

THE ULTIMATE BIOHACK

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OSTEO  STRONG®

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FOR ALL AGES



# THE ULTIMATE BIOHACK

## ABOUT OSTEOSTRONG

OsteoStrong is for all people of all ages. Whether you are an athlete looking to gain a performance edge or a grandparent simply wanting the strength to enjoy time with the grandkids, OsteoStrong is for you. Our offering unlocks physical freedom by way of a scientifically-advanced, non-invasive, non-pharmaceutical, skeletal strengthening system. Through a process called "Osteogenic Loading," our unique system stimulates bone growth – resulting, often times immediately\*, in significant strength gains, power, flexibility, balance, energy, agility and overall total physical health and wellness.

*\*Strength gains vary by individual. Baseline markers are taken before the first visit and measured and monitored for improvements in those areas over time.*

## THE OSTEOSTRONG EXPERIENCE

In and out of our centers in just minutes, members exude just about 60 seconds of effort during a 1x per week visit. This effort is performed on a set of four pieces of proprietary equipment called Spectrum®.

Our sweat and pain free circuit is guided by an OsteoStrength Session Coach. Each machine enables "growth trigger events" through simulated force pressure, targeting a specific area of the body and strengthening the entire body with each session. Results of each session are captured and measured in our system to monitor your progress over time.

"After just 2 sessions, I was able to give my daughter a piggyback ride for the 1st time in years without pain."

- Maggie Viola, 36 | Miami, Florida

## 60 Seconds of Effort, 1x per Week Improves:



**BALANCE**



**POSTURE**



**STRENGTH**



**@OSTEOSTRONGME**  
**#STRONGME**



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## HOW OSTEOSTRONG WORKS

Our musculoskeletal system is the foundation of our body. Think of it like the chassis of a car - in order for all systems to run full cylinder, this system must hold them together, be healthy and be strong. So how do we make it stronger? Scientific research has found that the stimulus required to trigger growth of healthy bone tissue, known as "osteogenesis," is 4.2 multiples of body weight (4.2 MOB). Recent scientific and technological advancements have achieved this level of stimulus safely and easily and we now offer this pain-free, sweat-free phenomenon to you at OsteoStrong.

OsteoStrong leverages the Spectrum System, which is a revolutionary state-of-the-art Robotic Musculoskeletal Development System (RMDS). Our cutting edge technology stimulates the skeletal system with a process known as Osteogenic Loading, which in turn activates your body's natural adaptive response resulting in osteogenesis. With impact forces in excess of 5 to 12 times a user's own body weight, OsteoStrong users will experience brief but precise levels of force necessary to trigger their individual musculoskeletal systems to grow stronger without pain, soreness or fatigue.

**No Pain. All Gain.**

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**POWER**



**AGILITY**



**ENERGY**



[WWW.OSTEOSTRONG.ME](http://WWW.OSTEOSTRONG.ME)



*I've seen first hand  
the amazing impact  
that OsteoStrong can  
have on one's health,  
strength, and vitality.  
I'm honored to partner  
with them to expand  
their impact and  
improve the quality of  
people's lives.*

A handwritten signature in white ink that reads "Tony Robbins".

**TONY ROBBINS**  
#1 Life & Business  
Strategist

WITH  
PURE POWER AGILITY  
NO PAIN ALL GAIN FREEDOM  
WORKING BALANCE

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