

Love to Run™ with the Sproing® Trainer

About Sproing

- The Sproing® Trainer is a revolutionary machine for cardio, strength, power and balance.
- It represents an alternative to running on a treadmill that is safe and reduces the forces impacting the body.
- The unique harness system positions the body at an angle to help simulate falling forward, a necessary component for movement.



Using Sproing® in Love to Run™



- Love to Run is offered by Accelerated Rehabilitation Centers, the only place where you can train with a certified running technique specialist AND the Sproing® Trainer.
- In Love to Run, the Sproing can be used as an indoor alternative for drills and exercises.
- The Soft Surface adds an element of stability that increases the difficulty and necessary perception to execute even the simple warm-up drills.
- Through the 4, 8 & 12 Week programs offered by Accelerated Rehab, Runners can experience the Sproing® weekly as they improve their skill

Learn More About Sproing®

-To learn more about the features and how to make the most use out of the Sproing® Trainer, contact Denise Smith, Accelerated Physical Therapy Running Program Director at denise.smith@acceleratedrehab.com, or visit their websites:

- www.acceleratedrehab.com/runningprogram.cfm
- www.sproingfitness.com
- www.sproingsport.com

Sproing[®] vs a Treadmill



-According to the Pose Method, one of the invariable elements in Running is you must fall-forward using gravity. When you are on a treadmill, the belt moving underneath you negates your ability to fall-forward.

-The belt moving beneath you also causes you to be upright, which encourages you to land out ahead of your body. Landing ahead of your body causes your locked joints to absorb the impact of landing on every step. This is a primary cause of injury.

-On the Sproing[®], the unique harness system positions you at an angle to simulate falling-forward.

-With being positioned at an angle, you will now be landing under your body, which is the most desirable landing option. This allows your muscles, not your joints, to take on the impact of landing.

-As opposed to the hard treadmill, the adjustable soft surface reduces the impact on your body. This soft surface also adds the element of instability, which gives makes your body work harder to stay on balance.

TRY THE SPROING[®] TODAY AT ACCELERATED REHAB