

## INBODY 970S

The InBody 970S is a professional body composition analyzer that uses bioelectrical impedance to measure key metrics like muscle mass, body fat, water balance, and metabolic rate. It provides a detailed breakdown of your body's composition beyond just weight, helping track progress and health over time. Unlike a regular scale, it gives you real insight into how your body is changing—making every scan a powerful tool for smarter training, better results, and lasting motivation.

## BACKHUG

The BackHug machine is an intelligent therapeutic device designed to release tension and improve spinal mobility by using precision-controlled robotic arms. It targets 26 key points along your back, neck, and shoulders to ease stiffness and enhance posture. More than just a massage, it delivers a personalized, hands-free therapy experience that feels incredible and leaves you moving better after every session.

## NORMATEC COMPRESSION THERAPY

**Clinically shown to improve circulation and support recovery from neuromuscular fatigue.**

Normatec uses dynamic pneumatic compression—rhythmic, pulsed pressure that moves from the foot upward—to enhance circulation, reduce swelling, and accelerate the body's natural recovery processes. Unlike static compression, Normatec's patented "pulse technology" creates a graduated sequence of compression waves that mimic the body's normal muscle pump and venous return mechanisms.

For members engaging in golf, resistance training, long walks, or high-volume fitness work, Normatec supports faster CNS and muscular recovery by reducing peripheral fatigue signals that contribute to central fatigue. When the body's circulatory system is restored, the CNS receives cleaner, faster feedback and returns to optimal firing efficiency sooner.

## BRAINTAP NEUROTECHNOLOGY

**Uses multisensory stimuli to shift the brain out of fight-or-flight dominance, supporting neural recovery and improved cognitive clarity.**

BrainTap combines audio-guided meditation, binaural beats, and gentle light stimulation to influence brainwave patterns and autonomic nervous system balance. The goal is to transition the brain from a sympathetic state—characterized by stress, elevated cortisol, and constant activation—into a parasympathetic state where recovery, clarity, and neuroplasticity improve.

In practical terms, BrainTap is a powerful tool for:

- resetting the Central Nervous System after high stress or high output training
- improving mental clarity, focus, and performance-relevant cognition
- reducing anxiety and emotional tension
- enhancing recovery between training sessions or long golf rounds
- supporting sleep quality and circadian balance

Register online at [RavennaGolf.com](http://RavennaGolf.com), on the Ravenna mobile app, or by contacting the fitness front desk at [fitness@ravennagolf.com](mailto:fitness@ravennagolf.com) or 303.214.5043

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