

Contemporary Design Company

SHUTTLE[®] MVP

Explosive Power, Minimal Joint Impact



"The Shuttle MVP is a MUST for any gym that wants to stay on the cutting edge and provide the best service possible."



*Juan Carlos Santana MEd CSCS
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1-800-334-5633 • ShuttleSystems.com

Join us online:



Explosive Power, Minimal Joint Impact



Used by Everyone

Used daily by professional athletes, seniors, and children. Hundreds of professional sports teams, universities, and high schools around the world trust in the Shuttle MVP.

Plyometric Training

Excels in lower extremity rehabilitation, sport-specific skills, and overspeed plyos. Zeroes in on the eccentric phase of overspeed plyometric training.

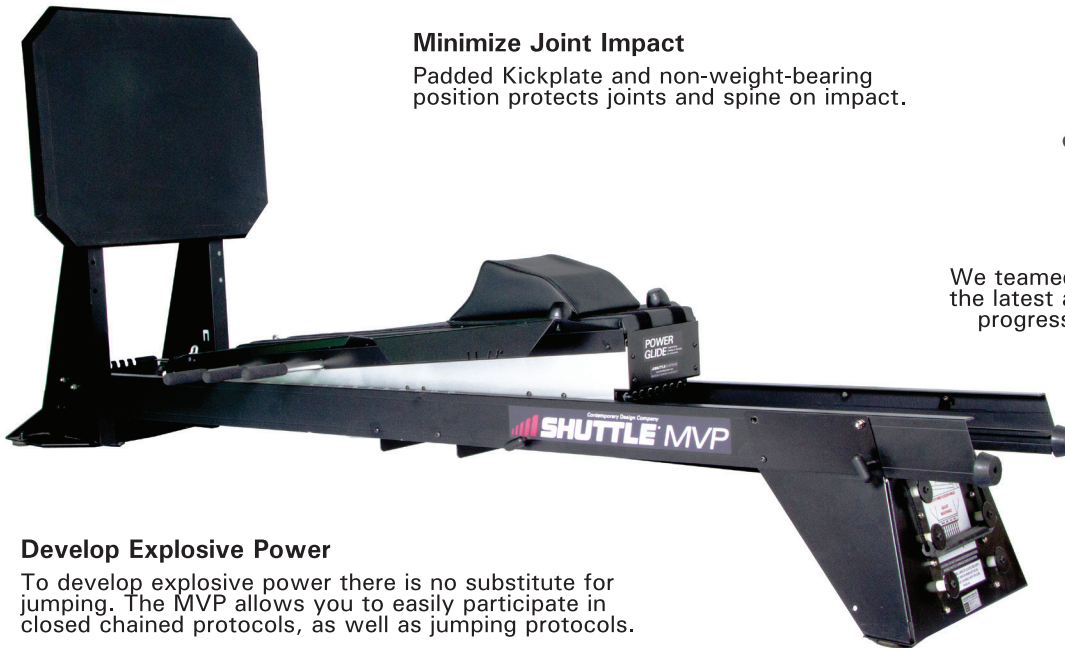
Three-In-One Machine

- High End Supine Leg Press
- Less Than Bodyweight Plyometrics
- Early Stage Rehabilitation Tool



Minimize Joint Impact

Padded Kickplate and non-weight-bearing position protects joints and spine on impact.



The Quick Shuttle

We teamed up with The Quick Board® to create the latest accessory for the Shuttle MVP. Track progress using your iPad® or Android™ tablet.

Scan the QR Code to watch video.



Develop Explosive Power

To develop explosive power there is no substitute for jumping. The MVP allows you to easily participate in closed chained protocols, as well as jumping protocols.

| Features: | MVP Classic 3100 | MVP Pro 3200 | MVP Elite 3300 | MVP Elite Plus 3400 |
|----------------------------------|-----------------------|------------------------|------------------------|------------------------|
| Maximum Resistance | 200 - 300 lbs | 300 - 500 lbs | 400 - 700 lbs | 400 - 700 lbs |
| Total Elasticords | (8) 25 lb Elasticords | (12) 25 lb Elasticords | (16) 25 lb Elasticords | (16) 25 lb Elasticords |
| Adjustable Padded Kickplate | X | X | X | X |
| Adjustable Dual-density Headrest | X | X | X | X |
| Range of Motion Control | X | X | X | X |
| PNF Tower System | | | | X |

Additional Accessories

- Lower Extremity Isolation Belt | Numbered Kickplate Cover
- Oversize Padded Kickplate 32"x41" | PNF Pulley System
- Proprioceptive Disk | Quick Shuttle Board
- Super Elasticords - 40 lb | Wobble Board

Specifications:

- Dimensions: 31"W x 109"L
- Floor Space Required: 3'W x 10½'L
- Max Resistance: 700lbs
- Structural 5 year Limited Warranty
- Parts 1 year Limited Warranty