



Fast Twitch

ISO PERFORMANCE



SQUAT

Width: 1.2m **Length:** 2.2m **Height:** 1.6m **Weight:** 200kg

The Squat machine is the flagship Isokinetic machine. The importance of squats in athletic performance is well documented. Now you can achieve more power, more speed and more strength safer and faster than any other form of squatting. Imagine being able to fire the nervous system and achieve triple extension against resistance and use data reporting to show improvements over time.

Select two way resistance settings to neurologically activate Flexion and Extension contractions.

Perfect for rehabilitation, sports performance and training at speeds that are simply not achievable on other forms of training.

KNEE



Width: 1.2m **Length:** 1.3m **Height:** 1.4m **Weight:** 150kg

This Hi Speed Isokinetic Knee machine is the ultimate speed leg extension/flexion machine. Isolate the knee and fire the quadriceps and hamstrings. Perfect for rehabilitation, sports performance and training at speeds that are simply not achievable on other forms of training. Imagine being able to fire the nervous system against resistance at the same speeds you play sports.

Suitable for Isometric/ Isokinetic speeds from 2 degrees/ second to 600 degrees/second. Displays unilateral results for both limbs simultaneously.

HIP

Width: 1.2m **Length:** 1.5m **Height:** 1.4m **Weight:** 150kg



The Hip machine is one of the most robust machines on the market. It is capable of achieving in excess of 600 – 800 degrees per second in the running flexion/extension position.

Ideal for increasing running speed and glute, hip flexor activation is the ideal way to safely move at these speeds under resistance.

Instantaneously switching resistance between glute and hip flexor, to engage high speed muscle contraction for speed/power development.

Imagine being able to fire the nervous system against resistance in the running mechanical position at the same speeds you play sports.

DEADLIFT

Width: 1.3m **Length:** 1.8m **Height:** 1.8m **Weight:** 180kg



Next to the Squat machine, the Deadlift Machine is the ultimate lower body power machine. This machine allows for maximum lower body contraction at speed, with zero joint load making it the most efficient lower body explosive power machine on the market.

With its dual handle grip, it's appropriate for any Olympic lifters.

Countless athletes get hurt by incorrect technique and weight when the forces are all working against you and the deadlift can be the most common movement for cause of injury and poor back/posture health.

The Isokinetic deadlift machine allows you to activate as much power as your body holds, safely and repeatedly so as to improve your speed and explosiveness.

TORSO

Width: 1.3m **Length:** 1.2m **Height:** 2.1m **Weight:** 140kg

When it comes to safely rotating the spine and core rotators, it imperative it's done safely.

Incorrect lumbar stability is the leading cause of injury across all sports.

The Torso machine addresses this perfectly by allowing high speed rotation against resistance equally in both directions with zero break effect and eccentric slowing of movement.

The Torso machine activates all core muscles (Rectus Abdominals, Obliques, Transverse Abdominals and Erector Spinae) allowing and for greater stabilisation of the lumbar spine vertebra and discs.

Increase your rotational speed and core efficiency.





MULTI CHEST/SHOULDER/SQUAT

Width: 1.2m **Length:** 2.2m **Height:** 1.6m **Weight:** 180kg

The Bench Press/Pull machine improves power which has an incredible effect inside all sports. With greater pulling power, you increase your pressing and overall upper body strength. The bench press/pull allows you to work at your maximum capacity when pulling to reverse instantly into a press increasing max press power and pull.

Ideal for contact based sports, running and jumping sports.

Bench can be removed for Power squat function and bent over row , tricep push down. New improved ROM allows for dead lift/squat and shoulder press.



GLUTE

Width: 1.2m **Length:** 1.5m **Height:** 1.52m **Weight:** 180kg

The Glute Machine allows for maximum lower body contraction at speed, with zero joint load making it a most efficient lower body explosive power machine. With its dual motors used in unilateral or bi lateral running motion its ideal for simulated neurological running motion .

As the independent resistance control allows for neurological overload for opposing muscle groups, it balances out force activation of agonist and antagonist muscle groups making this machine unique in this training effect.

Countless athletes get hurt by incorrect technique and weight, and when the forces are all working against you, the Glute can be the most common movement for relieving the load in lower abdomen and groin areas. The Isokinetic Glute/ hamstring runner machine allows you to activate as much speed your body holds, safely and repeat to improve your speed and explosiveness.



TREX

Width: 3.0m **Length:** 3.0m **Height:** 2.1m **Weight:** 1000-1400kg

Uniquely designed to take up a space of 9 square metres.

Extremely efficient client turn over allowing for up to 15 users at one time being able to log on as individuals or teams and monitor HRC.

Displays instant bio feed back and systematically records progressive work out history and displays Personal best results .

5 Station Platform all in one athletic performance centre which incorporates main athletic movement patterns.

Has preloaded work out routines in wizard format.

Fully networked 5 stations all with touch screen P/C Stations Power squat / push press Chest / Shoulder/ lat pull Hip/ Glute Torso rotation

Knee Extension/ Flexion



ROWER

Width: 0.85m **Length:** 1.4m **Height:** 1.10m **Weight:** 100kg

The feature of this Rower is the Isokinetic resistance where the user can dial up load in both directions stimulating neuromuscular response due to the bi-directional resistance.

This resistance setting can be selected up to isometric load each way and provides a safe means of effective exercise with biofeedback through the strategically positioned touch screen computer .

The software is able to be programmed for any type of program for power, strength, endurance.