



## Frequently Asked Questions

### What is bioDensity™?

The bioDensity system is designed to increase bone density, muscle fiber density and connective tissue density through impact loading of the body in four directions. The bioDensity system provides the safest way to apply an impact load to the body that is self-loaded and variable.

### How safe is bioDensity?

bioDensity was designed to be safe, effective and an efficient way to increase bone density, muscle tissue density and connective tissue density. During a bioDensity session each participant is positioned in the strongest biomechanical position to produce force in four different directions. This positioning ensures the body can safely withstand the load being created during the activity. Also, the system is self-loaded so each person dictates the force that is applied (i.e. you are withstanding the load that you, yourself, produce).

### How long does it take to complete a bioDensity session?

Your first bioDensity session will take approximately 15 minutes to complete. The session can be completed in street clothes (it is suggested that high heeled shoes not be worn). All subsequent sessions take less than 10 minutes.

### What will I “feel” before and after the bioDensity session?

During the bioDensity session you will be asked to produce maximal force for five seconds in four positions. The force that you produce would be equivalent to pushing an object of significant weight and size in four different directions: (1) forward using your hands; (2) forward using your feet; (3) upward using your knees and (4) upward using your arms and legs together. After completing a bioDensity session you will feel like you’ve completed physical work. You will feel warm (from increased blood circulation and work completed by the muscles) and you will notice an improvement in your posture (from the decompression of the spine and joints from the impact loading). Within 24 hours you will feel muscular fatigue but not soreness.

### Will my muscles feel “sore” after doing a bioDensity session?

Unlike traditional weight training, you should not experience the muscle soreness that is usually associated with that type of work. Because each position only requires five seconds of maximal work, your body will not produce the byproducts that cause muscle soreness.

What does the bioDensity report tell me?

The bioDensity report is a visual representation of the average maximal loads reached during each bioDensity session. In each graph (Chest Press, Leg Press, Core Pull and Vertical Lift) you will see your baseline reading and the last ten sessions recorded. The report will also document your overall increase in bone performance from your first session to the last and provide feedback and tips on your improvement after each session.

