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Functional Eccentric Strength & Core Training

with **reACT**™

see page 6

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Functional Eccentric Strength & Core Training

with reACT™

reACT™ is not just another fitness product -- it represents a truly revolutionary entry in a new category of physical training called **functional eccentric Strength & Core training**.

reACT builds on 8 years of research and design that culminated in the creation of the QuadMill™, the first functional eccentric training system that won accolades from elite athletes to senior centers. The QuadMill has now evolved to the reACT, offering the functional benefits of the QuadMill, but featuring one of the most unique designs ever to be introduced into the fitness and rehabilitation markets.

As the world's first functional eccentric strength & core conditioning system, reACT offers a remarkably time-efficient anaerobic workout resulting in rapid strength gains with absolutely no impact on joints. Two to three workouts per week, each lasting only 5-10 minutes, produce significant gains in average conditioned individuals.

The Remarkable Efficiency of Eccentric Training.

All human movement involves eccentric contractions, which are used when we absorb forces and decelerate the body. Activities like walking downstairs



or down a hill; landing from a jump; or the landing phase of running and walking are all eccentric movement patterns. Until now there has never been a way to easily and safely provide the benefits of functional eccentric training, particularly to user groups as varied as elite Athletes, de-conditioned seniors, typical gym members, and physical therapy patients.

The benefits of Eccentric Training or 'negative training' have been recognized since 1953, but existing methods of eccentric training have had several major challenges. Plyometrics training and heavy negative weight training has had high injury potential, and requires highly trained and experienced instructors. Eccentric training is beneficial for everyone, but until now it has been impractical, due to the potential of high-risk injury.

"Benefit of this product is that it gives us the ability to train at low impact, yet train eccentrically, in a safe fashion. So we get to train players with significant eccentric forces, train proprioceptively, balance, coordination and strength training, in a low impact area. So players with degenerative joint conditions, or that are post surgical and cannot do a lot of plyometric training or jump training, this allows us to train eccentrically in a safe and efficient manner."

Geoff Kaplan

Director of Sports Medicine
Head Athletic Trainer
Houston Texans Football

Other existing eccentric training methods require the use of extremely expensive equipment, yet none provides a truly functional eccentric training experience. reACT provides a safe and effective system to strengthen the body quickly with immediate results, improving the



activities of daily living, functional movement patterns and athletic ability.

Validated by professional sports teams, military services and renowned rehabilitation centers. The patented technology of reACT Trainer makes it the only safe and effective functional eccentric trainer available today. reACT improves strength, balance, and core stability in a time effective manner.

"Wow, it's accurate and efficient! What can I say, you can use leg extensions even the leg press - there are some great machines for that out there - but this just does it in the most effective efficient manner I have ever seen; and it does it in a whole body way, rather than isolating in an open chain on a leg extension. This does it in a functional format. You can't begin to say how important that is. Everybody knows that."

Masha Henzel

Medical Exercise Specialist
AAHFP, ACE, ACSM, NIS,
Z-HEALTH

Rossmoor Senior Adult Community,
Walnut Creek, CA

In the last 10 years additional research provided further insight into the importance of eccentric muscle strength and endurance. Improved Athletic Performance, Injury Prevention, Fall Prevention, and healthy aging, as well as the ability to more rapidly recover strength, muscle mass and functional abilities following injury or surgery, have been attributed to eccentric strength gains.

"It's hard to get this motion with perfect form on a free weight for someone who is not used to that kind of training. It's a great way to groove movement patterns and to get clients to accept that their body can move like that - and to do what becomes relatively a substantial load, even though it is their own body weight, in a short period of time."

Gunnar Peterson

Celebrity Trainer
CSCS, CPT

There is also growing awareness of the role that eccentric muscle contractions play in all types of human movement. **Eccentric muscle actions are how the body decelerates and absorbs force. Eccentric contractions occur as the muscle lengthens under tension as opposed to concentric**

contractions, which are used to project force as the muscle shortens under tension, or isometric contractions that are used to stabilize as the muscle contracts without movement.

"You can add it to a gym or training center or studio environment. You're going to get a much better result for your clients, and it's going to make you a trainer that's going to stand out. People will want to come train with you."

Lawrence Phillips

Owner

TEAM LP FITNESS, Santa Rosa, CA



Almost all fitness equipment available today emphasizes concentric muscle contractions and isometric muscle contractions despite the fact that eccentric contractions are a big part of all activities of daily living and virtually all sports. **Effective eccentric training is completely neglected in most people's training programs despite having significant health benefits documented through research.**

"The interesting thing is how your core is active the whole time you're on this. We have done some EMG studies that show there is a lot of core activation in every foot position you are on here. So in addition to being a great lower extremity exercise, your core, your trunk, - are totally engaged the whole time you are doing it."

Geoff Kaplan

Director of Sports Medicine
Head Athletic Trainer
Houston Texans Football

reACT uses a platform that rotates in a reverse elliptical pattern, which forces the lower body to absorb the kinetic energy of the platform with no impact.

By controlling the platform speed

and posture, the level of intensity can be precisely matched to each particular individual. reACT provides functional exercise for an extremely wide range of fitness levels and abilities from seniors who are de-conditioned to professional athletes.



continued on page 8 »

"I am having to constantly adapt to the changes of the speed and the length of movement. My body not only gets to absorb the eccentric load, keeping the muscle under tension, but I am having to react to it because I don't control the load - the machine does."

Steve Waterson

Strength and Conditioning Coach
Tennessee Titans Football

The specific proven benefits of reACT include:

- More rapid increases in muscle mass, strength, and power compared to other training methods.
- Improved balance, coordination, and kinesthetic awareness.
- Improved core strength and stability.
- Injury prevention by improving the ability to absorb forces safely and training the muscles to be able to produce more force at longer lengths.
- Increased tendon strength resulting in more injury-resistant tendons that can store more energy during the Stretch Shortening Cycle which allows increased force production during explosive movements.
- Low level of cardiovascular stress for a given workload so it is ideal for seniors with diminished cardiovascular capacity.
- Accelerated increases in strength, muscle mass and hopping ability compared to traditional forms of ACL rehabilitation.

Research has shown that a single thirty minute weekly routine of eccentric exercise done for eight weeks had produced the following:


- Significant improvements in Resting Energy Expenditure
- Increased Fat Utilization
- Improved Blood Lipid Profiles
- Decreased Insulin Resistance

Poised to be a paradigm shift in the health and fitness industries, reACT will provide a new toolset for Trainers and Therapists, enhancing the lives of elite athletes and vitality-oriented Baby Boomers alike. reACT provides the first truly revolutionary advance in the fitness industry in the 21st Century: rapid eccentric anaerobic core training that is safe, efficient and effective.

reACT will be available for private

showings at the Athletic Business Show December 1-3, 2011. Reserve your spot to see the reACT Trainer™ and learn about the benefits of being a charter customer.

View more testimonials and see the reACT Trainer in action at www.reacttrainer.com. For more information, email us at info@reacttrainer.com.



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