



THE SECRET IS OUT...

**JUMP HIGHER... HIT HARDER...
RUN FASTER... THROW FARTHER**

Holly McPeak
Olympic Medalist



VERT improves the Performance of



World Class Athletes...

just imagine what it can do for you!

VERT trains you to be more powerful.

Power = Force x Distance Divided by Time.

Strength = Force x Distance.

For example, two people that can bench press 200 pounds have the same strength, but the person who can move that 200 pounds quicker is more powerful.

Whatever your sport, VERT increases your **POWER, SPEED** and **EXPLOSIVENESS** so you will perform better!

*"I refuse to talk about VERT because it's my training secret."**

Shaquille O'Neal
(Men's Fitness Magazine)

*"It gives me a distinct edge I never had before... I'm stronger and the muscles I use swimming move faster."**

Lenny Krayzelburg - 3 Olympic Gold Medals
(USA Today)

*"I have never found a system that gives results like what I have seen at VERT"**

John Perry M.D. - A founder of the American College of Sports Medicine - Former team physician for the RAMS & REDSKINS

*Not a paid endorsement.

FOR ATHLETES VERT IS THE ONLY GAME IN TOWN!

Not only does VERT increase the height of your vertical jump, but it gets the player to maximum height faster. ie: two players can jump the same height, but one player reaches the height faster (he has reached his peak velocity faster) and he will be the first to get the tip-off or rebound.



VERT... GIVES YOU THE COMPETITIVE EDGE!

VERT is an acronym for Velocity Enhanced Resistance Training.

VERT is a high-tech system of computer controlled exercise equipment that analyzes the velocity, acceleration, position, applied force and resistance 16,000 times per second throughout the entire range of motion.

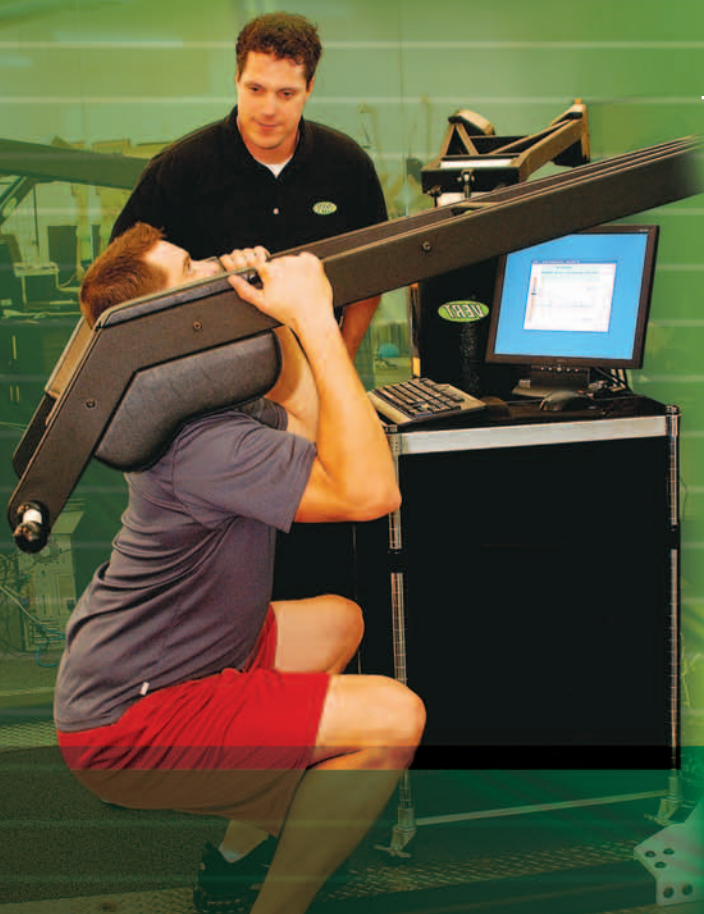
VERT eliminates inertia associated with weights and allows for high-speed training of the type II fast twitch muscle fibers. Now athletes can train at the same speeds that they perform.



VERT... IF YOU'RE IN THE NEED FOR SPEED!

The faster a weight moves (because of inertia) the less resistance it provides. **VERT** can be programmed to provide maximum resistance through the entire range of motion at whatever speed you desire.

With gravity controlled devices (weights) there is maximum muscle fiber recruitment only at the beginning to get the weight moving, and as inertia increases, muscle fiber recruitment decreases.



VERT... THE WORKOUT THAT WORKS!

Because **VERT** eliminates inertia there is maximum muscle fiber recruitment through the entire range of motion.

VERT trains the nervous system to contract muscles fast. The faster the muscles contract, the faster the limb moves. The faster the limb moves, the faster a person can run, the higher a person can jump, the harder they can hit, the farther they can throw, and the better they can functionally perform.



VERT...

- sports specific programs that are computer generated and can be geared for any fitness level and age group.
- machines can be programmed to provide resistance in all of the following modes separately or in any combination for: Isokinetic, Isometric, Isotonic, Variable Velocity and Variable Resistance.
- “bi-directional” exercise allows training of two or more opposing muscle groups within the same repetition. Examples: Arm curl - Biceps up, triceps down.
- users do more foot pounds of work than conventional weight training in a fraction of the time. More results in less time.
- double concentric contractions in the same repetition all but eliminates post exercise muscle soreness. No load on the joints or stretching and tearing of the muscle.
- records, stores, compares and provides analysis for every workout. The computer keeps track of improvement and displays results in the form of charts and graphs.

