

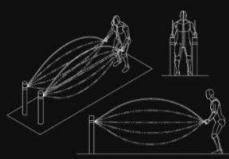
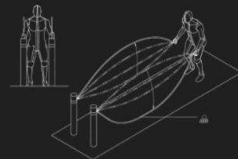
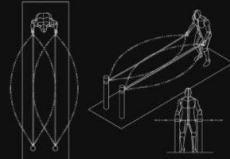
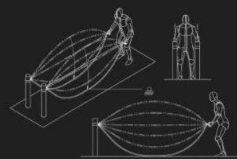
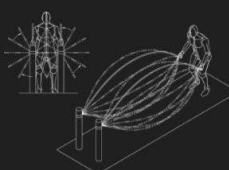
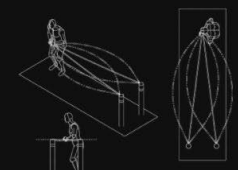
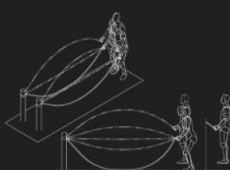


INERTIA **W**AVE™



INERTIA **WAVE™**   **ORDER YOURS TODAY!**

 "Inertia Wave"	 "Hero Wave"	 "Crossfire"	 "Thunder Slap"
 "Double Over"	 "Super Typhoon"	 "Oxygen Thief"	Where there's a will, there's a WAVE! ORDER TODAY!

INERTIAWAVE.COM HELP@INERTIAWAVE.COM 203-675-5575

User's Manual, for SOLO & DUO & STRONG 2021

Updated 1/2/2023

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Safety Information

WARNING! RUBBER TUBING CAN CAUSE SERIOUS INJURY WHEN NOT USED PROPERLY.

Rubber tubing has a wide variety of safe uses, however, improper use or disregard for safety may pose serious injury to the user or innocent by standards. It is the user's responsibility to perform proper movements with Inertia Wave products. Any cause of harm unto themselves or others while using Inertia Wave products is the user's full responsibility. The manufacturer completed all necessary safety and performance testing on Inertia Wave products.

Safety Precautions

1. **Inertia Wave products are not toys.** Adult supervision is mandatory to comply with all health and fitness safety standards and guidelines. Misuse of these products may result in injury.
2. **BEFORE USE** of these products, the user should consult a physician or a licensed medical professional to determine the user's present physical condition.
3. Fix My Fitness Club, LLC and the Inertia Wave brand assume no responsibility for personal injury or damage sustained by or through the incorrect use of this product (Improper anchoring by omitting the rail anchors). The manufacturer relies on the user to perform the exercises that are prescribed in the video tutorials at inertiawave.com.
4. **AFTER USE** always examine the full tube for tears, nicks, cracks, splits, punctures, or any other possible damage caused by where the tubes are attached.
5. **DO NOT** use near salt water or in chlorinated water. If tubing becomes wet, wipe after use, allow tubes to dry before storing.
6. Dry the tubes indoors or in a no-sun area. If left outside in hot sunlight, direct sunlight, or temperatures over 78 degrees the tensile strength of this product WILL DETERIORATE and could possibly snap at the anchor points, causing potential injury.
7. **DO NOT** pull or stretch the Inertia Wave® SOLO, DUO more than 36 inches. The STRONG you can stretch up to 60 inches. It is not meant to be used as a bungee cord for running out more than 3 feet. **DO NOT** modify Inertia Wave® products. The manufacturer did not design Inertia Wave products to be modified in any way.

About the Elastomers

The Inertia Wave elastomer's are made from natural latex composite - a special combination of protein patent pending proteins and extracted water. It is a blend surgical tubing, 58% exercise or fitness tube, gum rubber tubing. We have our own blend of density powder added to the 300 gallon vats of rubber. Inertia Wave exceeds the recommended "Continuous Dip Process" by 14x. This process creates a superior protective coating, which enhances the physical properties of the elastomer. We do not use any dry, or synthetic materials. In addition, we extracted 50 micro-grams or less of water-extractable protein per gram. This is important since proteins in natural rubber can cause severe allergic reactions in those individuals who are allergic to the types of protein found in natural rubber. This is known as the "latex allergy". No other elastomer other than the Inertia Wave can claim to have lower protein levels.

Disclaimer

Please consult a licensed medical professional to make sure you are prepared to increase your heart rate and incorporate Inertia Wave products as part of your exercise program. It is recommended to use at your own risk. Use your perceived rate of exertion. If you are feeling faint or dizzy please abort the current exercise immediately.

The manufacturer did not design the Inertia Wave to be modified in any way. Do not shorten or omit rail anchors. DO NOT ATTACH with the carabiner, always use the rail straps please. The manufacturer relies on the user to perform exercises that are shown in the video tutorials on inertiawave.com.

The user takes full responsibility for any harm inflicted upon themselves while using the Inertia Wave. The user is responsible for the way they anchor the rail anchors to a chosen location. The user has complete control of his or her actions as the Inertia Wave is oscillating. Fix My Fitness Club, LLC is not liable or responsible for the way the user performs the Inertia Wave nor any object or obstruction in close proximity to the user at the time the user is performing with the Inertia Wave.

Please refer to the videos on inertiawave.com to learn how to properly anchor and use your Inertia Wave.

If you have any questions about these terms, please contact us at help@inertiawave.com.

Warranty

FMFC LLC (aka) Fix My Fitness Club, LLC warrants that all products are free from manufacturing defects for a period of 60 days from the purchase date. Should your product show signs of defective workmanship prior to the expiration of the 60-day warranty, email help@inertiawave.com with 4 different picture angles of the defects showing as much tube as possible. Please explain the defect. We will connect via email within 12 hours.

If we approve and verify an actual defect, the warranty is limited to the replacement of the product by Fix My Fitness Club, LLC and all shipping and return costs shall be at our expense.

This warranty does not extend to any defect or problem caused by the negligence or acts of the use or others, failure to maintain the product in accordance with instructions furnished with the product, unreasonable use, accidents, alterations, or ordinary wear and tear over time.

Fix My Fitness Club, LLC is not responsible or liable for indirect and consequential damages of any kind, including but not limited to the use of any product, loss of time, inconvenience, or other incidental or consequential damages with respect to persons, business or property, whether because of breach of warranty, negligence or otherwise.

Fix My Fitness Club, LLC products liability shall be limited solely to the replacement of the goods not meeting the quality and specifications warranted. No other warranty, expressed or implied, shall apply, including any implied warranty of merchantability or fitness for a purpose, and any such implied warranties are expressly disclaimed. In the event that applicable law prevents the disclaimer of any implied warranties, then such implied warranties shall be limited to the duration of expressed warranties above.

Benefits of Inertia Wave Products

Inertia Wave Products offer many benefits to users of all ages and fitness levels in all industries:

- It's FUN!
- It is affordable and cost-effective for all ages, all environments.
- Deep core engagement
- Posterior posture engagement
- Full body integration
- Hand & eye coordination
- Reactive training
- Speed, agility, quickness training
- Cognitive and dexterity re-education
- CNS and strength fatigue training
- Balance and proprioceptive training
- Cardiac endurance
- Anti-flexion, anti-extension, and anti-rotation strength (ABS)
- Enhanced dynamic posture
- Acceleration / deceleration of musculature
- Concentric / eccentric patterns
- Strengthens dynamic stabilizers
- EPOC-Intense oxygen consumption (pre and post)
- Improved insulin sensitivity an average of 24%

Anchoring

When anchoring the Inertia Wave® SOLO or Inertia Wave® STRONG, your anchor points should be spaced between 24-36 inches apart and approximately...NEVER closer. Please set at 36-40 inches from the ground...NEVER LOWER. There are different anchor tools which can be used to accomplish a proper anchor. If you buy external anchors for dry wall...please set 32 inches apart, and the anchor MUST screw into the studs. **PLEASE NOTE:** The Inertia Wave® DUO does not anchor to a fixed point and therefore does not need any anchoring hardware!

Rail Anchors

Your Inertia Wave® will come with a pair (2) Rail Anchors. These are a pair of two nylon black straps with a metal D-ring attached. Use these to attach your Inertia Wave to many common objects around the house, at the gym, or outdoors. 24-36 inches apart....40 inches from ground

Door Anchors

Door anchors allow you to anchor your Inertia Wave through the door jambs. These are also a pair of two nylon straps with a metal D-ring attached. These nylon straps have a Y-shape (FIN LOCK) on one end. Use these anchors for doors, car trunks, or anything you can close on top of these anchors. Lay a soft cloth under the rail anchors if you anchor from the trunk of a car or tailgate.

Purchased separately.

Wall Anchor

We sell Wall Anchor Kits in our store [Inertiawave.com](https://inertiawave.com)

Please see <https://inertiawave.com/videos/> for videos on how to properly anchor, plus creative ways to anchor to everyday objects on the go.

Inertia Wave® SOLO

Getting Started

The Inertia Wave® SOLO is a single-person device that anchors to a fixed point. We have formulated a patented Elastomer, not rubber tubing. (SPECIAL PATENTED ELASTOMERE 58%) You may look at it and say “It’s a second cousin to the Battling Ropes”, right? That’s like saying If you use a dumbbell, barbell, cable, or tubing during a bicep curl, they all have the same resistance profile. Inertia Wave® is totally different with its oscillating wave-like movement patterns. It is the complete opposite of the Battle Ropes and has many more superior benefits.

Before you begin...

The inertia Wave® defines the Waves as “Methods of Use”. The methods of use represent what the Inertia Wave was designed for - smooth, controlled, coordinated oscillations or constant wave-like patterns.

Once the tubes are one straight line from the anchor points, hold the end caps and walk back to the point where it feels like it's pulling you to the balls of your feet. Now shift your weight towards your heels and balance your stance. The inertia Wave now has an elongated feel.

Keep weight distribution from mid foot to heel. We suggest you master the beginner methods of use first, then once you feel coordinated to transition from one into another in a controlled, smooth, rhythmic fashion, you should try to perform the Advanced methods of use.

The short-term goal is to transition from one method to the next method as smoothly and coordinated as possible under your active control with a safe intensity. Hold a firm grip on the end of the tube as you oscillate and move in a spring-like fashion to generate energy in the tubes. Keep them in a constant wave (rise-to-fall or side-to-side) as you increase the intensity, and listen for the wind sound. Keep the energy in the tubes - it’s not a rope!

Methods of Use ALL MODELS

Please visit our [Video Library](https://inertiawave.com/pages/videos) <https://inertiawave.com/pages/videos> for more detailed information on how to properly perform the beginner and advanced methods of use, proper anchoring, and more.

→ [https://inertiawave.com/
pages/videos](https://inertiawave.com/pages/videos)

Inertia Wave® DUO

Getting Started

Inertia Wave®DUO is a two-person device that does NOT anchor to any fixed object. You and a partner use the Inertia Wave® DUO simultaneously - one person at each end of the tubes. One person is the waver, the other is the anchor - if your a mater and can connect with your partner...then, you both become wavers.

The Inertia Wave® DUO simultaneously increases cardiorespiratory endurance, strength, and motor skill (cognitive) demand on the entire body. The Inertia Wave® DUO Focuses on training the brain-muscle connection optimally while providing the integration needed for overall fitness, endurance, cognitive skills, and a boatload of FUN!

WEAR YOUR SAFETY WRIST STRAPS AT ALL TIMES! The Inertia Wave®DUO comes with wrist straps built into each end of both tubes. Put your hand through the strap and use the cord lock to tighten the strap securely. Failure to not wear the safety straps is negligence, and can cause harm, and serious injuries. NOTE: If worn correctly, as seen in 15 Methods of uase video, they are 110% save! Tested in the Military.

Before you begin...

We call it the “Dynamic Duo”! The Inertia Wave® DUO is a total engagement of two opposing users - one person at each end of the tubes. As you engage with the Inertia Wave® DUO, kinesthetic and visual training is enhanced in all planes of motion. Coordination and balance trigger a re-established connection between the brain and body. Combined with an intense oscillating wave pattern, it creates a kinetic energy source that transfers to both ends of the tubes, and enters the user’s body.

Verbal Cues

Methods of Use

Please visit our [Video Library](https://inertiawave.com/pages/15-methods-of-use) <https://inertiawave.com/pages/15-methods-of-use> for more detailed information on how to properly perform the Methods of use for the Inertia Wave® DUO

Inertia Wave® STRONG

What does S.T.R.O.N.G. stand for?

S.T.R.O.N.G. is an acronym for “Start to Realize Our Natural Greatness”. We use the legendary Phoenix as our logo to represent strength and renewal. Like a Phoenix known for rising from its ashes, you get to rise from a state of weakness to a state of strength! As both a fire and solar symbol, the Phoenix is symbolic of the sun which “dies” in setting each night, only to be reborn in rising the next morning. The Phoenix is power, transformation, rebirth, and life. The Phoenix spirit is also widely regarded as a prominent symbol of coherence, longevity, imagination, and protection. The Phoenix represents the idea that there is NO END, only a beginning. So, being that said, you build on the foundation you set from the previous workout, and so on.

Many cultures look at the Phoenix as a strong and courageous warrior. The phoenix spirit helps you to appreciate the positives in your life. You learn to appreciate every small victory that you achieve. You will appreciate the hard work you put into getting fit and have confidence, and strength like a warrior! The Phoenix is the ultimate symbol of strength and renewal.

When you become “Inertia Wave Strong”, you start to appreciate your abilities. The Inertia Wave® STRONG is the perfect balance of metabolic, strength, and core training working synergistically to create a complete and balanced workout.

If you are familiar with the Inertia Wave® SOLO and the Inertia Wave® DUO then you know it can manipulate matter and energy as you fight against the Inertia. As you already know, when we strength

train you create little tears in the muscle that repair and renew as you get stronger. The Inertia Wave® STRONG does the same thing plus so much more!

When you use the Inertia Wave® STRONG, you continue to build strength, balance, and a strong cardiovascular system all of which contribute to a renewed sense of assurance and confidence.

YOU are a symbol of resilience; YOU are that one person who can bring yourself from the brink of no motivation and back to the rebirth of a healthy life. This is another reason why we choose to use the Phoenix - it stands for the balance you need to excel in your life.

Getting Started

Before you begin any strength training exercises, please do the following:

1. Watch the STRONG REVIEW <https://inertiawave.com/pages/in-depth-review> [Creative Ways to Anchor](#) video for the Inertia Wave® SOLO. The Inertia Wave® STRONG is anchored the same way.
2. Learn and practice the [Beginner Methods of Use](#) and the [Advanced Methods of Use](#) for the Inertia Wave® SOLO. Can you do 30-40 seconds of one method with perfect tension, with the Inertia Wave® STRONG? Do you have a strong stable body posture? Do you hear the wind sound as you perform each method? If not, that's why you need to practice!
3. If your Inertia Wave anchored 24-36 inches apart and 36-40 inches from the ground as shown in all the videos?
4. Now try to transition from one method to the other ie: The Inertia Wave® method, to the Tidal Wave method, seamlessly, slow down and try the CROSSFIRE method. Choose one or more methods, perform them until your body says ...Slow down, I am winded, I am lightheaded, YOU MUST AT ALL TIMES BE AWARE OF YOUR "PERCEIVED RATE OF EXERTION" We get asked all the time "How long should I perform one, or all of the "methods of Use"? An impossible question to answer. Why?

It's like saying how long am I supposed to jump rope? Or sprint, or run? Understand, the correct answer is based on YOUR perceived rate of exertion. How winded are you? Use a scale from 1-10, if you're a 4-5-6

you need to step it up! more tension & intensity...if you're a 9 or 10 you need to slow it down. If you are an 8 that is great! Stay there, or at least work up to it.

HOWEVER! Ask yourself this.

1- "Do I hear a WIND sound as I am performing the Inertia Wave®?"

2- Am I walking back to create the level of tension...as if it feels like it is pulling me to the balls of my feet?
(That is a good thing)

The above questions are a few of the essential pre-requisites to get the optimal potential, and results from your Inertia Wave® products.

TIPS: If you're super winded do 15 second intervals. Build up your endurance over time. You can also drop a tube and use a single tube only until you build up your coordination and wind.

FACT: All the Inertia Waves ® have over 18 paths or directions it can be oscillated. It's difficult for your body a.k.a. "system" to get accustomed and adapt. You're constantly pumping energy into the tubes, fighting against the disruption of the oscillating tubes. Unlike a bicep curl with 25lbs, your body can, and will adapt hence you always have to increase weight. The Inertia Wave® WILL ALWAYS CHALLENGE YOU! You can NEVER adapt! (That is a good thing in the human body) ALWAYS A CHALLENGE! With challenge comes change!

REMEMBER THIS: The Inertia Wave® STRONG- can also be an "ACTIVE REST"

What is an ACTIVE REST?

Answer: (Inertia Wave® Methods in between the strength exercises.

The "ACTIVE REST" is the actual strength exercises YOU choose to do in between the "oscillating methods" with the tubes. You have the option to do as many sets as possible, and reps until you catch your breath...then go right back to the method of choice with the Inertia Wave® system GO ALL OUT! Hear the wind sound.

PLEASE after you read this informative user's manual go to Inertiawave.com and watch the exercise recommendations, and exercises for the Inertia Wave STRONG in our VIDEO section top tool bar.

The Inertia Wave® S T R O N G gives you the option, (by connecting the hands grips, or belts included) to integrate targeted muscle regions through a perfect resistance & strength profile. You get to train your

glutes, and core like never before...strengthen, or rehab your legs, chisel your chest, shred your shoulders, benefit your posture as you build your back, and get strong biceps & triceps. PLEASE WATCH TUTORIAL VIDEOS, found on Inertiawave.com, these same videos came to your inbox seconds after you purchase (please check your spam just in case) from help@inertiawave.com

This versatile, portable, and very convenient tool is perfect for home use, garage gyms, group exercise, personal training, on-line training, and an amazing travel companion. The resistance level of Inertia Wave® S T R O N G also makes this tool ideal for individuals of all fitness levels. Heavy-duty, high quality PATENTED elastomer tubing, with enhanced physical properties, ozone perfection, resists tears and abrasions. (In normal environments) Also includes a downloadable exercise video link. Take the Inertia Wave

S T R O N G with you wherever you go for a great full body workout.

We recommend learning from our Educational video tutorials, however, here are the Written Lesson Plans

- *All strength moves are done prior to Wave Oscillations (wavelengths)*

Prior to ALL strength training exercises please, open the LOOPS and attach the carabiner to "LOOPS" securely, making sure the carabiner latch is closed. Whether using the belts or hand grips, always check to make sure the carabiner is closed!

WARNING NEVER perform the oscillating Inertia Wave® methods with the hand grip attached! (We give you more time to rest, and catch your breath, as you attach, and detach the hand grips and belts.

Never use the Inertia Wave® SOLO or STRONG as the Inertia Wave® DUO

To avoid a lawsuit, and put someone in potential danger, is not worth losing your business, or harming another. (Purchase the DUO) wear the safety straps

IWS = Inertia Wave® STRONG

Before you begin...

...

Methods of Use & Exercises

Please visit our [VIDEO LIBRARY](#) on inertiawave.com for more detailed information on how to properly perform the beginner and advanced methods of use, additional strength training exercises, proper anchoring, and more for the Inertia Wave® STRONG.

[STRONG LINKS WATCH ALL](#)

<https://inertiawave.com/pages/videos>

Frequently Asked Questions

Do you charge sales tax on orders?

We charge sales tax for residents in Connecticut only. This will automatically be added to your order during checkout.

When should you expect delivery?

We ship the same day, so long as your order is placed by 4:00pm Eastern Standard Time (EST) on Monday through Friday. Orders being shipped anywhere in the United States arrive between 5 business days unless you choose otherwise at checkout. International orders can arrive in 7-business days.

For more questions and answers or to ask your own questions, please [visit our support page](#).

Contact Us

Have any questions or concerns?

Mailing Address:

Fix My Fitness Club, LLC
90-3 Cosey Beach Avenue
East Haven, CT 06512
United States

Call us at:

203-675-5575

Emails us at:

help@inertiawave.com

Legal

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- [Patents](#)