

Product Review:

Product name: Syco Bob
Product type: Technical exercise device simulating physical overload environment related to surfing / snowboarding or similar.

Date: May 2 2006

Reviewer: Brian Cooke B App Sc (Exercise Physiology / Exercise Rehabilitation)

Description:

The device differs from those currently available in this market. The device incorporates a suspension system so that the user's bodyweight is borne jointly at the feet (on a suspended board) and an adjustable harness which is fastened around the pelvis of the user. The device is easily adjusted to accommodate variations in user height and leg length.

The device pivots in all planes at the superior suspension point and rotates freely around its longitudinal axis allowing unlimited movement possibilities (excluding inversion) determined by the user's engagement and expertise/skill level.

The device permits complete freedom for trunk movement (flexion/extension, rotation, lateral flexion/extension) and this trunk movement is translated through the fixed pelvis/harness arrangement. Hip flexion/extension, hip rotation, knee flexion/extension, ankle plantar flexion/dorsi flexion and inversion/eversion are permitted within moderate ranges of motion.

Biomechanics:

The device has some unique features, most of which are not currently available in the exercise equipment marketplace;

- The suspension design, without attachment to cumbersome fixed levers, allows the user to reproduce many of the specific movement patterns specific to surfing, snowboarding and similar activities
- Loads are increased during many of the movement patterns due to momentum generated during activity. This creates opportunities for activity specific resistance conditioning not currently available in this field
- Loads may be applied for extended periods of time, in an activity-specific mode. This creates opportunities for endurance conditioning not currently available in this field
- Due to the specificity of the movement patterns produced when using the device, the potential for proprioceptive adaptations is extensive and to my knowledge unrivalled in this field
- The opportunities for skill development / acquisition through proprioceptive and physiological adaptation are extensive. This may be particularly useful for beginner to intermediate users as foundation adaptation may be developed in a relatively controlled and safe environment. These adaptations may then be easily

translated to the less predictable environments encountered during surfing and boarding.

- There also exists the opportunity for the advanced conditioning required for high level manoeuvres. The body movements and physical overload requirements may be learned in simulation using the device. The advantage here is the opportunity for concentrated repetition that is not dependent on surf or snow conditions

I believe the device is of cutting edge design currently unavailable in the exercise/conditioning equipment marketplace. The opportunities for motor learning and physiological adaptation are extensive and would provide coaches, trainers, teachers and athletes a hitherto unavailable advantage.

Yours,

Brian Cooke

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