

Why is Flex Nimbo better than other resistance bands?

- Flex Nimbo will enable you to increase the level of difficulty in your normal training program each week to continually stimulate the athletes in a progression that is appropriate. Our product can be combined and used with other pieces of equipment simultaneously.
- There are many resistance training devices out there, but it takes imagination to devise a resistance device that mimics the particular moves of any sport. Flex Nimbo is designed biomechanically to mimic the human musculoskeletal structure. It offers the most accurate and realistic stimulus possible to lead to maximal gains in athletic speed performance. The principle of specifics apply to speed of movement... Flex Nimbo is not used for static position exercises only like most other pieces of equipment.
- Flex Nimbo is the only equipment gear of its kind to use real rubber bands and not surgical tubing.

Flex Nimbo has no equal.

RESEARCH PROJECTS

Current Project Title: [The Influence of the Flex Nimbo Equipment on Performance Variables in Male College Athletes](#)

20 male athletes who participated in the most recent athletic session will be used in this study. The athletes will be tested in areas of strength and performance using: 40-meter dash time, flexibility by the sit and reach test, sit-up, push-up, vertical jump, and the T-test for agility.

Research by: Dr. Jaimy Lekan

Recent Project Title: [Research Study on the Effects of Resistance Training in Athletes Using the Flex Nimbo](#)

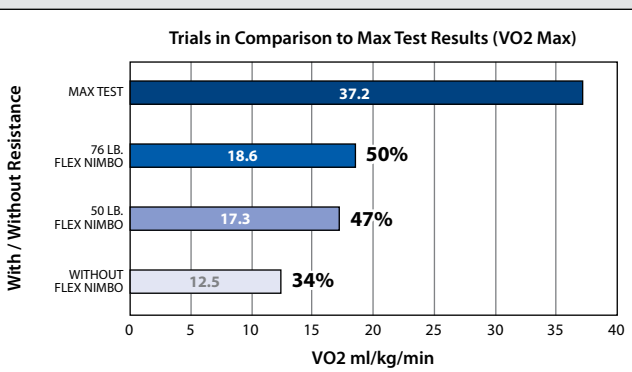
The training program was designed for the general athlete (recreational or otherwise). The study looked at the variation of performance and strength between individuals using the Flex Nimbo and those completing only standard resistance training.

Prior Project Title: [Effects of elastic band resistance and caloric expenditure.](#)

You can burn up to 420 calories speed walking for one hour on a treadmill setting of level three as opposed to 216 calories speed walking without the Flex Nimbo. Joints can move at fast speeds and muscles are contracting while they are changing length. Your muscles are being worked as they are during actual sports. Oxygen consumption and heart rate were continuously measured during exercise and for 10 minutes post-exercise. **RESULTS:** Overall energy expenditure was highest with the 76lbs band (102 Kcals) vs. 50lbs (92 Kcals) vs. CON (69 Kcals).

Akron University case study conducted by: Dr. Ronald Otterstetter and Steven McCullar

Steve C. McCullar: Wright State University, Masters of Public Health Program
Center for Global Health Systems, Management and Policies /
Boonshoft School of Medicine



Comparative graph of VO2 Max during research study.

The case study quantitatively displayed results that elastic band resistance can maximize a workout session. The case study reported that the elastic band Flex Nimbo is a speed strength equipment product that can surely be seen used in weight loss programs, military and space programs, high school, collegiate and professional level athletic sports strength and conditioning programs, and rehabilitation programs in clinics and hospitals.

Introducing the new Flex Nimbo™ Speed Strength Training System



ERGONOMIC IN FUNCTION.
SUPERIOR IN PERFORMANCE.

FEATURES

- **Harness** – Made of ultra high molecular weight polymer, UHMWP, which offers 6,000 lbs. per square inch of tensile strength and will take some abuse. The plastic is bonded to a neoprene foam layer to help repel moisture. Two shoulder pads are added to assist with additional comfort along with padded neck roll.
- **Resistance bands** – The Flex Nimbo resistance bands are engineered with a closed loop construction of high quality, heavy, multi-layered natural rubber bands. There are no weak spots because there are no seams. This is the strongest rubber band design in the world according to the American College of Sports and Medicine.
- **Flex grips** – Unique hybrid handles that provide the control of a handle, but wear like a glove. The new and improved clam shell design with upper and lower rubber padding gives snug support and comfort. Made of a durable, flexible plastic they will not hold odor or moisture and are made to slip on easily and comfortably. The flex grip will not shift or rotate while in use, it conforms and contours to your hand without cutting off circulation. The flex grip distributes even and total hand support for leverage, not just at your thumbs like most exercise straps used for hand support. The snug hand support will allow you to free up hands in order to catch, swing and pitch, handle medicine balls and dumbbells... you can touch and pick up anything you choose.
- **Flex tubing** – The four tubes protect the resistance bands from abrasion and lacerations during rigorous training.
- **Foot straps** – The new and improved crampon design allows for one size fits all. They are aggressive on the field, but will not damage or slide on wooden surfaces. The foot straps are water resistant and can be worn on a wet track, field, or cement.

There are three Flex Nimbo models available:

35 lbs., 50 lbs., and 76 lbs. They each distribute resistance equally between all four extremities.

- 35 lb. unit will provide 8.75 lbs. of resistance per limb
- 50 lb. unit will provide 12.5 lbs. of resistance per limb
- 76 lb. unit will provide 19 lbs. of resistance per limb

Flex Nimbo weighs 4.5lbs