

The X-Vest

“A versatile tool for your home gym training”

By Kyle Battis CSCS, L/ATC, NSCA-CPT



The X-Vest is one of the coolest pieces of equipment I have ever invested in for my home gym training. The versatility that this piece of equipment offers is truly amazing. If you are at all limited in equipment or space the X-Vest can help solve your problems.

Basically the X-Vest is a very well-designed weighted-vest (the best on the market in my opinion). X-vests come in different sizes and each vest allows you to adjust the weight via removable 1-pound rods.

When it comes to training with my X-vest in my home gym I use it for many different exercises including:

- Weighted stair climbing
- Weighted walks outside
- Lunges
- Step-Ups
- Squats
- Pull-Ups and Chin-Ups
- Dips
- Glute-Ham Raises
- Calisthenics such as Jumping Jacks, Shuffle Splits, Burpees, Mountain Climbers, Lateral Line Hops, Jumping rope
- Weighted house chores like vacuuming, folding laundry, picking up the house (I am serious! Try it and you'll see it's quite the workout! In fact, I recently interviewed George Morrison, the creator of the X-vest and he shared some amazing tips. You can listen to the interview by clicking [HERE](#))



(That's me performing some squats with my 84-lb X-vest)

I think the benefits go far beyond the standard gym exercises mentioned above. For instance, a real treat can be had by wearing an X-vest WHILE training with barbells, dumbbells, and kettlebells (I learned this from Coach John Davies). You can perform deadlifts, cleans, jerks, snatches, push presses, and other standard gym exercises while wearing an X-vest to greatly enhance the overall training effect.

Even more fun can be had by taking your X-vest outdoors with you. Go for a walk with a fully-loaded X-vest and you'll never look at walking the same way again. Other applications include playing sports like basketball, tennis, or mountain biking while wearing a lightly loaded X-vest (use your imagination!).

You could go for a hike with your X-vest on, do some hill sprints, or throw a Frisbee around with your kid while wearing the vest. The great benefit of wearing the X-vest is that you will greatly enhance calorie-burning, general conditioning, and overall strength. Incorporating the X-vest into activities such as those mentioned above also produces improvements in power output, agility, and of course, postural alignment.

The applications of this tool are simply limitless. The X-vest is an amazing tool that I am glad I added to my home gym training and I encourage you to incorporate this tool in your very own training programs. I promise that you won't be disappointed with the results.



(Click [HERE](#) to learn more about the X-vest)