



Become a Better Athlete WITH THE VERTIMAX

Run Faster, Jump Higher, Develop More Explosive Power

What is VertiMax and what does it develop?

VertiMax is a piece of equipment that develops explosive strength. Explosive strength refers to an individual's ability to exert a maximal amount of force in the shortest possible time interval. Developing explosive power or conditioning an athlete to generate more force in shorter time intervals is exactly what the VertiMax V8 was specifically designed to do. Regardless of the sport, VertiMax elevates any athlete's ability to generate force faster to create a more competitive athlete at any level.

At what age can athletes start training on VertiMax?

Athletes as young as 8-years-old are using the VertiMax. The resistance bands that are installed on VertiMax are customized to suit the user's age and athletic abilities. Resistance on each band type is adjustable to suite each user's need while minimum resistance levels can be set as low as 2 lbs, which is suitable for younger athletes.

How is using VertiMax different than plyometric training?

VertiMax has two major advantages over plyometrics: a) VertiMax is more efficient at developing power at high speeds because it allows athletes to apply additional loads to their bodies that have NO MASS. With the added loads/resistance, the athlete's muscles are further stimulated to strengthen and produce more power which is our primary goal to improve explosive jumping power. With conventional plyometrics, athletes only use their own body weight as resistance every time they train. Since the resistance of their body weight is essentially the same every time they jump train, there is no added stimulus or reason for their muscles to become more powerful. If you walked in a gym and bench pressed the same exact weight every set, every day, how much would you expect your bench press to improve over time? Not much! In a very short time period your strength gains will stagnate because your body has adapted to a fixed resistance (fixed body weight) and has no further stimulus (additional resistance) to promote strength development. You are going to peak out and your performance gains are going to stagnate – that is a major disadvantage performing traditional plyometric training without the add-on resistive capabilities VertiMax offers!

How fast can I expect to see results?

The speed at which results are noticed or measured vary with every athlete. Typically you will see vertical jump improvements and reductions in 40 times in as little as two to four weeks. If you have a few minutes, please watch the videos at the link below:
<http://www.vertimax.com/howvertimaxworks/>

I'm Ready to Start!

Sessions can be done individually or with a group of no more than four people. Please contact Itam (I.T.) Antigha at 813.843.6695 or email him at iantigha@gmail.com for more information.

GET STRONGER AND FASTER IN THE OFF-SEASON!