

AlterG - Athletes Training

Changing the Way the worlds best Athletes Train. AND REHAB

Whether rehabilitating or returning from a sports related injury, or simply wishing to train with less stress, you can take your fitness to the next level with the AlterG® Anti-Gravity Treadmill®'s innovative NASA-patented technology. With this revolutionary athlete rehab and fitness treadmill, you can:

- Push your training sessions further and longer with less risk of injury.
- Maintain and develop fitness while rehabilitating from injury or surgery.
- Easily track progress during training and rehabilitation with precise unweighting.
- Potentially return to competition sooner.
- Build confidence and achieve a quick and full recovery.
- Prolong your career by giving you a way to build endurance and leg strength without the usual pounding and impact on your body
- Maintain and develop cardiovascular fitness during the rehabilitation process
- Reduce the risk of developing bad habits and maintain your normal gait and biomechanics during rehab
- Run longer and recover faster with less pain
- Gradually progress and easily adjust the intensity of your workout
- Minimize impact that can lead to injury or derail rehab programs
- Work on your technique in a safe environment