



**Allegheny**  
**Health Network**  
*Sports Performance*

3001 Cool Springs Dr. Pittsburgh PA 15234 (412-437-3001)

[www.ahn.org/sportsperformance](http://www.ahn.org/sportsperformance)

## ANTI-GRAVITY TREADMILL



The *AlterG® Anti-Gravity Treadmill® Pro 200* enables athletes to train harder and enhance their physical therapy experience while rehabilitating from a sports-related injury, as well as using decreased joint force to push the limits of performance enhancement. With the Pro 200, you can:

- Maintain and develop fitness while recovering from an injury
- Achieve a higher level of conditioning without putting extra stress on your joints and muscles
- Use the Workout Programmer to plan and conduct automated training programs
- Recover faster after a game, race, or hard workout – "active recovery"
- Track progress objectively
- Develop the confidence to push yourself harder during training and rehab

The Pro 200's anti-gravity technology is designed to suit the needs of both healthy athletes and of those during rehabilitation from a sports injury or surgery. With the support of the Anti-Gravity Treadmill, athletes can safely push their recovery and training further than otherwise possible.

**CALL 412-437-3001 TO BOOK YOUR SESSION WITH THE ALTER-G TREADMILL TODAY!**