



 **TIME TRIAL TO FATIGUE PERFORMANCE**

BASELINE 21 min 35 sec

**61.7% DIFFERENCE**

POST-6WK TRAINING 34 min 47 sec



**Practical applications:**

This study is the first to demonstrate that chronic exercise with a Kutting Weight® sauna suit confers numerous cardiometabolic and performance benefits. Additionally, it was clearly shown that time trial in the heat is substantially augmented by regular training with a Kutting Weight® sauna suit. Indeed, following 6wk of moderate-intensity exercise training with a sauna suit, time trial to fatigue in a simulated hot environment increased by more than 13 minutes from 21min 35 sec to 34 min 47 sec **(a robust 61.7% improvement)**

