



LET YOUR BODY BE
YOUR WEIGHT



Congratulations on investing in your personal Bodyweight® training system. With your Bodyweight® training system you can workout whenever and wherever you want.

We have further developed technology and function of the older suspension training equipment and created the Bodyweight® training system.

The Bodyweight® training system is an exercise system designed for everyone from beginners to professional athletes.

Good Luck!

Kennet and Anna-Maria Bath
Bodyweight AB

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3 BODYWEIGHT™



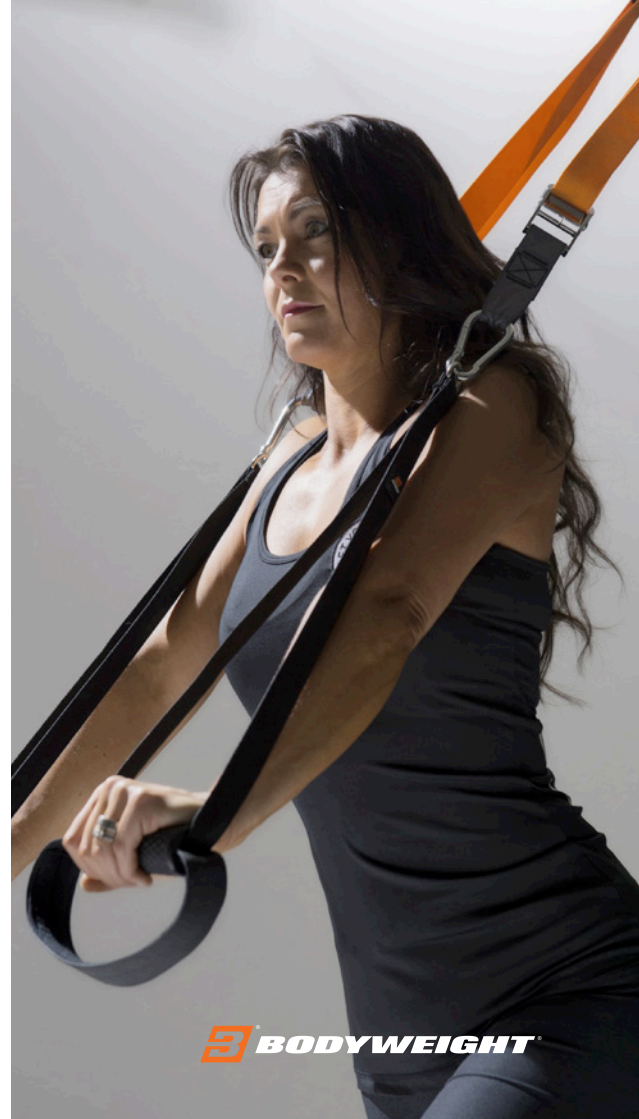
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BODYWEIGHT TRAINING

With the Bodyweight® training system, you can customize your workout to any suitable level.

The only thing you need besides the Bodyweight® training system is your own bodyweight!

Using the Bodyweight® training system, you can implement both strength training and functional training for a complete body workout. You can work on strength training by utilizing one muscle group at a time with fewer repetitions or you can perform exercises that activate multiple muscle groups for a more functional form of training.





THE PRODUCT

The Bodyweight® training system is an adaptable piece of exercise equipment where the most vital element, besides the actual gear, is your own bodyweight.

The actual product consists of two training straps. The mount on one end of the straps can be easily fastened into a door or ceiling for full stability. The handles on the other end of the straps are made of grooved rubber in order to decrease the risk of your hands slipping while performing exercises. The strap loops connected to the handles are generously sized in order to prevent abrasion on the skin and better facilitate the mobility of the hands, wrists and arms during a workout.

The Bodyweight® straps are specifically designed in such a way where the feet can be securely placed in proportional loops under the handles, which will cradle the feet without the risk of them slipping out during certain exercises.

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HOW TO USE IT

The Bodyweight® training system is simple to use, fits all body types and only requires a small amount of space to perform an effective full body workout.

The versatility of the Bodyweight® training system allows you to workout wherever is most convenient for you - at home, while staying in a hotel or even outdoors.

The Bodyweight® training system is small and easy to transport, making it adaptable for all lifestyles.

The Bodyweight® training system workout routine can be performed in only 15 minutes and still produce the results you are looking for!



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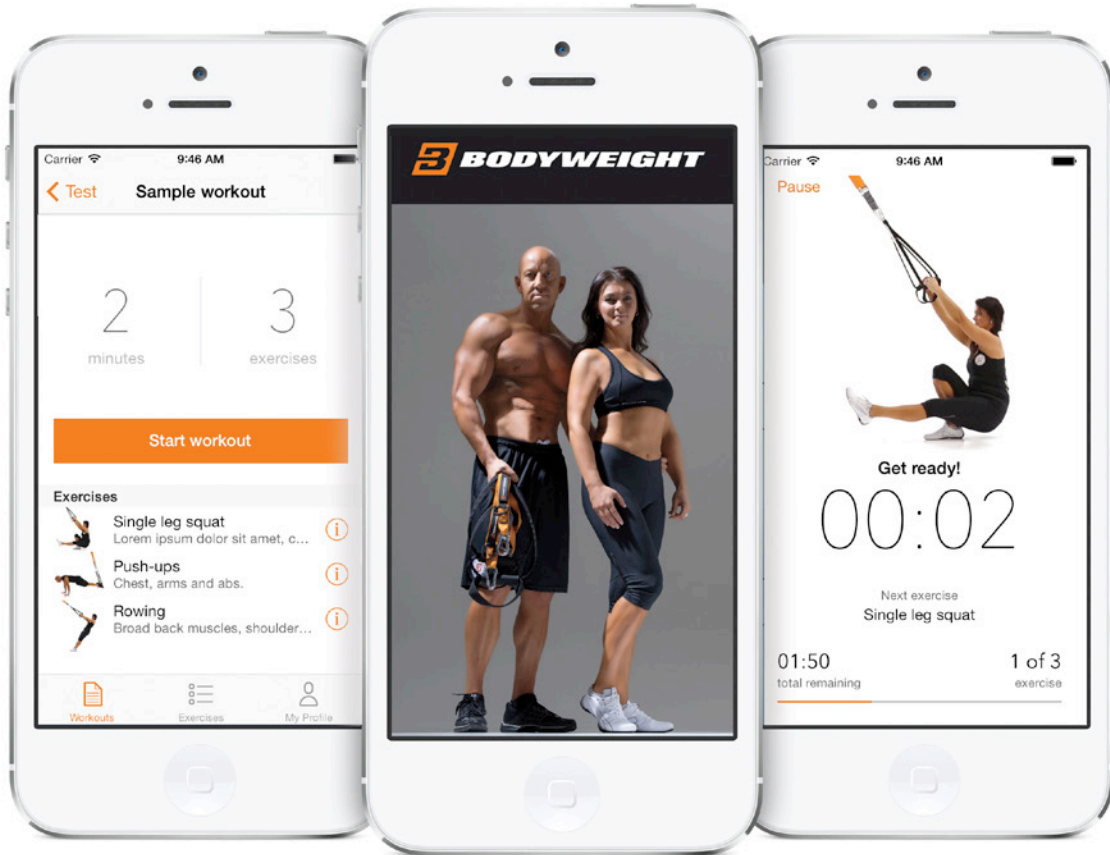
ADJUST YOUR TRAINING

You can combine different exercise movements for a fluid workout, or focus on a specific exercise in order to strengthen your targeted muscle group. You can also increase the speed and the number of exercises for a high-intensity workout!

With the Bodyweight® training system you are able to create your own training regimen and always modify according to your personal preferences.

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BODYWEIGHT® APP

With the Bodyweight® mobile app, you can create your own workout routine. All training exercises can be viewed in a video and image format. You simply choose which exercises or muscle groups you want to train, set the number of minutes you want your workout routine to be, and then you just follow the instructions. Over 100 hundred exercises!



 **BODYWEIGHT**



BEGINNERS TO ATHLETES

We have finally created a workout product that is suitable for everyone! The athlete and the beginner can workout together using the Bodyweight® training system without having to unload weights or re-adjust separate machines.

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LET YOUR BODY DO THE WORK



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