

# EXERCISE BENEFITS

## Wearing only X49

<u>Exercise</u>	<u>% improvement 2 months</u>
Sit-ups	70.59%
Push-ups	81.82%
Squats	47.06%
Bicep Curl	112.50%
Grip Strength	74.49%

## Wearing X49 and X39

<u>Exercise</u>	<u>Combo versus (X49 only)</u>	
Bike (calories burned)	90.91%	(72.73%)
Bike (top speed)	27.54%	(22.63%)
Bike (distance)	65.15%	(57.14%)
Pulse (decrease)	5.38%	(4.04%)

## Study Results for Blood Pressure

X49 only - decrease in systolic by 5.51%.

X39 + X49 - decrease in systolic by 7.75%  
decrease in diastolic of 17.98%

110    SYSTOLIC  
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70    DIASTOLIC