

## VALD Performance Strength and Balance Testing



### What is it?

VALD Performance Strength and Balance Testing is a high-tech, multi-tool system designed to measure and enhance lower body strength, core stability, balance, and upper body power. VALD Performance Testing is about precision movement insight. It gives you tools to prevent injury, improve performance, track progress objectively, and move through life with more strength. VALD is like a GPS for your body's movement — showing where you are, what needs adjusting, and how to reach your goals more efficiently. It doesn't guess — it guides. At MetaLab by Total Body Health™, we use three advanced devices to get a full-spectrum picture of your physical performance:

ForceDecks, the Dynamo, and the ForceFrame.

All three devices feed data into our centralized system, which our team of professionals then analyzes for strength imbalances, movement efficiency, recovery trends, risk factors for injury, and training load tolerance.

### Total Body Health

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