



ZeSa Instability Training System[®]



Problem

- Current training programs & devices don't provide instability training in all planes of movement for optimal training benefits, injury prevention and recovery.
- Current training programs are insufficient to challenge elite soldiers seeking to improve instability and strength abilities and performance.
- Current training/rehab devices & programs don't provide progressive instability and strength levels to effectively prevent and recover injuries and track balance improvements and recovery.
- Current training devices & programs and devices don't provide for training of all muscle layers simultaneously, while challenging and improving core strength and balance.
- Current training devices & programs don't contain technology to sufficiently challenge the neuromuscular system.

ZeSa's Patented System

- Triple Plane Instability (all directions) activates body's neuromuscular system.
- Technology of instability in all directions (with 360° rotation) provides muscle recruitment and balance improvements.
- Multi-level progressions for increased challenge for all levels.
- Video Stability Analysis to monitor progress & performance.
- Entire System user-friendly & very minimal training necessary for use.



ZeSa's Impact

- ZeSa's patented Activator Training Platforms[®] for training:
 - Activate the body's neuromuscular system and multiple muscle layers for maximum muscle recruitment.
 - Creates triaxial range of instability in training.
 - Challenges increased instability and performance through multi-level progressions
 - Reduces the risk of injuries.
 - Decreases recovery time from MSK injuries, improves recovery from TBI's due to enhanced brain to extremity focus.
 - Video Stability Analysis determines muscle imbalances and tracks progress.

Performance

- Training the 3 biomechanical movement planes (transverse, sagittal and frontal) simultaneously provides:
 - Increased muscle strength via contraction and recruitment of muscles in all planes, especially muscles not used/challenged in standard floor exercise.
 - Speed and agility improvement.
 - Increased VO2 max and endurance.
 - Decreased risk of MSK injury.
 - Improved functional abilities and performance.
 - Prevents and corrects muscle imbalances for injury reduction & performance
 - Neuromuscular (mind/body) training to improve cognitive abilities and performance.

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