



YBELL

The Future of Fitness

Introduction

OUR STORY



Developing the YBell was a labor of love for inventor and personal trainer Aaron Laurence. For 10 years Aaron, trained thousands of people on Australia's famous Bondi Beach.

Aaron used traditional training tools like dumbbells, kettlebells and medicine balls to create his own brand of high-intensity resistance training. With growing numbers, Aaron found it impossible to incorporate multiple pieces of equipment into his sessions. The YBell was the solution to his problem. One piece of equipment that did everything he was already doing and more!

4 IN 1

A SIMPLE EQUATION

The YBell offers variety during exercise without the need to change training equipment. The YBell design lets you mimic exercises traditionally performed using four independent exercise tools. They are:



KETTLEBELL

The YBell mimics kettlebell movements when you hold the YBell with the outer grips. The handles are softer on the hand and there is no 'hard ball' to bruise the outside of the forearm when in rack position. Multiple handles make the YBell easier to use when performing ballistic moves such as the alternating swing. The YBell is the perfect tool for people just starting their fitness journey. A YBell in each hand is better for alternating swings, avoids single-handed kettlebell training and increases the intensity for advanced users.

DUMBBELL

When mimicking dumbbell exercises, the YBell shape allows the user to keep the center mass of the tool in the center of the hand. Resting the outer handle against the inside of the wrist provides more wrist stability.

DOUBLE GRIP MEDICINE BALL

The YBell is a more comfortable option for gripping and is more compact than the double grip medicine ball. Since the YBell is a weighted device, you cannot throw it as you would a traditional medicine ball.

PUSH-UP BAR

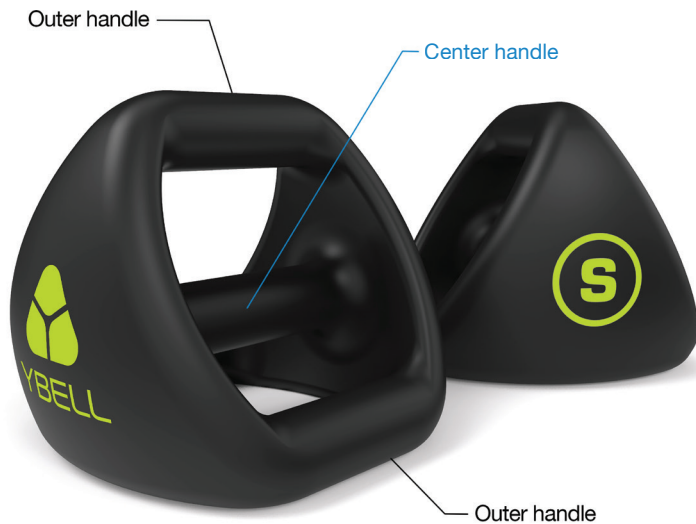
The YBell is a perfect push-up stand. People with wrist discomfort can perform prone, ground-based exercises. You can relieve carpal tunnel pressure by moving the wrist from hyper-extended to a more neutral position. Push-ups performed on a handle are a good progression to ground-based push-ups since they allow for greater range of motion. The YBell's weight makes it perfect for push-up rows, particularly when targeting the upper back muscles, chest and arms.

HANDLES

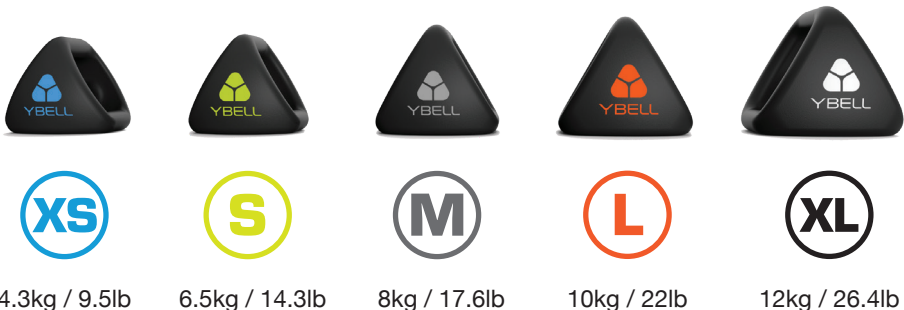
The handle placement and shape of the YBell distribute the mass so you can perform a number of exercises normally achieved with four different pieces of equipment. This shape and weight distribution makes the YBell comfortable for new users and is far less intimidating than a kettlebell or dumbbell. The handle names are important as they help you instruct others how to vary exercises quickly and efficiently to create a flow of movements. They are:

1. The Center Handle

2. The Outer Handles



WEIGHTS



GRIPS

The grip is the key to using the YBell as one of the four pieces of equipment it mimics. Changing the grip changes the way the tool mass is transferred through the body. This means the same piece of equipment with the same movement pattern loads the body with variation simply by changing the grip.

Below are the key YBell grips:

UNDER GRIP

Under grip mimics the use of a double grip medicine ball. Hold two of the outer handles with palms facing each other and knuckles facing upward. The 'apex' or point of the YBell faces down. From this position, you can punch out with the YBell or press it over your head.



DOUBLE GRIP

Double grip is similar to under grip with palms facing each other when holding two of the outer handles. The difference is the knuckles are facing forward and the apex or point of the YBell also faces forward.

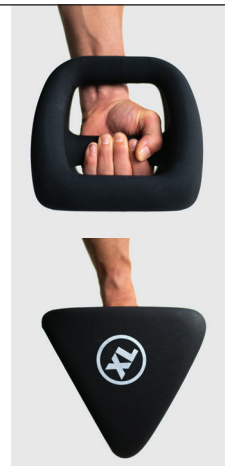


CENTER GRIP

Center grip feels the most familiar and mimics all traditional dumbbell exercises. There are two variations when in center grip:

Top Lock: Hold the center handle of the YBell and lock the top handle to the inside of the wrist. This provides wrist stabilization when performing arm curls.

Loose Grip: Release the top lock while still holding the center handle. Loose grip is used to position the YBell on the shoulders when performing dumbbell hammer curl squats and dumbbell squat presses.



GRIPS

OUTER GRIP

Outer grip is used when mimicking kettlebell exercises such as kettlebell swings, snatches and rack squats. Simply grip any one of the three outer handles in a palm down position.

The extra handles provide an extremely safe way to perform alternating single hand low and high swings. They allow you to keep hold of one handle and only release it when you safely have hold of the free handle as it presents itself.



TOP GRIP

For top grip, the YBell stays on the ground, and you use the top handle of the tool for push-ups, burpee variations and ground-work. Top grip is beneficial for two reasons:

- It reduces stress on the carpal tunnel by changing the wrist angle; and
- It gives stronger participants a greater range of motion.



GRIP TRANSITION

Grip transition is when you change the grip being used in a given activity, usually when you combine different movement patterns into one exercise. Grip transition is more than just changing hands and occurs when you switch from one grip to another in the same exercise.



PODS + PROGRAMMING

A 'Pod' is a combination of exercises done in a set amount of time.

Each pod is named after the number of different exercises performed for that pod. The timing of each pod varies depending on the desired outcome

There are three main 'Pod' formats:

1. Bi-Pod (2 exercises)
2. Tri-Pod (3 exercises)
3. Quad-Pod (4 exercises)

There are many different structures within a pod. Here are a few recommended structures to start with:

	BI-POD	TRI-POD	QUAD-POD
No. of combined exercises	Two	Three	Four
Time	6 min	10 min	14 min
Structure	EMOM	LADDER	CIRCUIT

EMOM POD	LADDER POD	CIRCUIT POD
<p>(Every Minute On the Minute)</p> <ul style="list-style-type: none"> • Set a timer to ring a bell every 60 seconds for 6 minutes. • Select 2 exercises. • Each time the bell rings, complete 4 reps of the first exercise then perform the 2nd exercise non-stop until the bell rings again. Repeat until the 6 minutes is up. <p>EXAMPLE: KETTLE BELL</p> <p>Exercises:</p> <ul style="list-style-type: none"> • Push-up Row • KB Low swing 	<ul style="list-style-type: none"> • Set a timer for 10 minutes. • Select 3 exercises. • Complete 2 reps of each exercise, then 3 reps of each, then 4 reps and carry on laddering up by 1 rep each round until the 10 minutes is up. <p>EXAMPLE: DUMBBELL</p> <p>Exercises:</p> <ul style="list-style-type: none"> • Bicep curl • Hammer curl squat • Tricep push-up 	<ul style="list-style-type: none"> • Set a timer to 50sec on, 20sec off • Select 4 exercises. • Complete each exercise for 50 seconds, then rest for 20 seconds. Completing all 4 exercises is 1 round. • Complete 3 rounds. <p>EXAMPLE: MEDICINE BALL</p> <p>Exercises:</p> <ul style="list-style-type: none"> • Back lunge press • Alternating 1 side Push-ups • Side drop lunge • Lateral jump burpee

EDUCATION

**We offer an internationally accredited
1 Day YBell Coaching Course.**

- Experience a truly unique YBell workout
- Learn to create purposeful exercises using the YBell
- Learn to coach dynamic movements incorporating the YBell
- Master the variations of the YBell to increase your training vocabulary
- Create YBell Pod-based programs



Attendees will receive CECs from the following organizations: NASM 0.7, Fitness Australia 8.0

INQUIRIES

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COMMUNITY

LOOK BETTER, MOVE BETTER AND FEEL BETTER!

Our exclusive YBell workouts and instruction videos are available online and via the YBell app which is available in the App Store and Google Play.



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