

FROM THE DESK OF ADAM GOLDBERG

To whom it may concern:

I am providing this unpaid testimonial based on multiple years of experience using the PneuBouncer training equipment out of enthusiasm for the results I achieved using it.

On September 30th, 2007, my knee was bent 90 degrees in the wrong direction when a swarm of St. Louis Rams and Dallas Cowboys bodies fell on the side of my planted left leg. Even though that play ended my 2007 NFL season, I considered myself lucky when medical testing showed that I ONLY tore my MCL, medial retinaculum and some cartilage. Little did I know, the real luck was coming a couple of months later when I was introduced to a machine called "The PneuBouncer".

A trusted friend and retired amateur boxer made me aware of a machine on which he had been training. He told me that not only did he see impressive general fitness results, but he also credited the machine with giving him the lower body strength and stability to get back onto the ski slopes at 60-years-old. Upon hearing his praise for the machine, I had a PneuBouncer delivered to the St. Louis Rams' training facility where I was doing my rehab.

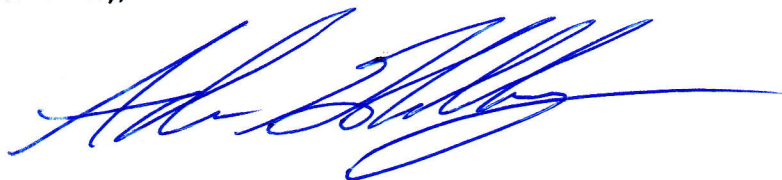
When I first got on the machine, I had already regained most of my range of motion and was in the early stages of rebuilding my strength and proprioception. Before I could even congeal my thoughts about how "The Bouncer" (as I refer to it) may or may not help me on my journey back to the football field, I was amazed at how quickly my heart rate spiked...with just one set of a few jumps. I chalked that up as an "extra-credit" bonus, because what I was interested in was getting power and explosion back into my legs.

The Bouncer helped me do just that! **Not only did training on the machine facilitate power and stability, but it also gave me the ability to quickly and accurately diagnose and remedy asymmetry in my lower body...all while safely training in an *explosive* fashion with little to no impact on my joints.**

Now that I am almost 2 years removed from football, I continue to seek out the PneuBouncer to glean the fat-burning and stamina benefits that go along with the Sprint Interval Training it facilitates.

I truly believe in the immense value the PneuBouncer can offer elite athletes, those recovering from injury, and those simply interested in general fitness.

Sincerely,



Adam Goldberg

9-year NFL Veteran

'03-'05 MN Vikings

'06-'11 STL Rams