**ARIK POREMBA, DPT**  
**INVENTOR OF PRÎMFIT**

"PRÎMFIT allows training on an unstable surface with functional and sport specific movement improving lower body and core strength and stability. PRÎMFIT helps anyone regardless age, shape or health move more safely, effectively and efficiently. PRÎMFIT accelerates and improves rehabilitation by not only restoring preinjury condition but rebuilding efficient and effective movement. PRÎMFIT should be an integral part of any rehabilitation, athletic training or fitness program."

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**JACKIE JOYNER KERSEE**  
Sports Illustrated’s Greatest Female Athlete of All-Time  

"PRÎMFIT is essential for anyone wanting to increase their overall fitness. Adding mobility and sports specific movements to stability training is critical in fitness and athletic training."

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**DR. MAHESH BAGWE**  
ST. LOUIS CARDINALS TEAM ORTHOPEDIC SURGEON  
LOWER EXTREMITY SPECIALIST

"As a foot and ankle specialist taking care of a large variety of people, I am directing patients to physical therapy clinics utilizing PRÎMFIT. PRÎMFIT’s focus on stability and balance are the key to a quick as possible return to activity."

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**DR. MATT MELANDER**  
SPORTS MEDICINE AND ORTHOPEDIC SURGEON

"The reason I am excited about PRÎMFIT is that it brings a unique aspect to functional mobility in return to activity in people I see in my practice every day. PRÎMFIT can be utilized in the evolution of physical therapy by integrating stability of the injured extremity which results in better mobility."
TAKAHIRO UCHIDA, ATC, PES
SPORTS MEDICINE STAFF - STANFORD UNIVERSITY

"Proprioception training is essential in any rehabilitation or athletic training program. After an injury, you lose significant proprioceptive ability, meaning there is no longer efficient neuro-connections between your brain and receptors in the affected body parts. PRİMFIT improves proprioceptive abilities in a functional specific way leading to more efficient body movements and awareness. Additionally, it is beneficial to rehabilitate and strengthen on PRİMFIT because it not only improves proprioception but also neuromuscular control significantly."

ABIGAIL MURER
PROFESSIONAL ALPINE SKI RACER

"In all high level athletics, balance is key; especially when you are travelling down a mountain at 70+ MPH! I need consistent and accessible balance training while I am on the road traveling between races. PRİMFIT is the perfect tool to help provide me with the necessary balance training that my sport requires on a daily basis."}

DANIEL ISOM
D1 Football Player

"Balance training is really important in football as a cornerback because I need the body control to be able to efficiently react from many different positions. Using PRİMFIT in my workouts helps me strengthen the smaller muscles that I miss in big lifts as well as engaging my core which translates to making smooth controlled movements on the field."}

DR. SCOTT HAINZ, DC

"As a chiropractor, we can use PRİMFIT to help retrain the muscles that are important in the stability of the spine. PRİMFIT gives us a way to treat the patient dynamically and functionally. In addition, PRİMFIT is important in the prevention of injuries."