

INERTIA WAVE™

DEPARTMENT OF DEFENSE
DEPARTMENT OF COMMERCE

ORDER YOURS TODAY!

"Inertia Wave"

"Hero Wave"

"Crossfire"

"Thunder Slap"

"Double Over"

"Super Typhoon"

"Oxygen Thief"

Where there's a will,
there's a **WAVE!**

ORDER TODAY!

- YOU WILL NEED A TOTAL OF 11 FEET FROM THE ANCHOR CHOICE....TO YOU
- YOU WILL NEED A TOTAL OF 6 FEET SIDE TO SIDE (TRANSVERSE)

INERTIAWAVE.COM

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, and the anchor points are waistline, belly button from the ground (NO HIGHER OR LOWER) now you can add a slight tension by walking back 10 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. 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*

By reading this you are agreeing to wear the safety wrist strap at all time while performing the 7-Methods of use. (See instructions on website, or insert card that came with your delivery of the Inertia Wave.

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 is not a toy. 2- Elastomers not rubber tubing. (SPECIAL PATENTED ELASTOMERE) You may call it 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.

Go to fixmyfitnessclub.com and read the Blog section to find out why.

- Please: When you purchased the Inertia Wave you received an **auto reply** from help@inertiawave.com or orders@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. To name a few anchor points- Sleds, Squat Racks, Bike Racks, hardware of multi-unit stations @ the gym, drilled eye hooks into cement walls, or studs, hand rails, fencing, poles (2) please watch the video

Go to 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 salt water, 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 along with proper anchoring. See links @inertiawave.com
- ****GIFT**** FREE CODE @ CHECKOUT **IW100** @fixmyfitnessclub.com Thank you!

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.

WATCH THE VIDEOS @ INERTIAWAVE.COM

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 ie: tendon, ligaments. A fitness method (7-Methods) comprising seven moves combines bouts of cardiovascular-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 oscillating, 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. This

is a similar pattern to the

Thunder Slap method, but further incorporating a jump squat during the slaps. The user continuously slaps the ground as they athletically decelerate/descend to a semi-squat position, then immediately accelerate/rise to “pop” off the ground several inches.

The user then – by force of gravity - returns to the ground and decelerates safely back to a strong spring-like and stable athletic posture. The user will repeat this method several times. The body has a flexed ankle, knee, and hip employed during the Oxygen Thief method. The tubes are slapping the ground as the user is performing mini jump squats.

[Dave Parise](#) Inventor of Inertia wave inertiawave.com

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.

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

ABOUT: INERTIA WAVE USER PLEASE READ:

INERTIA WAVE ELASTOMERE

WHAT IS THE LENGTH OF THE INERTIA WAVE?

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

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. 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 we can 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 of the rail strap 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. YOU MUST USE ENTIRE RAIL STRAP DO NOT MODIFY.

DO I NEED THE WRIST SAFETY STRAP? SOME COME WITH A SAFETY STRAP. YES, IT IS MANDATORY YOU ATTACH THE SAFETY STRAP IF YOU ORDERED WITH THE WRIST STRAP. THE IW AND WRIST- INSTRUCTIONS ARE ENCLOSED IN THE DELIVERY, OR THE OPTIONAL CARRY-BAG. THE SAFETY STRAP DOES NOT AFFECT THE OSCILLATION OR FUNCTION OF THE IW. IT IS THE USER'S RESPONSIBILITY TO WEAR WRIST SAFETY STRAP ALWAYS.

ARE ANY OF INERTIA WAVE ELASTOMER 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 waistline high. NEVER CLOSER-NEW 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 1.5 feet from its resting length.

DOES FMFC LLC CHARGE SALES TAX ON ORDERS?

We charge sales tax for orders shipping to CT. This will automatically be added to your order

DELIVERY?

LTL stands for 'Less-Than-Truckload' for a domestic shipment of pallets through a freight truck . LTL Shipments, 10 units or less can be delivered to a home, business – or event.

WHEN SHOULD YOU EXPECT DELIVERY?

Orders going anywhere in the USA arrive between 5-7 business days, unless requested otherwise email help@inertiawave.com. International orders can arrive in 7- business days. Orders shipped via Freight Truck (LTL) usually can take up to 14 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

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 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 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 with respect to persons, business or property, whether because of breach of warranty, negligence or otherwise.

FMFC LLC and their products liability shall be limited solely to the replacement of the goods not meeting the quality and specifications warranted. No other warranty, expressed or implied, shall apply, including any implied warranty of merchantability or

fitness for a purpose, and any such implied warranties are expressly disclaimed. In the event applicable law prevents the disclaimer of any implied warranties, then such implied warranty shall be limited to the duration of expressed warranties above.

Note: Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you. Some states do not allow the exclusion on limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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

These terms of service were last updated on Feb 23rd 2018