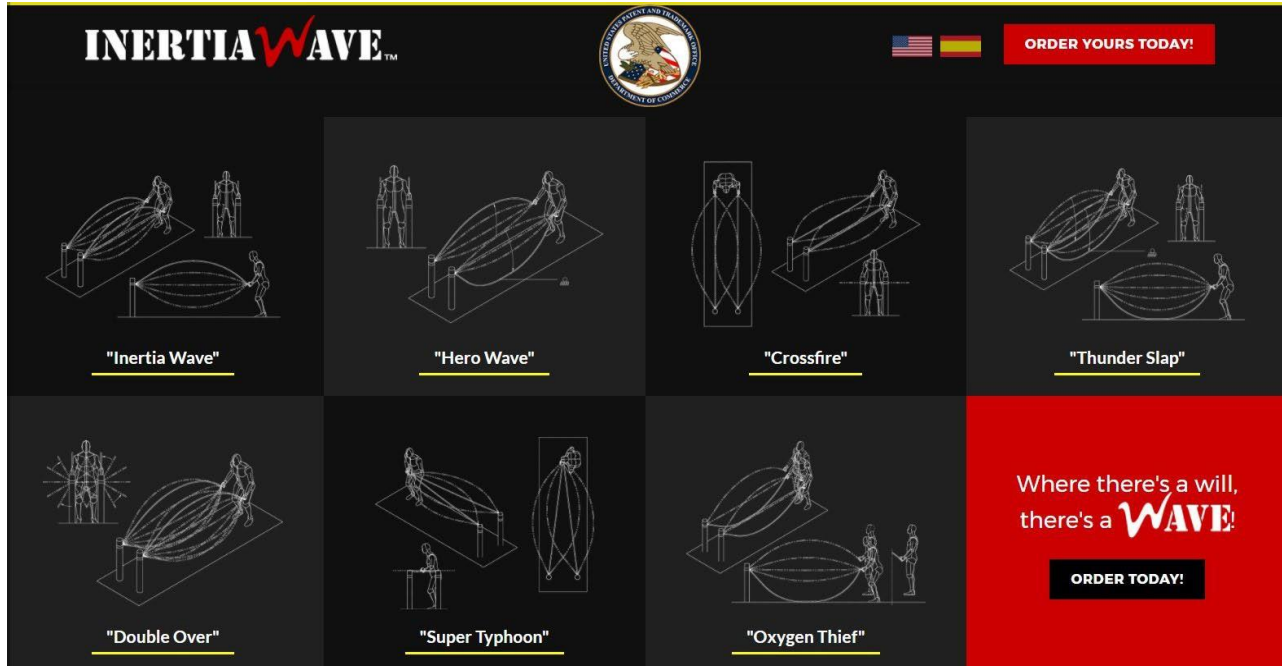


# **INERTIA** **WAVE**™

## **USER'S MANUAL**

LAST UPDATED 2/13/2020



**This document will explain 2 different products:**

## **1-INERTIA WAVE TM (ORIGINAL)**

## **2- Inertia Wave DUO TM (Several last pages of this doc)**

Above are the 7-Methods of use. The 7-Methods represent what the Inertia Wave was designed for. By reading this you agree to perform the 7-Methods under your active control. Smoothed, controlled, coordinated oscillations or constant Wave -like patterns make up the 7-methods of use. We suggest you practice the \*\*\*\* Inertia Wave\* Hero Wave\* Thunder Slap\* first. Once you have the athletic posture (ankles, knees and hips bent (however standing tall with sternum\_ chest-up) Draw the elastomers slightly towards you so your hands are almost between your waistline and nipple line. Once the tubes are one straight line from the anchor points, 24-36 INCHES APART (No closer) and the anchor points are 36-40 INCHES off the ground NO LOWER... now you can add a slight tension by walking back 12-18 inches max. The inertia Wave now has an elongated feel, but not a tension torque that can pull you forward. If you feel like its pulling you forward, WALK forward a few inches. Keep weight distribution form mid foot to heel. Master the Methods above first, \*\*\*\* and once you feel coordinated to transition from one into another in a controlled, smooth, rhythmic fashion...ONLY THEN should you try to perform the Methods with the greatest benefits. The Methods that have the greatest benefits regarding all engagement, core, deep stabilizing mechanisms, cognitive benefits, outer or strong superficial musculature are the following: Cross-Fire\* Super Typhoon\* & the Double Over\*

The short-term goal is to transition from one Method to the next Method as smooth and coordinated under your active control, with a safe intensity. Hold a firm grip on the end plug (Part in your hand) as

you oscillate and move in a spring like fashion to generate ENERGY in the tubes. Keep them in a constant wave (Rise & Fall), or (Side to Side) or (One over the other) during the 7- Methods.

**The Inertia Wave TM is not a toy.** We have formulated a patented Elastomer, not rubber tubing. (SPECIAL PATENTED ELASTOMERE) You may look at it and say “It’s a second cousin to the Battling Ropes, right? That’s like saying If you use a dumbbell, barbell, cable, or tubing during a bicep curl, they all have the same resistance profile” Inertia Wave is totally different with its oscillating wave like 7- Methods. It is totally opposite of Battling Ropes. Moreover, it does have many more benefits than the Battling Ropes.

- Please: When you purchased the Inertia Wave you received an **auto reply** from [help@inertiawave.com](mailto:help@inertiawave.com) (**Look in spam & search inbox**)
- **That Email contained published objective facts along with 2-VIDEO LINKS. PLEASE watch those links to know...**
  1. How to anchor or creative ways to anchor your IW
  2. How to perform the 7-Methods of Use

### **YOU MUST ANCHOR THE IW NO CLOSER THAN 24-INCHES-NO WIDER THAN 36 INCHES**

The IW is anchored 24-36 inches apart (with the rail straps provided) to obtain the benefits of the oscillating elastomers. (Impedance Match) To name a few anchor points- Sleds, Squat Racks, Bike Racks, squat rigs, trunk of car, hardware of multi-unit stations @ the gym, drilled eye hooks into cement walls, or studs, hand rails, fencing, poles (2) **please watch the video its all in there**

Go to [inertiawave.com](http://inertiawave.com) to see the 7-Methods of use.

**Helpful Hints: Take it slow- get a rhythm going- bounce and spring slightly as you perform the IW. BE DIFFERENT learn the Inertia Wave - Hero Wave - Thunder Slap - & Oxygen Thief ...**

**HOWEVER, Master the Cross-Fire, Double Over, & Super Typhoon! Those moves will bring you the greatest benefits.**

- Please be aware of your surrounding 6-feet Right & Left- 6-feet high.
- Please check for cuts and nicks, although its dipped with a protective shell 7 times, it’s always safe to check.
- Please do not leave more than 5 hours in heat above 98 degrees.
- Do not use in saltwater, or in chlorine
- It is the user’s responsibility to perform the 7-Methods of use with the IW
- The manufacture has performed all necessary performance & safety tests with / on the IW

- FMFC LLC takes no responsibility for personal injury or damage sustained by or through using the IW.
- The manufacture relies on the user to use exercises prescribed in the video tutorial links sent from [help@inertiawave.com](mailto:help@inertiawave.com) along with proper anchoring. See links @inertiawave.com

**MORE: Benefits of the INERTIA WAVE TM**

- 1- Anti-Flexion-strength-ABS
- 2- Anti-Extension- strength-ABS
- 3- Anti- Rotation- strength-ABS
- 4- Enhanced Dynamic Posture
- 5- Acceleration / Deceleration of musculature
- 6- Concentric / Eccentric patterns
- 7- Strengthens Dynamic Stabilizers
- 8- EPOC-Intense oxygen consumption pre- & post
- 9- Natural boost of HGH Human Growth Hormone

(Which is essential for optimal health, vigor, strength, boost \*FAT loss, and muscle development.)

\*\*\*Improved insulin sensitivity an average of 24%

- 1-There are 7 exercise patterns called the Methods of use.
  - 2-Met Con is the abbreviation for Metabolic Conditioning
  - 3-Recommended 4- 3- minute bouts 4x per week- transitioning into all 7- methods of use
  - 4-Watch the methods of use video tutorial.
- 
- **Verbal cues to help you, your students, athletes, and clients with the 7- Methods of use**
  - Hold end caps securely
  - Wear safety straps, if you special ordered

- Mandatory to wear safety straps on Inertia Wave DUO
- Hold end caps, walk back, with elbows back, until it feels like its “slightly pulling you forward”
- Keep all your weight towards “heel box” (mid foot to back of ankle)
- Drive your elbows back (fists close to rib cage) and shake the water off your hands.
- **Stand with feet no wider than 12 inches apart**
- Try not to stand with your feet more than a squat stance
- Stay loose, and don’t muscle it, or it will be floppy, and not oscillate properly
- Always anchor the Inertia Wave 24-36 inches apart, waist line high.
- Do not stand tall, have a slight bend in ankles, knees, and hips.
- Act as if you’re waiting to receive a serve in tennis
- Act as if you’re addressing the ball in golf
- Try not to look down
- **Shake the water off your hands (Our favorite)**
- Always Keep cervical posture neutral
- Try not to muscle it, the tubes will start to lose energy and slow down.
- Keep your hands as close to your torso as possible
- Try not to extend your arms out in front of you

**IMPORTANT SAFETY FOR ANYONE USING THE INERTIA WAVE PLEASE READ BEFORE USING INERTIA WAVE TM**

**WARNING!** RUBBER TUBING CAN CAUSE SERIOUS INJURY WHEN NOT USED PROPERLY

Rubber tubing has a wide variety of safe uses. Some people however do not care for the tubing, are unaware of their surroundings, and may pose serious injury to themselves and innocent by standards. It is the user’s responsibility, to perform proper movements with the inertia wave. The manufacture has completed all necessary safety and performance testing on the inertia wave.

**PLEASE NOTE:** Rubber tubing / Inertia Wave TM is not a toy. Adult’s supervision is mandatory to comply with all health and fitness safety standards and guidelines.

**IF YOU LEAVE IN HOT SUNLIGHT, DIRECT SUNLIGHT, OR ABOVE ROOM TEMPERATURE THE TENSILE STRENGTH OF THIS PRODUCT WILL DETERIORATE AND COULD POSSIBLY SNAP AT THE ANCHOR POINTS, OR BECOME BRITTLE.**

After use always examine the full tube for tears, nicks, cracks, splits, punctures, or any other damage possibly caused by where you attach the tubes.

DO NOT USE NEAR SALTWATER OR IN CHLORINATED WATER. IF TUBING GETS WET ALLOW TUBES TO DRY BEFORE STORING. DRY INDOORS OR NO SUN AREA.

The manufacture did not design the inertia wave TM. TO BE MODIFIED IN ANY WAY. The manufacture relies on the user/ buyer to perform exercises that are prescribed in the video tutorial on [www.inertiawave.com](http://www.inertiawave.com) OR auto emailed by [help@inertiawave.com](mailto:help@inertiawave.com). Please consults with a licensed medical professional to determine your present physical condition. The user /buyer takes full responsibility for the causation of any harm onto themselves while using the inertia wave TM. The user and anyone in the area of the user, is responsible for the way they anchor the rail straps to a chosen location. The user has complete control of his or her actions as the inertia wave is oscillating. FMFC LLC is not liable, or responsible for the way he or she performs the inertia wave, and any object, obstruction, in close proximity to the user at the time the user is performing the inertia wave.

Please refer to the video instructions on how to anchor your inertia wave, [inertiawave.com](http://inertiawave.com) or [youtube.com](http://youtube.com) or write [help@inertiawave.com](mailto:help@inertiawave.com) to receive the VIDEO LINKS if you did not get the email from [help@inertiawave.com](mailto:help@inertiawave.com) **immediately after you placed the order (check your box)** and how to perform the 7- methods of use in a safe and effective manner. The Inertia wave with proper storage and care will always perform and hold its integrity.

\*\*\*\*GIFT\*\*\*\* FREE CODE @ CHECKOUT **IW100** @fixmyfitnessclub.com Thank you! Check it out.

### **Let's go through some brief tutorials on how to perform the 7-Methods.**

This is the most important\_ relative piece of information you can read regarding the INERTIA WAVE. We have broken down some FACTS that may help you in the USE of the Inertia Wave TM

The position of the end user (athletic ready position) will enhance its benefits. The position (athletic posture – (like getting ready to return a serve in tennis) gives the user a better foundation, and or platform to which force is exerted.

### **KEEP THE ENERGY IN THE TUBES! Its not a rope.**

Once a user initiates the shaking/oscillating of the elastomers of the INERTIA WAVE it engages deep stabilizing (local) muscles, works on deep core & abdominal muscles, and activates outer muscles responsible (Global) for coordination and strength. It utilizes all 3-Energy systems, as it is gentle on the internal structures i.e.: tendon, ligaments. A fitness method (7-Methods) comprising seven moves combines bouts of cardio-vascular-like movement patterns that strengthen the entire musculoskeletal system. Exercises conducted with the INERTIA WAVE in use (oscillated) mimic a spring like fluid movement are designed to elevate the heart rate and work the entire body cognitively & overall engagement.

In accordance with one significant oscillation exercise, the participant, while preferably in an athletic posture holds the muscular state throughout the entire short bout from one to three minutes. It is preferable that the spine be in a close to neutral posture (Chest-up) during the exercise, otherwise such abnormality in posture can cause failure to achieve desired results or user will deviate from the intended results/goal.

**The below methods of using the present invention in High Intensity Training (“HIIT”) are described in detail below. Each exercise is presented by its level of intensity, the lowest intensity being first to the highest intensity being last.**

**Inertia Wave** - Keep the body spring-like and stiff at the same time. The body has a flexed ankle, knee, and hip employed during the INERTIA Wave method. The user holds the end cap of the IW securely and starts to gently spring the length of both tubes simultaneously as if they were shaking water off their hands. The method of INERTIA WAVE is an oscillating, spring-like up and down continuous pattern. The momentum of the tube acts like a coil/recoil from the center of the tube as it springs up and down.

**Hero Wave** - Keep the body spring-like and stiff at the same time. The body has a flexed ankle, knee, and hip employed during the Hero Wave method. The user holds the end cap of the tube securely and starts to spring the tubes as if to recreate the motion of a “drum roll.” The center of the tubes will hit the ground upon proper performance. The method of Hero Wave is a spring like oscillated/spring-like up and down continuous drum roll pattern with each tube moving in opposite directions RL-RL-RL-RL one @ a time throughout. The momentum of the tube acts like a coil recoil from the center of the tube as it springs up and down.

**Thunder Slap** - Keep the body spring-like and stiff at the same time. The body has a flexed ankle, knee, and hip employed during the Thunder Slap method. The user holds the end cap of the tube securely and starts to gently spring the length of both tubes simultaneously as if they were shaking water off their hands. The method of Thunder Slap is a spring-like oscillated/spring-like up and down continuous pattern. Both tubes are raised with the oscillated spring-like force. As the speed builds from the user’s motions the tubes are slapped together on the ground. The momentum of the tube acts like a coil recoil from the center of the tube as it springs up and down as it slaps the floor.

**Double Over** - Keep the body spring-like and stiff at the same time. The body has a flexed ankle, knee, and hip employed during the Double Over method. The user holds the end cap of the tube securely and starts to gently spring the length of both tubes in a circumduction pattern one over the other. The method of Double Over is a spring-like oscillated/spring-like large circles. The momentum of the tube acts like a coil recoil from the center of the tube as it rotates one over the other.

**Cross Fire** - Keep the body spring-like and stiff at the same time. The body has a flexed ankle, knee, and hip employed during the Cross-Fire method. The user holds the end cap of the tube securely and starts to transversely flutter both tubes simultaneously on a horizontal plane. Both tubes move together as if to emulate one continuous snake slithering through the grass. The method of Cross Fire is a spring-like oscillated/spring-like side-to-side continuous pattern. Both tubes are simultaneously rocked on a

horizontal plane with the oscillated spring-like force as the speed builds from the user, resulting in the tubes following each other in a whipping motion. The momentum of the tube acts like a coil recoil from the center of the tube as it springs like a snake on the transverse horizontal plane.

**Super Typhoon** - Keep the body spring-like and stiff at the same time. The body has a flexed ankle, knee, and hip employed during the Super Typhoon method. The user stands in line with the bands (one quarter turn to the right then left). The user stands perpendicular as they center the two tubes in-line with the center of their chest about 10-12 inches out from body. The user holds the end cap of the tube securely and starts to transversely flutter both tubes simultaneously on a horizontal plane. Both tubes move cooperatively together. The method of Super Typhoon is a spring like oscillated/spring-like side-to-side continuous pattern. Both tubes are simultaneously rocked on a horizontal plane with the user's body turned one quarter, or 45 degrees. The tubes follow each other in a whipping motion as the speed builds from the user, resulting in an oscillated, spring-like force.

The momentum of the INERTIA WAVE acts like a coil recoil from the center of the tube as it springs on the transverse horizontal plane. The user will then switch to the opposing side based on perceived rate of exertion (one half, or 180 degrees turn to the opposite side and continue oscillation).

**Oxygen Thief** - Keep the body spring-like and stiff at the same time. The body has a flexed ankle, knee, and hip employed during the Oxygen Thief method. The user holds the end cap of the tube securely and starts to gently spring the length of both tubes simultaneously as if they were shaking water off their hands. The method of Oxygen Thief is a spring-like oscillated/spring-like up and down continuous pattern. Both tubes are raised with the oscillated spring-like force as the speed builds from the user and the tubes are slapped together on the ground. The momentum of the tube acts like a coil recoil from the center of the tube as it springs up and down as it slaps the floor.

***Side note: You agree once you read this that the Inertia Wave is not an exercise tube. The Inertia Wave is not designed, was not designed, manufactured, sold, to be pulled on like an exercise tube. If you get injured because you created your own exercise outside of the 7-Methods you are negligent, liable, and responsible for any injury to yourself or others. Do not attach it like a bungee cord and run against it for resistance.***

Please refer to the email you received after you purchased the Inertia Wave it came from [help@inertiawave.com](mailto:help@inertiawave.com) (check inbox & Spam)



## **WHAT IS THE LENGTH OF THE INERTIA WAVE?**

The length of each type of the Inertia Wave is between 9.5 to 10 feet.

## **ARE THERE DIFFERENCE RESISTANT VALUES OF EACH INERTIA WAVE?**

No all Inertia Waves are the same thickness, and durability. They are made for high intensity interval training. (HIIT) The thickness determines its function.

## **IS THE OSCILLATING WAVE PATTERN OR FUNCTION THE SAME REGARDLESS OF THE COLOR?**

YES! They are all the same.

## **WHY DOES THE IW HAVE AN O-RING, CARABINER, AND RAIL STRAP @ ONE END?**

To alleviate stress, wear and torque on the anchored end of the IW we rearranged the stress curve. **SAFETY FIRST!!** A stress-strain curve is the amount of deformation (the change in length, for example) produced by the force  $FF$ , and is a proportionality constant that depends on the shape and composition of the object and the direction of the force.

Note that this force is a function of the deformation it is not constant as a kinetic friction force is. By adding more moving swivel like parts "RAIL STRAP & CARABINER" they now are working for the O-RING...we now reduce the torque, and stress on the O-Ring and anchor points. The Inertia Wave is not being deformed elastic to plastic like regular exercise tubing, hence less torque, and less deformity.

## **WHAT IS THE PROPER WAY TO PUT ON A RAIL STRAP?**

The proper way to put on the Rail Straps is to wrap it tightly around an object- feed the D-ring through the opening of the strap, and pull it tightly 3x. Get it as snug as you can so not to slide up or down as you utilize the IW. NOW attach the carabiner to the D-ring. Make sure the carabiner is closed before use. Do not attach the rail straps to any sharp- teeth like objects.

## **DO I NEED THE WRIST SAFETY STRAP?**

The IW-DUO a 2-partner Inertia Wave comes with safety straps. **(SEE OUR HOME PAGE TO WATCH THE IW-DUO- 15 Methods of use)** If your product come with safety straps, it is mandatory you wear them.

**YES, IT IS MANDATORY YOU ATTACH THE SAFETY STRAP TO THE IW AND**

**WRIST- INSTRUCTIONS ARE ENCLOSED IN THE DELIVERY, OR THE OPTIONAL CARRY-BAG. THE SAFTY STRAP DOES NOT AFFECT THE OSCILLATION OR FUNCTION OF THE IW-DUO. IT IS THE USERS RESPONSIBILITY TO WEAR WRIST SAFTY STRAP AT ALL TIMES.**

**ARE ANY OF INERTIA WAVE ELASTOMERE PRODUCTS LATEX FREE?**

No, The IW contains a small amount of latex.

**HOW DO I ATTACH OR ANCHOR MY INERTIA WAVE?**

Please watch the Video Link called: Creative way to anchor my Inertia Wave. Please remember ALWAYS anchor 24-36 INCHES APART and 36 TO 40 inches from ground or waistline high. NEVER CLOSER-NEVER HIGHER OR LOWER.

**HOW DO I CLEAN MY IW?**

The IW should be cleaned using a damp cloth with water and mild soap.

**HOW LONG SHOULD MY INERTIA WAVE LAST?**

The lifespan of Inertia Wave depends upon the amount of use and proper care. All FMFC LLC products are warrantied for 90 days. FMFC LLC recommends inspecting the entire length of the IW after every use. We recommend replacing on a regular basis and replacing annually to ensure the best possible performance.

**HOW FAR CAN TUBING BE STRETCHED?**

It is recommended that the Inertia Wave not to be stretched more than 1.5 feet at its **VISUALLY** elongated length. Hold the ends firmly, pull until the IW is total straight line, this is its resting length. To minimize breakage and ensure the lifespan of the tubing never pull more than 2 feet from its resting length.

## \*Inertia Wave DUO

### *The Methods to Master of the Inertia Wave DUO*

Inertia Wave DUO TM is a 2- PERSON FITNESS DEVICE that simultaneously increases Cardiorespiratory Endurance, Strength, & Motor skill (Cognitive) demand on the entire body. The IW-DUO Focuses on training, the brain muscle connection optimally, while providing the integration needed for athletic skill sets.

- NO SET UP
- EASE OF USE
- ANYWHERE, ANYTIME
- SOCIAL INTERACTION
- A TOTAL ENGAGEMENT OF 2 PEOPLE
- FIRE UP YOUR COMPETITIVE SPIRIT
- MAKES YOU THINK, A BRAIN BODY TRAINING SOLUTION (Physically and Cognitively)

We call it the “DYNAMIC DUO”! The Inertia Wave DUO TM is a total engagement of 2-opposing Wavers. One person at each end of the Inertia Wave DUO TM tubes.

As you ENGADGE with the Inertia Wave DUO TM kinesthetic and visual training enhances in all planes of motion. **Coordination and balance trigger a reestablished connection between the brain and body.** (Muscle & Brain Connection) Combined with an intense oscillating Wave creates a kinetic energy source, that transfers to both ends of the tubes, and enters the user’s body...

Improves motor coordination;

Improves cognitive skills;

Increases split second timing;

Did we say it’s FUN?!

Boosts attention span & memory function;

Increased physical / mental reaction time;

Improves motor skills.

Improves hand-eye coordination.

**This is the MOST IMPORTANT SENTENCE YOU WILL READ**

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While using the Inertia Wave DUO TM You have a choice (not to be confused) 2-people can both be the WAVE-MAKERS, (going through the basic METHODS) **or** you can cue at any time, the opposite end (your partner) to just hold steady (try to control the force that YOU are creating as the WAVE MAKER)

SOME of the moves specifically the HURRICANE WALK, there MUST be an ANCOR & WAVE-MAKER. (SEE VIDEO LINK PROVIDED AFTER PURCHASE TO YOUR INBOX FROM [HELP@INERTIAWAVE.COM](mailto:HELP@INERTIAWAVE.COM))

Or go to our homepage <http://www.inertiawave.com> and watch the 15- Methods of use with the IW-DUO

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## **LET'S BEGIN the METHODS**

### **The Inertia Wave** (Also with side shuffle)

Your feet should be spaced no further than 12-inches apart with knees spring-like bent.

The users hold the end caps of the tubes securely. Drive your elbows back. The body has a flexed ankle, knee, and hip employed during the Inertia Wave method. The users start to gently spring the length of both tubes simultaneously as if they were shaking water off their hands. Rhythm do not muscle it. The method of Inertia Wave is an oscillating, spring-like up and down continuous pattern. All the energy comes from the center of the tubes. Do not let it hit the ground. If you hear the wind sound you are doing it correctly.

### **Hero Wave** (Also with side shuffle)

Your feet should be spaced no further than 12-inches apart with knees spring-like bent.

The user holds the end cap of the tube securely, with feet spaced no further than 12-inches apart. Keep the body spring like and drive your elbows back. The body has a flexed ankle, knee, and hip employed during the Hero Wave method. Starts to spring the tubes as if to recreate the motion of a "drum roll." The center of the tubes will hit the ground upon proper performance. The method of Hero Wave is a spring like oscillated up and down continuous drum roll pattern with each tube moving in opposite directions RL-RL-RL-RL one @ a time throughout.

### **Thunder Slap** (Also with side shuffle)

Your feet should be spaced no further than 12-inches apart with knees spring-like bent.

The user holds the end cap of the tube securely. Drive your elbows back. The body has a flexed ankle, knee, and hip employed during the Thunder Slap method. The users start to gently spring the length of both tubes simultaneously, as if they were shaking water off their hands. The method of Thunder Slap is a spring-like oscillated/spring-like up and down continuous pattern. As the speed builds from the user's motions the tubes are slapped together on the ground. Keep the slap, keep the momentum.

### **Cross Fire** (also side shuffle)

Your feet should be spaced no further than 12-inches apart with knees spring-like bent.

The user holds the end cap of the tube securely. Drive your elbows back, and grab both tubes. Pull & hold the end caps close to your belly. The body has a flexed ankle, knee, and hip employed during the Cross-Fire method. The users start to transversely flutter both tubes, so they FOLLOW EACH OTHER. The method of Cross Fire is a spring-like oscillated side-to-side continuous pattern. WHIP IT and build the force as the speed builds from the user, resulting in the tubes following each other in a whipping motion. You can use one tube or two.

### **Double UNDER** (Also with side shuffle)

The user holds the end cap of the tube securely. Drive your elbows back, your feet

should be spaced no further than 12-inches apart with knees spring-like bent.

The body has a flexed ankle, knee, and hip employed during the Double Under method. Slowly start to rotate your **right-hand clockwise**, as your **left-hand counter clockwise**. Small circles R-L-R-L-R-L, this is a circumduction pattern. One tube **UNDER** the other, as you build up the speed Whip it, stay strong in the wrist, listen for the wind sound. Don't let it hit the ground. The method of Double Under is a spring-like oscillation of large circles, going under each other.

### **Double OVER** (Also with side shuffle)

The user holds the end cap of the tube securely. Drive your elbows back, your feet should be spaced no further than 12-inches apart with knees spring-like bent.

The body has a flexed ankle, knee, and hip employed during the Double Over method. Slowly start to rotate your **RIGHT-HAND COUNTERCLOCKWISE** as your **LEFT - HAND CLOCKWISE**. Small circles R-L-R-L-R-L, this is a circumduction pattern.

One tube **OVER** the other, as you build up the speed Whip it, stay strong in the wrist, listen for the wind sound. Don't let it hit the ground. The method of Double Under is a spring-like oscillation of large circles, going over each other.

### **Super Typhoon Walk**

The WAVE-MAKERS hold the end caps with both hands. A choice of 1 or 2 tubes. Holding the tubes securely the WAVE-MAKERS stay strong and stable. Stand perpendicular as the end caps of the tubes are in-line with the center of the chest, about 10-15 inches out from body. Both WAVE-MAKERS start to transversely flutter both tubes (Just like the motion of the SUPER TYPHOON (ALONG THAT TABLE TOP) on a horizontal plane. Both tubes move cooperatively together. The method of Super Typhoon walk is a spring like side-to-side continuous pattern. Begin to walk several steps forward, **STOP**, and several steps backward with a strong, controlled gate / posture. Keep the whipping motion as you walk together.

### **Oxygen Thief** (Also with a controlled side hop squat)

Your feet should be spaced no further than 12-inches apart with knees spring-like bent.

The WAVE-MAKERS hold the end caps of the tubes securely. Drive your elbows back. Keep the body spring-like and stiff at the same time. The body has a flexed ankle, knee, and hip employed during the Oxygen Thief method. The WAVE-MAKERS start to gently spring the length of both tubes simultaneously as if they were shaking water off their hands. Both tubes are raised with the oscillated spring-like force. As the speed builds from the WAVE-MAKERS the tubes are slapped together on the ground. The user continuously slaps the ground as they incorporate a jump squat during the slaps. Athletically the WAVE-MAKERS decelerate, pop off the ground to a side hop right, back to center, side hop left, back to center. The user will repeat this method several times. The tubes are slapping the ground. Verbally cue and communicate.

## Name: Hurricane Walk

Your feet are in a walking or normal gate stance “STAGGERED / SPLIT-STANCE” (i.e. one foot in front, one in back.

**The WAVE MAKER** Keeps the body spring-like and stiff at the same time. The body has a flexed ankle, knee, and hip employed during the **HURRICANE WALK**. The **WAVE MAKER** holds the end caps of the tube securely and starts to gently spring the length of both tubes simultaneously as if shaking water off your hands. Both tubes will rise and fall with the oscillated spring-like force. As the **WAVE MAKER** continues to perform the Inertia Wave Method. **The ANCHOR** stands strong, stable, and in a staggered stance; with arms angled out over the head (forming the letter Y with their arms).

As the **WAVE MAKER** continues the Inertia Wave method, the **ANCHOR** starts to slowly (under active control - and slightly flexed hip) walks forward as he / she controls posture and awareness of their body & environment. The **WAVE MAKER'S** challenge is to cognitively “Follow” the **ANCHOR** to provide THE SAME or appropriate resistance (Like a volume knob) throughout the HURRICANE WALK. The hurricane walk will provide optimal engagement of CORE and stability muscles – including the shoulder complex.

## Wave-length

**The WAVE MAKER** stands strong, stable, and braced in an athletic stance, keeping the body spring-like and stiff at the same time. The body has a flexed ankle, knee, and hip employed during the WAVE LENGTH method. The **WAVE MAKER** holds the end cap of the tube securely, drives elbows back, and stands with their feet no further than 12 inches apart. The WAVE-MAKER starts to gently spring the length of both tubes simultaneously as if shaking water off your hands. Both tubes will rise and fall with the oscillated spring-like force.

The **ANCHOR** bends their arms at the elbow at 90 degrees forming an “L” shape. (perfect right angle-palms down) Once the **ANCHOR** has ARMS ON A SHELF, squeeze back (retract) the shoulder blades. The **ANCHOR** will continue to hold this position. For safety reasons, please always hold the end caps securely wearing safety straps. The **ANCHOR's** challenge is to stay in perfect anatomical positioning (Strong, stable, shoulder blades drawn back & retracted) as they hold that position. This shoulder complex exercise achieves optimal engagement of “inner” stability muscles – including the entire shoulder girdle region.

## TYPHOON CHALLENGE

Your feet should be spaced no further than 12-inches apart with knees spring-like bent.

The WAVE-MAKER's or 1- WAVE-MAKER & 1- ANCHOR hold the end caps with both hands. A choice of 1 or 2 tubes. Holding the tubes securely, (wearing safety straps) stand perpendicular (face front) as the end caps of the tubes are in-line with the center of the chest 10-15 inches out from body. Both WAVE-MAKERS start to transversely flutter both tubes (Just like the motion of the SUPER TYPHOON (Along that tabletop) on a horizontal

plane. Both tubes move cooperatively together. The method of Typhoon Challenge is a spring like side-to-side continuous pattern. Keep the whipping motion and build the speed. You both have a choice to WAVE or 1-WAVE & 1- ANCHOR.

## **SHOCK WAVE**

This version there are two WAVE-MAKERS. The SHOCK WAVE is for those who really want to challenge their cognitive-awareness, along with communication skills. Do exactly what you did with **TYPHOON CHALLENGE**, only this time flutter the tubes at specific levels, of a clock. Each level is performed for a 6 second countdown.

**Vision a clock** from 1:00 to 5:00

**START @ 3:00** (DIRECTLY IN FRONT OF STERNUM- under chin (NO LOWER)

Follow this “Flutter Pattern” & Flutter Count: You will start at three o’clock. Then 6 seconds of each clock pattern.

**3:00** 6,5,4,3,2,1... **4:00** 6,5,4,3,2,1... **5:00** 6,5,4,3,2,1... **4:00**  
6,5,4,3,2,1... **3:00** 6,5,4,3,2,1... **2:00** 6,5,4,3,2,1... **1:00** 6,5,4,3,2,1... **2:00**  
6,5,4,3,2,1... **3:00** 6,5,4,3,2,1 **STOP**

The **WAVE MAKERS** stand at opposite ends, facing each other initially, as they ¼ turn to the right or left. (elbows close to side-palms down- both hands holding both end caps of tubes. On each other’s verbal cue, they start to flutter the tubes transversely (along a “table top” (Both Tubes follow each other) Hands must be directly in front of chest (sternum- NO LOWER) Both **WAVE MAKERS** flutter the tubes simultaneously as they build the momentum, speed, and wind sound of the tubes. This can be performed with 1 or 2 tubes. As a TEAM they verbally cue each other through the “clock pattern”

**SINGLE LEG WAVE** (Anchor & Wave Maker)

The **ANCHOR** holding the end caps securely drives elbows back & close to their sides. The **ANCHOR** slowly hip flexes and starts to raise one knee (foot off ground) where the thigh is parallel to the ground. (Have a slight bend in knee joint with the leg on ground) Hold that position throughout the count. YOU DECIDE ON THE COUNTDOWN!

The **WAVE MAKER** holds the end caps of the tube securely. Drive the elbows back and starts to gently spring the length of both tubes simultaneously as if shaking water off your hands. The WAVE-MAKER has a flexed ankle, knee, and hip employed during the **SINGLE LEG WAVE**.

HOLD 1,2,3,4...drop back & switch 1,2,3,4 repeat several times.

## **THUMBS UP (INERTIA WAVE METHOD STANDING)**

Your feet should be spaced no further than 12-inches apart with knees spring-like bent.

BOTH the **WAVE MAKERS** hold with the end caps holes facing up. ELBOWS HIGH “NO WIDER THAN SHOULDER WIDTH” Hold securely.



The **WAVE MAKERS** start to gently spring the length of both tubes simultaneously as if they were shaking water off their hands. Rhythm do not muscle it. The method of Inertia Wave is an oscillating, spring-like up and down continuous pattern. All the energy comes from the center of the tubes. Do not let it hit the ground. The **WAVE MAKERS** build the speed and energy in the tubes. (keep the momentum, keep elbows up, thumbs up, sternum high, and close to body) It's your choice to verbally cue each other to become the **ANCHOR**. (Anchor holds strong)

### **KNEELING CROSS-FIRE & THUMBS UP INERTIA WAVE METHOD** (1 or 2 tubes)

#### **MOVE 1-**

The **WAVE MAKERS** are kneeling on a soft surface, pad, or mat, facing each other. Holding both end caps of the tubes securely, with enough tension on the tubes.

The **WAVER** with arms stretched out in front of him / her 10-15 inches out from center chest- slight bend in the elbows. Holding both tubes securely, GLUE your fists together, as close as possible together (fists touching) very slight bend in elbows)

The **WAVE MAKERS** start building the speed in a whipping motion, the tubes follow each other. On a verbal cue you have the choice to CHANGE roles. One can become an ANCHOR trying to stabilize and hold his/her ground / position...as the other continues to WAVE.

#### **MOVE 2-**

After 20-30 seconds of the CROSS-FIRE, Segway into the **THUMBS UP INERTIA WAVE METHOD**.

### **KNEELING ANTI ROTATION** (1 or 2 tubes)

(Inertia Wave & Super Typhoon method)

The **WAVE MAKERS** are kneeling on a soft surface, pad, or mat, (side by side) BOTH facing the same wall or direction. Holding both end caps of the tubes securely, with enough tension on the tubes that it slightly tries to rotate/ pull you towards each other. The **WAVE MAKERS** with arms stretched out 10-15 inches front of chest (sternum level- very slight bend in elbow) hold both tubes as close as possible together (Both palms down- thumbs & first finger touching)

The **WAVE MAKERS** start to simultaneously perform the **Inertia Wave** method, building the speed, as they continue the up and down oscillating wave pattern. On a verbal que slowdown, the INERTIA WAVE METHOD and change to the Super Typhoon method, building the speed under control. COMMUNICATE!

## **DOES FMFC LLC CHARGE SALES TAX ON ORDERS?**

We charge sales tax for RESIDENTS in CT. This will automatically be added to your order.

## **FREIGHT TRUCK (LTL) DELIVERY**

We work with a variety of shipping companies to ensure the delivery of your order at the lowest cost to you!

## **LARGE ORDERS 100 UNITS OR MORE: WHAT IS FREIGHT TRUCK (LTL) DELIVERY?**

LTL stands for “Less-Than-Truckload” for a domestic shipment of pallets through a freight truck. By consolidating your order on pallet(s) and shipping via this method, we can keep your shipping costs low as opposed to billing you for multiple boxes/shipments. Depending on the number of pallets being shipped, more than one shipment may be necessary. LTL Shipments, 10 units or less can be delivered to a home smart post- or Fed-ex ground service. Distributors and International sale recipients are responsible taxes and duties in their origin. As for any shipment, the cost of shipping pallets is based on the weight, number of pallets, distance, and if any other extra services are required for delivery. Small deliveries 1-3 units are in a poly-bag 13x13x5. Large orders up to 16 units are in a 17x17x17 box. International orders up to 20 units in a 20x19x20 box containing 20 IW’S at 63lbs per box.

## **FMFC LLC**

### **WHEN SHOULD YOU EXPECT DELIVERY?**

Orders going anywhere in the USA arrive between 5-7 business days, unless you choose otherwise at checkout. International orders can arrive in 7- business days. Orders shipped via Freight Truck (LTL) usually can take up to 10 days for delivery. The freight company should contact you prior to delivery to schedule an appointment. These shipments are generally delivered with the following options; If you require one, please let us know right away:

### **CONTACT US**

Any questions? Please email [help@inertiawave.com](mailto:help@inertiawave.com)

**You have a right to see the written warranty, and cautions before you buy**

Inertia Wave the product owned by FMFC LLC warrants the Inertia Wave and its products are free from manufacturing defects for a period of 90 days from the invoice date.

Should your product show signs of defective workmanship or material prior to the expiration of the 90-day warranty, you should email our customer service center @ [help@inertiawave.com](mailto:help@inertiawave.com) to discuss options to exchange or return the product. This does not include shipping charges. This warranty is limited to the replacement of the product by FMFC LLC and all transportation, shipping and return costs shall be at your expense. The claimed defective product MUST be returned, the claimed defective product must be photographed clearly, and a picture send to [help@inertiawave.com](mailto:help@inertiawave.com) along with a picture of the anchoring system and or location to which the Inertia Wave is / was anchored. This warranty does not extend to any defect or problem caused by the negligence or acts of you or others, failure to maintain the product in accordance with instructions furnished with the product, unreasonable use, anchoring, sun damage, salt water, nicks from slapping on rough surfaces, cracks from leaving outside, chlorine, accidents, alterations, or ordinary wear and tear. FMFC LLC is not responsible or liable for indirect and consequential damages of any kind, including but not limited to the use of any product, loss of time, inconvenience, or other incidental or consequential damages, leaving in the back of your car under heavy object, crushing, bending the inertia wave from its resting state, also with respect to persons, business or property, whether because of breach of warranty, negligence or otherwise.

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**Indemnity.** You agree to indemnify, defend, and hold harmless FMFC LLC, its affiliates, subsidiaries, officers, directors, employees, consultants, agents, and representatives from any and all third party claims, losses, liability, damages, and/or costs (including reasonable attorney fees and costs) arising from your breach of the terms of this Agreement; your infringement, or infringement by any other user of your account, of any intellectual property or other right of any person or entity; your use of the Website; or

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Choice of Law and Forum. This Agreement and the relationship between you and FMFC LLC shall be governed by the laws of the State of CT without regard to its conflict of law provisions. You and Inertiawave.com FMFC LLC agree to submit to the personal and exclusive jurisdiction of the courts located within the county of New Haven / East Haven CT.

Waiver and Severability of Terms. The failure of Inertiawave.com FMFC LLC to exercise or enforce any right or provision of this Agreement shall not constitute a waiver of such right or provision. If any provision of this Agreement is found by a court of competent jurisdiction to be invalid, the parties nevertheless agree that the court should endeavor to give effect to the parties' intentions as reflected in the provision, and the other provisions of this Agreement remain in full force and effect.

Statute of Limitations. You agree that regardless of any statute or law to the contrary, any claim or cause of action arising out of or related to use of the Website, the Service or this Agreement must be filed within one (1) year after such claim or cause of action arose or be forever barred.

Headings. The section headings and sub-headings contained in this Agreement are for convenience only and have no legal or contractual effect.

Questions. If you have any questions regarding this Agreement, please contact us by email to [help@inertiawave.com](mailto:help@inertiawave.com) or by mail to 90-3 Cosey Beach Ave East Haven CT. 06512

*These terms of service were last updated on February 13<sup>th</sup> 2020*

FMFC LLC