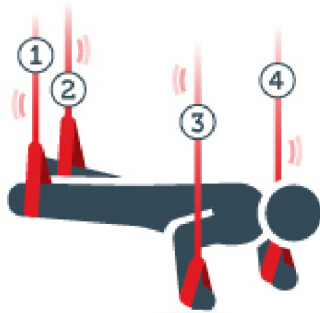


REDCORD Vs TRX Suspension Training Systems

Multi-Point Suspension

VS.

Single-Point Suspension



- + Ideal for everybody
- + Working directly underneath suspension points means relationship with gravity is ideal

- Single point suspension with one fulcrum point
- Working at an angle limits what you can do

Off-weighting bungees

VS.

No off-weighting



- + Supporting bungees
- + 100% pain free exercises stimulating the target muscles with key stabilizers activated
- + Exercise safely: the muscles never hold more than their load threshold
- + Movement targeted at the neuromuscular & physical level

- No off-weighting available
- Pain present if core muscles and stabilizers not strong enough
- Greater risk of injury: weakness may cause the load threshold to be too low for a given exercise and wrong muscles can engage
- Movement targeted at the physical level only

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www.aokhealth.com or call 1300 790 900