

# PosiTrak's PreCon3

## *Harnessing Stretching and Vibration Technologies for Flexibility and Recovery*

The creation of PosiTrak's PreCon3 was realized when a couple of strength coaches and athletic trainers were just screwing around in the weight room and knew they stumbled onto something big. What initially seemed like an experimental approach quickly revealed itself as a game-changing method for improving flexibility and alleviating low back discomfort. As a Division I strength coach with 28 years of experience, I can confidently attest that this is the quickest, easiest, and most effective technique I've encountered. In just 45-90 seconds, users consistently report significant improvements in flexibility, such as increases of 3-6+ inches in the sit-and-reach test and standing reach.

### *Introducing the PreCon3*



PosiTrak partnered with two innovative companies to create the PreCon3. First, they collaborated with **VibePlate**, a leading US-based vibration technology company, to develop an 18" x 18" slanted vibration platform. Then, they teamed up with **Medi-Dyne**, a Texas-based healthcare product company, to integrate the CoreStretch device. By combining these two products, PosiTrak's team of strength coaches, athletic trainers, and chiropractors discovered unprecedented results in flexibility and restorative outcomes.

## The three types of Flexibility

The PreCon3 targets all three types of flexibility:

1. **Dynamic Flexibility:** The ability to move through a joint's range of motion.
2. **Active Flexibility:** The ability to hold a position, mostly near an end-range of motion of a joint by contracting the muscles of the antagonist and synergists; allowing the antagonist(s) to relax and stretch.
3. **Static or Passive Flexibility:** The ability to hold a position, mostly near an end-range of motion of a joint using external forces.

## Real Results Real Time

A fellow coach, who frequently experiences low back discomfort despite daily yoga and stretching, tried the 90-second PreCon3 routine. The results? He touched the floor for the first time without pain, and his back discomfort significantly subsided. This transformative “WOW factor” is what makes PreCon3 so remarkable—you have to experience it to believe it.



## Accelerating Recovery

The PreCon3 is not just about flexibility—it also excels at accelerating recovery. Performing the routine post-workout enhances the restorative process by combining vibration frequency with stretching. Without delving too deeply into the physiology, here's how it works:

- The vibration stimulates 95% of muscular tissue, driving nutrient-dense blood and oxygen to the muscles.
- This increased circulation also activates the lymphatic system, which removes excess fluids and reduces post-exercise swelling.
- Many users report a “cooling” sensation and improved focus after using the PreCon3.

### The Results Speak for Themselves

My men’s soccer team has incorporated the PreCon3 into their weekly training. Over time, the 90-second routine has been reduced to 45 seconds as the body adapts, and the benefits have been remarkable:

- Flexibility improvements are lasting longer.
- Soft tissue injuries have decreased by 88%.
- The injury report is nearly non-existent.

As of October 2024, our team is undefeated in conference play, and our fall teams collectively have their best starts in years. The only major change? The addition of the PreCon3. The athletes not only benefit from it—they actively want to use it.

### How To Use the PreCon3

**1. Setup the CoreStretch:** Adjust the length by placing the CoreStretch against the front of your hips with your arms fully extended. The numbered locking mechanism is easy adjustable.



**2. Activate the VibePlate:** Stand on the plate (preferably barefoot or in thin-soled shoes). Slowly increase the vibration frequency until you feel it through your entire body, including the tips of your ears.

*Note: Your frequency setting might vary based on the day and how stressed your central nervous system might be.*



### 3. Perform the Routine

- Stand with knees slightly bent and lean forward until you feel a stretch (see illustration below).

- Lock your knees under tension three times, then lean further forward and repeat for a total of 9 lockouts.
- Twist gently to each side, holding the stretch as desired.
- Return to a forward stretch and slowly stand upright.



Knees Slightly Bent



Locking Out the Knees



Gentle Twist to the Left



Gentle Twist to the Right

### **Post-Treatment Benefits**

Users consistently report reduced tension, enhanced flexibility, and a sense of relaxation after completing the routine. Many describe a “WOW” moment, experiencing pain-free movement and improved focus for hours afterward.

### **Why Every Team Should Have a PreCon3**

The PreCon3 is compact, portable, and cost-effective—ideal for teams and individuals alike. Its efficiency and impact on flexibility and recovery make it an essential addition to any training or recovery regimen.

### **Final Thoughts**

I stand behind PosiTrak's PreCon3 with full confidence. It outperforms any other restorative process I've encountered. To truly understand its effectiveness, you need to experience it for yourself.

**Jerry Shreck**

*Head Division I Strength Coach*