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EXOS™ Partners with Performance Health Systems to Incorporate Power Plate® Vibration Training Into Its Industry-Leading Sports Performance Programs

FOR IMMEDIATE RELEASE – PHOENIX, AZ / NORTHBROOK, IL (Date TBD) – EXOS™, the global leader in human performance for elite and professional athletes, and Performance Health Systems, owner and manufacturer of the standard-setting Power Plate® line of advanced whole-body vibration equipment, today announced a partnership officially incorporating Power Plate products and training into the EXOS™ performance methodology.

“The positive research and acceptance by athletes and coaches confirm Power Plate’s patented tri-planar vibration training technology as the superior choice for the elite athlete population,” said Mark Verstegen, founder and president of EXOS™. “This partnership is a natural extension of the sports science methodology we have been practicing for years.”

Formerly known as Athletes’ Performance, EXOS™ has been synonymous with the world’s most advanced performance training, nutrition and physical therapy methodologies for more than 15 years. The company has trained many of the top champions in sport, including six number one NFL draft picks, the U.S. and German National soccer teams, Olympic medalists, and countless champions in baseball, tennis, golf, basketball and hockey. In addition to elite sports performance training and applied research, EXOS™ also delivers leading-edge human performance solutions for businesses, tactical programs to maximize physical assets for the military and global education programs for industry professionals.

“We are honored to enter into a strategic partnership with EXOS™,” said Lee Hillman, Performance Health Systems’ C.E.O. “Our companies share a commitment to harnessing technology to optimize performance, health and wellness, not only among elite athletes, but across all walks of life.”

Power Plate equipment, currently used by more than 100 professional sports teams around the world, including 75 percent of the four major sports franchises in the U.S., and scores of collegiate sports programs and Olympic training facilities worldwide, optimizes muscle response with hi-speed vibration, oscillating on the same three planes as the human body, to produce a precise harmonic wave and trigger reflexive muscle contractions. As the user’s body works to regain stability, up to 95 percent of

the body's muscle fibers become engaged in any single movement, significantly amplifying the effectiveness of any exercise performed on the plate. Research also shows that whole-body vibration stimulates the body's natural production of the regenerative growth hormone that maintains tissue repair, muscle growth, brain function, energy and metabolism, all contributing factors to enhanced athletic performance and recovery.

As part of the partnership, Performance Health Systems will be providing its complete line of Power Plate commercial products, including the Power Plate pro7, pro5 HP and pro5, to the seven EXOS™ facilities across the United States. In addition, Power Plate training will be incorporated into parts of all EXOS™ training methodology globally. The companies will also collaborate on various marketing programs to further extend brand initiatives, including conducting Power Plate training academies at EXOS™ facilities domestically and as part of EXOS™ Mentorship programs worldwide.

For additional information on Power Plate, powerplate.com. For additional information on EXOS™, visit teamEXOS.com.

ABOUT PERFORMANCE HEALTH SYSTEMS

Performance Health Systems, LLC, is a global company dedicated to delivering advanced technology solutions through its health and wellness equipment. In addition to its category-defining Power Plate line, the company has attracted international attention for bioDensity, an osteogenic loading system which provides a non-pharmaceutical approach to increasing bone density and has been scientifically linked to dramatic bone growth among populations ranging from high-performance athletes to health-compromised seniors.

ABOUT EXOS

EXOS is pioneering human performance. Founded in 1999 to maximize the potential of athletes, EXOS (formerly named Athletes' Performance) has grown to become a leader in proactive health and performance, trusted by elite athletes, the military and innovative companies worldwide. EXOS designs and delivers health and performance game plans that guide people to achieve higher levels of success. With world-class partners, facilities, technologies, and specialists spanning six continents, EXOS is progressing the intelligence behind human performance wherever necessary. To learn more, visit teamEXOS.com.