



aeroSling XPE

aeroSling® compact deflection pulley sling trainer - full body training with your own bodyweight

The aeroSling XPE is the entry to pulley sling training. It shares the high aeroSling® quality but is significantly lighter. It is perfect for all sling training beginners and those who seek an easy solution for whole body training when travelling. Thanks to the anchor sling and the integrated door anchor, the aeroSling XPE can be mounted almost anywhere.

aeroSling®



The sling trainer concept

A sling trainer is a training tool for bodyweight training that helps you optimally adjust your training resistance, i.e. your bodyweight, in every exercise. To illustrate this principle think of a rowing movement. You pull your body up until your chest is at the same height as your hold point. The more horizontal you position yourself, the bigger the portion of bodyweight you have to lift in every repetition. With a sling trainer you can choose the angle of your position inch-perfectly, so you always have the right training resistance for your workout. This principle can be applied to every sling trainer exercise.

Sling training means unstable training with your own bodyweight. You train full movement sequences and muscle groups in order to improve not only strength but coordination. Deflection pulley sling trainers extend this form of training significantly with alternating and rotating exercises. Sling training is the all-rounder of training forms, and the ideal basis for your fitness training.



The mobile gym

Sling trainers offer versatile and effective training, ranging from full body workouts to isolation exercises. All you need is a suspension point and your own bodyweight. With a sling trainer you always have a complete gym at hand. At only 450g, the XPE fits in any hand luggage. No other dynamic sling trainer can undercut this weight. So, there are no more excuses whilst travelling. Why you should interrupt your training when you are on the move? Even in the hotel room you can work out. Just put the door anchor on top of the room door and get started.





Effective full body training with the sling trainer

Sling training doesn't train isolated muscles individually, but several muscles in combination. This is not only closer to real-life demands, but also more effective. You don't simply train more structures at the same time, you also improve inter- and intra-muscular coordination. The instability of the straps requires your deeper-lying musculature to work harder to keep a steady position. This improves the interplay of muscle groups, offering a more efficient workout and a significant boost in body perception. A hugely positive side effect is that you burn more calories in short workouts of 30 to 45 minutes than when training isolated muscles.



Dynamic sling training with a pulley

Even though training with a sling trainer is versatile and effective, common sling trainers have a marked disadvantage; both straps are fixed at the same anchor point and have to be at the same length all the time. This restricts the number of possible exercises and won't allow alternating exercises. Dynamic sling trainers by aeroSling® have the unique deflection pulley, which allows for a wider spectrum of exercises and increased instability that makes sling training even more effective.

Full range of motion

The main rope of aeroSling® sling trainers, to which the handles are connected, can run over the deflection pulley with its full length. This has two advantages: first, the athlete has to actively counter the instability which increases the coordinative aspect of the training. Secondly, this allows for whole range of additional exercises that enable you to move arms or legs independently of each other. Alternating and rotating movements expand sling training with dynamic exercises that static sling trainers can't offer.



Highest quality

aeroSling® sling trainers are premium-quality training products for athletes with the highest demands. Only high-quality training tools can guarantee long-term fun during training and, thus, success. Suspension trainers by aéroSling® are used to tough conditions, and can be used in any wind and weather. The maximum training load of 200kg is significantly higher than market standards.

Dynamic sling training

The **aeroSling XPE** contains a deflection pulley just like its brother aéroSling ELITE. It enables an additional instability that results in increased intramuscular coordination compared to static sling trainers. The XPE allows for rotational exercises, where the main rope shifts from one side to the other, in what we call the Power Pull. The grip knot provides a super-fast rope length adjustment, for instance if you want to start with your leg workout after finishing your upper body exercises.

Maximum safety

The **aeroSling XPE** complies with the same quality standards as all other aerobis products. Its components originate from mountaineering and climbing sports, and each part withstands extreme loads. The handles, made from glass-fibre reinforced plastic, are supremely sturdy, and can easily be cleaned.



£119.00 INC VAT

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- Dynamic training for strength and coordination
- Central pulley offers a wide range of motion and variety of exercises
- Increased instability makes every movement more challenging and workouts more effective
- Extremely compact, light and can be used almost anywhere.
- aéroSling® components are secure, reliable and durable
- GRP handles and adjustable foot loops
- Online DVD with introduction video, training plans and real time workouts
- Includes anchor sling with door anchor, practical mesh bag, exercise poster and manual

Total weight: 0.45kg

Maximum load: 200kg

Warranty: 1 year



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