

Pull the Pin™!



RBT™ Burn

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CrossCore®

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What is Rotational Bodyweight Training™?

- Suspended bodyweight training (SBT): a training device that requires one to use their bodyweight as resistance via bands, straps or ropes
- *Rotational Bodyweight Training™* is simply the ability to add additional rotation, instability and dynamic tension to all Suspended Bodyweight Training (SBT) exercises
- A locking/unlocking anchor provides an increased range of motion and challenge to traditional SBT exercises

**SBT + Rotation/Instability/Dynamic Tension
= Rotational Bodyweight Training™**

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RBT™ Burn

- Experience firsthand the differences between SBT and CrossCore® RBT™ exercises in a CrossCore® based class that incorporates RBT™, partner training that provides the ultimate training experience
- See how RBT™ allows users to incorporate natural and rotational movements while performing suspended bodyweight exercises
- Discover what differentiates RBT™ from other suspended bodyweight training ("SBT") devices
- Slow controlled movements with an emphasize on utilizing dynamic tension

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The Difference



PIN IN (Locked-N-Loaded™)
Just like all other SBT units



PIN OUT (Pull the Pin™)
Allows for RBT™

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RBT™ Benefits

Most SBT devices are relatively 2-dimensional; due to having a locked or static anchor point.



However...

The Versatility of CrossCore®



- The ability to add or change handles
- The ability to partner train
- The ability to add weighted resistance

RBT™ Benefits

CrossCore® RBT™ allows for the natural addition of rotation and instability to be added to all SBT exercises



CrossCore180® has the ability to provide 3-dimensional (multi-planar) movement

CrossCore® RBT™

**Let's Begin
PULL THE PIN™!**

RBT™ System Use: Exercise Preparation

- Make sure pulley is Pull the Pin™ position for all of this class
- Weight Test Your System!
- Regardless of tempo/speed - execute each exercise in a controlled manner
- Concentrate on your technique and movements. Stay engaged!
- For this class we will be using timed intervals

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RBT™ Burn

Squats

- Reverse Lunge
- Step behind with Rotation
- Squat hold with Rotation

• Rows

- Double arm
- Single Arm
- Row/Bicep Curl Combo

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Warm Up

- **The Warm Up**
 - Squat
 - Squat/Row Combination
 - Bilateral - I, Y, T
 - Side Lunge
 - Low back/Hamstring Stretch
 - Chest/Shoulder Stretch

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RBT™ Burn

• Forward Squat/Press

- Double
- Single leg

• Chest Press/Triceps Combo

- Doubles
- Singles
- Alternating Chest press/triceps extension

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RBT™ Burn

- **Split Squat with – Reach and Pull**
 - Stationary
 - Knee drive
- **I, Y, T's**
 - Bilateral
 - Alternating
- **Kneeling Triceps Extensions to Front Roll Out**
 - Small to large flutter

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RBT Burn™

- **Partner Moves**
 - Partner Crunches
 - Partner Rows
 - Partner Wood Chops

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RBT™ Burn

- **Hamstring Curls Progression**
 - Pelvic Tilt
 - Doubles
 - Bicycles
 - Flutter
- **Suspended Abdominal Series**
 - Single leg
 - Double Crunch
 - Mt. Climbers
 - Flutter Kicks

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RBT™ Stretches

- RBT™ Standing Piriformis Stretch
- RBT™ Kneeling Chest and Shoulder Stretch

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Thank You!

A very big THANK YOU to:
United Lifestyle,
VMS Fit, the assistants
And
Asia Fitness Convention!!!

Come by booth 13 & 14 if you have further questions or come to
Sunday mornings 7am session room 203
RBT™ - Feeling the Difference