

## AlterG Performance Shorts



Our Performance Shorts are a game changer for your patients and athletes. The Performance Shorts are an improvement on our standard AlterG shorts, and can be used with any Anti-Gravity Treadmill. New features include:

- Two zippers - allowing patients to zip in facing forwards, or at a 90° angle to the treadbelt.
- Velcro openings - easier to put on and remove over shoes and pants
- New design - improved to be more comfortable for longer use, and all body types.

The main differentiating feature is the second zipper, which allows the patient to be at a 90° angle. Athletes and patients can now perform lateral exercises, allowing them to:

- Improve movement and agility.
- Perform flexibility exercises.
- Engage more muscles, including quadriceps, hamstrings, glutes, hip abductors and adductors, and more.



Visit our website or YouTube page to view a video on recommended exercises to do with the Performance Shorts.

These shorts are available for purchase online at [store.alterg.com](http://store.alterg.com).

## Performance Shorts 2.0, 2.1 Exercise Guide

**Recommended:** Begin all lateral exercises and movements at 1.0 mph, and gradually progress speed in small increments as technique improves. Keep foot placement towards the center of the treadmill. Have a trainer, therapist, or the Workout Programmer to help vary the speed and direction.

**Warning:** Users should be careful not to go into too much knee flexion or allow knees to go over the toes. Knees can hit the metal bar of the Pro 200.



### Side Shuffle

Perform side shuffle in both directions with treadmill in forward movement or reverse. Keep head as level as possible. *Slowly* increase speed to perform quick feet side shuffle.



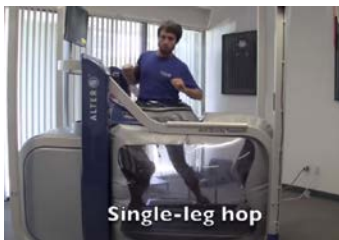
### Side Shuffle + Rotation Burst

Starting sideways, perform side shuffle with a quick semi-rotation burst, turning the body 90° to face the front of the treadmill. Patient will drive into the AlterG bag going from a side shuffle to linear sprint. (Recommended: Repeat 10 times then switch directions).



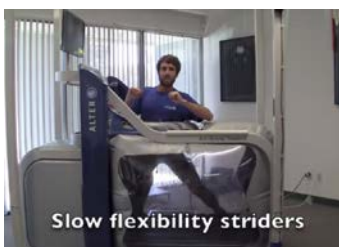
### Two-legged Lateral Bunny Hops

Stand with feet shoulder-width apart. Lower into a squat position and jump to the side as the treadbelt moves below you. Land on the balls of both feet. Keep body as vertical as possible.



### Single-leg Lateral Cut Hop

Stand on one leg, push off with the rear leg you are standing on, and land on the same leg. Keep body as vertical as possible. (Feel as if you are trying to increase Treadmill belt speed with each hop).



### Slow Flexibility Striders

Take big strides at a slow pace (0.5 - 1.0 mph). Take wide stance to get a deep stretch. Try to keep feet glued to the treadmill belt as long as possible.



### Lateral Resistance Band Shuffle

With a resistance band around both ankles, perform side shuffles with more resistance. Take strides at a slow pace (0.5 - 1.0 mph) and progress to smaller, faster strides in 0.2 mph increments. Reverse direction and repeat.