and was previously more useful for strength and speed athletes.

Training dumbbells especially for walking and jogging

Thanks to the development of a special handheld training device, the XCO Trainer, reactive training can now also be used by fitness and health athletes. Non-competitive athletes can use it to perform effective exercises for their connective tissue, joints and deep muscles. Ideally, of course, **combined with walking or jogging**, they can "**walk reactively**". Athletes can **jog reactively, i.e. take the XCO handheld training device with them when they run.**

Reactive training with the XCO is aimed more at economising rather than optimising the stretch-shortening cycle and the energy metabolism of the muscles of the upper body that are mainly working, as well as stabilisation in the trunk area. The movements are brisk to fast and are performed in a high number of repetitions, which is not a problem due to the low weight and also minimizes the risk of classic reactive training (overload injuries).

Three-dimensional training

Another special feature is that the XCO does not only train muscles in one and two-dimensional movement sequences in isolation, but entire muscle areas are **stressed** in three-dimensional and thus **natural and free movement dimension**. Training on stationary fitness equipment with predefined "movement tracks" that do not allow for natural movement sequences in free space are not nearly as effective as functional, three-dimensional training.

In addition, XCO gyms also improve joint mobility through ballistic stretching. Since the XCO-Trainer represents a specific load, the load and stress concept should be taken into account when planning the training.

The two anodized (weatherproof) aluminum tubes of **approx. 27 cm length, a weight of only 650 g each** are **filled to two thirds with a special loose granulate** and coated with **non-slip rubber**. These are either used rhythmically or temporarily tucked into the belt. The end caps are equipped with reflectors for more safety in the dark.

Very functional is the infinitely adjustable **hand strap system**, so that the XCO does not have to be held cramped. This would inevitably lead to tension and impair blood circulation. The multi-functional belt has

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insert pockets in the lumbar support for the two XCO running dumbbells, a drinks bottle holder in the middle and two small pockets in the front for wallet, mobile phone, keys, MP3 player, etc.