



HALO H.E.A.T.™ is the newest addition to the HALO circle of products  
This is the next level - Ready to swim fast?

[H.E.A.T.](#) is an acronym for High Elbow Attached Tubing; Tubing that targets the lats and upper-back like a sniper. [HEAT](#) brings the tubing user-experience to an entirely different level and you are going to "love the burn"!

You can use [HEAT](#) alone, but we suggest combining [HEAT](#) with the standard hand-grip HALO/SPHandle tubing to create a matrix of work-out sets that will fire up any Swimmer or Triathlete. You can do elbow only sets, hand only sets and sets using both [HEAT](#) and [Sphandles](#) at the same time which will help you find the perfect balance in the perfect pull!

Until now, only elite level swimmers truly understood and engaged the muscle groups [HEAT](#) targets. Realize [HEAT](#) is a new movement for most people - so start with short sets for several workouts in order to acclimate your body to the new stresses. It will feel good but take it slow because you might feel sore the following day.

[Halo™ HEAT](#) is available in four color-coded resistance levels:  
yellow = light, red = medium, blue = heavy and black = x-heavy.

A general rule of thumb for choosing the correct tubing is to correspond body weight to tube resistance:

- Less than 110 lbs – yellow
- 110-150 lbs - red
- 150-190 lbs - blue
- 190+ lbs - black.

When in doubt of which resistance level - we advise to use a lighter resistance and do more and faster reps.

You will want to attach [HEAT](#) between the elbow and the bicep. Leave the cuff loose around your arm, but not so loose as to slip past the elbow. Be careful not to cinch off circulation. ALWAYS be mindful of arm circulation during work and rest. Sometimes, depending on users anatomy, the cinch can put pressure on your inside arm and constrict blood flow even during rest. Simply loosen or remove cinch to correct.

Due to rotational nature of the intended exercises - wearing a long sleeve tech-shirt under cuff when doing high volume work will reduce or eliminate chaffing. Always wear eye protection when using stretch tubing products. Be sure tubing attachment point is positively secure.

Contact: Lane Gainer Sports with any questions: 800-443-8946 or 810-231-4340  
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