

Jonathan Borwick  
**ojobit**  
MedPro

Live less intense.



Relieves joint pressure.  
Increases mobility.

## How it works

The JBIT MedPro helps to strengthen the muscles of the core, and upper and lower extremities, aiding in the relief of shoulder, back, hip and knee pain. Its unique design serves a dual purpose in relieving joint pressure and delivering a powerful workout. Completely portable, it adapts to the body's natural motion, making it ideal for everyday wear. With an adjustable fit, multiple levels of resistance and padded back support, the MedPro is as comfortable as it is functional.



## What it does

### BACK PAIN / SCIATICA

Placing external resistance against the waist belt, the MedPro triggers core musculature to activate. It also provides proprioceptive feedback, helping users find their ideal pelvic position. These dual actions can result in the removal of pressure from the spine, as well as the leg pain associated with sciatica.

### KNEE PAIN

Exercising with the MedPro provides eccentric and concentric contractions which, in turn, recruit the quadriceps muscles, helping to protect the knee.

### HIP PAIN

Placing resistance on the lower extremities, the MedPro requires muscles surrounding the pelvis to contract, helping to strengthen and support the hips.

### SHOULDER PAIN

Using the MedPro resistance bands to increase shoulder strength is a safe alternative to weights, and helps to decrease the discomfort associated with shoulder pain.

### WEIGHT LOSS

The MedPro generates added resistance with every step while walking or jogging, resulting in a higher caloric burn and allowing for the possibility of faster results.

“ The JBIT MedPro is completely counterintuitive. At first examination, it would appear to put more force across the knees, but because of the way it's engineered, it actually takes pressure off the knees by evening out the load and making the legs work the way they're supposed to work. ”

ERIC NAUMAN

[ Professor of Biomedical Engineering at Purdue University ]

## JBIT MedPro components



A

### BACK PAD / WAIST BELT

With an adjustable fit and padded back support, the waist belt is designed for comfort. The belt accommodates three optional levels of resistance, ranging from easy (level 3) to strenuous (level 1).

B



C

### WAIST BELT EXTENDER

For users that require more length around the waist, the belt extender ensures a perfect, custom fit.

D

### LEG RESISTANCE BANDS

*white pair: extra light*

Provides the least amount of resistance. Users are encouraged to begin with white bands on level three.

*yellow pair: light*

Provides a moderate amount of resistance. As strength is gained, users may consider advancing to yellow bands.

*green pair: heavy*

Provides the greatest amount of resistance. As strength is gained, users may consider advancing to green bands.



E

### ANKLE SLEEVES

The leg bands connect to the ankle sleeves via O-rings. Users can also clip the bands to loops on the back of their athletic shoes, thus eliminating the ankle sleeves.



F

### ARM RESISTANCE BANDS

*white pair: extra light*

Provides the least amount of resistance.

*yellow pair: light*

Provides the greatest amount of resistance.



G

### HANDLES

The arm bands connect to the handles via O-rings.



### BLUE GEL PACK

Designed to offer maximum comfort during exercise, the gel pack can be heated or cooled and then inserted into the pocket on the inside of the back pad.

### STRETCHING BAND

Designed to help stretch muscles pre- and post-exercise.

