

# Portable VP

with MV<sup>2</sup> Technology<sup>®</sup>

## What is the Portable VP?



It is a portable, light weight, strength/power machine using our patented MV2 resistance technology providing responsive concentric, eccentric, plyometric resistance causing explosive maximum rate of force development and deceleration loading required for all multi directional sports.



## What is MV2 Resistance Technology?

MV2 is an Infinitely Variable Cam using inertial resistance that automatically generates a responsive resistance to exercise. This form of resistance is user defined and automatically loads the muscles for explosive movements, through the full range of motion, to match the capability of the user.

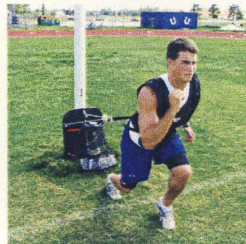
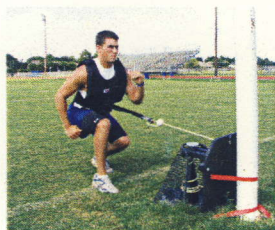
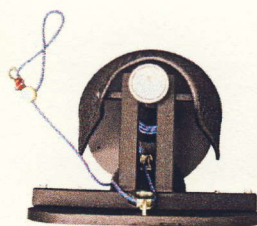
## Portable Workout Station.

The Portable VP's compact design, and ease of mobility is ideal for on the field or on the court training by simply securing with adjustable straps or field stakes; It can also be permanently secured to walls or floors in any sport training environment.

While the Portable VP weighs just 60 lbs, its patented technology can produce 400 lbs. of explosive force. A trainer now has the ability to hand carry this unit to a field and apply a multitude of safe, sport specific training drills like lateral lunges.

## The Portable VP Outperforms All Other Modalities

- With responsive resistance there are no weights to select or change.
- No "sticking point" as is the case with weights where the resistance is limited to the weakest muscle/joint angle.
- Automatically produces an explosive resistive force that matches the capability of any user from the first to the last repetition.
- Each rep can compound on the next for unlimited Force/Speed production.
- Exceptional inertial loading for superior eccentric resistance that bands and air equipment fail to provide.



## Specs

Base:	22" x 18"
Height:	20"
Weight:	60 lbs.
Force:	4-800 lbs.

## Workout Versatility

- Arm Curl
- Triceps Extension
- Vertical Row
- Bent Knee Squat
- Calf Raises
- Shoulder Shrugs
- Trunk Rotation
- Decelerating Lunges
- 1 arm shot put extension
- Diagonal Lift
- Lateral Raises

## Training Versatility

- Set up on the field
- Light weight & compact
- No machine adjustments
- Allows the user full range of exercise motion
- No spotter required
- Concentric, Eccentric and Plyometric affect on every repetition
- Perform exercises in a Closed-Chain, Multi-Plane, Multi-Joint movement

Distribuido por:

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