

PneuFAST™ Program



7 Step Fitness and Sports Program

No one can match our results!

1 PneuMap

Define Your Posture



2 PneuWeight Treadmill

Evaluate and Correct Gait



3 Back Stretch Chair

Flexibility and Range of Motion



4 PneuTrac 50 High-speed Treadmill

Challenge Fitness Performance



5 PneuBack Chair Unweighting

Postural Correction and Pain Relief



6 Core Strength

Specific Muscle Recruitment and Strengthening



7 Sports Specific

Individualized Exercise



No one can match our results!

We are not your local gym

All athletes are evaluated for Biomechanical deficits/imbbalances. The program addresses these issues first and then focuses in on improving physical performance.

The PneuBack Fitness and Sports Program finely tunes the body to maximize performance for life and it is designed to safely meet the individual needs. This is the only program offering spine conditioning with an over speed treadmill capable of speeds up to 28 mph. These exclusive PneuThera program protocols are not available at your local gym.

- Increase speed, vertical jump, agility, flexibility and strength
- Safety first
- Improve balance, gait, and posture
- Decrease injury
- Advance to the top of your game



PneuVibe Pro™ & Plyo Boxes



PneuTrack™ 50

Fitness - a specific training designed to meet the fitness and rehab goals of the adult client

Performance - high level physical enhancement scientifically developed by experts in human performance biomechanics and rehabilitation.

The FAST Program

- Clients Thrive / Practice Thrives
- Lucrative Business Model
- Protected Territory
- Referral System
- Marketing & Training support

