



To Whom It May Concern:

I am very excited that Athletes' Performance has had the privilege of utilizing the VersaPulley, with MV² Technology for the past 4 years, especially during our Major League Baseball Pre-Spring Training and NFL Combined Prep sessions. Our athletes are very discerning when it comes to their training and equipment. The VersaPulley, with MV² Technology, was love at first pull and pull back. They immediately felt all the different functional applications needed for high-level athletic development in their respective sport. The VersaPulley has tremendous versatility from beginner to elite performance training.

The compact High-Low Pulley device functions on the basic principles of Rotary Inertia, where all the concentric energy to initiate flywheel movement is stored, then released throughout the eccentric contraction, providing unlimited speed, force, and range of motion.

The ability to utilize the VersaPulley as a closed chain, multi-planar, progressive range of motion and progressive load device in rotational training lends itself to rank as one of the most exciting and versatile tools in our arsenal. Specialists may use the VersaPulley to progress athletes through the entire contractile continuum at each stage of development from the earliest introduction of closed chain rehabilitation, through reconditioning, and advancing to the most complex power and elastic development, for every specific movement needed to improve the world's best athletes. This is one of the most versatile and practical technologies ever developed which enables maximal rate of force development, every eccentric loading parameter, through all joints, planes, patterns, and exercise applications.

The athlete's time and energy are very valuable. The VersaPulley, with MV² Technology, allows for total body sport specific training from the floor up, making it a very effective and efficient device. The VersaPulley's simplicity, durability, and range of adjustments cover a spectrum from warm-up to serious specific energy system development. Then rapidly converting for the most dynamic, multi-plane movements that we haven't been able to implement prior to the VersaPulley's invention.

AP's philosophy is always quality over quantity in both training and investment. This is another incredible example of how Heart Rate Inc. has brought a revolutionary new piece of equipment to the industry that will change forever how we are able to train athletes, limited only by our knowledge and creativity.

Sincerely,

Mark Verstegen
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