

Metal Manual

The Exclusive Manual for all Metal Gear Products



Metal Manual: Why Metal?

by Dave Tate

In October 2002, we sent out a customer survey. One of the questions we asked was, “What products or services would you like EFS to carry?” The number one thing requested was powerlifting suits and shirts. At first, I had no interest in selling these items because the majority of our customers are not competitive powerlifters. In addition, I’ve had nothing but bad luck and poor service with powerlifting gear since I began this sport more than 20 years ago.





For example, in a two-year period, I went through more than 20 bench shirts just to get one to fit properly! I didn't want to tarnish EFS and our reputation. So even though I wanted to help our customers, I didn't think it would be in our best interest to carry powerlifting gear.

Several months later, I was contacted by Metal Sport and Wear and asked if EFS would like to carry their suits and shirts. Because they are based in Finland, I was only vaguely familiar with their company and didn't want to make a decision without seeing and trying the equipment. We made a date to meet up at the next WPO powerlifting competition. When I finally got a chance to see the gear, I was very impressed with the quality and workmanship. I told Metal that I would have to test the gear before I made a final decision. I took home a Metal Pro Squatter, Pro Briefs, and a Pro Deadlifter. I was very happy with the gear's fit and performance. It was far superior to any other polyester gear that I have ever used.

Now I had to examine the details of what it would take to get the gear to our warehouse. I had to become familiar with currency exchange rates, import taxes, and the amount of items I would have to stock to ensure fast shipping. Based on my past experience, I knew we had to stock most items for next day shipping or have a system in place that would allow an item to be shipped from Finland in about 2–3 weeks.

It didn't take me long to see that this was going to be a huge investment and more of a risk than I wanted to take. It was going to clear all of our operating capital and take everything I had saved up. Because

of my hesitation, Metal decided to go with another American vendor. Later that year, Metal was unhappy with their sales in America and was still interested in having EFS be their exclusive American vendor. I met with my staff one last time on this issue and decided to go ahead for the following reasons:

- *The performance and carryover from the gear was better than anything I have ever used.*
- *They could make the gear and have it shipped to us quickly.*
- *They use a unique polyester blend that is unequaled.*
- *EFS and Metal share the same company values.*

My staff and I decided to put everything we had on the line, and the outcome has been better than we thought it would be. Metal gear is becoming more and more popular across the world because of its high quality and performance. Yes, we have very tough competition, but we feel that when you have a better product, time will be the ultimate judge. §

Metal Gear FAQ

What is the difference between Metal polyester, Viking material, and Metal denim?

The original Metal polyester material is the first generation material. It offers excellent rebound, and it is generally easier to touch or achieve the proper depth when wearing it. This is the material used in the Metal Pro Squatter, Pro Briefs, and Pro Bencher and the IPF Squatter, V-Type Squatter, Pro and IPF Deadlifter, and the IPF Bencher. This is one of the strongest polyester materials on the market.

Viking material is the second generation polyester material offered by Metal. It is thinner but stronger than the original polyester. It is harder to touch or get to depth, but the trouble is well worth it because the carryover is much better in a bench shirt. Viking material in a squat suit offers stopping power as opposed to the rebound effect provided by the original Metal polyester. Viking material is used in the Viking Pro Squatter and Brief, the Viking Pro Bencher, the IPF Viking Squatter, Viking V-Type Squatter, Viking Bencher and the Viking X-Type Bencher, and the Viking Deadlifter.

Metal's denim material is the least forgiving of all the material, but it will give the greatest pop off the chest. It is only used in the Scoop Neck Denim Bencher.

What is the difference between the Metal IPF and Metal Pro Line?

The Metal IPF Line is approved for use by the International Powerlifting Federation (IPF) and is known as single ply gear.

IPF gear is legal in virtually any federation that allows equipment. The Metal Pro Line is made up of double ply material fused together for the ultimate support and performance (with the exception of the Metal Pro Deadlifter).

What do V-Type and Viking mean?

Without a doubt, this is the question most often asked here at EFS about single ply gear. V-Type refers to a stance, or more accurately, a wide stance and is defined as squatting with a stance that is wider than shoulder width. Viking refers to Metal's second generation polyester material. So you can have a Metal Squatter, a Metal V-Type Squatter, a Metal Viking Squatter, and a Metal Viking V-Type Squatter.

How long will it take to reach me after I place my order?

We keep most items in stock so they will be ready to ship within 24 hours. If we are back ordered on a specific item or the item has to be shipped from Metal, a 2-3 week shipping time has been standard.

Can I wear Metal in my federation?

It is best to contact your federation about this. Federations are notorious for changing their minds regarding the use of specific gear. Generally, all of the IPF Metal Line is allowed in any federation while the Metal Pro Line is allowed in federations that allow double ply gear. Once again, check your federation for details.

How do I know what size to order?

The best way to pick the correct size is to call us (888) 854-8806. If that is not an option, we provide a Metal size chart, which is located on page 9. It is based on shoulder circumference and hip circumference.

Custom Orders

The Metal Line Power Lifting Equipment is imported from Finland and thus we are unable to customize or tailor orders at the time the order is placed. We can supply you with a list of power lifting equipment tailors who can help you with alterations to your equipment.

Back Orders

While we try our best to keep everything in stock some back orders may still occur. If an item is on back order it will notify you when the item is placed in to the online shopping cart. This notification will also inform you of how long the item will be on back order and when the next shipment is expected. If item is expected to be on back order for longer than 5 weeks we will have the item shipped directly to you from the manufacturer.

Returns

All exchanges and returns are welcomed by Elite Fitness Systems. Just return the item with the exchange and return slip included with your order. If you no longer have this slip,

write down your name, address, phone number and any information regarding the exchange or refund. Please note, any and all gear must be returned unused, unaltered, and free of liniment, baby powder, chalk or any other substances and returned within 7 days of receipt of shipment. A 25% restocking fee will be applied to all returns after 7 days. Please make sure to include your phone number in case we have to reach you with any questions regarding your exchange.

What kind of carryover should I expect out of the gear?

Numbers are hard to give as they vary so much, but we have seen bench press carryovers ranging from 40 lbs to 275 lbs. Experienced lifters know that the upper end of the spectrum is not going to happen right away, but for the beginner, this may not be apparent. You have to work with your gear and get to know where your body needs to be at all times. It is also where EFS comes in. We have the most experience in the gear, so naturally if you aren't getting what you expect out of your shirt or suit, call us at (888) 854-8806.

What if I get my gear and it does not fit right?

This is never a problem. Simply call us at (888) 854-8806, and we will help you figure out the best option for you whether that be an exchange or an alteration. We have the best service in the industry, and our staff is experienced with the gear and proper fit.

Who do I contact for alterations?

EFS does not have an in-house tailor, but we recommend Ginny Phillips without hesitation. She can be contacted via email at ginny@ginnyspowergear.com or by phone at (506) 466-1879. Please note, phone calls should be limited from 9:00 am to 9:00 pm Eastern Standard Time only.

Metal Gear Size Chart

Click [here](#) to view the Metal Size Chart.

Metal Ace Pro Squatter

The Metal Ace Pro Squatter is a revolutionary new suit that goes farther than any other suit has ever gone. A suit can either stop you or give you rebound. It will either stop you in the hole or slow you down and pop you out of the hole. It can't do both. The problem is many manufacturers think this can be done.

In the past, manufacturers have looked at different materials and cuts. But, as Metal found out, this is only part of the design. It's also the reason many suits stop you half way down and then toss you forward. This is because the material has to match the cut. However, the way the thread pulls is also very important. The front of the Ace squatter has its threads pulled vertically. This allows you to sit back and not be pulled hard across the front. The back of the suit uses a different material blend and has its threads pulling horizontally for maximum rebound. When this is combined with a new crotch design, a much thicker material than in the Pro Squatter, and Velcro straps, you are left with a squat suit that actually pushes you back and pushes your knees out as you squat down.

"Wow! This is the next level suit hands down. If you are a medium to wide stance squatter and are using something else, you are missing at least 100 lbs on your squat. It's that good. 1107 was cake!"
—Marc Bartley



Metal Pro Squatter

The Metal Pro Squatter is a double ply polyester squat suit that is made for wide stance squatters. It is made to give unbelievable support throughout the entire lift, but it excels because of the incredible explosion in the bottom of the squat. It has become the most popular suit in all federations allowing double ply material. The material is thick and durable, and out of all of the Pro Squat gear, this suit is the easiest to learn. The suit has been used by beginners as well as advanced lifters and is also great for sumo deadlifting.

The Metal Pro Squatter needs to fit snug in the legs and very tight in the hips, and it should be comfortable but snug in the straps. Most people cannot get the straps up by themselves though. For the suit to work optimally, the key is the hips so be sure that this area is tight. Don't worry if the stomach seems a little big and baggy as this will not affect performance. When trying on and testing the size of a squat suit, be sure to wear the briefs that you wear when squatting. This will affect the sizing of the suit and allow you to make a better judgment on the fit.



"I like the Metal Pro Squatter because it allows me to arch better and keep proper position, and it gives me unbelievable speed out of the hole!" —Matt Smith (1102 lbs squat)

Metal Viking Pro Squatter

The Metal Viking Pro Squatter is a double ply polyester suit made from Metal's second generation Viking material, which is similar to canvas but still polyester. This squat suit isn't like most other polyester suits on the market. While the others are designed to spring you out of the hole, the Viking material is designed to stop you in the hole. It will provide some rebound but not nearly as much as the Metal Pro Squatter or Metal Ace Pro Squatter.



Metal Pro Briefs

The Metal Pro Briefs are double ply polyester briefs made for wide stance squatters and are made from the same material as the Metal Pro Squatter. They have been the most talked about piece of Metal gear simply because they work so well. They do fit differently than other briefs though.

The Metal Pro Briefs should be tight in the legs and very tight in the hips. They are almost always loose in the waist, but this does not affect performance. The briefs should not be easy to get on. It may require two or three people to get you into them, but this is how they should be worn. The baggy waist is for comfort, and once locked in with a belt, will provide unbelievable support and rebound in the hole. If you have trouble with your knees coming in when squatting with the briefs, simply roll the bottom of the legs up about one inch. You must do this before you put the briefs on. This is also recommended for those who have shorter legs.



"I have used the same pair of briefs now for one year and still get great pop out of them. The key is to order them very tight, and then after they break in they fit perfect. I squatted 800 in the last meet before getting the briefs and then 10 weeks later squatted 855."
-Josh Roberts

Metal Ace Pro Briefs

Take all the attributes of the Metal Ace Pro Squatter with the exception of the Velcro straps and you have the Metal Ace Pro Briefs. They have the threads running vertically in the front and horizontally in the back, plus the new, improved stitching in the crotch area that pushes your knees out and allows you to sit back with ease. Imagine the support and carryover potential if you paired these briefs with your current squat suit, or better yet, with a Metal Ace Pro Squatter.



Metal Viking Pro Briefs

The Metal Viking Pro Briefs are the brief of choice if you are looking for something to keep you from going too far into the hole. Made of the Metal's Viking material and coupled with the double ply thickness, they are excellent when paired under a Metal Viking Pro Squatter or a canvas squat suit.



Metal Pro Bencher

The Metal Pro Bencher comes with an open back that can be closed with Velcro straps. Usually only the bottom one or two straps of Velcro are attached, and the others are either cut off completely or are left undone. Many of the experienced lifters will get a shirt to fit in the arms and shoulders and then have the chest taken in one inch. This makes the shirt very tight and will make getting weights to touch more difficult, but it also gives an incredible amount of power off of the bottom.



Metal Bash Pro Bencher

The Metal Bash Pro Bencher is also a double ply, open-back shirt. However, it is cut differently than other Metal Pro style shirts. It has the arms cut in the front at a 90o angle. The arms are also extra long to facilitate bunching the material behind the triceps for some extra lockout power. Generally speaking, the Metal Bash Pro Bencher is suited to a lifter with a higher arch. It also tends to increase the area that weight can be touched and still get a good spring from the shirt. The touch spot of the shirt is about 3–4 inches. The shirt is suited for both the beginner and the advanced lifter because the major difference is not material strength but the style in which the lifter executes the lift.



Metal Viking Pro Bench

The Viking Pro Bench Shirt is a double ply polyester bench shirt that is made from Viking material. The Viking material is a unique polyester blend that has been described as having attributes of both a denim and polyester shirt. In other words, it gives great strength off of the chest much like a denim shirt but continues to support and help the lockout as with most polyester shirts.

This shirt comes with an open back that can be closed with Velcro straps. It isn't recommended for the absolute beginner as the Viking material is much stronger, thus making it that much harder to touch. However, like the Metal Pro Bench, the groove of the shirt is the sternum or upper abdominal area. Usually only the bottom one or two straps of Velcro are attached, and the others are either cut off completely or are left undone. Many of the experienced lifters will get a shirt to fit in the arms and shoulders and then have the chest taken in one inch. This makes the shirt very tight and will make getting weights to touch very difficult, but it also gives an incredible amount of power off of the bottom. This is only recommended for very experienced lifters because having a smaller chest panel requires perfect form and technique.



Metal Pro Line



“The Metal Viking bench shirt is amazing. I just put it on, break it in, and go. Unlike most of the other shirts on the market, the groove is where I want it to be, not where the shirt wants it to be. And the rebound this shirt gives is like no other!” —Chris “Ox” Mason

Metal Scoop Neck Denim Bencher

It has taken three years to finally come up with a denim bench shirt that we here at EFS could stand behind. The Metal Scoop Neck Denim Bencher is it. It is a double ply, open-back shirt, and it's not for the faint of heart. Difficult to touch and even more difficult to master, this shirt is the king of the carryover. As the name implies, the neck is scooped unlike our polyester shirts. It also features a lowered arm angle to create a harness effect on the back of the triceps. The groove is low like all denim bench shirts. Even though this is not an easy shirt to touch in, it is a suitable beginner shirt because it can be ordered one size larger than normally recommended. Obviously, it is excellent for the advanced lifter looking for an edge.



Metal Pro Line

Metal Pro Deadlifter

The Metal Pro Deadlifter is a single ply polyester suit, not a double ply like all of the other Metal Pro gear. However, it does have an extra seam in the quad that the IPF Deadlifter lacks. It is designed for the conventional puller. As was mentioned previously, the Metal Pro Squatter is the suit of choice for the sumo deadlifter. It is made from Metal's original polyester. The Pro Deadlifter works by pulling up through the crotch area and giving a pop off the floor. The suit should fit tight in the legs and hips but nothing like one would expect from a squat suit. The performance of the Metal Deadlifter really begins once the straps are pulled up. Ideally, one should be able to get one strap on alone and need just a little help with the second strap. If the straps are too difficult to get up, it will not be possible to get down to the bar. The suit will give an incredible amount of pull in the crotch and is very uncomfortable especially when in the starting position of the deadlift. It should not be easy to get to the bar!



Metal IPF Squatter

The Metal IPF Squatter is a single ply polyester squat suit made from Metal's original polyester material. This material is designed to give the lifter spring out of the hole. The Metal IPF Squatter is ideal for shoulder width or narrower stance squatters. The suit should fit very tight everywhere but especially in the hip and buttock area. This suit is ideal for both beginners and advanced lifters.



Metal IPF V-Type Squatter

The Metal IPF V-Type Squatter is the wide stance version of the IPF Squatter. Like the IPF Squatter, it is designed to spring the lifter out of the hole and accommodate a lifter with a shoulder width or wider stance. The V-Type Squatter should fit tight everywhere but, again, especially in the hips and buttocks. This suit is an excellent choice for both beginners and advanced lifters. The Metal IPF V-Type Squatter is also the best choice for sumo deadlifters who have to wear single ply gear.



Metal IPF Viking V-Type Squatter

The IPF Viking V-Type Squatter is a single ply polyester squat suit made from Viking material. It is designed for a lifter with a shoulder width or wider stance who likes his or her suit to stop them in the hole. Like the IPF Viking Squatter, it is not for the beginner because of the difficulty in reaching depth with the Viking material. If you don't know how the suit is supposed to fit by now, there may be bigger problems. Based on feedback from numerous customers, the IPF Viking V-Type is not nearly as popular for sumo deadlifting, although technically it can be done. Generally, the material is too stiff to give a good pop off the floor.



Metal IPF Bencher

The Metal IPF Bencher is a single ply polyester bench shirt. It is a closed back shirt that does not have a stretchy back. It is suited for a bencher who does not tuck the elbows. The groove is around the nipple line because of this. The Metal IPF Bencher is designed to fit extremely tight in the arms, chest, and shoulders. It is of paramount importance that the shirt be worn tight in order to maximize performance. In terms of material strength, this is a beginner shirt, as it is easier to touch in this material than with the Viking material.



Metal IPF Viking Bencher

The Metal IPF Viking Bencher is a single ply polyester bench shirt made from Viking material. It is a closed back shirt but does have a stretchy back making it easier to suit up. The Viking material makes it more difficult to touch but does give more pop than the original Metal polyester material. Like the IPF Bencher, the sleeves are cut for the elbows out style of benching, and the groove is around the nipple line. Because it is harder to touch, this shirt is recommended for a lifter with some shirt experience. As with all single ply gear, the shirt should be worn very tight in order to maximize performance.



Metal IPF Viking X-Type Bencher

The IPF Viking X-Type Bencher is similar to the IPF Viking Bencher, single ply with a stretchy back but with a very notable difference. The difference is that the IPF Viking X-Type Bencher features sleeves that are at an almost 90° angle to the front of the shirt. This arm angle is preferred by lifters with a bigger arch and a hard elbow tuck. Like the IPF Viking Bencher, the IPF Viking X-Type Bencher is not a beginner shirt. A tight fitting Viking shirt is very difficult to touch in, but the carryover is worth it.



Metal IPF Viking Presser

The Metal Viking Presser is a hybrid of the Metal Viking Bencher and the Metal Viking X-Type Bencher. Like its predecessors, it is a single ply shirt made of Viking material with a stretchy back. Unlike the other shirts, though, it has a less severe arm angle. It is designed with the cut of the arms to be between the high grooved, elbows out style of the Viking Bencher and the low grooved, extreme tuck of the Viking X-Type Bencher. It is a happy medium that is proving to be very popular with IPF lifters everywhere.



Metal IPF Deadlifter

The Metal IPF Deadlifter is a single ply polyester suit made from Metal's original polyester material. It is suited for the conventional puller. The Metal IPF V-Type is the suit of choice for sumo pullers. The IPF Deadlifter works the same as the Pro by pulling up through the crotch area and giving a pop off the floor. The suit should fit tight in the legs and hips but nothing like one would expect from a squat suit. The performance of the Metal Deadlifter really begins once the straps are pulled up. Ideally, one should be able to get one strap on alone and need just a little help with the second strap. If the straps are too difficult to get up, it will not be possible to get down to the bar. The suit will give an incredible amount of pull in the crotch and is very uncomfortable especially when in the starting position of the deadlift. It should not be easy to get to the bar!



Metal Viking Deadlifter

The IPF Viking Deadlifter is a single ply polyester suit made from Viking material. The difference between this suit and the IPF Deadlifter is that the Viking material will make it harder to get to the bar but will give more pop off of the bottom. Except for the material, the Viking Deadlifter is identical to the Metal IPF Deadlifter.

Benedikt Magnusson
pulls 970lb while wearing
the Viking Deadlifter



Metal IPF Line



Metal Knee Wraps

Double Black Line,
2 m, 2.5 m

The Double Line Knee Wraps are made for those who like their wraps for support and stability rather than for extreme rebound. They are very thick and strong and go on very tight.



Metal Triple Line Knee Wraps

Triple Black Line,
2 m, 2.5 m

The Triple Line Knee Wrap makes an excellent training wrap. It offers a great amount of rebound and strength while still being very comfortable.



Metal Black Knee Wraps

The All Black Knee Wrap is Metal's most radical knee wrap. Made from 75% polyester and 25% rubber, the All Black Knee wraps give massive rebound out of the hole and can be stretched and wrapped like no other wrap on the market. Recommended for those that like their wraps very tight.



Metal Double Line Wrist Wraps

Double Black Line,
60 cm, 80cm

The Double Line Wrist Wrap is ideal for those that like their wrist wraps snug but not super tight. They give great support but are extremely comfortable. Wrist wraps come with thumb loop and Velcro attachments.



Metal Triple Line Wrist Wraps

Triple Black Line,
60 cm, 80cm

The Triple Line Wrist Wrap is the middle of the road wrap. It is not as stiff as the All Black Wrist wrap but offers more support than the Double Line. It makes an excellent training wrap. It is comfortable but can be worn very tight. Wrist wraps come with thumb loop and Velcro attachments.



Metal Black Wrist Wraps

All Black,
60 cm, 80cm

The All Black Wrist Wrap is Metal's tightest wrist wrap. This is the ultimate competition wrist wrap. The All Black Wraps are like wearing a mini-cast on the wrist. The material stretches and holds strong. Wrist wraps come with thumb loop and Velcro attachments.



Metal Suit & Shirt Slippers

These slippers are designed to help you get into all Metal suits and shirts.

SUIT & SHIRT SLIPPERS

97 - 148 (lbs)	S-M
165- 220 (lbs)	L-XL
242 (lbs)	2-3 XL



Bonus: How to Jack Up Your Open-Back Metal Pro Line Shirt



Step 1

Put your shirt on and have someone pull the shoulders on as tight and high as possible. Do this one shoulder at a time. The best way to do this is to have your partner pull on the back of the shirt while you perform a swimming motion with the arm. Your partner may have to brace one of his arms on your upper back to give him better leverage.



Step 2

Now that your shoulders are in the shirt, attach the Velcro straps on the back of the shirt very lightly. You do not want these to be tight. Usually, the bottom two straps are the only ones that are fastened.



Step 3

Put your belt on. It should be loose at this point.



Step 4

Have your partner stand in front of you, and hold your arms out in front of you, similar to Frankenstein's monster. Now cross them so that the chest plate of your shirt develops "shirt cleavage." This is the excess material in the chest area that will develop once you cross your arms.

Bonus: How to Jack Up Your Open-Back Metal Pro Line Shirt

Step 5

With your arms crossed, have your partner tug on the bottom of your shirt. This will eliminate the “shirt cleavage.”



Step 6

Once the cleavage is gone, your partner should hold the bottom of your shirt taut. At this point, arch your lower and upper back and uncross your arms. Pull your arms back as if you were doing a rear lateral. Your upper back, lats, and chest should be similar to the position that you want to be in when bench pressing. The shirt should be very tight in your chest and shoulders.



Step 7

With your partner holding the bottom of your shirt, have someone else tighten your belt. This will keep the shirt in place. Make sure the belt is very tight. You will have to suck your stomach in to achieve this.



Step 8

Once the shirt is in position, have your partner adjust the shoulders again. You do not want to pull them as high as they were in the beginning but just enough to be comfortable. This will vary from person to person and in time, you will know exactly where you want the shirt. Remember that everyone will like their shirt pulled down a little differently than what is shown in the picture. The picture shown is a very loose shirt, and it is not pulled down as much as possible.



Metal Gear TESTIMONIALS

“The Metal IPF V-Type Squatter is a great suit! I love the way it cinches up when I am about 2 inches above parallel. The learning curve on it is not very difficult. The key is to have a wide stance so that it has the opportunity to work. I really feel that it keeps my back straight and lightens the load. I will continue to set PRs in it and look forward to my next contest in it!”

-Tim Thomas

“The Metal Viking Pro Bencher gives me support and rebound like no other shirt that I’ve ever tried. Also, the Metal Pro Deadlifter is awesome. I highly recommend this gear to anyone that is serious about getting a bigger total.”

-J.L. Holdsworth (775 lb bench)

“So far I’ve had great results with my Metal gear and have been particularly amazed at my bench progress in the shirt. Hearing other lifters at meets talk about getting 25–40 pounds out of competitors’ single ply shirts and then getting multiples of this out of mine makes me think the right decision has been made. Getting that much out of a shirt while still being able to hit the groove easily with a low learning curve, makes it a winner. Goals that I didn’t expect to hit for a long time have already fallen, and I’m looking forward to where some of the new Viking shirts will take me.”

-Mark O’Shea

“I have been using the Metal gear since EFS first put it out to the public, and I love it. I wouldn’t use any other gear.”

-Clint Ewald

“The Metal Pro Deadlifter outperforms every deadlift suit I’ve ever worn, and I’ve worn just about every one that has ever been made. The suit is not only the best-made suit I’ve ever seen, but it gives me an amazing spring from the floor.”

-Chuck Vogelpohl, WPO World Record Holder

“I just recently started using the Metal Pro Squatter and love it. I usually put the briefs on first, do four sets with them, and then put the squat suit on after. I do a couple of sets with the straps down, and I also roll up the legs about half an inch to allow me to sit back in the suit a lot easier. By rolling up the legs, the suit doesn’t throw you forward, and it allows you to hit depth much easier. I also like when the straps are up high on my traps and as close to my neck as possible because this allows me to get my shoulders back and squeezed together when I grip the bar. This allows me to arch my back and not be hunched over when I lift!”

-Shaun Roach

“The Metal Pro Squatter and the Metal Pro Deadlifter are by far the best suits I have ever worn. The squat suit gives an amazing explosion out of the hole and carried me all the way through. This suit and the Metal Pro Briefs give me an incredible edge in every meet I do.”

-Travis Mash, WPO World Record Holder

“The Metal Pro Deadlifter is incredible. I have yet to find a better suit or see a manufacturer with better quality equipment.”

-Marc Bartley, WPO competitor

“That Metal Viking shirt is awesome. It’s by far the best shirt I have had on. How ever strong I can get, my lockout is what I will bench. It gives a bunch off of the chest.”

-Jason Adams

“I just recently ordered a Metal V-Type Squatter from you guys. I am a very wide stance squatter and had originally used a competitor’s suit. As you probably know, this other suit was a pain in the ass to get on and would throw my entire body forward. Plus, the competitor’s suit is not made for wide stance squatters. This is what prompted me to get a Metal V-Type Squatter. The first time I tried it on, it went on in about 30 seconds, and I didn’t use baby powder or suit slippers. The next thing I noticed is that it automatically made my legs flare outwards a lot more (like I got off a horse or something), and it makes you stand wider.

Another good thing I like about the suit is that the legs are very tight, especially in the hips where the majority of the injuries occur in wide stance squatters. I compete in the IPF, so I can’t use groove briefs. However, the V-Type acts as groove briefs in that it squeezes the hips in place and barely allows you to break parallel. So if you load up a new max, you’ll break parallel perfectly. The next thing I like about it is the spring I get from it. Even on my DE squat day, I use it with the straps down. As soon as I get off the box, I just explode right up. Another good point about this suit is that I’m a sumo deadlifter, and all I need is the one suit. I don’t have to mess around with other suits. So all in all, I’m very impressed with this suit. It doesn’t take much time at all to break it in, and it is an ideal suit for wide stance squatters and sumo deadlifters.”

-Tom Horlitz

“I have been powerlifting for nearly four years, and the bench shirt that I have used has been the [competitors] double denim. I have had this shirt modified at the tailor five times. This has allowed me to use 585 lbs on the two-boards. After receiving the Viking Pro, the only modification that was made was cutting the collar in the back. I still hit 585 lbs on the two-board. The shirt is so easy to use, and the power of the material, I believe, is unrivaled. I will continue training with this shirt and hope to make big gains in the future. Thank you for all your advice and support.”

-Andy Rozewicz

“I’m pretty new to using supportive gear, but the Metal Pro Briefs are just amazing. They have great support and spring out of the hole. I really like the high cut too as they are easy to lock in with a belt. I tried using a pair of [competitor] briefs but just couldn’t stand them. The cut was all wrong. Seemed like they hurt more than they helped, but not so with the Metal. The only draw back is getting the things on, but that is easy to deal with. Damn well worth the effort!”

-Scott Cochrane

“My training partner and I picked up some Metal Gear recently. We have the 80 cm wrist wraps. Unbelievable, they hurt like a bitch when you pull them on right, but they put 20 lbs on my bench overnight and countless pounds on our max effort lifts overall. They not only aid our benches but also alleviate wrist pain when squatting. Just another reason why we are dedicated followers and supporters of your company.”

-Sean Sparandero

“Where has Metal been all of our careers? I’m a very wide-footed squatter and purchased the Metal Pro Squatter with the help of Jim Wendler for sizing. It worked perfectly from the very first attempt! The most impressive thing was the comfort. All of my past suits hurt and cut everywhere, but I can sit down with the straps up and actually breathe. The support in the hips from this suit is incredible! I have never had the confidence in other suits that I have in this one. The material seems like it will last longer than my lifting and without much stretching.”

-Alan Hunt

“I have a Metal Pro Deadlift suit. The pros of the suit are that it’s very well constructed—a tough suit. It’s designed in such a way that it is impossible (for me) to round my back at the start of the lift. I feel totally confident pulling in this suit. There is only one con and that is that I still can barely get down to the bar. When I set my grip, I feel like my hips are too high and my knees are not bent enough. If I can’t get it to relax any more and get down better, I will look into having a half inch or inch added to the straps. Getting into the suit is no problem, and I can do this alone. You will want to seat yourself and make certain that you have pulled the legs up as high as you can. They will be very tight in the crotch but not so uncomfortable as to interfere with your concentration. This is my first deadlift suit. I have a competitor’s squat suit but after using my Metal Pro Deadlift suit and noting the heavy material and quality of construction, I am leaning toward getting a Metal Squatter.

I also purchased the Metal briefs and have been breaking them in for the last week (only use them to squat). I had previously been using groove briefs, but the Metal briefs are far superior. Pros: Heavier gauge material gives super support to my hips. The high waist lets me lock them in place with my belt without having to put my squat suit on. Cons: Haven’t seen any yet—I love them.”

-Scott Cochrane

“After using a canvas squat suit, I switched to a Metal Pro Squatter. The Metal allows you to move a little more; your hips can “breathe.” In the canvas suit, I squatted 570 at 165 lbs. With the Metal Pro Squatter, my total rose to 605 at 165 lbs and 650 at 181 lbs. You can also deadlift in the Metal Pro Squatter. The suit does it all. I am looking to get the Metal Pro Briefs and a Viking Pro Bench shirt.” -Jim Roney, Strength and Conditioning Coach, Virginia Commonwealth University

"I am very excited about the future of Metal Gear. No other powerlifting company has made such an impact in so little time. From world records in the WPO to personal records in local meets, you see Metal Gear being used. I would personally like to thank you all for the support you have given us over the years and the years to come. The success of Metal Gear has been due to your referrals and personal records. I am sure this manual will help you better understand Metal Gear and how to better use it. As always if you have any questions feel free to give us a call at 888-854-8806."

-Dave Tate, President and Founder EliteFTS

METAL MANUAL

October 2006, Volume One, Number One, Published by Elite Fitness Systems, 138 Maple Street London, Ohio 43140. © 2006 Elite Fitness System. All rights reserved.

138 Maple St
London, Ohio 43140
Phone 888 854 8806, Fax 740 845 0498
CustomerService@elitefts.com

CUSTOMER SERVICE

888 854 8806
CustomerService@elitefts.com

SALES

Jim Wendler
888 854 8806
jim@elitefts.com

ELITEFTS

Elite Fitness Systems strives to be a recognized leader in the strength training industry by providing the highest quality strength training products and services while providing the highest level of customer service in the industry. For the best training equipment, information, and accessories, visit us at www.elitefts.com