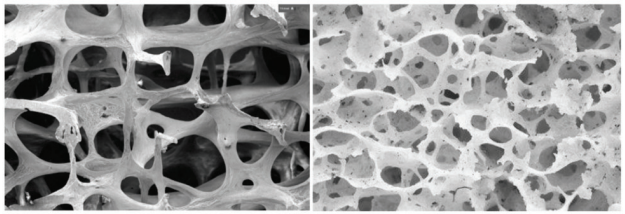
Bone Mass Density

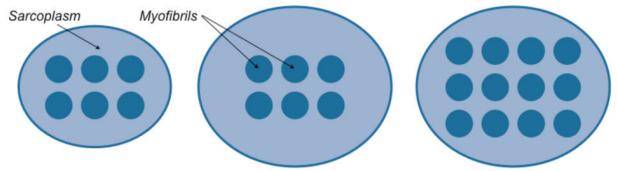
The National Aeronautics and Space Administration (NASA) research indicates mechanical loading, of forces multiples beyond bodyweight, increases bone density[1]. The bioDensity™ device facilitates this level of loading. User-volunteered, unsolicited patient DXA Scans have shown an average 4.5% bone mass gain for individuals in the program for 3 years[1].



Osteoporotic Bone | Normal Bone

Muscular Density

Significant muscular strength gains can be seen from just a single optimal biomechanical load exposure[1], bioDensity™ makes this possible. This increases your power-to-weight ratio and raises your metabolism.



Untrained muscle fiber | Sarcoplasmic hypertrophy (conventional resistance training) | Myofibril hypertrophy (effects of bioDensity™ stimulus)

Safe and Effective

The bioDensity™ Device uses four precise, safe, load exposures to stimulate all major muscle groups and skeletal structure of the body. Since all loads are self applied, your comfort regulates safety and reliability.

1. References available on bioDensity.com

Experts Endorse bioDensity™

"bioDensity™ is a very effective modality for improving endurance, strength and bone mass. It's a fast and efficient way of improving muscle and bone strength. It also provides a predictable and measured change in muscle and bone mass. Functional and daily activities improve with bioDensity™ training."

Dr. Raj M. Singh
Double Board Certified, American Academy of Physical Medicine and Rehabilitation Medical Director Neurospine and Rehabilitation, Barrow Neurological Associates

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"NASM recognizes that bioDensity™ training represents a new, leading-edge approach to increase strength and bone density gains for the aging, sports performance and de-conditioned markets. We are committed to working with Performance Health Systems to manage the evidence-based research process through accredited research institutions; both in the sports science and medical communities."

Dr. Micheal Clark,
Chief Executive Officer,
National Academy of Sports Medicine

"bioDensity™ technology is so advanced, that it will create a paradigm shift in the exercise world. All around us, technology continues to change at a rapid pace, yet when it comes to exercise, we are stuck in the mindset that 'no pain no gain,' and it takes hours a week to see change. The '20 second Advantage' of bioDensity will change your life."

Dr. Perry A. Cammisa,
DC Certified Biomechanics Specialist

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bioDensity™

A Non-Pharmaceutical Option for Bone Health and Strength

VERTICAL LIFT

A Non-Pharmaceutical Option, for Bone Health and Strength

The U.S. Surgeon General states, maximal loading has been shown to increase bone mass density which reverses the process of osteoporosis[1]. bioDensity™ makes possible a self-induced neuro-musculoskeletal maximal loading stimulus. This stimulus also creates myofibril muscular growth for a higher power-to-weight ratio in muscular tissue, and faster metabolism. From high-performance athletes to compromised, elderly individuals, all can greatly benefit from stronger bone tissue and increased muscular strength.

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1. References available on bioDensity.com

bioDensity™ Device Attributes

Features	Benefits
Effective	Muscular stimulation in optimal biomechanical ranges for bone health and muscular strength.
Safe	All loads are self-applied and therefore within your own comfort zone.
Fast	One session includes four brief load exposures. Totaling less than 5 minutes, one time per week.
Compliant	No need to change your clothes.
Data	Provides a report of your performance improvement.
Protection	Central, offsite, server managed so your facility won't lose your performance data.

CORE PULL

Immediate, Understandable Performance Feedback

bioDensity™ has the unique ability to motivate you and provide physical benefits. The self-induced load provides numerous health benefits in a safe and effective environment, while the Performance Report encourages your return again and again!

Optimal Biomechanics

By generating load in only the optimal biomechanical position, users stimulate a greater amount of muscular tissue than with conventional exercise[1], as well as safely apply greater loads on the skeletal system.

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