

WEIGHT-LOSS RUMORS

TUESDAY, MARCH 24, 2009

Episode #1 from IHRSA (X-Force Strength Equipment)

Taku and I attended the IHRSA convention in San Francisco last week and saw some really great equipment. One of the first stops we made was to the X-Force Strength Equipment booth. This video will show and describe how the equipment works.

Suffice it to say we had a blast and this video is just scratching the surface of the cool stuff to come. We'll be posting a new video every day so keep checking back. If you have specific questions, please post them to the comments section below. We'll answer them right away.

Thanks and keep training hard!

Jason

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