

## WHAT IS THE PROTEUS SYSTEM?

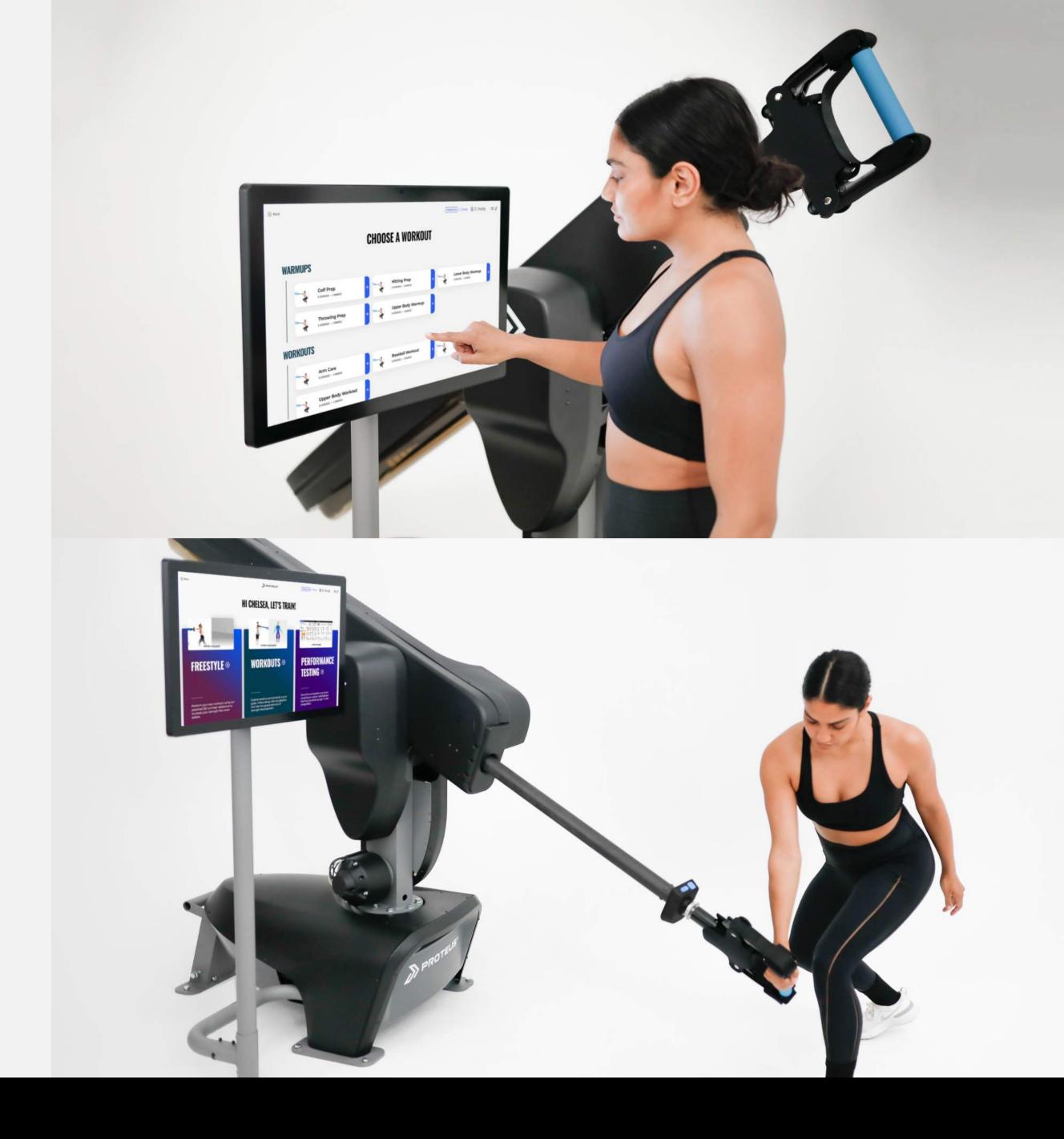
Proteus is the **first-ever** solution that provides objective metrics in power and balance that can accelerate and enhance positive outcomes during athletic training.

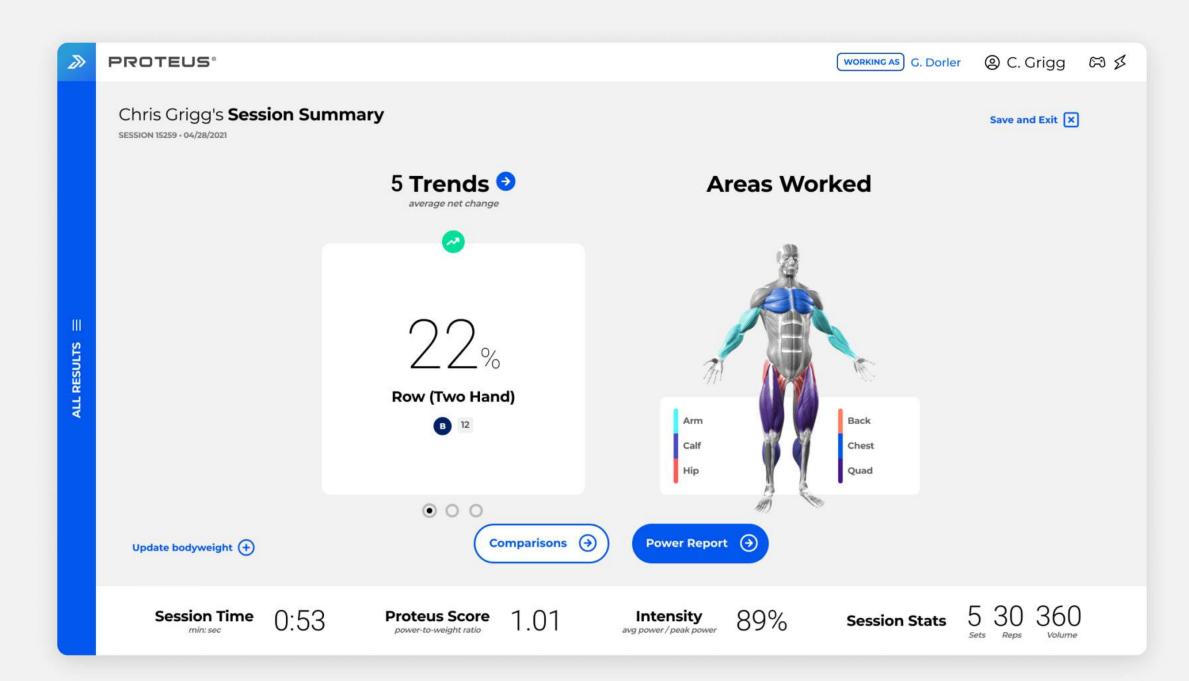
## What does that mean?

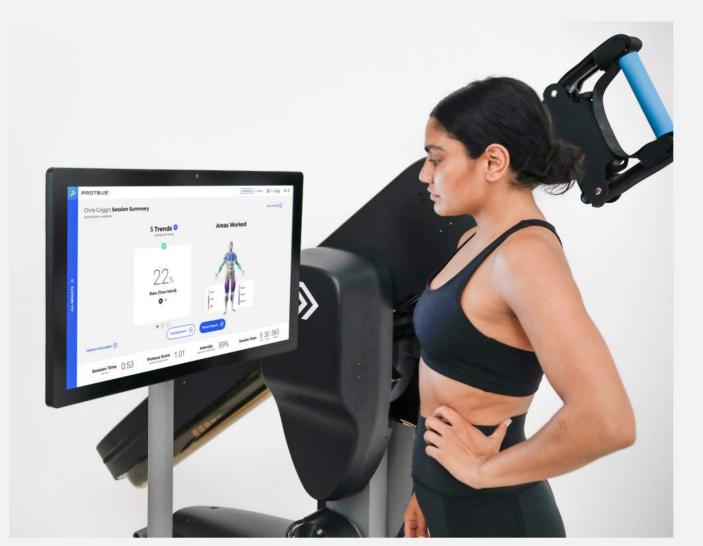
All professional trainers understand power is the primary unit of functional ability when evaluating performance and athletic potential. Traditional methods for measuring power are just not capable of providing accurate, objective data.

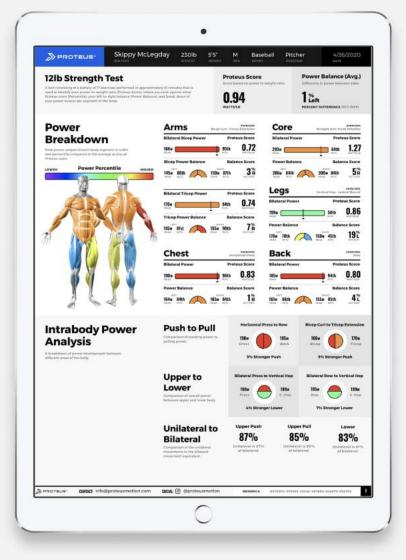
Consider the impact of the X-Ray and the MRI on medical evaluation and treatment. Like those technologies, **Proteus allows the user to actually see what they have never been able to see before!** 

With a tailored assessment that takes as little as 2-3 minutes, Proteus can analyze sports movements, measure power, identify imbalances, and draw performance comparisons between athletes of all sizes and skill levels.









## WHAT DOES PROTEUS MEASURE?

Proteus **provides a real-time report showing accurate measurements** in power, imbalances, explosiveness, range of motion and many more that can be used to inform and back up critical training decisions.

- The Cloud-based data and the Proteus mobile app enables trainers and athletes to easily access and track continued progress over time and design more effective training protocols from this exclusive data.
- The real-time reports are instantly available on the screen, but can also be emailed directly in pdf form or printed out for review.
- Athletes can also train with Proteus, or use Proteus in conjunction with other training tools to **maximize** results in any training program!

## WHAT OTHER BENEFITS ARE THERE TO USING PROTEUS?

In addition to its revolutionary evaluation and measurement capabilities, utilizing Proteus as a training tool **makes movement patterns safer, more effective and more efficient**.

- 2X Neuromuscular Stimulation: Provides 2X neuromuscular stimulation compared to cables and free weights. This means Proteus trengthens throughout the entire movement pattern beginning, middle and end of any movement allowing for maximum efficiency.
- **2X Faster:** When you perform any movement, you are applying force and getting resistance in both the push and pull phase, which means you perform two exercises in the time of one with every repetition!





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- Full Body Engagement: By engaging more muscles in a movement, users must produce force from the ground up which causes them to naturally adjust, and discover their optimal movement patterns.



