

# Burn more calories

Contributed by Bodytrends Health and Fitness  
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Bodytrends Health and Fitness The acclaimed PowerBelt Walking System is the product that defines the total body walking workout.

With the Powerbelt youâ€™ll burn more calories, tone your muscles and lose weight faster. Simply strap on the fully padded belt, grab the soft rubber handles and go!

The patented reels provide smooth resistance over the full range of your arm swing. Youâ€™ll get the calorie burning power of a run without changing your pace. So your walk will help flatten your belly, shrink your waistline and tone your arms.

In fact, research shows that using the PowerBelt can burn up to an amazing 71% more calories than regular walking.

The PowerBelt is recommended by doctors, nutritionists and top fitness experts including fitness expert Denise Austin.

Exclusive features include the ability to let go of the handles at any time for interval upper body training and the ability to choose from four resistance levels for maximum workout options.

The entire PowerBelt weighs less than 2 pounds, so youâ€™ll barely notice itâ€™s there. That is until you start using it. Then you become one of the tens of thousands of walkers addicted to their PowerBelt workout!

## Powerbelt vs. Handweights

â€¢ The Powerbelt is up to THREE times more effective than regular handweights!

â€¢ The Powerbelt supports your back and eliminates the strain on shoulders and joints caused by weights.

â€¢ The Powerbelt's handles are fully retractable. Take a break from your workout at anytime!

â€¢ The Powerbelt allows you to operate a treadmill safely for a total body workout. If you have handweights in your hands it is difficult to operate a treadmill.

â€¢ And above all, the Powerbelt is up to 50% more effective than handweights! Quit using your old handweights and try the Powerbelt today!

â€¢ The Powerbelt makes your workouts more fun, more effective and more versatile! Handweights are boring & inconvenient.

## How does the PowerBelt Work?

The PowerBelt uses a patented disk spring system to provide a smooth and balanced resistance to your upper body. Simply grab the soft rubber handles move your arms, and the PowerBelt will add resistance, both forwards and backwards, to your natural arm motion. Why use the PowerBelt?

The PowerBelt is ready to use right out of the box. There is nothing new to learn and it is fun to use. Use a lower resistance setting for the perfect toning workout or a higher resistance level for a strengthening workout. Either way, you can sculpt your upper body muscles and burn up to 71% more calories while you walk!

## Does PowerBelt have adjustable resistance?

Yes, the PowerBelt has four resistance levels available. The first resistance level, PowerPak 1, is built into the Base System. Three additional PowerPaks are available that dock onto the Base System to increase its resistance level. The amount of PowerPaks you receive depend on the version that you purchase.

For the exact tensions of each resistance level - see PowerBelt Specifications.

## What waist sizes does the PowerBelt fit?

The PowerBelt adjust from waist sizes 22" to 48". Belt extenders are available free of charge though these can be ordered by telephone only.

## How much does the PowerBelt weigh?

The PowerBelt weighs less than 2 pounds. This lightweight design, in combination with the fully padded construction, make it extremely comfortable.

How does the PowerBelt burn up to 71% more calories?

Over half of your body's muscle mass is found in your upper body. The PowerBelt adds resistance to your upper body so when you walk, more total muscle mass is involved in calorie burn.

Can the PowerBelt be used on a treadmill?

The PowerBelt is ideal for a treadmill because you can let go of PowerBelt handles at anytime to use your treadmill's controls.

Can the PowerBelt be used for exercises other than walking?

The PowerBelt was designed for walking but is just as effective when used in conjunction with running, aerobics, and in-place exercises.

What is the warranty on the PowerBelt?

The PowerBelt comes standard with a 45-day money back guarantee and a full 1-year warranty against defects or premature wear. If you are seeking away to burn more calories in your walking workout without changing your routine, then the PowerBelt Total Body Walking Workout is the answer you have been looking for. Watch a video about the PowerBelt now!