Manufacturer of Specialised Isokinetic Fitness,
Sports Performance and Rehabilitation Equipment

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TRUE ROTARY MOTION

Fast Twitch has revolutionised the high speed ISO-Kinetic training system with a world first patented “rotary hydraulic motor” All other manufacturers rely on “linear hydraulic pumps” which limit the bio-mechanical motion of the participants.

Put simply the rotary pump acts like a cam in weight resistance machines which allows perfect alignment and ergonomic range for all arc movements of training. For example the Biceps Curl; Leg Curl; Torso Twist; Hip Flexion. It is impossible to achieve true ISO-Kinetic body motion on these muscle groups without the “rotary” designed feature.

FAST TWITCH ISOKINETIC TECHNOLOGY

The Fast Twitch isokinetic hydraulic system reports accurate speed through the full range of motion. Adjustable from 1-10 scale in both push and pull directions with variable speed controls (1 degree/second to 1000 degree/second)
A revolution in high-speed training has begun..

The attempt to improve speed, Strength and explosive power has been limited to plyometric and other eccentrically loaded programs. That is until now..

Fast Twitch has revolutionised the way to train for speed, strength and explosive power. Fast Twitch delivers high-speed, high-intensity, resistance training that:

• Replicates speed experienced during competition without the risk of injury
• Produces no delayed muscle soreness (DOMS) because there is no load on the joints or stretch on the muscles under tension
• Increases the number of neuro-muscular pathways to activate more fast twitch fibres, which in turn increases speed and explosive strength.
• Works the cardiovascular system to burn fat and increase endurance
• Increases lactic acid thresholds as a result of dual concentric loading, which is vital from dynamic sports
• Leads to quicker rehabilitation due to its low impact nature, and ability to control resistance levels through the full range of motion.

Fast Twitch delivers outstanding results fast!

The results are dramatic with users experiencing increases in vertical leap between 5 to 10 centimetres, and reductions in (40 yard) sprint times ranging from 0.1 to 0.4 of a second within six weeks of training. Professional teams and athletes like Emmitt Smith, Mike Modano, Darryl Johnston, Larry Allen, Charles Haley, Brett Hull, Desmond Mason, Dat Nguyen—Chicago Bulls, Sacramento Kings, Dallas Mavericks, Iowa Uni and many more have used Fast Twitch.

Fast Twitch uses advanced software systems

Fast Twitch also comes with Computers Managed Training System (CMTS) with training templates preloaded, which monitors performance in real time. After a workout the information can be analysed and then shared via the World Wide Web. Fast Twitch delivers results in the areas of general fitness and rehabilitation as well. The reasons are Fast Twitch doesn't produce DOMS and its aerobic in nature. This makes it perfect for training.
The stats don’t lie
Welcome to the future of performance training. The Computer Managed Training System (CMTS) is the control centre of Fast Twitch. It provides an interface between machine, user, trainer and coach.

Users get to see their performance in real time
Users can see their performance as they train on an interactive touch screen. The CMTS provides comparative data that shows their gains over time. This gives users the extra motivation they need to lift their performance.

The CMTS gives coaches the winning edge
A coach has the benefit of hard data. The CMTS generates reports that show the coach to the track performance of a single user over time, or benchmark one user against another. With over 80 reports a coach can carry out detailed analysis to aid decision making.

Each user has a unique electronic signature
Fast Twitch User Identification System, Based on a pin code log in, is used to assign a unique electronic signature to each individual user. The user identification system links user to performance, making it possible to identify laggards in unsupervised settings.

What Sets the CMTS apart is the Fast Twitch Global Reporting Server
It delivers information from the gymnasium to the coach. A coach can track the performance of a user in real time from their office, even if the user is on the other side of the world.

Trainers can customise training programs and track performance
Training templates come preloaded or, Trainers can create their own. This way a trainer can tailor a program to suit an individual user or user groups. The CMTS allows a trainer to track the smallest improvements which may go unnoticed.
This Report Shows the Best Single Repetition of a Set (In Watts)
This Report Shows a Summary of All Repetition in 1 set (In Watts)
This Report Shows The Best single Repetition Out of a Set (In Newton Meters) in Force
Report Shows a Summary of All Repetitions in a Set (In Newton Meters) in Force
This Report Shows the Strength Profile Through the Range of Motion
This Report Shows Strength Values for all Reputations in a Set
### Range of Motion Report

**Athlete Details**

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<tr>
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<th>Initial</th>
<th>Final</th>
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<tbody>
<tr>
<td>Name</td>
<td>Fraser McCormack</td>
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<tr>
<td>Date</td>
<td>01/03/2017</td>
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<td>Time</td>
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| Days between tests | 0 Day(s) |

**Exercise Details**

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<td>Left Knee</td>
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### Performance Table - Strength (Rep)

<table>
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<tr>
<td>Max Peak Torque (Ext)</td>
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<tr>
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<tr>
<td>Max Peak Speed (Ext)</td>
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<td>Angle at Peak Torque (Fix)</td>
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<td>Max Peak Range of Motion</td>
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### Performance Table - Endurance (Set)

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<td>0.03</td>
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<tr>
<td>Avg Peak Range of Motion</td>
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<td>83</td>
<td>-0.01</td>
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</table>
This Report Shows Max Strength
This Report Shows Comparison of Endurance
Patented and Proprietary technology for Hi speed Functional assessment and training devise Ankle Machine

ANKLE MACHINE

System has facilities for evaluation of Ankle testing and can be programmed as per requirements of the user. Also performance of the Ankle can be seen on the display. System has versatile exercise mode to accommodate different need and requirement of different individuals. System will be supplied with Various Mode, Variable speed mode, Variable Load Mode and personalized training mode. System has facilities to program variable resistance for plantar flexion/dorsiflexion, inversion/eversion, pronation and supination. Also has provision to work speed control or independent. System will be supplied with following feature: Rotary motion hydraulic resistance system, optional servo valve technology, computer managed rehabilitation system (CMRS).

Technical Specification

- Touch screen P/C Advanced Hi Speed Isokinetic unit with performance Bio Feedback system
- Variable Speed Control Variable resistance control.

Patented and Proprietary technology for Hi speed Functional assessment and training devise Glute Machine

GLUTE MACHINE

System has facilities for evaluation of various muscle testing and can be programmed as per requirements of the muscle. Also, performance of the muscle can be seen on the display. System has versatile exercise mode to accommodate different need and requirement of different individuals. System will be supplied with Various Mode, Variable speed mode, Variable Load Mode and personalized training mode. System has facilities to program variable resistance for flexion and extension, Running. Also has provision to work speed control or independent. System will be supplied with following feature Rotary motion hydraulic resistance system, Optional servo valve technology, computer managed rehabilitation system (CMRS).

Technical Specification
- Rotary Motion Hydraulic Resistance System
- Computer Managed Training System
- Heavy duty Frame and Handle bar
- Adjustable support pads
- Height adjustable motor
- Unilateral and Bilateral Exercise system
- Variable Speed Control (5 deg/sec – 800 deg/sec)
- Touch screen P/C Advanced Hi Speed Isokinetic unit with performance Bio Feed back system
- Variable Speed Control Variable resistance control.

System will provide following reports Strength Report, Torque Report, Endurance Report Power Report, Range of Motion Report, Comparison Report
Patented and Proprietary technology for Hi speed Functional assessment and training devise Hip machine

HIP MACHINE

System has facilities for evaluation of various muscle testing and can be programmed as per requirements of the muscle. Also, performance of the muscle can be seen on the display. System has versatile exercise mode to accommodate different need and requirement of different individuals. System will be supplied with Various Mode, Variable speed mode, Variable Load Mode and personalized training mode. System has facilities to program variable resistance for flexion and extension, abduction/abduction. Also, it has provision to work speed control or independent. System will be supplied with following feature: Rotary motion hydraulic resistance system, Optional servo valve technology, computer managed rehabilitation system (CMRS).

Technical Specification
- Rotary Motion Hydraulic Resistance System
- Computer Managed Training System
- Heavy duty Frame and Handle bar
- Height adjustable motor
- Adjustable thigh rollers
- Variable Speed Control (10deg/sec – 800 deg/sec)
- Touch screen P/C Advanced Hi Speed Isokinetic unit with performance Bio Feed back system
- Variable Speed Control.

System will provide the following reports: Strength Report, Torque Report, Endurance Report, Power Report, Range of Motion Report, Comparison Report.
Patented and Proprietary technology for Hi speed Functional assessment and training devise Knee machine

**KNEE MACHINE**

System has facilities for evaluation of various muscle testing and can be programmed as per requirements of the muscle. Also, performance of the muscle can be seen on the display. System has versatile exercise mode to accommodate different need and requirement of different individuals. System will be supplied with various modes, variable speed mode, variable load mode, and personalized training mode. System has facilities to program variable resistance for flexion and extension. It also has provision to work speed control or independent.

System will be supplied with following feature: Rotary motion hydraulic resistance system, optional servo valve technology, computer managed rehabilitation system (CMRS).

**Technical Specification**
- Rotary Motion Hydraulic Resistance System
- Computer Managed Training System (CMTS)
- Adjustable seating position
- Adjustable support pads
- Heavy duty frame and handle bar
- Stabilising strap
- Unilateral and bilateral exercise system
- Variable Speed Control (1000/sec - 8000/sec)
- Dual motored.
- Unilateral and bilateral Exercise system.
- Touch screen P/C Advanced Hi Speed Isokinetic unit with performance Bio Feed back system
- Variable Speed Control.
- Adjustable seating position. Stabilising strap. Heavy duty frame and handle bar.

Patented and Proprietary technology for Hi speed Functional assessment and training devise Squat machine

System has facilities for evaluation of various muscle testing and can be programmed as per requirements of the muscle. also performance of the muscle can be seen on the display. System has versatile exercise mode to accommodate different need and requirement of different individuals. System will be supplied with Various Mode, Variable speed mode, Variable Load Mode and personalized training mode. System has facilities to program variable resistance for flexion and extension, Also has provision to work speed control or independent. System will be supplied with following feature Rotary motion hydraulic resistance system, Optional servo valve technology, computer managed rehabilitation system (CMRS),

Technical Specification
• Linear Motion Hydraulic Resistance System
• Computer Managed Training System
• Heavy duty Frame
• Counter Balance level arm
• Counter thrust platform Variable Speed Control (10 deg/sec – 600 deg/sec)
• Touch screen P/C Advanced Hi Speed Isokinetic unit with performance Bio Feed back system
• Variable Speed Control Variable resistance control

System will provide following reports Strength Report, Torque Report, Endurance Report Power Report, Range of Motion Report, Comparison Report
Patented and Proprietary technology for Hi speed Functional assessment and training devise single station multi-function rotary shoulder machine

System has facilities for evaluation of various muscle testing and can be programmed as per requirements of the muscle. Also, performance of the muscle can be seen on the display. System has versatile exercise mode to accommodate different need and requirement of different individuals. System will be supplied with Various Mode, Variable speed mode, Variable Load Mode and personalized training mode. System has facilities to program variable resistance for flexion and extension, Also has provision to work speed control or independent. System will be supplied with following feature Rotary motion hydraulic resistance system, Optional servo valve technology, computer managed rehabilitation system (CMRS),

Technical Specification
- Linear Motion Hydraulic Resistance System
- Computer Managed Training System
- Heavy duty Frame
- Counter Balance Level arm
- Counter Thrust Platform
- Optional Adjustable Angle (-30 deg/sec - 90 deg/sec)
- Optional Footrest and Chest strap
- Variable Speed Control (10 deg/sec – 600 deg/sec)
- Touch screen P/C Advanced Hi Speed Isokinetic unit with performance Bio Feed back system
- Variable Speed Control Variable resistance control.

System will provide following reports Strength Report, Torque Report, Endurance Report Power Report, Range of Motion Report, Comparison Report
Patented and Proprietary technology for Hi speed Functional assessment and training devise Torso machine

System has facilities for evaluation of various muscle testing and can be programmed as per requirements of the muscle. Also, performance of the muscle can be seen on the display. System has versatile exercise mode to accommodate different need and requirement of different individuals. System will be supplied with Various Mode, Variable speed mode, Variable Load Mode and personalized training mode. System has facilities to program variable resistance for flexion and extension. Also has provision to work speed control or independent. System will be supplied with following feature: Rotary motion hydraulic resistance System, Optional Servo valve technology, computer managed rehabilitation system (CMRS),

Technical Specification
- Linear Motion Hydraulic Resistance System
- Computer Managed Training System
- Heavy duty Frame
- Counter Balance level arm
- Counter thrust platform Variable Speed Control (10 deg/sec – 600 deg/sec)
- Touch screen P/C Advanced Hi Speed Isokinetic unit with performance Bio Feedback system
- Variable Speed Control
- Variable resistance control

System will provide following reports: Strength Report, Torque Report, Endurance Report, Power Report, Range of Motion Report, Comparison Report
Patented and Proprietary technology for Hi speed Functional assessment and training devise Bench Press/Pull machine

**Bench Press/Pull Machine**

System has facilities for evaluation of various muscle testing and can be programmed as per requirements of the muscle. Also, performance of the muscle can be seen on the display. System has versatile exercise mode to accommodate different need and requirement of different individuals. System will be supplied with Various Mode, Variable speed mode, Variable Load Mode and personalized training mode. System has facilities to program variable resistance for flexion and extension, Also has provision to work speed control or independent. System will be supplied with following feature Rotary motion hydraulic resistance system, Optional servo valve technology, computer managed rehabilitation system (CMRS),

**Technical Specification**
- Linear Motion Hydraulic Resistance System
- Computer Managed Training System
- Heavy duty Frame
- Counter Balance level arm
- Counter thrust platform Variable Speed Control (10 deg/sec – 600 deg/sec)
- Touch screen P/C Advanced Hi Speed Isokinetic unit with performance Bio Feedback system
- Variable Speed Control
- Variable resistance control.

System will provide following reports Strength Report, Torque Report, Endurance Report, Power Report, Range of Motion Report, Comparison Report
Patented and Proprietary technology for Hi speed Functional assessment and training devise Dead lift Machine

DEAD LIFT MACHINE

System has facilities for evaluation of various muscle testing and can be programmed as per requirements of the muscle, also performance of the muscle can be seen on the display. System has versatile exercise mode to accommodate different need and requirement of different individuals. System will be supplied with Various Mode, Variable speed mode, Variable Load Mode and personalized training mode. System has facilities to program variable resistance for flexion and extension, Also has provision to work speed control or independent. System will be supplied with following feature Rotary motion hydraulic resistance system, Optional servo valve technology, computer managed rehabilitation system (CMRS),

Technical Specification
- Linear Motion Hydraulic Resistance System
- Computer Managed Training System
- Heavy duty Frame and Handle bar
- Reversible handles
- Power take off blocks
- Variable Speed Control (5 deg/sec – 800 deg/sec)
- Touch screen P/C Advanced Hi Speed Isokinetic unit with performance Bio Feed back system
- Variable Speed Control
- Variable resistance control

System will provide following reports Strength Report, Torque Report, Endurance Report Power Report, Range of Motion Report, Comparison Report
Patented and Proprietary technology for Hi speed Functional assessment and training devise Trunk

**TRUNK MACHINE**

System has facilities for evaluation of various muscle testing and can be programmed as per requirements of the muscle. Also performance of the muscle can be seen on the display. System has versatile exercise mode to accommodate different need and requirement of different individuals. System will be supplied with Various Mode, Variable speed mode, Variable Load Mode and personalized training mode. System has facilities to program variable resistance for flexion and extension, Also has provision to work speed control or independent. System will be supplied with following feature Rotary motion hydraulic resistance system, Optional servo valve technology, computer managed rehabilitation system (CMRS),

**Technical Specification**
- Rotary Motion Hydraulic Resistance System
- Computer Managed Training System
- Heavy duty Frame
- Adjustable Height Chest roller
- Adjustable support pads
- Variable Speed Control (10 deg/sec – 400 deg/sec)
- Touch screen P/C Advanced Hi Speed Isokinetic unit with performance Bio Feed back system
- Variable Speed Control
- Variable resistance control

System will provide following reports Strength Report, Torque Report, Endurance Report Power Report, Range of Motion Report, Comparison Report
FAST TWITCH HISTORY

How Fast Twitch—Training Enhanced Kinetic Systems—Evolved

Alan Maynard, The owner and founder, has an engineering and sporting background. Alan played elite sport commencing at a young age which never abated as afterwards he entered the gym industry.

Alan started designing and building his own equipment in the early 80s with a desire to create exceptional conditioning machines. Alan invented the successful double acting hydraulic circuit training concept. This won Australia’s first patented BHP award and led to the present high speed training equipment being used in our Fast Twitch Performance Training Centres, with outstanding results. Iso-kinetic applications are nothing new but the high speed applications are, in relative terms. Previously, technological limitations have prevented any exploration into the physiological benefits of a high speed iso-kinetic system scientifically. But, with a focus on performance enhancement, and conditioning levels, and the transformation of this technology from testing functions to exercise functions, is where Fast Twitch is driving an leading this evolution in technology and training systems. Our belief in, and experience with this training system, drives our organisation and our pursuit of excellence. It has been through the development of this technology, along with growth of the information ages and computer technology, combined with the expertise and experiences of the founder that we come to the marketplace today, with products for the future, now.

These developments over 30 years is one of the compelling reasons to deal with this company our experience in manufacturing all types of resistance equipment is a proven fact.

100% AUSTRALIAN OWNED

- Australian and locally built and designed iso-kinetic equipment
- Premium quality and tested equipment and products in our Adelaide based working showroom
- Custom made equipment and products available upon request
- Quality sourced products by professional fitness advisors and technicians
- After sales advice as required by our trained staff to ensure that our products are assembled correctly, user efficiently and maintained
- Secure e-commerce website