

EXPERIENCE THE SHIFTWAVE CHAIR

NBSD HPO CENTER HARBORSIDE GYM | BLDG. 3477

RESET.
RECOVER.
RECHARGE.



TRAIN HARD. RECOVER SMARTER.

The Shiftwave Chair combines rhythmic vibration, guided breathing, and immersive relaxation to help your body and mind transition from high performance to recovery.

BENEFITS MAY INCLUDE:

- Reduced stress
- Relieved muscle tension
- Improved recovery
- Increased focus
- Enhanced sleep quality

**READY TO RESET? VISIT THE HPO
CENTER AND CONSULT WITH AN HPO
PROFESSIONAL TO EXPERIENCE THE
SHIFTWAVE CHAIR TODAY.**

APPOINTMENTS REQUIRED.
OPEN TO ALL ACTIVE DUTY.

**HUMAN
PERFORMANCE
OPTIMIZATION** **HPO**

