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Flex Nimbo

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By Zac Clark

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If you've never heard of the Flex Nimbo, you're not alone. Find out how this product with a goofy name can help elevate your game.

Look beyond the aesthetics of this revolutionary training device, which is worn like a full body article of clothing, and pay attention to its performance benefits. Sean Robbins, Flex Nimbo trainer and two-time U.S. Olympic T&F alternate, says the gear provides resistance with every movement you make, something you're not typically used to dealing with.



Courtesy of Flex Nimbo

"The Flex Nimbo forces you to stay in an upright position, giving you an activation of the lower back as well as the core," Robbins says. "If you're doing a movement, then stop and stand, the Flex Nimbo is still being activated. That helps with your posture, even at rest."

Geoff Kaplan, director of sports medicine and head athletic trainer for the Houston Texans, adds that the Flex Nimbo "incorporates functional movement and multidirectional patterns, much like sport." During his prior gig as athletic trainer for the Tennessee Titans, Kaplan used the tool for total body conditioning. He explains, "When you're working with athletes and doing a lot of sport-specific [training], the legs have to work with the hips, the hips have to work with the trunk, the trunk has to work with the shoulders and the shoulder girdle. The Flex Nimbo helps activate and incorporate these different components to try to work more in unison."

Robbins agrees that activating both the upper and lower body is necessary to build functional strength.

According to Dr. Brian Paris, a chiropractor who specializes in posture rehabilitation and a principal owner of Performance Lacrosse in Rockville, Md., the Flex Nimbo is also helpful in preventing injuries. He says, "As far as injury prevention, it's phenomenal for core training. That's going to help you prevent low back, abdominal or any injury, because your core is your platform for movement." Paris is all about training movements, not muscles, so he's shifted his focus away from hypertrophy training.

Three levels of resistance are available: 35, 50 and 75 pounds. Robbins generally uses the 50-pound resistance with the athletes he trains. He says, "It's just like any other new sports and fitness equipment. When you first start with it, of course it gets a little bit tough. Then you build a tolerance, and you start increasing your workout."

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- Anquan Boldin