# WEIGHTED SUIT TO ENHANCE MUSCLE DEVELOPMENT

TECNOLOGÍA PATENTADA

**DATOS DE CONTACTO:**

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## RESUMEN

The research group has developed a weighted suit that enhances muscle development. It is very simple: it improves ergonomics, avoids rubbing, it is easy to use (the suit can be worn throughout the day) and is designed to avoid injuries and pathologies and increase training time.

The suit has weighted segments arranged proportionally over all the different parts of the user's body (the exact arrangement is determined by personalised anthropometric studies).

The group is seeking companies interested in acquiring and using the technology.

## VENTAJAS Y ASPECTOS INNOVADORES

### ADVANTAGES:

· Simple construction.

· Improved ergonomics.

· Avoids rubbing.

· Easy to use (the user wears the suit throughout the day).

· Does not cause injuries or pathologies.

· Gains training time.

· Enhances muscle development without a conscious effort.

### INNOVATIVE ASPECTS:

The suit is fitted with weighted segments arranged proportionally over the different parts of the user's body, leaving the head, hands, feet and main joints free. Each segment is allocated a greater or lesser load according to the user's needs and the activity to be carried out. The arrangement of the weights is determined by personalised anthropometric studies using the Marfell-Jones methodology. The suit is ergonomic and avoids rubbing, is easy to use (it allows muscle development while the user is not training, thus saving time) and, most importantly, does not cause injuries or pathologies.

## APLICACIONES DE LA OFERTA

**SPORTS CLOTHING**: The suit enhances muscle development of elite sportsmen and women who wish to obtain maximum performance in the least possible time, without causing injuries or pathologies of any kind.

## COLABORACIÓN BUSCADA

The research group is seeking companies interested in acquiring and using the technology. To this end, it is ready to sign any of the different types of technology transfer (licensing the patent, assignment, etc.).