

What Pieces of Equipment does the 10 in ONE replicate?

The 10 in One Platform Trainer can be used in place of:

A Balance Bar: Average retail price \$100.00: Often used in Barre Training classes or in rehab for stability & balance training. Stability, Mobility, Balance, Strength and Endurance can all be accomplished and mastered in that order using the 10 in ONE Platform Trainer!

An Adjustable Height Cardio Step: Average retail price \$120.00: The 10 in ONE, offers the only step system that has built in handrails for balance assistance for use in rehab or Active Senior fitness programming. Having handrails while doing step ups makes sense as they allow the user to safely push on in the same way they handrails on a treadmill do! The 40" height of the padded handrails is vital when working with those who have a "Fall Risk." For example: P.T.s often have patients use a walker to balance themselves while trying to do a "step up". When the person is on the ground the walker height is acceptable but when they are on the step they walker is too short and they are at risk of falling forward.

An Adjustable Height Ply-Box: Average retail price \$300.00: Most adjustable height cardio boxes offer only three elevations while the 10 in ONE offers six elevations. (*Secure the unit with the Wall Anchor Accessory when jumping up to the elevations over 24 inches with inexperienced users) The 10 in ONE Platform trainer has been impact tested to support a 300lb user and load tested to hold 800lbs without damage to the unit.

Single Leg Squat Stand: Average retail price \$169.00: The removable padded bar on the 10 in ONE can be set at multiple elevations to support the trailing foot and ankle when performing balance training and single leg strength training. People who buy this piece do so in order to perform Lunges, Pistol Squats and Bulgarian Split Squats.

Dip Rack: Average retail price \$300: The 10 in ONE is the only Non-Selectorized Dip Rack that offers a built in Weight Assist, allowing the user who can't perform dips with their full weight to do dips right away. It also provides an option for the advanced user to push past muscle failure and continue to do forced reps by using the built in weight assist.

An AB-Dolly: Average retail price \$89.00: The Plyo Platform of the 10 in ONE Platform Trainer has four commercial quality pro-casters that offer the user smooth gliding experience and the no slip surface is ideal for hands, feet, elbows or knees for a variety strength, flexibility, balance and mobility training options.

Adapted Pull Up Station: Average retail price \$499.00: Using the removable padded bar in the top elevation and the platform in the lowest elevation the user can progressively adapt the load in which they are pulling. Foot placement of the user is key for beginners. Starting out with both knees bent and both feet flat on the floor, the first progression is to straighten out one leg and extend one foot, then having both legs straight and extended, then elevating the feet to put more load on the upper body. This is a common Fitness Assessment move for elementary & middle school P.E. in the USA.

Parallets/Horizontile Row Bars: Average retail price \$100.00: The 10 in ONE handrails are taller than anything currently on the market which offers users over 6 ft tall a full range of motion when doing Suspension Rows.

Reverse Hyper Bench: Average retail price \$400.00: The benefit to this is the ability to work the posterior core chain and here foot placement is key. Most R.H.Bs require the user keep their feet close together because if you are going to add resistance from weights you will need to do that. The 10 in ONE allows the user to incorporate a fuller range of leg and foot placement which targets different parts of the rear end and low back. Resistance can be added by attaching bands to the frame and looping the ankle of the user.

Massage Stick/ Foam Roller: Average retail price \$ 30.00ea: These are two very popular pieces for self-massage and myofascial release that can be done in the traditional ways or the padded bar can be inserted into an elevation that is better or more comfortable for the user than getting onto the floor.

INCLINE/DECELINE PUSH UPS: No average retail price to compare: When you insert the removable bar into one of the elevation on the parallel handrails, you have a **six level Incline** Push Up station. By inserting the Plyo Platform the way you have a **six level Decline** Push Up station. This allows users to find the elevation that they can actually perform push-ups with good form for enough reps to call it a work out! It also allows users to progress and regress the load they want to use by adjusting the vector they are using.

The 10 in ONE can act as a VKR (vertical knee raise), an Assisted Squat Stand, a Slant Board, a Sit & Reach station, a Utility Bench and more with multiple locations to anchor resistance bands. It takes a lot (of space & money) to replicate a 10 in ONE Platform Trainer!

Who should buy a 10 in ONE Platform Trainer and Why?

The Fitness Enthusiast: The 10 in ONE Provides the home fitness enthusiast a compact, portable device the does not require anchoring and is light enough to transport from room to room or even take outdoors. The 10 in ONE offers the in home user a versatile full body workout without taking up space when not in use.

Personal Trainer and Physical Therapist: The 10 in ONE offers health professionals a variety of uses on a single units and the ability to progressively increase and decrease the difficulty of each station to accommodate the ability of the client or patient.

Physical Education Departments: Middle Schools especially need 10 in ONE Platform Trainers for Fitness Assessments and Adapted P.E. All school districts have a Adapted P.E. Budget and very rarely is there a product that is appropriate for the entire population that can be purchased with Adapted P.E. funds. Using the 10 in ONE for Fitness Assessments and keeping them out for all year long conditioning activities provides the teacher 10 stations in the footprint of just one.

Assisted Living & Rehabilitation centers: The versatile functionality and compact portability of the 10 in ONE Platform Trainer is it a great solution for small facilities with a large variety of clients needs. Step ups and Step downs, Sit to Stand are very common movement protocols for “activities of daily living” and the 10 in ONE is the only adjustable step with 40” tall safety handrails and a adjustable padded target bar. The 10 in ONE Platform Trainer is a superior solution for helping those with balance and stability issues recover faster and safer than traditional solutions.

Multi-Family Housing & Hotels: Limited available space, the need for variety of use and functionality and durability are the three reasons why the 10 in ONE Platform Trainer is perfect for this environment. Incorporating the Wall Anchor Accessory the 10 in ONE can be securely mounted against a wall providing a dedicated location for the unit and still allowing it to be folded flat to open up the floor space when needed!

Fitness Studios/ Health Clubs: The 10 in ONE Platform Trainer is great for Boot Camps, Barre Training, Sport Conditioning, Pilates, Stretching and flexibility. People love all the new toys they can play with at the gym! Using the 10 in ONE Platform Trainer and working directly with a personal trainer, the workout combinations are limitless and variety is what keeps people coming back!