



AlterG[®] Anti-Gravity Treadmill[®]

State-of-the-Art Conditioning
with Reduced Ground
Reaction Force



ALTER 
Defy Gravity



Introducing the AlterG Anti-Gravity Treadmill[®]

The Anti-Gravity Treadmill[®] developed with NASA technology for rehabilitation following injury to the lower extremities and for effective athletic conditioning and performance enhancement at partial body weight. The first FDA-cleared therapeutic device that allows precise partial weight bearing exercise.

How Does it Work?

The AlterG Anti-Gravity Treadmill[®] creates a powerful lifting force using Advanced Differential Air Pressure Technology (ADAPT) that allows for ultra-low impact ambulation. The user wears neoprene shorts and zips into a pressurized, airtight enclosure suspended over the treadmill surface. By controlling the pressure in the enclosure, the user can change his/her weight, reducing it by as much as 80% in precise 1% increments. Achieve a natural gait free of interference from water or tethers which transitions seamlessly back to full weight bearing.



- For Rehabilitation
- For Performance Enhancement
- For Increasing Training Volume and Minimizing Stress-Related Injury
- To Maximize Fitness Retention During Rehabilitation

For Rehabilitation

Impact loading on the lower extremities is reduced by lowering body weight. The FDA has cleared the Alter-G Anti-Gravity Treadmill[®] for use in the following conditions:

- lower body injury and surgery rehabilitation
- aerobic conditioning
- weight control and reduction
- sport specific conditioning programs
- neurologic retraining

For Increasing Training Volume and Minimizing Stress-Related Injury

Supplement standard training with the AlterG Anti-Gravity Treadmill[®] and improve aerobic conditioning without increasing the risk of stress injury. It provides accurate unweighting for a significant reduction in ground reaction force.

What Athletes and Trainers are Saying About the Anti-Gravity Treadmill[®]

"AlterG has allowed us to advance our rehab and conditioning of our players. We have been able to have players that are recovering from injuries start to run at least a week and sometimes up to a month before they would have been able to normally. The AlterG is a great progression back to the field with minimal risk."

Bill Tillson, Head Athletic Trainer at AC Milan

"I found out I had a stress fracture. That same day I began training on the Anti-Gravity Treadmill for five weeks. I had three weeks of outside running and went to New Haven for the (USA) 20K and took second [place]. In contrast, [without the Anti-Gravity Treadmill,] I would have taken five weeks off and there's no way I could have even gone to race. To have something [like] that is amazing."

Josh Rohatinsky, runner

For Performance Enhancement

Train longer, run faster, gain additional strength and enhance cardiovascular performance:

- overspeed training
- interval training
- lateral movement training
- backwards running drills up to 10mph in reverse
- hill training at up to 15% incline

To Maximize Fitness Retention During Rehabilitation

Athletes need to be able to maintain high fitness levels while they are injured. Match the aerobic intensity of an athlete's workout and lower the impact on his/her injured body by using a combination of adjustable variables:

- weight adjustment (100% to 20% weight-bearing in 1% increments)
- speed adjustment (0mph to 18mph)
- incline adjustment (0% to 15%)

"The AlterG is the most significant advance in training equipment for distance runners in the last half century."
Amby Burfoot, Editor at Large, Runners World

"Runners can add up to 15% to 25% more miles to their workouts thanks to the machine,"
Alberto Salazar, marathon runner and coach of the Nike Oregon Project

"The Anti-Gravity Treadmill has had an immediate impact on the Oakland Raiders. It has enhanced our ability to expedite certain phases of our rehabilitation protocols and has eliminated some of the unknowns that we used to face prior to returning to the playing surface. Our athletes recognize the importance and share the confidence we have in the AlterG."

Oakland Raiders HATC Rod Martin, AATC Scott Touchet, and AATC Chris Cortez



High performance begins here.

Try an AlterG® Today!

Experience the AlterG® difference for yourself and see why over 20 NCAA teams, over 20 professional sports teams and over 60 top performance enhancement centers, medical facilities and government facilities are using the Anti-Gravity Treadmill® in their training and rehabilitation programs.

A few of our current customers include:

- AC Milan (Pro Soccer)
- Arizona Diamondbacks
- Atlanta Hawks
- Baltimore Ravens
- Bayern Munich (Pro Soccer)
- Chicago Bulls
- Charlotte Bobcats
- DC United (Pro Soccer)
- Golden State Warriors
- Houston Rockets
- Houston Texans
- Los Angeles Lakers
- Manchester City (Pro Soccer)
- Miami Heat
- Minnesota Timberwolves
- New York Knicks
- Oakland Raiders
- Oklahoma City Thunder
- Phoenix Suns
- Sacramento Kings
- Washington Wizards
- US Olympic Training Center
- UK Athletics
- Baylor University
- Duke University
- Oklahoma State University
- Princeton University
- Stanford University
- University of Arkansas
- University of California – Berkeley
- University of Michigan
- University of Nebraska
- University of Oregon
- University of Southern California
- University of Tulsa
- University of Washington

We have leasing and rental programs available that make acquiring an Anti-Gravity Treadmill® easy and affordable. To learn more, visit us at www.alter-g.com or call us at (650)289-9444.

AlterG® Pro Specifications

Body Weight Reduction

100% to 20%, 1% increments

Speed

Forward: 18 mph (29 km/h)

Reverse: 10 mph (16 km/h)

Incline

0 to 15%

User Specifications

Small: User height 5'0" to 6'4" (152 cm to 193 cm)

Medium: User height 5'6" to 6'10" (168 cm to 208 cm)

Large: User height 6'0" to 7'4" (183 cm to 224 cm)

User hip size maximum

(applies to Small, Medium and Large):

Width: 18.5" (47 cm)

Circumference: 58.0" (147 cm)

User weight capacity

(applies to Small, Medium and Large):

400 lbs (182 kg)

AlterG® Dimensions

Length: 94" (240 cm)

Width: 40" (102 cm)

Height:

Small - 72" (183 cm)

Medium - 75" (191 cm)

Large - 78.5" (200 cm)

Weight: 1000 lbs (455 kg)

Running surface area:

Width: 22" (56 cm)

Length: 62" (158 cm)

Electrical Requirements

220 VAC 30 Amp, 60 Hertz

Environmental Operating Conditions

Ambient Temperature: 50°F to 84°F (10°C to 29°C)

Relative Humidity: 20 to 95%

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MADE IN THE USA 

ALTERG®
Defy Gravity