



WHOLE-BODY ADVANCED VIBRATION EXERCISE

For Immediate Release

Media Release/Interview Opportunity

USA Ski and Snowboard Teams Will Use WAVE Technology to Bring Home the Gold

January 4, 2009 – The United States' Ski and Snowboard teams will be using **WAVE (Whole-body Advanced Vibration Exercise)** technology to fire up their muscles during the 2010 Winter Olympics. The athletes trained on the WAVE Pro Elite at the US Ski and Snowboard Association's Center of Excellence - the national training and education center in Park City, Utah - and have now brought it to their training facility in Vancouver, British Columbia.

"The US Ski Team is excited to have a WAVE Pro Elite right on the race hill at the Vancouver 2010 Olympic Games. We have a warm up area at the bottom of the race hill and will be using the WAVE Pro Elite to get our athletes perfectly primed immediately prior to their race. This will be an important factor in our success. We find the machine incredibly useful for waking up the neurological system and applying loads through the body that we just can't get from traditional weight training," says Troy Flanagan, Director of Sport Science, US Ski Team and US Snowboarding.

By working out on a WAVE platform only 15 minutes a day, three times per week, users will see benefits including strength gains, increased circulation, flexibility, positive benefits on bone density and minimal stress on joints. The WAVE Pro Elite's patented self-calibration system allows consistent delivery of vibration to the user and enhances the quality and durability of the platform. Due to its many benefits, WAVE technology has quickly gained acceptance and is now utilized by universities, fitness studios, spa and wellness centres, health professionals in the rehabilitation and medical fields and of course, Olympic athletes.

"Vibration exercise is proving to be an integral component in an athlete's training. That's why the WAVE was designed to address an athlete's needs in terms of functionality and design. With new research coming out every day proving its benefits, it's no surprise that the WAVE will continue to be used by more and more sports teams like the US Ski and Snowboard teams," says Dr. Jasper Sidhu, Vice President of Clinical Services, WAVE.

WAVE is a North American company that specializes in the manufacture, education, research and training in vibration exercise technology. For more info on WAVE (Whole-body Advanced Vibration Exercise), visit www.wavexercise.com.

For more info on the WAVE Pro Elite and to download product brochure, visit http://www.wavexercise.com/wave_commercial.html.

Media Contact: Sara Koonar, Marketing Specialist, WAVE sara.koonar@wavexercise.com

###