

# SYNERGY

## Bilateral Stability Control

Synergy Fitness patented Bilateral Stability Control

-Destabilises the lifting arms, requiring the user to independently coordinate their limbs to balance and stabilise the weight, as you would naturally be required to do when using free weights and performing most real world physical activities.

-This requires you to equally engage both sides of your brain to give equal input to both limbs that you are exercising with.

-Balanced brain input not only creates balanced physical action in unstable activities, but also balances your thoughts and associated emotional responses, reinforcing behavioural responses that result in you learning to become more proficient at maintaining calmness and emotional composure in response to unstable and stressful circumstances.

Synergy Fitness patented Bilateral Stability Control (BSC) mechanisms provide instant sensory perception feedback to the user to even minute imbalances between left and right limb contributions in the execution of the exercise movement, which stimulates an immediate and often largely subconscious, but appropriate, compensatory proprioceptive movement performance reaction by the user. Without having to consciously think about it, the user automatically balances left and right brain hemisphere inputs to become 'centred', facilitating balanced muscle action.

This not only ensures balanced muscle and strength development, but just as importantly, the requisite balancing of brain hemisphere contributions results in neural plastic changes which potentially facilitate meaningful mind-body upgrades, due to the inter-connective nature of the physiological, emotional and psychological elements of the complex adaptive total body system. If sufficiently reinforced in appropriate ongoing 'balanced' exercise strategies, these upgrades contribute to improved everyday psychological and emotional behavioural responses to all other stress inputs as well.



Stabilised  
Bilateral Stability Control



Destabilised  
Bilateral Stability Control