

## **Elite Body Squad Are Pleased To Announce The Introduction Of New Products To Their Shop**

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Elite Body Squad specialise in fitness and exercise products designed for use in the gym during workouts.

Products include wrist wraps and straps to support the wrists during weight lifting and training. These ergonomic products have become the signature of Elite Body Squad. Producing high quality items that are also ergonomic and comfortable help gym goers and professional trainers to achieve more from every session in the gym.

Emphasis is put on health, safety, comfort and maximising the time spent in the gym. A selection of weight lifting gloves for both men and women ensure that skin chaffing and broken nails are avoided. The focus is always on ensuring that gym goers get the very most out of every moment. These new ankle weights are no exception. The benefit of ankle weights is that once they are on, all normal exercises have the added benefit of helping users to burn more calories and increasing the effect of toning.

Any exercise that uses the legs, like walking, running, leg raisers and butterfly kicks benefit from the increased weight around the ankle.

The new ankle weights help people to lose weight and tone up. Users burn more calories easily without doing anything extra. They are perfect for leg weight exercises, fat loss, strength training and toning. They are also ideal for fitness classes and soft enough to wear all day long.

If the goal is to help tighten legs and bottom then they are ideal as they also help to increase definition when users wear the adjustable ankle weights on a regular basis. It makes it possible to effortlessly tone and tighten the calves, thighs, hips and glutes whilst carrying on with everyday life.

And like all Elite Body Squad products, they are easy to use and comfortable. The new ankle weights are made from ultra soft neoprene which stops rubbing and chafing against the skin. The foot weights are simple to put on and fast to adjust with the use of super fast velcro closure.

Another new addition to the product portfolio of Elite Body Squad is the black fitted t-shirt. This is made from hard wearing material with 80% cotton and 20% polyester. Designed to look good in the gym on any body type, although the more toned the body, the better the look. The special flat stitched seams and stretchable fabric provide the space to move around without the feeling of being overdressed. The new t-shirt is wider at the shoulders and narrower at the waist and is available in four sizes, small, medium, large and extra large.

The final addition to the product suite is the all new wrist support. These new supports are slightly different from wrist wraps and weight lifting straps. These wrist supports enable the wearer to train harder for longer as they strengthen and protect the wrists.

Because the wrists are fully supported while using the heavy duty wrist wraps the user is able to lift more weight for more reps which means the workouts are more effective.

They are easy to use and protect the wrists from injury without the need to wear weight training gloves or use weight lifting straps. Simply wrap around the wrist once for instant support during workouts. They are ideal if you have a weak or injured wrist or are trying to push for a new personal best.

They have quick velcro release wrist braces and are perfect in the gym when using dumbbells, barbells or kettlebells and all weight training machines. Because of the extra support they provide, they are also great for powerlifting exercises, Crossfit and MMA

What's best, is that one size fits all and they can be used by both men and women and are sold as a pair.

For a full list of all these and other items, please visit the store at <http://www.elitebodysquad.com/>

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