

Bigger Load – Bigger Response

By generating load in the most effective bio-mechanical position, users recruit a higher percentage of muscle fibers than during conventional exercise. With bioDensity users safely create significantly higher loads which can lead to a larger adaptive response offering the benefits of high impact activity without the risk of heavy lifting or jumping.

Safe, Easy, and Effective

All loads are self-applied in the strongest part of the range of motion which are regulated by the user's comfort. One ten minute session per week has shown significant improvement helping overcome objections to traditional fitness regimens.

Immediate, Quantified Performance Feedback

bioDensity effectively delivers measurable results. Each session is carefully tracked, and improvement calculated. Reports document gains in an easy-to-understand format which is shared with the client after each session.

Build Your Business

Our technologies can help your business grow by creating unique profit centers around bioDensity in just one session per week. By improving client retention and offering inactive patients a reason to return to the facility, bioDensity also provides solutions for practices looking to expand.

Experts Endorse bioDensity

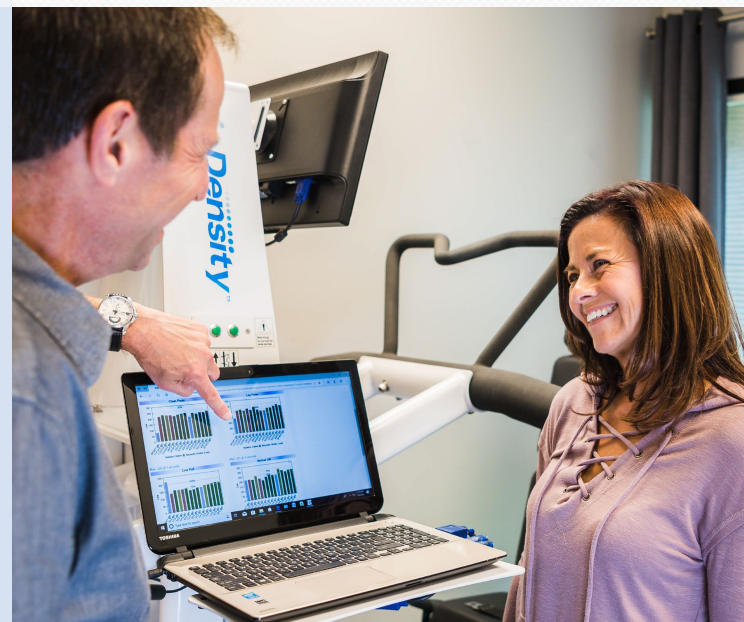
“bioDensity™ technology is so advanced, that it will create a paradigm shift in the exercise world. All around us, technology continues to change at a rapid pace, yet when it comes to exercise, we are stuck in the mindset of ‘no pain no gain,’ and it takes hours a week to change. The ‘20 second advantage’ of bioDensity will change your life.”

Dr. Perry A. Cammisa,
DC Certified Biomechanics Specialist

“bioDensity is a very effective modality for improving endurance, strength, and bone mass. It's a fast and efficient way of improving muscle and bone strength. It also provides a predictable and measured change in muscle and bone mass. Functional and daily activities improve with bioDensity training.”

Dr. Raj M. Singh
Double Board Certified, American Academy of Physical Medicine and Rehabilitation Medical Director Neurospine and Rehabilitation, Barrow Neurological Associates

bioDensity™



Performance Health Systems

www.biodensity.com

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bioDensity is not intended to diagnose or treat any disease. It is an exercise-based therapy designed to allow users to benefit from the healthy effects of loading the body with significant force without the risks associated with conventional weightlifting.

better blood bones balance business

A Non-Pharmaceutical Option for Bone and Joint Health

bioDensity is an advanced exercise-based, non-pharmaceutical therapy which studies show can improve a number of medical conditions and health concerns, most notably Osteoporosis and Type 2 diabetes. It is an effective health & wellness product which can build strength, increase bone density, improve functional movement, reduce cardiac risk and reduce A1c in Type 2 diabetes.

One of the biggest challenges in healthcare is to get people to exercise 40-60 minutes per day, 3 to 4 times per week. In just one, 10-minute session, bioDensity has the power to help change all that, making it a great option for those most at risk.

Bone responds to the intensity of load (not the duration) as reported by Dr. Julius Wolff in his long-accepted scientific research. Bone density peaks in your 20's yet heavy loads can be unsafe for most older or deconditioned populations. With bioDensity, you can gain the healthy-effects of loading the body with significant force without the risks associated with conventional weightlifting.

Blood glucose reacts favorably to exercise. It's well proven that exercise has an insulin-like effect, regardless of how insulin resistant the person is. Exercise is the natural way to fight diabetes yet there are many barriers to long and frequent sessions. bioDensity triggers muscles to decrease blood sugar by utilizing it in the cells as well as showing an improvement in cholesterol levels.

Balance requires a combination of both leg strength and awareness. Use of bioDensity maximally and safely strengthens the body. Studies have shown that leg strength is positively correlated to improved balance. This also leads to better posture, increased confidence and decreased falls.



Four safe and precise compressive movements are performed to stimulate major muscle groups.



Chest
Press



Core
Pull



Leg
Press



Vertical
Lift

bioDensity delivers health gains which can lead to an improved quality of life and reduced health care costs while providing a solution for those who are not able to commit to a typical exercise regime. It provides a safe, effective, non-invasive way to expose the body to the mechanical forces proven to produce an osteogenic response. This self-loaded system provides users, regardless of prior physical condition, the opportunity to place maximal loads on the body. bioDensity therefore facilitates a safe, fast and effective environment where self-improvement can take place. In just one 10-minute session per week users can gain the benefits normally reserved for hour long exercise sessions.

The bioDensity advantage:

- Safe & effective
- Innovative equipment
- Scientifically validated
- Evidence based
- Time efficient
- Easy to use
- Measurable results
- Non-Pharmaceutical
- Socially engaging