



PERFORMANCE TRAINING & PHYSICAL THERAPY

"I refuse to talk about VERT because it is my personal training secret"

Shaquille O'Neal NBA MVP
(Mens Fitness Magazine)

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

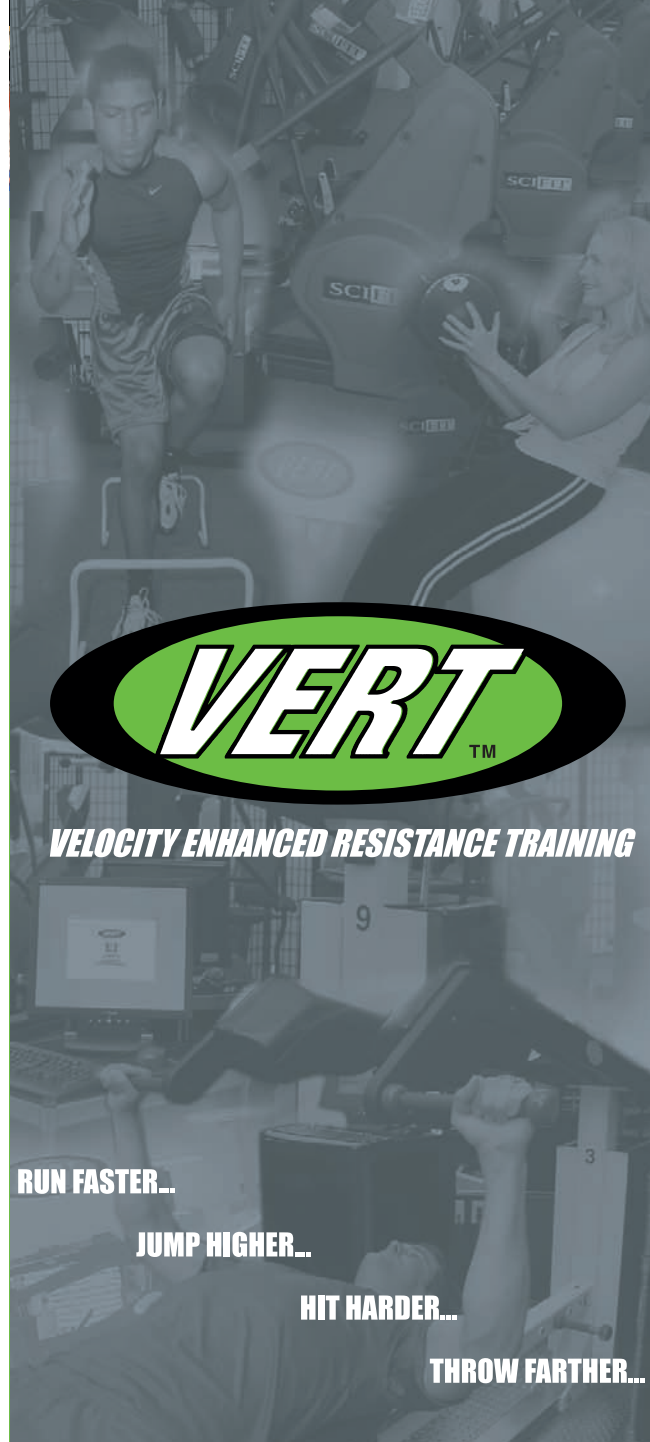
Lenny Krayzelburg 3 time Olympic Gold Medalist
(USA Today)

*"I use VERT to improve my jump and my quickness.
It's perfect for what I do"*

Holly McPeak, AVP's all-time winningest
womens volleyball player
(Orange County News Wire)

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

John Perry MDÉA Founder of the American College
of Sports Medicine, Former team physician for
the Rams and Redskins



VELOCITY ENHANCED RESISTANCE TRAINING

RUN FASTER...

JUMP HIGHER...

HIT HARDER...

THROW FARTHER...



SPORTS TRAINING

Jump Higher, Run Faster, Hit Harder, Perform Better

VERT is a system of high performance athletic equipment specializing in training fast-twitch muscle fibers. This is vital in sports, because speed and power are essential to any athlete's performance. VERT is the only way to resistance train at high speeds; developing quicker, faster athletes.



The VERT technology trains the nervous system to contract muscles faster than any conventional methods. Studies show, the faster a muscle is able to contract, the faster that limb will move. The faster a limb moves, the faster a person can run, the higher a person can jump, the harder they can hit, the farther they can throw overall, the better they are able to functionally perform.

The VERT machines can be programmed to provide maximum resistance throughout the entire range of motion, at whatever speed you desire. With this, the user becomes more explosive throughout the entire movement.

With traditional weight training there is maximum muscle fiber recruitment only at the beginning of the exercise to get the weight moving. But, as inertia increases, the muscle isn't being utilized through the full range of motion.



Post training soreness is all but eliminated. Due to the double concentric nature (the muscle is only being used to move the weight, not to lower it) muscle fiber tears are eliminated, therefore soreness is eliminated. This makes VERT ideal for in-season training.

Our qualified staff of trainers will work individually with each athlete on speed, quickness, agility, and plyometric drills.

Records, stores, analyses and compares every workout. The computer keeps track of improvements and displays results in the form of charts and graphs and details how much speed and force one is producing.

A VERT session can take as little as 60 minutes



FITNESS TRAINING

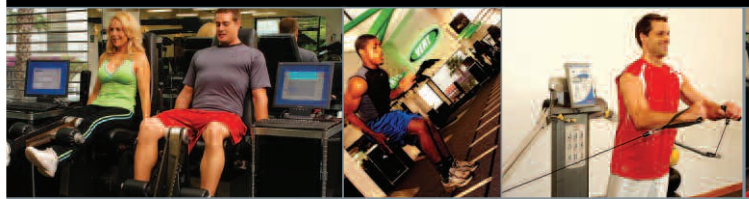
FAST, FAST, FAST RESULTS

Private training is the most productive and effective way to get fit. You simply can't beat working out under the strict supervision of a professional private trainer who knows how to work you out properly. With this in mind, VERT Training Center has developed a system of training unlike anything before. VERT has combined the use of computer controlled equipment, a certified trainer to lead you through each and every workout, and efficient and effective 60 minute sessions with flexible scheduling to fit your busy lifestyle.



VERT guarantees you a great workout each and every visit. VERT training sessions combine intense strength and cardio conditioning, various ground based floor exercises, core stabilization strength exercises, and stress free cable and free weight training.

At VERT our trainers ensure that you are getting a comprehensive workout that is specific to your goals, guaranteed to be safe, efficient, and most of all effective.



GET FIT FAST

SCIFIT Cardio System

The SCIFIT system of training is a scientific method of tracking your cardiovascular workouts and giving you constant feedback on your performance. A cardio circuit workout is developed for each individual, training the entire body during each session.

VERT trainers will design a cardio and strength program that will detail and record the following:

- Total calories burned
- Monitor heart rate
- Strength and endurance measurements
- Time spent exercising
- Personal bests
- Improvement graphs

VERT Health Assessments

The Polar Body Age System™ is a computer software system that calculates an individual body age, compared to their actual (chronological) age by analyzing seven different body components:

- flexibility
- blood pressure
- height
- weight
- body composition
- upper body strength
- cardiovascular strength

This system can help you take a few inches off of your waist and a few years off your body age.



LOSE WEIGHT

"Pounds Away" ...

The VERT fast track weight loss program. No magic pills, restrictive diets, or crazy plans. VERT utilizes the latest science, technology and motivation to help you lose it and keep it off. Come to VERT today and you will finally see how a personalized weight loss program based on your body chemistry and composition, will melt off the pounds...**Safe...Fast...Fun!**

VERT will get you results! VERT's 90 DAY PLAN:

If you commit to three VERT sessions per week for 90 days, you will look and feel great! You will be amazed at how you can:

INCREASE

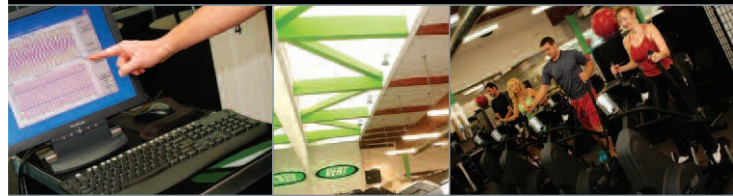
- * speed
- * endurance
- * power
- * strength
- * flexibility
- * range of motion
- * circulation
- * HDL (good cholesterol)
- * bone density
- * recovery rate
- * oxygen intake
- * lung capacity and lean muscle
- * resting metabolic rate (calories burned at rest)

DECREASE

- * weight
- * body fat
- * LDL (bad cholesterol)
- * blood glucose (sugar)
- * triglyceride
- * blood pressure
- * pulse rate

AND WILL HELP YOU...

- * **FEEL GREAT**
- * **LOOK FANTASTIC**
- * **BE ENERGIZED AND HEALTHY**



VERT IS DIFFERENT

VERT is reducing the time it takes to workout and **GET INTO SHAPE!**

Unlike free weights and traditional exercise machines that can put sudden, heavy loads on your joints, VERT computerized equipment adjusts to your movements smoothly so you get a safe workout. It never gives you more resistance than you can handle, and the computer senses your strength; increasing and decreasing the resistance throughout your full range of motion.



In addition, VERT machines provide resistance while moving in **BOTH DIRECTIONS** training two or more muscle groups at the same time. For example: If you do 4 sets on traditional leg extension and leg curl machines it could take you as much as 15 minutes to complete these exercises. With VERT, you can do four sets, training both of these muscle groups simultaneously in less than three minutes.

Combining both cardiovascular and strength training, VERT exercises are low impact, save you time, and burn more calories in each session than traditional workout machines.

*In addition VERT training improves the following:

- Increased body endurance
- Increase of Range of Motion.
- Includes multiple muscle groups in every exercise.
- Improves Bone Density Mass.
- Tones & conditions the body with minimal post workout soreness.