

PRESS RELEASE

For Immediate Release

Editorial Contact: GNV Direct

Phone: 417-887-2980

Fax: 417-887-5812

Resistance is *NOT* Futile!

It's crazy how many different types of exercise machines, workout videos, and training products that are on the market today. Each one promising specific benefits like increase speed, vertical increase, core strength, increased stamina and endurance, total body toning or muscle strengthening. However, no product promises overall improvements in all these areas, except for one.....**Flex nimbo™**.

Recently hosting a training for a division of the armed forces, exhibited at the NSCA Conference in Orlando and seen being used by celebrity football players, martial artists and professional boxing athletes on YouTube, **Flex nimbo™** is not just another exercise device, but is a full body, cross-training assister created for the serious athlete, but easy enough for the everyday workout.

Flex nimbo™ incorporates the lightweight but powerful use of rubber band **resistance training** with the unique patented harness design that enables the wearer, regardless of their position or training goals, to work all of the muscles in their body simultaneously. Fully adjustable for a custom fit, **Flex nimbo™** uses foot straps and hand flex grips to allow the user a full body resistance workout. Providing up to 19 lbs. of resistance per arm and levels at 35, 50 and 75 lbs. of total body resistance, traditional weight training cannot push through the total body thresholds like **Flex nimbo™**. Another unique feature of the **Flex nimbo™** is its neuro muscular training development and its excellence in promoting balance, coordination and agility with a full range of motion using both major and smaller muscle groups. This has been an excellent resource for chiropractics and rehabilitation therapists. **Flex nimbo™** has also been found to be excellent for improving explosive strength, increased flexibility, speed training, footwork, vertical jumps and starting strength while burning twice the calories of those other methods.



Completely portable and lightweight, **Flex nimbo™** goes with the athlete wherever they go, so no more conflicts with gym schedules or having to “go to” the workout. **Flex nimbo™** allows the workout to come to you! Featured in the March 2009 issue of Stack Magazine, **Flex nimbo™** shows itself adaptable to all sports and recreation such as football, soccer, lacrosse, boxing, mixed martial arts, basketball, track, running, hurdles, tennis, volleyball, baseball, softball and more.

Visit their website at www.FlexNimbo.com

Editors call for a free review editorial sample at 1-800-803-4370

For product photos or additional information,

Contact GNV Direct at 417-887-2980 or by email at marlene@gnvdirect.com