For 35 years, BTE has innovated the technology of human performance. With over 4,000 installations worldwide, we pioneer technology-enhanced, smart evaluation & training systems. Our years of R&D in human performance led to developing Eccentron. The most unique, significant athletic strength and conditioning product the market has seen in years.

**Disruptive, New Eccentric Strength Training Technology**

**EFFICIENCY**
Intense, targeted workout – in less time

**RESULTS**
Build explosive power and performance

**EASE OF USE**
Engaging experience for players and trainers

**CONTROL**
Optimized force targets in measurement, strengthening, and progress tracking

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**ELEVATE YOUR GAME WITH BETTER, SMARTER REHAB & CONDITIONING**

Give your athletes the best with personalized, interactive eccentric training. Get them stronger, faster. And keep them fired up – challenged and engaged.
Eccentrics for Rapid Strength

The energy cost for eccentric contractions is unusually low and the magnitude of the force produced is unusually high. As a consequence, muscles exposed to chronic eccentric training respond with significant increases in strength and size as well as alterations in the spring properties of the muscle.


"I CAN CERTAINLY TELL THE DIFFERENCE IN MY LEGS."
– Cal Ripken, Jr. Hall of Fame Shortstop

"ECCENTRON HAS ENABLED ME TO BUILD MY LEG STRENGTH & IMPROVE BALANCE"

Eccentrics for Vertical Jump

A group of high school basketball players were split into 2 groups: One trained on an Eccentron 3 times per week, working up to 30 mins per session. The other group followed their traditional team weight training regimen. Vertical jump was measured before and after a 6-week test period, recording the peak of 3 jumps each. Initial-ly, both groups had virtually identical max jump heights. After the 6-week test period, the Eccentron users had gained an average of 8% in vertical jump height (mean increase of approximately 5 cm). The weight-trained group experienced no change in their vertical jump height after 6 weeks.

Eccentrics for Enhanced Power

Lengthening (eccentric) contractions result in the greatest muscle forces at the lowest relative energetic costs. Eccentric contractions play a key role in storing elastic strain energy which, when recovered in subsequent contractions, has been shown to result in enhanced force, work or power outputs.


"MY PLAYERS ARE GETTING STRONGER, FASTER"

SAFELY RESIST UP TO 750 LBS PER LEG

Eccentrics for Injury Prevention

Damage to the muscle-tendon is not an obligatory response. Rather, the muscle can hypertrophy and a change in the spring characteristics of muscle can enhance power; the tendon also adapts so as to tolerate higher tensions... these adaptations may help prevent musculoskeletal injury, improve sport performance, and overcome musculoskeletal impairments.


"ATHLETES LOVE ECCENTRON & LOOK FORWARD TO THEIR NEXT WORKOUT"

Drive Engagement & Results with Interactive Performance & Progress Feedback

Fun, interactive game-like experience keeps users engaged and motivated to make significant gains

Instant reporting enables on-demand review of right vs. left personalized training performance

Progress reports motivate athletes to keep coming back for more rehab and training

"THE POWER OF ECCENTRICS"

Eccentric muscle work occurs everyday when a muscle lengths under force: lowering a weight, descending stairs, or walking downhill. Eccentric strength training provides unique responses and benefits not achievable with traditional, concentric exercise.
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- **GAIN**
  - THE ECCENTRIC ADVANTAGE
    - Enhance overall athletic performance — power, reaction, and agility
    - Build muscle size and strength
    - Create tighter, stiffer spring
    - Build fast twitch muscle

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**Negative is the new positive**

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