

# **CUFF** PERFORMANCE

Rotator Cuff and Scapular Strengthening System



*Train right. Train hard. Finish strong.*

**SLASTIX**



## THE PRODUCT

Cuff performance is a professional grade rotator cuff and scapular strengthening system designed by medical and strength professionals that have worked with amateur and professional athletes for over 15 years. Using the most current rehabilitation and strength training research, we have created a comprehensive program specifically designed to meet the high demands of the overhead athlete. This easy to follow system effectively strengthens both the shoulder and core to enhance performance and prevent injury.

## THE APPLICATION

- ▶ Active warm-up
- ▶ Performance enhancement
- ▶ Injury prevention
- ▶ Strengthening
- ▶ Rehabilitation

## THE EDGE

- ▶ Programming targets the entire shoulder complex
- ▶ The bilateral application activates the core and postural stabilizers
- ▶ Uses the patented SLASTIX® technology to prevent injury from cord failure
- ▶ Multi-sport application and programming



## TRAINING AND REHABILITATION

Cuff performance is a must have training tool if you are involved in any of the following sports:

- ▶ Baseball
- ▶ Softball
- ▶ Tennis
- ▶ Golf
- ▶ Swimming
- ▶ Volleyball
- ▶ Hockey
- ▶ Gymnastics
- ▶ MMA – Ultimate Fighting
- ▶ Lacrosse
- ▶ Wrestling
- ▶ Football

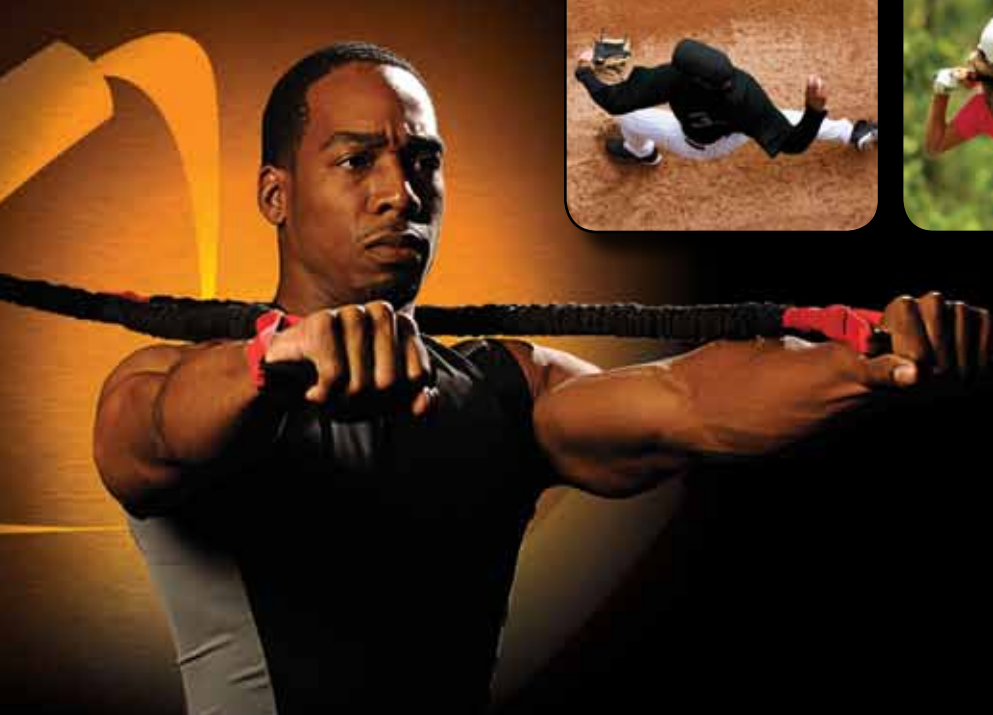
Train right. Train hard. Finish strong.

### RESISTANCE CHART

-  Super Light .....5 lbs
-  Very Light ..... 10 lbs
-  Light .....15 lbs
-  Medium .....20 lbs
-  Heavy .....25 lbs
-  Very Heavy .....35 lbs







*The shoulder is the most mobile and unstable joint in the body; this inherent mobility is provided by a combination of the limited bony architecture and soft tissue connections of the joint. I have encountered numerous injuries to overhead athletes in my 15 years of practice. Many could have easily been prevented with a well structured strengthening and flexibility program. Cuff Performance offers an effective and efficient solution to specifically strengthen the shoulder and core. Our therapists and trainers have used the Cuff Performance program successfully over the years for both rehabilitation and performance training; it is extremely functional and has direct carryover to on field performance. I highly recommend Cuff Performance to all of my patients and athletes.*

**Tom Noonan M.D.**  
Steadman Hawkins Clinic Denver  
Team physician for the Colorado Rockies

## INDIVIDUAL PACKAGE



**Application:** Perfect starter set for individual use at the field, home or training facility.

- ▶ (2) 36" double handle bands; (1) heavy, (1) light
- ▶ (1) door attachment
- ▶ Instructional DVD
- ▶ Instructional exercise chart
- ▶ Carrying bag
- ▶ Year round training guide

- Under 12
- Under 15
- Under 17
- Collegiate
- Professional

**Individual Package** ..... \$159.<sup>99</sup>

## Upgrade and Save!

### INDIVIDUAL DELUXE PACKAGE

**Application:** Perfect for the individual looking to progress to higher resistance over time.

- ▶ Individual Package
- ▶ 1 additional double hand band

**Individual Deluxe Package** ..... \$199.<sup>95</sup>

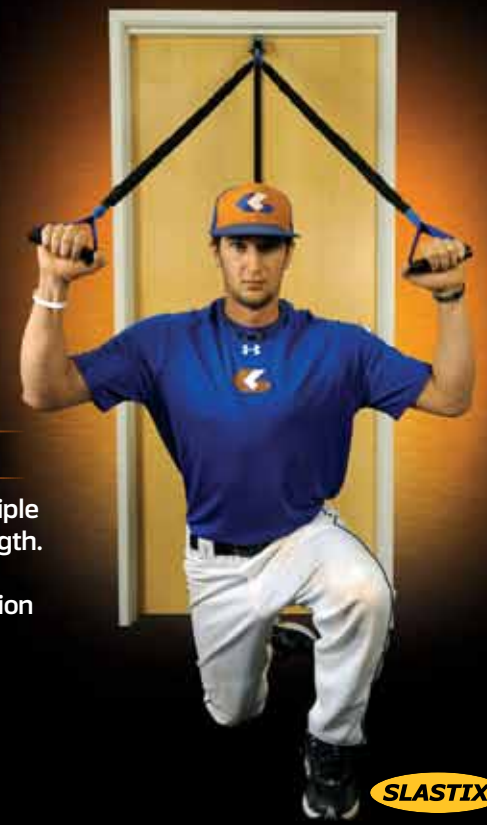
- Under 12
- Under 15
- Under 17
- Collegiate/Pro

### INDIVIDUAL PRO PACKAGE

**Application:** Great system for multiple users with different levels of strength. Allows progressive increases in resistance over time. Excellent option for athletic trainers on the road.

- ▶ Individual Package
- ▶ Includes all six resistances

**Individual Pro Package** ..... \$289.<sup>95</sup>



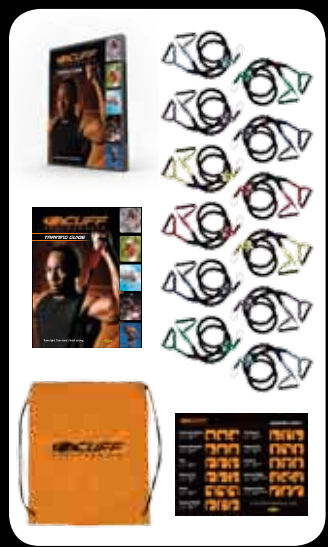




*The Cuff Performance system allowed me to make huge strides in my overall core and total body strength. While recovering from back and neck procedures, the system virtually took away all my pain and allowed me to take my training to the next level. As a result, I performed better on the field. I now use the system for my core, upper and lower body training to keep me healthy through the long season. Amazing system; I can't say enough about the results!*

**Mike Di Muro**  
Major League Baseball Umpire

## 4 STATION TEAM PACKAGE



**Application:** Incredible system for team sport environment whether training indoors or out. Also provides a great strength training station for camps and clinics.

- ▶ (12) 36" double handle bands
- ▶ Instructional DVD
- ▶ 4 instructional exercise charts
- ▶ Carrying bag
- ▶ Year round training guide

- Under 12
- Under 15
- Under 17
- Colligate/Pro

**4 Station Team Package ..... \$529.99**







## CUFF CORDS

Durable and protective double handle SLASTIX® cord with one carabineer attachment.



Cuff Cords.....\$29.99 each

-  Super Light.....5 lbs
-  Very Light.....10 lbs
-  Light.....15 lbs
-  Medium.....20 lbs
-  Heavy.....25 lbs
-  Very Heavy.....35 lbs

## SINGLE HANDLE CUFF CORDS



Durable and protective pair of single handled SLASTIX® cords with one carabineer attachment

Single Handle Cuff Cords.....\$29.99 each

## ANCHORING SYSTEMS



Simple but highly effective design allows ease of use at home or while traveling. Just close the door and your ready to work.

Standard door attachment.....\$9.99



Convenient sliding anchor allows easy transition from one exercise to the next at home and on the road.

Adjustable door attachment.....\$49.99

PATENT PENDING



Before I play any type of catch, I go through the one set of fifteen repetitions, for an active warm-up with the yellow cords. During the season, after I pitch in a game, I will immediately go through the strength portion with the red and blue cords at two sets of fifteen reps. Completing these rotator cuff and scapular strengthening exercises allows my arm to warm-up properly as well as strengthen my shoulder and elbow after I pitch.

Staying on top of the Cuff Performance regimen has enabled me to perform at the highest level. The program addresses all needs when it comes to strengthening and preventing injury through the season. I recommend Cuff Performance program to anyone who is looking to enhance performance and prevent injury whether you are a major league baseball player or trying to recover from an injury.

**Daniel Schlereth**  
Arizona Diamondbacks - Relief Pitcher  
2008 1st Round Draft Pick

## TRAINING DVD



Get professional, detailed training instruction on proper form and progression for the comprehensive Cuff 10 program. Also included are 8 fundamental core and total body strengthening exercises to push your performance to the next level.

Training DVD.....\$39.99



This safe and effective loop webbing provides a solid anchoring mechanism to weight racks, weight equipment or other solid attachment point.

Wrap around anchor.....\$9.99

PATENT PENDING

**TRAINING STATION**



- ▶ 3 wall mounts
- ▶ Full set of 6 Cuff Cords
- ▶ Instructional DVD
- ▶ Instructional exercise chart
- ▶ Carrying bag
- ▶ Year round training guide

**Application:** This fantastic single station design is perfect for health clubs, gyms and performance centers.

Training Station ..... \$419.99



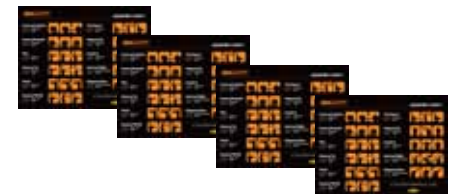
**TRAINING CENTER**

**Application:** The four station set up is ideal for pools or performance centers that train multiple athletes and teams.



- ▶ 12 wall mounts
- ▶ 24 Cuff Cords – 4 full sets
- ▶ Instructional DVD
- ▶ 4 instructional exercise charts
- ▶ Carrying bag
- ▶ Year round training guide

Training Center ..... \$1,499.95



# CUFF PERFORMANCE

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[CUFFPERFORMANCE.COM](http://CUFFPERFORMANCE.COM)



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