



September 4, 2009

To Whom this May Concern:

I would like the opportunity to share my unequivocal enthusiasm for using the Aerobounder (and it's newest evolution, the Pneubounder). It has been said that, "*Increased muscle strength and power are the best determinants of health and quality of life as we age.*" As an exercise scientist, health promotion specialist for older adults, and coach of the GLAMS, a women's senior volleyball team, I can safely say that to my knowledge, few, if any, exercise machines on the market today have the potential to get the results that the Aerobounder has gotten for our team.

The Aerobounder is a truly unique piece of equipment. Until now, we have not experienced a safe, low-impact rebounding machine that allows "joint-sensitive" senior athletes to develop lower body strength, power, and timing the way this machine does. Even seniors leading active lives gradually lose leg power; and, it's hard for them to retain or train it. Whether it's getting out of a chair, recovering from stumbles, preventing a fall, or participating in sports, strength is necessary but not sufficient in most older adults. Typically having both joint and bone sensitivities, aging populations are uneasy about engaging in exercise activities that might aggravate orthopedic problems. The fear of falling or achy joints prevents them from engaging in the kinds of higher velocity movements that invigorate the muscles and motor units responsible for quick reactions and the leg power to climb stairs, change directions quickly, or briskly step.

Plyometrics are out of the question. Elliptical machines or stair steppers don't provide the right intensity and don't train power and the motor patterns needed to respond to changes in center of gravity.

The AeroBounder solves those problems by allowing our senior athletes to work on balance, proprioception, and leg power simultaneously, in a safe, controlled activity.

The Aerobounder utilizes a rebounding motion on an air controlled moving platform. The user's feet remain on the platform, minimizing joint impact. The result is that the user activates muscles of the core (torso) hips, knees, ankles, and feet without impact. Users can maintain an erect, functional "athletic" posture. The stability bar and closed-chain nature of the machine gives them a feeling of confidence to try higher-level demands than they would have never tried without such support. Besides, it's "FUN to use" and that keeps them coming back for more.

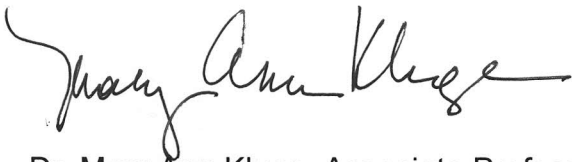
The results: The GLAMS senior women's volleyball team, age range 66 – 76 years of age, utilized the Aerobounder twice a week for three (3) months to improve strength, power, and quickness. Almost all of the women took to the Aerobounder immediately. Some needed more encouragement while they improved their coordination but *none of them* complained of

any joint or muscle pain from use – except for the muscle fatigue or “burn” of exercising their muscles in a way some had not experienced since their high school days. Using the machine for only minutes at a time **we witnessed some remarkable gains.**

Testimonials:

- One woman said, “I think I am getting to the ball faster; and, I feel more confident just “getting around”... like in the parking lot or in a crowded mall. I feel more stable and, it doesn’t hurt my knees! That’s amazing”
- Another team member (also a competitive senior track athlete), improved her long jumps by 20%. “My starts are faster, my knees are higher, and my turn-over is faster. This training has moved me to a new level.” [She is so “sold” on the ‘Bouncer’ that she is looking into how to join a gym that has one of these machines.]

For both regaining functional activity or improving sport performance, the Aerobouncer has been the central means by which we’ve helped our aging athletes develop balance and lower body power – without jarring impacts, fear of falling or twisting an ankle. It’s a truly great piece of equipment that’s let us do things we could not do before.



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