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ELITE FITNESS SYSTEMS SPECIAL REPORT

BLAST STRAPS SPECIAL REPORT

What are Blast Straps?

The Blast Straps are the newest way to perform bodyweight exercises in a challenging way. These movements are excellent as they allow athletes to move their bodies against external resistance in a multi-dimensional environment. They also force athletes to move their bodies against unstable forces. If you compare a barbell bench press to a Blast Strap push up, you will notice that the athlete can use the bench, the floor and the barbell to help stabilize the weight. With the Blast Strap push up, the body is being moved instead of a barbell and thus the body has to stabilize itself during the exercise. This incorporates many more muscles because of the stabilization effect.



Suspended push-ups have been a part of many training programs but setting them up has always been a pain. We have used chains, ropes, cables and even beach towels! While they all worked they were all very difficult to set up and almost impossible to adjust without having to take them all apart and start from scratch. We kept this in mind when designing the Blast Straps.

The straps are made up heavy duty nylon that easily adjusts with a sliding clasp. This is perfect for moving to exercise to exercise or for moving from different height lifters. The straps also attach to the top of your rack without a scratch unlike most chain set ups that we've seen in the past. Finally, the Blast Strap includes two heavy single grip handles to ensure comfort with any movement.

Nine Advantages with the Blast Straps

1. **Space:** The Blast Straps require very little space in the gym and allow you to train just about anywhere.
2. **Convenience:** They are small enough to fit into any gym bag and easy to take to and from the gym.
3. **Stability:** Training with the Blast Straps will add a greater degree of stability with any movement you perform. These smaller muscles, if weak or imbalanced, can lead to injury.
4. **No weights needed:** Just about every movement you can do with the Blast Strap involves your bodyweight. This makes it a very fast and simple device that can be used just about anywhere.



5. **Versatility:** We have used the Blast Strap for almost 50 different movements and am 100% sure we have not seen them all. Unlike other very expensive pieces of equipment that you can only train one or two movements with, these straps can be set up to train almost every body part. This makes the Blast Straps one of the most functional pieces of equipment you could ever own.
6. **Price:** What would you pay for a piece of equipment that you could train so many movements with? At just over \$50.00 you can't beat the price.
7. **Easy to set up:** The design of the Blast Straps takes seconds to set up. There are no chains, clips or other cumbersome devices to adjust. Just toss over your rack (or other stable surface), set the adjustable clips and you are set. That's how simple it is.
8. **Quality:** We have chosen to use the best quality materials we could find to ensure your Blast Straps will last for years with even the most diligent and hardcore abuse. We did not cut any corners to try and bring up our profit margin. We asked for the best and this is what you will get.
9. **Recovery:** One of the greatest things about the Blast Straps is that the movements are challenging but not demanding. This means you can do the movements more often or train with a higher volume per workout and not have to worry about overtraining or recovery time. This makes these movements an excellent choice for bringing up weak points. For example, many lifters have very weak lats and upper backs. With this in mind the lifter will begin adding in more exercises, more sets or more training days to their schedule. Many lifters will choose rows to strengthen their upper backs and lats. Unfortunately, rows do stress the low back and can be a very demanding exercise to perform 3 or 4 days per week. Suspended lat rows with the Blast Straps are a great solution as they will not be as demanding on the lifter as the barbell row, plus they can be performed many times per week without overtraining.



7 Sample Movements

1. **Suspended Pushups:** This movement is performed by setting up the Blast Straps around the top of a power rack or other stable object. You can set the handles as close or far away from the floor as you like. The closer to the floor the harder the movement will be. We have found

it best to set the straps 4-6 inches off the floor. With this set up you will be able to get a very deep stretch and increase the range of motion; something you cannot do with a barbell or a standard push-up. Grab the handles and set your body up in a standard push up position. Make sure your torso is rigid; do not allow your lower back to sag or raise your glutes in the air. Strive to keep your shoulders, hips and knees in a straight line. If you have difficulty maintaining this position you can perform the push-ups while on your knees. This is often because of a lack of abdominal and low back strength. We often use the position suspended push-up position to access core strength in athletes. To increase the difficulty of this exercise try placing your feet on an elevated surface or a stability ball. Placing a Jump Stretch band behind your back is another great way to make this exercise more challenging. We have also found that using a variety of hand and elbow positions during your sets allows for great versatility.

2. **Suspended Rows:** Set up the Blast Straps so that when your arms are fully extended and feet out in front of you, your glutes are off the floor (see picture). This will ensure a full range of motion. Keeping your abs tight and your knees, hips and shoulders in a straight line, pull yourself up so that your hands are even with your chest. This is a great exercise for your lats and upper back. You can change the angle of your pull to hit different muscles. By bringing the handles higher on your chest, you will strengthen your upper back. By bringing the handles lower, your lats will come more into play. The stronger athlete can place his heels on the floor; the weaker athlete can bend his knees and place his entire foot on the floor. This will decrease the amount of bodyweight that is being pulled in the exercise.

3. **Rear Delt Pulls:** This is a very challenging exercise but a tremendous way to develop your upper back. Set yourself in the same position as the suspended row. Again, make sure you have a strong, rigid torso. With a very slight bend in your elbows, pull the straps apart and raise yourself until your arms are parallel to your body. This should look very similar to a reverse fly and your arms and body should look like a "T". This is not recommended for everyone so be careful!

4. **Suspended Flies:** Begin this exercise in the same position as the suspended push-up. With a slight bend in the elbows, slowly extend your arms to your sides. Do not go down farther than you feel comfortable.

5. **Abdominal Fall-outs:** Begin this exercise in the same position as the suspended push-up. With a slight bend in your elbows, raise your hands over your head. Again, only go as low as you feel comfortable. Your goal should be to have your hands, shoulders, hips and knees in a straight line. The





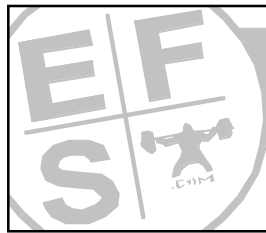
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motion is very similar to an abdominal wheel. This exercise is great for your abdominals, shoulders and lats. When you lower yourself, be sure to stay tight and to lower slowly.

6. External Rotator Raises: With the Blast Straps attached to the top of a power rack, grab the handles and lean back at a 30-45 degree angle. Begin with your arms straight out in front of you and your feet flat on the ground. Begin by bending your elbows and bringing your body to an upright position while performing an external rotation. You should end the movement with your elbows at a 90 degree angle.
7. Triceps Extensions: Place the straps about 2 feet off of the ground and get into a push-up position. Begin by bending your elbows, making sure to keep them close to the sides of your body. Keep lowering yourself until your hands are at your chin. From this position, extend your arms, making sure to keep the stress on your triceps. Keep your wrists in line with your elbows to prevent any discomfort.

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