

INTENZA WEIGHT VEST MANUAL

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INTENZA WEIGHT VEST INTRODUCTION

For exercisers wanting to maximise their workouts and **blast plateaus**, the Intenza Weight Vest is a customisable resistance training tool designed to intensify training.

BENEFITS GAINED—

- **DENSER MUSCULOSKELETAL SYSTEM**
- **INCREASED METABOLIC RATE**
- **IMPROVED VERTICAL AND LATERAL ACCELERATION**
- **SPEED AND AGILITY**
- **INCREASED STAMINA AND OVERALL STRENGTH**

INCREASED ENDURANCE AND STRENGTH

During exercise carrying additional weight requires you to add oxygen and strength—the more weight used, the more the muscles have to adapt to the higher weight—which builds strength and muscular endurance. Variance also allows for lung capacity to expand and due to incorporating weight resistance, you will be able to walk, sprint, bike, climb or jump for longer stretches of time before reaching exhaustion.

BENEFITS FOR THE MUSCULOSKELETAL SYSTEM

Numerous studies have shown that strength training can play a role in slowing bone loss, and several show it can even build bone. This is tremendously useful to help offset age—related decline in bone mass. Activities that put stress on bones stimulate extra deposits of calcium and nudge bone—forming cells into action. The tugging and pushing on bone that occur during strength training (and weight—bearing aerobic exercise like walking or running) provide the stress. The result can be stronger, denser bones.



INTENZA WEIGHT VEST FEATURES

Made from robust nylon with padded shoulders, each Intenza Weight Vest comes with our loadable **Weights Blocks**. Each 2.5 lbs weight can be placed into the Velcro®—closure pockets on both the front and back of the vest. Simply add more weights to gradually increase resistance in line with your training progression.

INTENZA WEIGHT VEST FEATURES—

- **WATER REPELLENT**
- **COMPACT ERGONOMIC DESIGN**
- **BODY AND SHOULDER EXCLUSIVE BELT SYSTEM**
INCREASES THE STABILITY OF THE VARIOUS EXERCISES
AND REDUCES PRESSURE ON THE TRUNK
- **FULLY PADDED BODY AND SHOULDERS**
- **WEIGHT IS DISTRIBUTED EQUALLY ACROSS FRONT/BACK**
- **SUITABLE FOR MULTIPLE EXERCISES AND TRAINING**
- **ALL INTENZA WEIGHTS BLOCKS ARE REMOVABLE**
- **ONE SIZE FITS ALL**



INTENZA WEIGHT VEST SAFETY PRECAUTIONS

Train smart. Before you begin exercising with the Intenza Weight Vest, avoid the risk of serious injury due to improper use of this product by reading, and adhering to, the **safety information and precautions** listed below.

THE INTENZA WEIGHT VEST IS RECOMMENDED FOR THOSE EXERCISERS OVER 18 YEARS OF AGE. IF YOU ARE NOT A FREQUENT EXERCISER ESTABLISH A REGULAR WORKOUT ROUTINE FIRST THEN ADD THE WEIGHT VEST TO OPTIMISE YOUR EXISTING WORKOUTS.

PLEASE CHECK EQUIPMENT FOR WORN/DAMAGED PARTS BEFORE USE. IF ANY DEFECTS ARE FOUND DO NOT USE THE PRODUCT.

In order to increase exercise difficulty the Intenza Weight Vest is worn directly on the body to add extra weight, or resistance. Use caution with a weight vest. Before use please evaluate your your physical condition to avoid injuries.

Before wearing the Weight Vest check that Weight Blocks are positioned in front/rear pockets, then proceed to tighten the straps to ensure vest stability during high intensity exercises.

If injury occurs around the lower back, knees or other parts of the body during weight vest exercise, do not continue using the the weight vest in order to prevent additional injury.

Weight Vest training is extremely high intensive for the muscles and cardiovascular system, therefore always train with caution. Choose your training location carefully. Be mindful to calculate enough space for your actions. After finishing a workout don't forget to cool down to bring your heart rate back to its regular frequency.

CPAT CANDIDATE PHYSICAL ABILITY TEST

The CPAT is the **standard assessment** for measuring an individual's ability to handle the physical demands of being a firefighter.

MANY MUNICIPALITIES USE THE CPAT— A SERIES OF EIGHT PHYSICAL FIREFIGHTING ACTIVITIES— PERFORMED WHILE WEARING A 50 LBS WEIGHT VEST AND PROTECTIVE GEAR. TO BUILD UP AGILITY AND ENDURANCE FOR THIS EVENT. TRAINING WITH THE WEIGHT VEST AND INTENZA ESCALATE STAIRCLIMBER AFFORDS PREPARATION FOR THE THREE —MINUTE CPAT STAIR CLIMB BY PERFORMING AUTHENTIC STAIRCLIMBING EXERCISES.

INTENZA WEIGHT VEST CONDITIONING FOR CPAT

Both CPAT and the job, require immense core muscle strength. Training with the Intenza Weight Vest can simulate the test requirements. To adjust weight level, add or remove Intenza Weight Blocks to the vest. To replicate correct loading for the CPAT stair climb pair the 50 lbs Intenza Weight Vest with its 25 lbs Attachment Vest counterpart.

CPAT STAIR CLIMB

CPAT comprises eight different events that must be completed in less than ten minutes. For the stair climb, candidates must don a 75 lbs weight loading, to simulate the carrying of a hose pack into a high—rise fire.





INTENZA WEIGHT VEST 75 LBS SPECIFICATIONS

- **75 LBS WEIGHT VEST COMPOSITION**

50 LBS WEIGHT VEST WITH 25 LBS ATTACHMENT WEIGHT VEST
25 LBS ATTACHMENT WEIGHT VEST IS CPAT—COMPATIBLE

- **MATERIALS**

840D—NYLON (DUAL PU) MATERIAL

- **50 LBS WEIGHT VEST DIMENSIONS**

38 × 51 × 10.5CM. 15" × 20" × 4.1"

- **25 LBS ATTACHMENT VEST DIMENSIONS**

39 × 28 × 9CM. 15.3" × 11" × 3.5"

- **INTENZA WEIGHT BLOCKS**

2.5 LBS CAST IRON. 30 INCLUDED

- **WEIGHT DISTRIBUTION**

EQUAL WEIGHT IN THE FRONT AND BACK

- **BELT SYSTEM**

BODY AND SHOULDERS EXCLUSIVE BELT SYSTEM

- **WARRANTY**

1 YEAR

- **SHIPPING**

75 LBS INTENZA WEIGHT VEST SHIPS IN 2 PACKAGES



INTENZA WEIGHT VEST 50 LBS SPECIFICATIONS

- **50 LBS WEIGHT VEST COMPOSITION**

50 LBS WEIGHT VEST

- **MATERIALS**

840D—NYLON (DUAL PU) MATERIAL

- **50 LBS WEIGHT VEST DIMENSIONS**

38 x 51 x 10.5CM. 15" x 20" x 4.1"

- **INTENZA WEIGHT BLOCKS**

2.5 LBS CAST IRON. 20 INCLUDED

- **WEIGHT DISTRIBUTION**

EQUAL WEIGHT IN THE FRONT AND BACK

- **BELT SYSTEM**

BODY AND SHOULDERS EXCLUSIVE BELT SYSTEM

- **WARRANTY**

1 YEAR

- **SHIPPING**

50 LBS INTENZA WEIGHT VEST SHIPS IN 1 PACKAGE



INTENZA WEIGHT VEST 25 LBS SPECIFICATIONS

- **25 LBS WEIGHT VEST COMPOSITION**

25 LBS WEIGHT VEST

- **MATERIALS**

840D—NYLON (DUAL PU) MATERIAL

- **25 LBS WEIGHT VEST DIMENSIONS**

41 × 39 × 10.5CM. 16.1" × 15.3" × 4.1"

- **INTENZA WEIGHT BLOCKS**

2.5 LBS CAST IRON. 10 INCLUDED

- **WEIGHT DISTRIBUTION**

EQUAL WEIGHT IN THE FRONT AND BACK

- **BELT SYSTEM**

BODY AND SHOULDERS EXCLUSIVE BELT SYSTEM

- **WARRANTY**

1 YEAR

- **SHIPPING**

25 LBS INTENZA WEIGHT VEST SHIPS IN 1 PACKAGE



INTENZA WEIGHT VEST RACK SPECIFICATIONS

- **MATERIALS**

IRON

- **DIMENSIONS**

121.5 × 66 × 119CM. 47.8" × 26" × 46.8"

- **STORAGE FUNCTION**

STORES UP TO 4 INTENZA 75 LBS WEIGHT VESTS

50 LBS WEIGHT VEST + 25 LBS ATTACHMENT WEIGHT VEST

- **WARRANTY**

1 YEAR

- **SHIPPING**

INTENZA WEIGHT VEST RACK SHIPS IN 1 PACKAGE



INTENZA WEIGHT VEST WEIGHT BLOCK SPECIFICATIONS

- **MATERIALS**

PU COATED

- **DIMENSIONS**

10.8 × 4.9 × 3.3CM. 4.2" × 1.9" × 1.2"

- **WEIGHT**

2.5 LBS. 1.1 KG EACH

- **WARRANTY**

2 YEARS

- **SHIPPING**

INTENZA WEIGHT BLOCKS SHIP IN 1 PACKAGE



INTENZA WEIGHT VEST ASSEMBLY



INTENZA WEIGHT VEST ASSEMBLY

• LOADING THE WEIGHT BLOCKS

PLACE THE WEIGHT VEST ON A FLAT SURFACE AND UNLOOP STRAPS FROM THE 3—BAR SLIDE FASTENERS. FEED REQUIRED NUMBER OF INTENZA WEIGHT BLOCKS INTO THE POCKETS. DISTRIBUTE BLOCKS EVENLY BETWEEN THE FRONT AND BACK POCKETS AND FASTEN THE VELCRO®—CLOSURE POCKET FLAPS SECURELY.



INTENZA WEIGHT VEST ASSEMBLY

• PUTTING YOUR WEIGHT VEST ON

HOLD THE WEIGHT VEST SECURELY BY THE SHOULDERS AND LIFT IT UP SLOWLY OVER YOUR HEAD— THE WEIGHT VEST WILL BE SIGNIFICANTLY HEAVIER DUE TO THE ADDITION OF THE WEIGHT BLOCKS. WITH A FIRM GRASP CAREFULLY POSITION ONTO YOUR SHOULDERS.



INTENZA WEIGHT VEST ASSEMBLY

• SECURING YOUR WEIGHT VEST

PLACE THE WEIGHT VEST ON YOUR SHOULDERS MAKING SURE IT IS WELL BALANCED (IE. THE WEIGHT IS EVENLY DISTRIBUTED). GRASP THE LEFT SIDE STRAP IN PREPARATION TO FEED IT THROUGH THE 3—BAR SLIDE.



INTENZA WEIGHT VEST ASSEMBLY

• TIGHTENING YOUR WEIGHT VEST STRAPS

THE 3—BAR SLIDE IS A STRONG AND LIGHTWEIGHT SECURING DEVICE WHICH ALLOWS YOU TO ADJUST WEIGHT VEST FIT BY TIGHTENING OR LOOSENING TENSION. FEED THE STRAP UP AND AROUND THE CENTRE BAR AND PULL IT FIRMLY OVER AND ONTO THE VELCRO®—CLOSURE TO TIGHTEN SECURELY.



INTENZA WEIGHT VEST ASSEMBLY

• BEFORE YOU BEGIN YOUR WORKOUT

REPEAT THE SAME PROCESS WITH RIGHT SIDE STRAPS. BE CAUTIOUS NOT TO OVER—TIGHTEN AT EACH STAGE. ONCE ALL STRAPS HAVE BEEN SECURED YOU CAN MODIFY TENSION FOR COMFORT AND SECURITY. BEFORE BEGINNING A WORKOUT PAT DOWN ALL POCKETS AND STRAPS TO MAKE SURE THE VELCRO®—CLOSURES ARE FIRMLY ATTACHED.



INTENZA WEIGHT VEST ASSEMBLY

• TAKING YOUR WEIGHT VEST OFF

TO AVOID INJURY, TAKE YOUR VEST OFF IN STAGES. FIRSTLY DETACH STRAPS FROM VELCRO®—CLOSURE FASTENINGS THEN UNLOOP FROM 3—BAR SLIDES. REST THE VEST ON ONE SHOULDER, THEN WITH TWO HANDS LIFT IT AWAY FROM YOUR BODY. STORE ON WEIGHT VEST RACK OR SUITABLE HANGER. FOR POST—WORKOUT CLEANING SEE PAGE 25.



INTENZA WEIGHT VEST MAINTENANCE



INTENZA WEIGHT VEST MAINTENANCE

The Intenza Weight Vest is fabricated from 840—D Nylon with a dual urethane coating to inhibit moisture transfer. As a reference, treat your Intenza Weight Vest as you would a high—quality rucksack.

FOR AN EXTENDED LIFETIME OF WEIGHT VEST USE PLEASE FOLLOW RECOMMENDED CLEANING INSTRUCTIONS. DO NOT MACHINE WASH ANY PART OF THE VEST INCLUDING FABRIC OR HARDWARE ACCESSORIES AS THIS WILL DAMAGE ITS WATER—REPELLENT TREATMENT AND SURFACE. MACHINE LAUNDERING MAY CAUSE SERIOUS WRINKLES TO OCCUR AND ALTER ITS APPEARANCE.

CLEANING YOUR INTENZA WEIGHT VEST

Using a chlorine/bleach—free mild detergent, hand wash the Weight Vest by wiping it down with a damp cloth or sponge. Towel or air dry.

SANITISING YOUR INTENZA WEIGHT VEST

Apply an antimicrobial spray immediately after use to keep the Intenza Weight Vest smelling fresh and to deter any kind of bacterial build—up. This kind of liquid spray is available at many pharmacies or supermarkets.

CLEANING YOUR INTENZA WEIGHT BLOCKS

Sweat, oil or dust may build up on the Weight Blocks. Remove the Weight Blocks from the vest prior to cleaning and firstly wipe them down with a soft damp cloth to remove any residue, then use a soft dry cloth to absorb any moisture on the blocks. Remove the Weight Blocks before cleaning the vest.



INTENZA WEIGHT VEST ESCALATE XROSS TRAINING

Ideal for athletes who need a lot of power or acceleration, and great for enthusiasts looking to intensify existing workouts, the Intenza Weight Vest can be used as stand alone piece of kit, or when paired with the Escalate Stairclimber is your perfect partner for Escalate Xross Training—our high-intensity body conditioning program that targets strength building and muscular endurance by fusing cardio and core training to improve upper and lower body strength.

INTENZA WEIGHT VEST ESCALATE XROSS TRAINING

For improved total fitness, cross training includes activities that develop both muscular fitness, as well as aerobic conditioning. Research has shown that resistance training can help individuals prevent injury, control body weight and improve functional capacity. Progressively incorporating a variety of exercise moves, over three levels, Escalate Xross Training is a training regimen designed for use with the Intenza Weight Vest.

FROM YOUR CALVES TO YOUR GLUTES, STAIRCLIMBING ON THE ESCALATE IS A GREAT WAY TO STRENGTHEN AND TONE YOUR LEGS. THROUGH SIMULTANEOUSLY ENGAGING YOUR ANKLE, KNEE AND HIP EXTENSIONS AGAINST GRAVITY MEANS YOU WORK YOUR LEGS NATURALLY AND WITHOUT THE IMPACT COMMONLY ASSOCIATED WITH JOGGING OR RUNNING.

USING A WEIGHT VEST DURING YOUR WORKOUTS WILL PUT YOUR MUSCLES UNDER MORE STRESS, INCREASING THE AMOUNT OF STRENGTH YOU DEVELOP AND, DURING CARDIO EXERCISES THE ADDITIONAL WEIGHT WILL MAKE YOUR MOVEMENTS MORE STRENUOUS WHICH WILL PUT YOUR BODY INTO A HIGHER OXYGEN DEFICIT INCREASING YOUR AEROBIC ENDURANCE.



INTENZA WEIGHT VEST ESCALATE XROSS TRAINING

Maintaining a positive attitude, feeling good about yourself, keeping healthy and fit— **positive ageing** is about maintaining control over those aspects of your life which are very important to you.

STARTING AS EARLY AS AGE THIRTY MUSCLES NATURALLY WEAKEN WITH AGE SO YOU NEED TO KEEP WORKING THEM IN ORDER TO RETAIN STRENGTH AND POWER. INVESTMENT IN EXERCISE CAN YIELD QUICK RETURNS AND STUDIES HAVE FOUND THAT JUST 10 WEEKS OF WEIGHT WORKOUTS CAN DRAMATICALLY IMPROVE STRENGTH, POWER, MOBILITY AND AGILITY EVEN IN MEN AND WOMEN IN THEIR 70—80s.

THE INTENZA WEIGHT VEST CAN BE AN INVIGORATING, FUN AND VERY EFFECTIVE ADDITION TO YOUR WORKOUTS, AND BY MODIFYING YOUR ROUTINE, YOU'LL PLACE DIFFERENT STRAINS ON YOUR BODY WHICH CAN HELP IMPROVE YOUR STRENGTH AND CONDITIONING AND SUBSEQUENTLY HELP YOU MAINTAIN YOUR EVERYDAY ACTIVITIES.



A. WARM UP

EXERCISE MOVE	MUSCLE TRAINED	REC. TIME	DURATION
SLOW CLIMBING	FULL BODY	2—4 MIN	5 MIN
LUNGE STRETCH L/R	BICEPS, GLUTEUS, CALF	10 SEC EACH	
REAR—FOOT ELEVATED QUAD STRETCH L/R	QUADRICEPS	10 SEC EACH	
PEC STRETCH L/R	PECTORALIS MAJOR ANTERIOR DELTOID	10 SEC EACH	
PIRIFORMIS STRETCH L/R	LATISSIMUS DORSI, LOWER BACK, GLUTEUS	10 SEC EACH	

B. STAIRCLIMBING TRAINING

EXERCISE MOVE	MUSCLE TRAINED	REC. TIME	DURATION
DOUBLE STEP	HIP, LEG	1.5 MIN	5 MIN
DOUBLE STEP KICKBACK	GLUTEUS, LEG	1.5 MIN	
CROSS—OVERS	OBLIQUE, ABS, LEGS	1.5 MIN	
BUTT KICKS	GLUTEUS, LEGS	1.5 MIN	

C. CO—ORDINATION TRAINING

EXERCISE MOVE	MUSCLE TRAINED	REC. TIME	DURATION
LEFT LEG KICKS	LEFT GLUTEUS LEG CO—ORDINATION	2.5 MIN	10 MIN
BACKWARDS	LEG CO—ORDINATION	2.5 MIN	
RIGHT LEG KICKS	RIGHT GLUTEUS LEG CO—ORDINATION	2.5 MIN	
TURN AROUND	BALANCE AND FULL BODY CO—ORDINATION	2.5 MIN	

D. HIGH INTENSITY INTERVAL TRAINING HIIT

EXERCISE MOVE	MUSCLE TRAINED	REC. TIME	DURATION
PUSH—UPS	PECTORALIS MAJOR	10—20 REPS	10 MIN
SQUAT JUMP	GLUTEUS, LEG	10—20 REPS	
SPRINT	CARDIO	30 SEC	

TRIPLE SET

ALL 3 MOVES IN A ROW FOLLOWED BY 2—4 MIN OF STAIRCLIMBING REPEAT 2—3 TIMES

E. COOL DOWN

EXERCISE MOVE	MUSCLE TRAINED	REC. TIME	DURATION
SLOW CLIMBING	PECTORALIS MAJOR	2—4 MIN	5 MIN
PIRIFORMIS STRETCH L/R	LATISSIMUS DORSI LOWER BACK, GLUREUS	10 SEC EACH	
STEP—UP LUNGE L/R	BICEP, GLUTEUS, CALF	10 SEC EACH	
REAR FOOR ELEVATED QUAD STRETCH L/R	QUADRICEPS	10 SEC EACH	
PEC TRETCH L/R	PECTORALIS MAJOR ANTERIOR DELTOID	10 SEC EACH	

LEVEL 2. FREQUENT EXERCISER PROGRAM

REC. SPEED	REC. INCLINE	REC. VEST LBS	RESISTANCE BAND	HANDRAIL
8—15	20—40	NO VEST	NO	HOLD BOTH
8—15	20—40	NO VEST	NO	NO
8—15	20—40	NO VEST	NO	NO
8—15	20—40	NO VEST	NO	YES
8—15	20—40	NO VEST	NO	YES

LEVEL 2. FREQUENT EXERCISER PROGRAM

REC. SPEED	REC. INCLINE	REC. VEST LBS	RESISTANCE BAND	HANDRAIL
8—15	20—40	0—25	OPTIONAL	YES
8—15	20—40	0—25	OPTIONAL	YES
8—15	20—40	0—25	OPTIONAL	YES
8—15	20—40	0—25	MISSING	YES

LEVEL 2. FREQUENT EXERCISER PROGRAM

REC. SPEED	REC. INCLINE	REC. VEST LBS	RESISTANCE BAND	HANDRAIL
8—12	20—40	0—25	OPTIONAL	YES
8—12	20—40	0—25	OPTIONAL	YES
8—12	20—40	0—25	OPTIONAL	YES
8—12	20—40	0—25	NO	YES

LEVEL 2. FREQUENT EXERCISER PROGRAM

REC. SPEED	REC. INCLINE	REC. VEST LBS	RESISTANCE BAND	HANDRAIL
—	—	0—25	NO	NO
12—15	20—40	0—25	NO	YES
30	20—40	0—25	NO	YES

INCLINE PUSH—UPS USE ESCALATE FIRST STAIR OR REGULAR PUSH—UP ON THE GROUND
SQUAT JUMP 2 STAIRS AT A TIME

LEVEL 2. FREQUENT EXERCISER PROGRAM

REC. SPEED	REC. INCLINE	REC. VEST LBS	RESISTANCE BAND	HANDRAIL
12—5	20—40	REMOVE VEST	NO	YES
—	—	REMOVE VEST	NO	YES
—	—	REMOVE VEST	NO	NO
—	—	REMOVE VEST	NO	NO
—	—	REMOVE VEST	NO	YES

INTENZA EXT FLOOR EXERCISES



INTENZA WEIGHT VEST EXT FLOOR EXERCISES

Mountain Climbers increase the heart rate while also firing up nearly every muscle group in the body.

MOUNTAIN CLIMBERS

BEGIN IN A PLANK POSITION. KEEP THE ABS PULLED IN AND BODY STRAIGHT. SQUEEZE GLUTES AND PULL SHOULDERS BACK.

PULL RIGHT KNEE IN TO CHEST. AS IT DRAWS IN, PULL IN ABS EVEN TIGHTER TO ENSURE BODY RETAINS PLANK POSITION.

SWITCH. PULL LEFT KNEE IN, PUSHING RIGHT LEG BACK AND PULLING LEFT KNEE IN TO THE CHEST USING THE SAME FORM. PULL KNEES IN RIGHT, LEFT, RIGHT, LEFT— ALTERNATING TO CREATE A RUNNING MOTION. AS MOVEMENT QUICKENS STAY AWARE OF BODY POSITION ENSURING THE SPINE IS IN A STRAIGHT LINE AND THE HEAD NOT DROOPING.



INTENZA WEIGHT VEST EXT FLOOR EXERCISES

A lower body movement that works the quads, glutes and hamstrings, the **Lateral Lunge** builds strength, stability, and balance.

LATERAL LUNGE

STAND WITH FEET HIP—WIDTH APART.

STEP DIRECTLY TO THE RIGHT, KEEPING RIGHT FOOT PARALLEL TO THE LEFT AS IT HITS THE GROUND, AND PUSH THE RIGHT HIP BACK WHILE REACHING FOR THE RIGHT FOOT WITH BOTH HANDS ON EITHER SIDE OF THE RIGHT LEG.

TO STAND UP, PUSH THE RIGHT FOOT INTO THE FLOOR WHILE PULLING THE BODY BACK TO THE CENTRE WITH THE INSIDE OF THE LEFT LEG.



INTENZA WEIGHT VEST EXT FLOOR EXERCISES

Working your core, hips, glutes, quads and hamstrings, the **Forward Lunge** helps you develop lower—body strength and endurance.

FORWARD LUNGE

STAND TALL WITH FEET HIP—DISTANCE APART THEN TAKE A LARGE STEP BACKWARD WITH ONE FOOT. THIS IS THE START POSITION.

LOWER THE BACK KNEE TO A 90° ANGLE SO BOTH KNEES ARE BENT, THEN PRESS UP TO START POSITION AND REPEAT. AFTER DESIRED NUMBER OF REPS, SWITCH LEGS.



INTENZA WEIGHT VEST EXT FLOOR EXERCISES

Frequently used as warm up exercises, **Jumping Jacks** quickly increase the heart rate and prepare the body for further exercise.

JUMPING JACKS

BEGIN BY STANDING WITH BOTH ARMS BY YOUR SIDES AND FEET HIP—WIDTH APART.

JUMP OFF THE GROUND AND SPREAD LEGS SO THE FEET LAND WIDER THAN SHOULDER—WIDTH APART, SIMULTANEOUSLY TAKING HANDS ABOVE THE HEAD.

UPON LANDING, GO INTO ANOTHER JUMP, BRINGING THE ARMS AND LEGS BACK TO THE STARTING POSITION. STAY ON TOES THROUGHOUT.



INTENZA WEIGHT VEST EXT FLOOR EXERCISES

The ultimate upper body exercise, **Push Ups** build both upper body and core strength.

PUSH UPS

KNEEL ON FLOOR AND BRING FEET TOGETHER BEHIND YOU.

BEND FORWARD TO POSITION YOURSELF IN A HIGH PLANK (THE TOP OF A PUSHUP POSITION) WITH YOUR PALMS FLAT ON THE MAT, HANDS SHOULDER—WIDTH APART, AND WITH YOUR FINGERS FACING FORWARD OR HANDS TURNED SLIGHTLY IN. YOUR SHOULDERS SHOULD BE POSITIONED OVER YOUR HANDS. YOUR FEET SHOULD BE TOGETHER BEHIND YOU AND YOUR BACK SHOULD BE FLAT. KEEP YOUR ABS PULLED IN.

SLOWLY LOWER YOUR BODY TOWARD THE FLOOR. MAINTAIN A RIGID TORSO AND KEEP YOUR HEAD ALIGNED WITH YOUR SPINE. DON'T LET YOUR LOW BACK SAG OR YOUR HIPS HIKE UPWARD.

CONTINUE TO LOWER YOURSELF UNTIL EITHER YOUR CHEST OR CHIN TOUCH THE GROUND. YOUR ELBOWS MAY FLARE OUT DURING THE DOWNWARD MOVEMENT.

PRESS UPWARD WITH YOUR ARMS. CONTINUE PRESSING UNTIL YOUR ARMS ARE FULLY EXTENDED AT YOUR ELBOWS AND YOU'RE BACK IN THE PLANK, AT THE TOP OF THE PUSHUP POSITION.



INTENZA WEIGHT VEST EXT FLOOR EXERCISES

A great exercise that incorporates all of the major leg muscles, the **Deep Squat** is beneficial for both rehabbing and sport specific exercise regimes.

DEEP SQUATS

STAND WITH FEET SHOULDER—WIDTH APART AND HEAD POSITIONED FORWARD. EXTEND ARMS HORIZONTALLY TO THE FRONT.

MAKE A SITTING BACK MOTION (AS OPPOSED TO A SITTING DOWN MOTION) AND SQUAT DOWN UNTIL THIGHS ARE JUST BELOW PARALLEL AND CONTINUE FURTHER DOWN.

WHEN PUSHING UP, TO STAND BACK UP FROM THE DEEP SQUAT, MAKE SURE TO KEEP ALL THE PROPER ASPECTS OF FORM MENTIONED ABOVE AND PUSH INTO THE GROUND THROUGH YOUR HEELS ENSURING THE ANGLE OF THE SPINE IS NOT TILTING FORWARD.



INTENZA WEIGHT VEST EXT FLOOR EXERCISES

Targeting the quads, glutes, calves and hamstrings while also toning back and ab muscles **Squat Jumps** are a powerful, plyometric exercise.

SQUAT JUMPS

STAND WITH FEET SHOULDER—WIDTH APART. START BY DOING A REGULAR SQUAT, THEN ENGAGE CORE AND JUMP UP EXPLOSIVELY.

WHEN LANDING, LOWER THE BODY BACK INTO THE SQUAT POSITION TO COMPLETE ONE REP. LAND AS QUIETLY AS POSSIBLE WHICH REQUIRES CONTROL.

NOTE

MAKE SURE TO USE YOUR WHOLE FOOT TO JUMP, NOT JUST THE TOES. SHOULDERS SHOULD NOT LEAN OUT BEYOND THE KNEES, AS THIS CAN CAUSE STRAIN AND BACK INJURY.



INTENZA CONTACT DIRECTORY

INTENZA **EU**

support.eu@intenzafitness.com

Telephone +49—211—5692—7789

INTENZA **GLOBAL**

support.gl@intenzafitness.com

Telephone +886—3—433—6269

INTENZA **JAPAN**

support.jp@intenzafitness.com

Telephone +81—50—3131—4050

INTENZA **NORTH AMERICA**

support.us@intenzafitness.com

Telephone +1(206)231—9050

DISCOVER **THE INTENZA UNIVERSE**

WEBSITE intenzafitness.com

YOUTUBE [/Intenzafitness/](https://www.youtube.com/Intenzafitness/)

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LINKEDIN [/intenza-fitness/](https://www.linkedin.com/company/intenza-fitness/)

Interested in becoming an E.X.T Squad
Leader? Drop us an email—
marketing@intenzafitness.com

©HEALTHSTREAM TAIWAN INC

NO 28 JIAOTUIZAI BOULEVARD, LIUYING DISTRICT, TAINAN CITY 736, TAIWAN

