

# Negative Training Made Easy

## Featuring the Concept 3-1-5

*The search for strength-training equipment that adds smooth resistance on the negative – productively and safely – has now ended. X-Force provides a precise, patented solution for improved results.*

X-Force machines feature a radically different design with tilting weight stacks that add 40-percent more resistance to the negative phase of each repetition. Adding 40 percent to the negative makes a significantly deeper inroad, as compared to a traditional-style repetition, and allows a trainee to achieve momentary-muscular failure in less time.

For best results, each repetition should be performed with a count of 3 seconds on the positive, 1 second static, and 5 seconds on the negative. Think 3-1-5 on each repetition for maximum benefits.

X-Force machines apply to advanced conditioning and for all types of general health and fitness purposes. They provide an excellent way to get fit and stay in shape.

Once you exercise with X-Force, you will be forever changed.

See the new series of 14 X-Force machines, try 3-1-5, and experience the future of strength training . . . at IHRSA stand # 1231.



3-1-5



For further information:

[www.x-force.se](http://www.x-force.se)

[info@x-force.se](mailto:info@x-force.se)

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