

Study conducted by the President of Smart Fit Heart, Mike Fussell, a Registered Respiratory Therapist (Rrt)

The Universal Performance POWERHANDZ POWERSUIT

Consider This Step-by-Step Progression:



1. Begin by wearing the suit during everyday activities until you can tolerate 4 – 8 hours of continuous use, wearing the suit every third day (1 day on, 2 days off).
2. Increase usage of the suit by wearing it every other day (1 day on, 1 day off) during weekdays (i.e., Monday, Wednesday, Friday) until tolerated 4 - 8 hours.
3. Begin athletic training with the suit using a 2-week cycle as follows:
 - a. First Week: Monday, Wednesday, Friday.
 - b. Second Week: Tuesday, Thursday
4. Depending on the sport, you may eventually increase usage of the suit to 3 days every week.
5. Suit can be worn over or under workout clothing.
 - a. Worn under, wear for entire training session
 - b. Worn over, wear for a portion or entire training session
6. Wear during:
 - a. Warm up runs
 - b. Stretching and flexibility exercises
 - c. Speed, Agility, Quickness Drills
 - d. Sport-specific Fundamental Drills
 - e. Interval training
 - f. Scrimmage (non-contact)
 - g. Cool down
7. Benefits are realized on the recovery days (those days on which you do not wear the suit). As with any resistance training method, failure to allow the exercised muscles adequate time to adapt to the stress imposed by training can lead to:
 - a. Over-training or over-use fatigue
 - b. Increased risk of injury
 - c. Less than optimal results

In other words, **more** is not necessarily **better**.
8. Usage may be adapted to specific training programs as tolerated and as required. For example:
 - a. Some training may be designed with hard days on Monday, Tuesday, and Thursday. In that case, suit might be worn 2 consecutive days as that type training gives a 3-day “break” at the end of the week.
 - b. Some training may be geared toward wearing the suit on hard days; other training may be geared toward using the suit on easy days.
 - c. In-season use of the suit may require less than 3 days per week (1 or 2 days), or maybe none at all. This is an individual coaching decision.
 - d. Wearing the suit for 2 or more consecutive days should be considered only with caution.
9. Generally, 10 lbs. of weight are enough to gain training effect. However, some activities or body sizes may benefit by using higher weight totals. Also, some coaches have found that added weight to the legs for powerful starts can be beneficial. The basic idea is that coaches should determine what the goals of the resistance training program should be, and then implement a method to take advantage of all the benefits the suit can produce.

(As with any training, proper coaching, nutrition, technique, and listening to your body are imperative. Be wise, be consistent, and be successful!)

The Team at Universal Performance