



Inertia Wave® STRONG User Manual

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What does STRONG stand for?

STRONG is an acronym (S.T.R.O.N.G.) for “Start to Realize Our Natural Greatness”. We use the legendary Phoenix as our logo to represent strength and renewal. Like a Phoenix known for rising from its ashes, you get to rise from a state of weakness to a state of strength! As both a fire and solar symbol, the Phoenix is symbolic of the sun which “dies” in setting each night, only to be reborn in rising the next morning. The Phoenix is power, transformation, rebirth, and life. The Phoenix spirit is also widely regarded as a prominent symbol of coherence, longevity, imagination, and protection. The Phoenix represents the idea that there is NO END, only a beginning. So, being that said, you build on the foundation you set from the previous workout, and so on.

Many cultures look at the Phoenix as a strong and courageous warrior. The phoenix spirit helps you to appreciate the positives in your life. You learn to appreciate every small victory that you achieve. You will appreciate the hard work you put into getting fit and have confidence, and strength like a warrior! The Phoenix is the ultimate symbol of strength and renewal.

When you become “Inertia Wave Strong”, you start to appreciate your abilities. The Inertia Wave® STRONG is the perfect balance of metabolic, strength, and core training working synergistically to create a complete and balanced workout.

If you are familiar with the Inertia Wave® SOLO and the Inertia Wave® DUO then you know it can manipulate matter and energy as you fight against the Inertia. As you already know, when we strength train you create little tears in the muscle that repair and renew as you get stronger. The Inertia Wave® STRONG does the same thing plus so much more!

When you use the Inertia Wave® STRONG, you continue to build strength, balance, and a strong cardiovascular system all of which contribute to a renewed sense of assurance and confidence.

YOU are a symbol of resilience; YOU are that one person who can bring yourself from the brink of no motivation and back to the rebirth of a healthy life. This is another reason why we choose to use the Phoenix - it stands for the balance you need to excel in your life.

Before you begin...

You now get to have a TOTAL BODY strength workout, as you supercharge your cardiovascular system and core with all the benefits of the Inertia Wave® SOLO. If you are like most, we have no time to spend 30-45 minutes doing cardio! BORING! Now you no longer need to spend wasted time at a gym walking on a treadmill, using an elliptical or other cardio machines (unless you like that?). Save time, and get faster results with the combination of wavelength oscillations, and the strength components of the Inertia Wave® STRONG.

The Inertia Wave® STRONG gives you the option to integrate targeted muscle regions through a perfect residence and strength profile by connecting the included hand grips, or padded belts. You get to train your glutes and core like never before, strengthen or rehab your legs, chisel your chest, shred your shoulders, and benefit your posture as you build your back, biceps, and triceps.

What you will receive

When you received your Inertia Wave® STRONG in the clear see-through package, you will have the following:

- (2) Inertia Wave® STRONG tubes (with military-grade green “noose”)
- (2) Rail Anchors with carabiners
- (2) Hand grips with carabiners
- (2) Black padded belts with O-rings
- (1) Inertia Wave® STRONG mesh Travel Bag

How to use the Inertia Wave® STRONG

Before you begin any strength training exercises, please do the following:

1. Watch the [Creative Ways to Anchor](#) video for the Inertia Wave® SOLO. The Inertia Wave® STRONG is anchored the same way.
2. Learn and practice the [Beginner Methods of Use](#) and the [Advanced Methods of Use](#) for the Inertia Wave® SOLO. Can you do 30-40 seconds of one method with perfect tension, with the Inertia Wave® STRONG? Do you have a strong stable body posture? Do you hear the wind sound

as you perform each method? If not, that's why you need to practice!

3. If your Inertia Wave anchored 24-36 inches apart and 36-40 inches from the ground as shown in all the videos?

Now try to transition from one method to the other. For example, from the Inertia Wave method to the Tidal Wave method. Did you do it seamlessly? Now slow down and try to perform the CROSSFIRE method next. Choose one or more methods, perform them until your body says "slow down, I'm winded!"

We get asked all the time "How long should I perform one or all of the methods of use?" An impossible question to answer. Why? It's like saying how long am I supposed to jump rope? Or sprint? Or run? The correct answer is based on YOUR perceived rate of exertion which you must ALWAYS be aware of. Ask yourself "on a scale of 1-10, how winded am I?" If your answer is a 4-5-6, then you need to step it up - more tension and intensity! If your answer is a 9-10, then you need to slow it down. You want to work yourself to a 7-8 and stay there.

Tips for optimal performance:

- Do I hear a wind sound as I am performing the methods of use?
- Am I walking back to create the level of tension? Does it feel like I'm being pulled to the balls of my feet? (That's a good thing!)
- Are you super winded? It's all good! Try exercising in 15 second intervals and build up your performance over time.

Using Inertia Wave® STRONG as an "Active Rest"

What is an Active Rest? It's the actual strength exercises you choose to do in between the methods of use with the tubes. You have the option to do as many sets and reps as possible until you catch your breath, then go right back to the method of choice with the Inertia Wave® STRONG. Go all-out!!

Features of the Inertia Wave® STRONG

- Total-body strength, core, and cardio conditioning

- +Targets Major muscle groups, with dynamic resistance load
- Works an ALL-IN-ONE resistance level, for specific regions of the body.
- Includes a downloadable video tutorial.

Attaching the Hand Grips & Padded Belts

Prior to ALL strength training exercises please, open the noose and attach the carabiner securely while making sure the carabiner latch is closed. Whether using the belts or hand grips, always check to make sure the carabiner is completely closed.

WARNING!

Never perform the oscillating Inertia Wave ®methods with the hand grip attached! (We give you more time to rest, and catch your breath, as you attach, and detach the hand grips and belts.)

To avoid a lawsuit and putting someone in potential danger, never use the Inertia Wave® SOLO or STRONG as the Inertia Wave® DUO. It's not worth losing your business, or harming another.

Methods of Use & Strength Exercises

Please visit our [Video Library](#) on inertiawave.com for more detailed information on how to properly perform the beginner and advanced methods of use, additional strength training exercises, proper anchoring, and more for the Inertia Wave® STRONG.

- [Getting Started](#)
- [Beginner Methods of use \(from the SOLO\)](#)
- [Advanced Methods of use \(from the SOLO\)](#)
- [Strength Exercises](#)

Contact Us

Have any questions or concerns?

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