

Equine Catalyst

Originally developed in the 1800-1900's, German and Russian scientists adapted early vibration technologies in 1960 for sport and zero gravity space applications. The work of these innovators of vibration technology resulted in elite sport performance applications and a natural method for reversing and preventing bone loss. In the past decade, new research has shown vibration therapy and training to be a valuable tool for sport & work performance, physical therapy and personal fitness. Scientific research and improved technology has allowed this innovation to be applied to benefit Equines as well.

Performance, Therapy
and Rehabilitation
through Science and
Technology.

**YOUR SOURCE FOR WHOLE BODY
VIBRATION TECHNOLOGY**

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How It Works

Vibration Therapy and Training is able to activate muscle contractions between 25 and 50 times per second, strengthening, toning and stimulating muscles and skeletal system in as short a time as 15 minutes a day, 3 times a week. In less than two hours per week, many users find their animals with less pain and more energy.

*Relax muscles and joints,
relieving pain without the use
of prescription drugs.*

With each vibration, the body is forced to perform reflexive muscle actions, multiple times per second. The net result is an incredible improvement in force production, or strength and power. There is immediate improvement in blood circulation, and a variety of other measurable outcomes: such as increased muscle strength and flexibility, improved range of motion, reduced cellulite, increased bone mineral density, reduced pains and faster recovery. A Vibration Plate can take your Equine workout to a new level.

Benefits

The benefits of vibration are not limited to fitness. Vibration is also recognized by veterinarians to have positive effects on patients' physical therapy programs. Using vibration as part of a therapy program has been shown to reduce recovery time, increase circulation and range of motion, and reduce pain. Vibration Therapy and Training can allow sufferers of

- » Tendon Injury
- » Founder
- » Poor Hoof Growth
- » Loss of Muscle Mass
- » Loss of Power
- » Anxiety
- » Colic
- » Nevicular

and more, to benefit from vibration therapy within their limitations.

FITNESS & HEALTH

Whole body vibrations stimulate the muscle pump, causing an increase in blood-flow resulting in improvement in Oxygen & nutrient delivery, and Carbon dioxide, lactic acid & other waste removal



ATHLETIC PERFORMANCE

Boost the effects of your regular training and workouts. When used together with power training exercises, whole body vibration relaxes and stimulates muscle fibers significantly increasing your blood circulation, muscle density, explosive power and overall strength. Need a quick warm-up or cool down? In just minutes, cardiovascular effects, range of motion and stability can increase, providing a perfect pre and post workout solution. Spend a few minutes with vibration and you will quickly see why it is the choice of many professional and nonprofessional trainers.

REHABILITATION

Whole Body Vibration is accepted and used by major medical, rehabilitation and therapeutic centers throughout the world. Vibration Therapy and Training allows the patient to go through physical therapy, rehab exercise and massage rehab with less pain...drug free. Recover faster from knee, shoulder, fetlock, spine and upper body injuries. Whole Body Vibration can energize, increase range of motion, rebuild healthy muscle tissue, increase circulation, reduce tension & stress and reduce PAIN.

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Minutes a day for improved muscle activation, motor learning, muscular endurance and agility.

Imagine more strength, more speed, more stamina, rapid recovery of muscles and tissue, increased flexibility, mobility and coordination in 1/2 the time of conventional training.

