

**CHANGE
YOUR BODY-
CHANGE
YOUR GAME**

**Training Tool Used By Teaching and
Training Pros and Amateurs Alike**

POSTURE, TEMPO, POWER

**Instant
Replay**

Patent Pending



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LISTEN TO THE PROS:

"The INSTANT REPLAY allows the client, as well as the exercise specialist, to facilitate all parameters of fitness. It provides for gross as well as fine motor development and spine stabilization training. Its utilization extends from specific pathologies to specific sensory motor development and training."

- Keith Kleven, MS, PT, ATC, Physical Therapist & Certified Athletic Trainer for numerous athletes, including boxer Mike Tyson & PGA players Mark O'Meara & Tiger Woods.

"The INSTANT REPLAY promotes movement awareness necessary for an efficient, powerful golf swing by subconsciously educating the body regarding timing, loading, weight shift, and rotation. These four components, intimately associated, are the precursors to skilled athletic movement. This device serves as a system for reproducing repetitive and consistent movement patterns. Athletic performance in sports such as tennis, baseball, football, hockey, wrestling, and basketball can also benefit from this unique training system."

-Ralph Simpson, PT, OCS, CMPT, ATC, Physical Therapist -HEALTHSOUTH Player Fitness Center, PGA Tour for over 10 years

"Regardless of the sport, I have found the INSTANT REPLAY to be one of the most important and self-limiting tools in both the clinical and fitness settings. It can be used to promote movement awareness, provide variable resistance for developing core stability or facilitate overload for heightening the sensitivity of the neuromuscular system. This is a complete functional training system."

-Pete Draovitch, MS, ATC, PT, CSCS, Physical Therapist to Greg Norman for 8 years

"I've been using the INSTANT REPLAY since the winter of 2000. I use it in all my training at home. It really strengthens my core for my golf swing. It's great for core training -- you should use it too."

-Scott McCarron, Professional Golfer, PGA Tour

"The INSTANT REPLAY is so good at teaching proper weight shift and timing it's almost frightening. Those elements promote speed and power through the hitting area and that's the most difficult thing in the world to teach someone learning to golf."

-Howard Twitty, Senior PGA Tour Professional



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