

## Mantra for Success!

We know we can work aerobically and anaerobically. We know that we can push our thresholds by keeping our heart rate just under those thresholds.

We also know that weight training the body, specifically, body weight training resistance will help balance the overall athlete. We have come to understand that training creates lean muscle tissue and helps raise our metabolic rate. With a higher more efficient metabolic rate, our bodies are cleaner and generally work better at everything we do.

The problem is time. Integrating cross training to perform all the tasks needed to reach our optimal performance fitness levels. The solution is the Victorystrap.

The Victorystrap works in concert with the strategies and concepts utilized by coaches and personal trainers.

Call Today (516)796-4185  
[WWW.VICTORYSTRAP.COM](http://WWW.VICTORYSTRAP.COM)

## What Are People Saying?

" I never ran like this before! "

" My abdominal muscles feel much tighter since I started using my Victorystrap. "

" My running form is improved and I feel like my body is working more efficiently. "

" This is Awesome!"



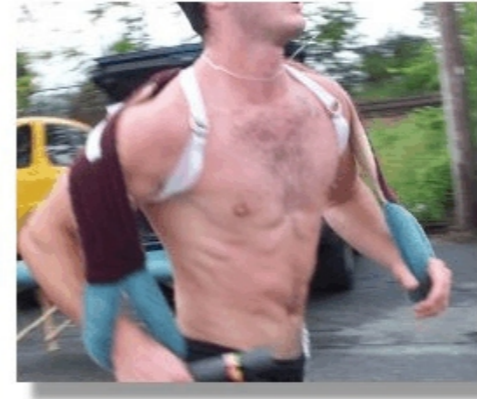
## What else can you tell me about the Victorystrap?

- Lightweight & Low Cost
- Consumer Friendly Product
- Machine Washable, Comfortable
- Physically Adjustable
- Ergonomically Designed
- 30 Day Money Back Guarantee
- It's Made in the U.S.A.

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## Are You Ready to Reach the Next Level?

## Discover the Victorystrap



The Best Kept Secret  
in  
Fitness-walking  
&  
Running  
Created  
Since the Sneaker!

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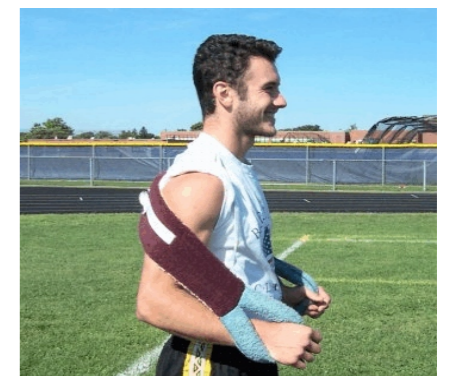
## View from a Coach's Eye.

1. Build your Base - Develop athletic abilities in general terms for overall benefit and balance of the whole body. Goals are general and adjusted to become more specific over time.

2. Work your Core - Energy transfer point. Develop your abdominals, obliques, gluts, upper thighs and lower back for complete and efficient energy transfer with quick recovery.

3. Create your "Comfort Zone" Obviate the stress on the upper body and utilize upper body movement by redirecting this immediate and ongoing energy output source to move you forward.

4. Become *more* efficient - Utilizing the pendulum motion of the arms in their proper "arc" sets a rhythm with the arms for the legs to follow in a smooth follow thru movement.



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