

**ALTER**   
Anti-Gravity Treadmill

# Defy Gravity

Revolutionary body weight supported therapy.





# Defy Gravity

## The AlterG Anti-Gravity Treadmill® M300

When your patients are recovering from surgery or injury, the AlterG Anti-Gravity Treadmill offers a revolutionary approach to rehabilitation – the ability to defy gravity and work towards regaining function like never before. AlterG's unique differential air pressure technology provides accurate, safe and comfortable partial weight-bearing therapy while promoting normal gait patterns.

The AlterG Anti-Gravity Treadmill expands the concept of "Weight Bearing as Tolerated" by offering precise unweighting in one percent increments to as low as 20 percent of the patient's body weight. AlterG's unique precision gives patients the ability to set the precise point where exercise becomes pain free and provides clinicians a way to accurately measure patient progress. AlterG is used and recommended by leading physical therapy clinics, hospitals, colleges and pro sports teams.



### PATIENTS RECOVER AND PREFER ALTERG

The AlterG Anti-Gravity Treadmill provides precise early partial weight-bearing following injury or surgery to restore natural gait and range of motion. It enables neuromuscular and proprioceptive retraining that enhances balance and confidence, and improves gait and stride length. The AlterG also provides "prehab" conditioning with significantly reduced pain. Patients who try it overwhelmingly prefer it and 100% of those surveyed say they like it.

The Anti-Gravity Treadmill is FDA cleared for:

- Rehabilitation following injury or surgery of the lower extremity (hip, knee, ankle or foot)
- Rehabilitation after total joint replacement
- Gait training in neurologic patients
- Strengthening and conditioning in older patients
- Weight control and reduction
- Sport specific conditioning programs
- Aerobic conditioning

*"This equipment will revolutionize rehab and its arrival coincides with the increasing pressure to control the healthcare costs by significantly speeding up the recovery process."*

Karen Brown, PT, Owner - Alliance Physical Therapy, NE

### ATHLETES TRAIN LIKE NEVER BEFORE

The world's best athletes and sports teams consider the Anti-Gravity Treadmill an essential part of their athletic conditioning and rehabilitation programs:

- Strengthens and improves coordination of muscles, which in turn protects surrounding joints.
- Promotes the full range of motion while minimizing stress.
- Enables injured athletes to maximize their fitness retention as they recover.

### INCREASE YOUR REVENUE

As the only rehabilitation and training equipment of its kind, the Anti-Gravity Treadmill is redefining the practice of body weight supported therapy. Its growing recognition and popularity in the medical community can help you expand your practice through new patient referrals and additional patient visits. And, many clinics have found that this new approach to training and fitness has added cash-paying patients to their clientele. Now you can lease an AlterG for a low monthly cost.

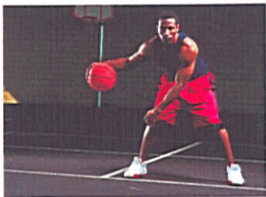
**When you make the choice to defy gravity, you offer your patients the chance to recover better, and train like they never have before.**

### SPECIFICATIONS

MODEL	M310	M320	MODEL	M310	M320
<b>PERFORMANCE</b>			<b>DIMENSIONS</b>		
- User weight range	85 - 400 lbs	85 - 400 lbs	- Length	84 inches	84 inches
- Body weight adjustment range	0 - 80% reduction*	0 - 80% reduction*	- Width	38 inches	38 inches
- Body weight adjustment increment	1%	1%	- Height	74 inches	74 inches
- Speed range	0 - 8 mph	0 - 12 mph	- Weight	750 lbs	750 lbs
- Speed adjustment increment	0.1 mph	0.1 mph**			
- Incline range	0 - 5%	0 - 15%			
- Reverse	No reverse	3 mph			

\* Maximum body weight reduction is limited to 65% for user weights above 320 lbs  
\*\* For speeds above 10 mph, increment changes to 1.0 mph

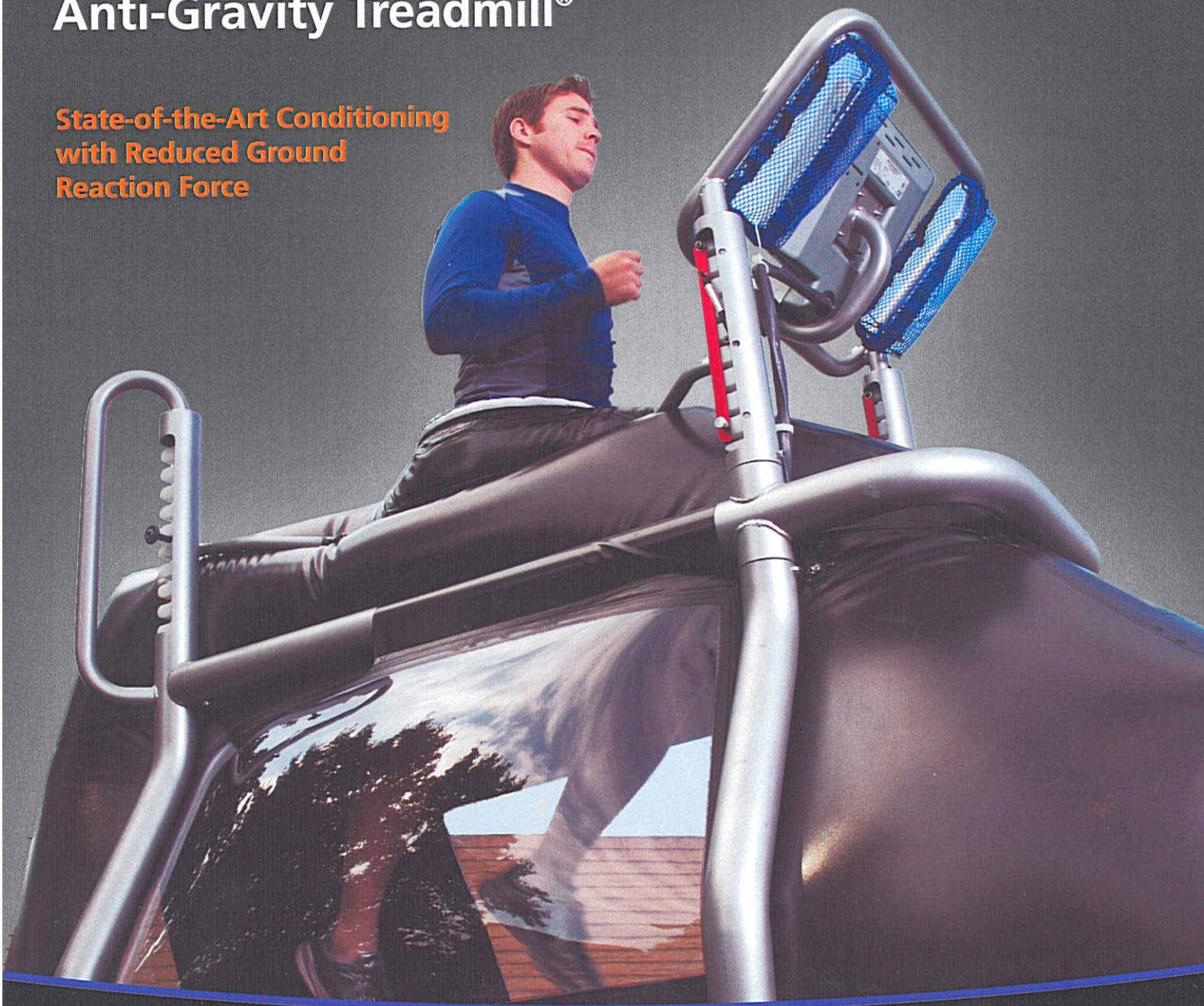




# AlterG<sup>®</sup>

## Anti-Gravity Treadmill<sup>®</sup>

State-of-the-Art Conditioning  
with Reduced Ground  
Reaction Force



**ALTER** <sup>®</sup>  
Anti-Gravity Treadmill<sup>®</sup>





## Introducing the AlterG Anti-Gravity Treadmill®

The Anti-Gravity Treadmill® developed with NASA technology for rehabilitation following injury to the lower extremities and for effective athletic conditioning and performance enhancement at partial body weight. The first FDA-cleared therapeutic device that allows precise partial weight bearing exercise.

### How Does it Work?

The AlterG Anti-Gravity Treadmill® creates a powerful lifting force using Advanced Differential Air Pressure Technology (ADAPT) that allows for ultra-low impact ambulation. The user wears neoprene shorts and zips into a pressurized, airtight enclosure suspended over the treadmill surface. By controlling the pressure in the enclosure, the user can change his/her weight, reducing it by as much as 80% in precise 1% increments. Achieve a natural gait free of interference from water or tethers which transitions seamlessly back to full weight bearing.



- For Rehabilitation
- For Performance Enhancement
- For Increasing Training Volume and Minimizing Stress-Related Injury
- To Maximize Fitness Retention During Rehabilitation

**ALTER** <sup>®</sup>  
Anti-Gravity Treadmill®





## For Rehabilitation

Impact loading on the lower extremities is reduced by lowering body weight. The FDA has cleared the Alter-G Anti-Gravity Treadmill® for use in the following conditions:

- lower body injury and surgery rehabilitation
- aerobic conditioning
- weight control and reduction
- sport specific conditioning programs
- neurologic retraining

## For Increasing Training Volume and Minimizing Stress-Related Injury

Supplement standard training with the AlterG Anti-Gravity Treadmill® and improve aerobic conditioning without increasing the risk of stress injury. It provides accurate unweighting for a significant reduction in ground reaction force.

### What Athletes and Trainers are Saying About the Anti-Gravity Treadmill®

"AlterG has allowed us to advance our rehab and conditioning of our players. We have been able to have players that are recovering from injuries start to run at least a week and sometimes up to a month before they would have been able to normally. The AlterG is a great progression back to the field with minimal risk."

**Bill Tillson, Head Athletic Trainer at AC Milan**

"I found out I had a stress fracture. That same day I began training on the Anti-Gravity Treadmill for five weeks. I had three weeks of outside running and went to New Haven for the (USA) 20K and took second [place]. In contrast, [without the Anti-Gravity Treadmill,] I would have taken five weeks off and there's no way I could have even gone to race. To have something [like] that is amazing."

**Josh Rohatinsky, runner**

## For Performance Enhancement

Train longer, run faster, gain additional strength and enhance cardiovascular performance:

- overspeed training
- interval training
- lateral movement training
- backwards running drills up to 10mph in reverse
- hill training at up to 15% incline

## To Maximize Fitness Retention During Rehabilitation

Athletes need to be able to maintain high fitness levels while they are injured. Match the aerobic intensity of an athlete's workout and lower the impact on his/her injured body by using a combination of adjustable variables:

- weight adjustment (100% to 20% weight-bearing in 1% increments)
- speed adjustment (0mph to 18mph)
- incline adjustment (0% to 15%)

"The AlterG is the most significant advance in training equipment for distance runners in the last half century."

**Amby Burfoot, Editor at Large, Runners World**

"Runners can add up to 15% to 25% more miles to their workouts thanks to the machine,"

**Alberto Salazar, marathon runner and coach of the Nike Oregon Project**

"The Anti-Gravity Treadmill has had an immediate impact on the Oakland Raiders. It has enhanced our ability to expedite certain phases of our rehabilitation protocols and has eliminated some of the unknowns that we used to face prior to returning to the playing surface. Our athletes recognize the importance and share the confidence we have in the AlterG."

**Oakland Raiders HATC Rod Martin, AATC Scott Touchet, and AATC Chris Cortez**

*High performance begins here.*



## Try an AlterG® Today!

Experience the AlterG® difference for yourself and see why over 20 NCAA teams, over 20 professional sports teams and over 60 top performance enhancement centers, medical facilities and government facilities are using the Anti-Gravity Treadmill® in their training and rehabilitation programs.

A few of our current customers include:

- AC Milan (Pro Soccer)
- Arizona Diamondbacks
- Atlanta Hawks
- Baltimore Ravens
- Bayern Munich (Pro Soccer)
- Chicago Bulls
- Charlotte Bobcats
- DC United (Pro Soccer)
- Golden State Warriors
- Houston Rockets
- Houston Texans
- Los Angeles Lakers
- Manchester City (Pro Soccer)
- Miami Heat
- Minnesota Timberwolves
- New York Knicks
- Oakland Raiders
- Oklahoma City Thunder
- Phoenix Suns
- Sacramento Kings
- Washington Wizards
- US Olympic Training Center
- UK Athletics
- Baylor University
- Duke University
- Oklahoma State University
- Princeton University
- Stanford University
- University of Arkansas
- University of California – Berkeley
- University of Michigan
- University of Nebraska
- University of Oregon
- University of Southern California
- University of Tulsa
- University of Washington

We have leasing and rental programs available that make acquiring an Anti-Gravity Treadmill® easy and affordable. To learn more, visit us at [www.alter-g.com](http://www.alter-g.com) or call us at (650)289-9444.

## AlterG® Pro Specifications

### Body Weight Reduction

100% to 20%, 1% increments

### Speed

Forward: 18 mph (29 km/h)

Reverse: 10 mph (16 km/h)

### Incline

0 to 15%

### User Specifications

Small: User height 5'0" to 6'4" (152 cm to 193 cm)

Medium: User height 5'6" to 6'10" (168 cm to 208 cm)

Large: User height 6'0" to 7'4" (183 cm to 224 cm)

User hip size maximum

(applies to Small, Medium and Large):

Width: 18.5" (47 cm)

Circumference: 58.0" (147 cm)

User weight capacity

(applies to Small, Medium and Large):

400 lbs (182 kg)

### AlterG® Dimensions

Length: 94" (240 cm)

Width: 40" (102 cm)

Height:

Small - 72" (183 cm)

Medium - 75" (191 cm)

Large - 78.5" (200 cm)

Weight: 1000 lbs (455 kg)

Running surface area:

Width: 22" (56 cm)

Length: 62" (158 cm)

### Electrical Requirements


220 VAC 30 Amp, 60 Hertz

### Environmental Operating Conditions

Ambient Temperature: 50°F to 84°F (10°C to 29°C)

Relative Humidity: 20 to 95%

AlterG® and Anti-Gravity Treadmill® are trademarks registered in the US by AlterG, Inc.

MADE IN THE USA 

**ALTER**   
Anti-Gravity Treadmill®

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