

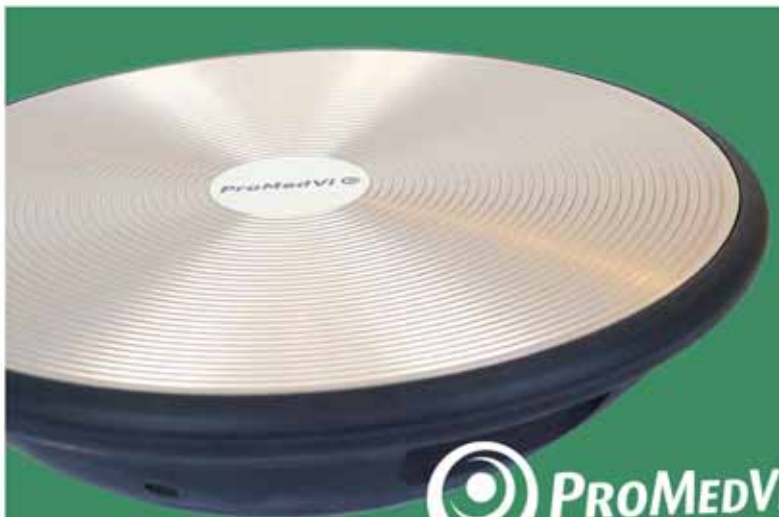
# VIBROSPHERE®

by ProMedVi

Balance with vibration



# Golf





## ProMedVi® Golf

### A unique combination of balance with vibration to ena

Golf is a sport where you, at least on an amateur level, focus mainly on the general technical performance and the swing in particular. Physical training as a mean of improving the overall golf result has not been in focus very much. Good golf demands strength, stability, balance and mobility. Combined balance training with vibration using the Vibrosphere® is a powerful method to achieve results in a short period of time. By performing functional exercises, specifically developed for golfers, the training become effective and focused. ProMedVi® Golf is a functional training method using the Vibrosphere® requiring minimal time and with one goal: To play better golf with less physical problems.

Good golf demands strength, balance, stability and mobility. Combined balance training with vibrations offers a powerful and time saving training method. Exercises specially developed for golfers make the training focused and effective.

Balance training should be a part of every golfers training. It is a way to increase your general awareness and control of your body, which is a huge benefit to your golf game. Good overall stability and, more specifically, core stability have a positive effect on the golf game.



# ble effective and functional training

The golf swing is one of the most explosive sport movements and most golf players are not trained sufficiently for this demanding movement. Many golf players consequently suffer from pain in the lower back, elbows and shoulders.

A positive golf experience from the first tee leads to a better overall performance and well-being. The warm-up before the golf round is usually not performed at an adequate level. Using the Vibrosphere® as a warm-up before the golf round, activates your muscles, increasing the blood circulation and mobility. Some simple exercises before the first tee can have a significant effect on your result and overall golf experience.

ProMedVi has developed specific training exercises aimed at strengthening the stabilizing muscles and improving postural control to help golfers experience a healthier golf life.



*Training with the Vibrosphere® improves the mobility.*



*Training with the Vibrosphere® offers a powerful and timesaving training method.*



*Balance training with vibration activates the muscles and increase core stability.*

**"BALANCE AND  
VIBRATION  
IN ONE"**

# Vibrosphere® by ProMedVi

The Vibrosphere® can be used in many different situations and needs - like warm-up before training, as a part of the training (for example exercises with dumbbells) or after training. The Vibrosphere® may well be used for stretching. In addition, ProMedVi has designed unique concepts for both preventive and rehabilitation training for football players - ProMedVi® Football. Riders are offered customised exercises for balance, stability and effect in ProMedVi® Equestrian.

## What does balance training with vibration mean?

Vibrosphere® is a unique product, combining two welltried methods into one. By combining balance training with vibration, the expected effects from each method remain, but certain other effects are added.

Vibration training is a well researched method which for example gives an automatic stimulation of the muscle fibres. Other expected results are increased neuro-muscular interplay and increased mobility.

Combining this with a balancing moment gives a constant activation of the important muscles surrounding the joints and a very good training of the proprioception, our body's ability to decide the position of our bodyparts.

Vibrosphere® offers:

- more sensomotoric and functional training creating a condition of instability which even more activates the muscles surrounding the joints
- increased recruitment of muscle fibres
- improvement of the neuromuscular interplay
- increased proprioception and coordination
- an efficient training in terms of both time and results

