

KINESIS WALL

BY TECHNOGYM



THE CREATOR

The creator of Kinesis, Technogym, is the top producer of fitness equipment in Europe, exporting nearly 85 percent of its goods to more than 100 countries worldwide. Technogym was the official supplier of Sydney 2000, Athens 2004 and Turin 2006 Olympic and Paralympic Games. Technogym is the leader in wellness and medical equipment, and years of testing are conducted to ensure that each piece of equipment is safe, effective and ergonomic.

TECHNOGYM CREDENTIALS

Official supplier for the Olympics, including:

- Sydney 2000 Olympics
- Athens 2004 Olympic and Paralympic games
- Turin 2006 Olympic and Paralympic games
- Beijing 2008 Olympics

Official supplier for the Italian Soccer Team who recently came in first place at the 2006 World Cup.

Featured on the NBC's reality TV show "The Contender".

Featured on "Entertainment Tonight" as the latest workout for celebrities.

ICAA Innovator Award 2007 - The International Council on Active Aging selection committee has chosen Technogym's Kinesis as North America's innovative new equipment for active older adults!

SCHEDULING

An appointment with a trainer is required to use the private personal training studio and the Kinesis Wall. Appointments can be made at the service desk or by calling 862-2444. For more information regarding Kinesis or for pricing please contact the Fitness Manager or any of our personal trainers.



KINESIS WALL

BY TECHNOGYM

THE CONCEPT

Kinesis, which is the Greek word for movement, gives users a workout experience unlike any other. Instead of the body following the machine such as in traditional weight training, Kinesis follows the body, allowing for free range of natural movement with no compromise to the resistance.



THE DESIGN

Kinesis is cutting edge in design, with all the nuts and bolts stored behind a sleek, wood paneled wall. Kinesis is a cable pulley system that allows free and natural movement. It was designed by Technogym to promote a new way to strength train and to bring people closer to functional physical activity.

Kinesis will help the balance, flexibility and strength in everyone, whether you are a mature individual with physiological limitations or an athlete training for competition. Experience unlimited training possibilities, moving in all three planes of motion, 360 degrees, with equipment that moves with you.

The Kinesis system follows your body in its movements, rather than you having to follow the machine's pattern. It is fully adjustable, able to be used by a five-foot-tall person as easily as someone who is six feet.

Kinesis not only introduces a new way of exercising but it can also enhance the movements of classic forms of exercise such as rehabilitation therapy, sport specific training, yoga and Pilates.

Kinesis was designed to provide exercises that combine flexibility, core stability, coordination and balance. A number of elements can be combined to modify the difficulty level of movements and add diversity to each workout.

FULLGRAVITY™ TECHNOLOGY allows controlled progressive resistance, which can vary depending on the motion. This minimizes the degree of inertia allowing for constant tension during any motion which can reduce the chance of injury.

3-D PULLEY SYSTEM consists of sliding cables that allow 360 degrees of motion, limiting interference with other body parts and ensuring minimal user effort. This also eliminates the timely need for adjustments because the unit adapts to your body.

INDEPENDENT CABLE WEIGHT STACKS provide optimal load effect and allow dual, single and alternate limb movements. This design also facilitates partner training.

HANDLE DESIGN allows for freedom of motion at the wrist and automatically adjusts to hand position and body type.

FOUR MODULES (Alpha, Beta, Gamma and Delta) can facilitate more than 550 different movements tailored to fitness levels and goals. Each module allows for total body movements with different starting positions.



KINESIS WALL

B Y T E C H N O G Y M

TEN REASONS WHY KINESIS IS SO

UNIQUE

1. Kinesis allows for more than 550 different movements to assist in avoiding plateaus.
2. It is possible to burn 30 percent more calories with Kinesis than traditional weight training.
3. Kinesis uses the same principles as Pilates.
4. Yoga, tai chi and Pilates exercises can be performed using Kinesis.
5. Each movement engages the core muscles to further stabilize the body.
6. Plyometrics can be performed to increase power and strength.
7. 360-degree movements can be performed to enhance flexibility and dynamic strength.
8. There is no set up required.
9. The resistance is fluid and constant, and can be increased by stepping away from the wall.
10. Movements are designed to engage multiple muscles, which limits the amount of time spent in the gym.

THE BENEFITS

- Improves coordination, strength, flexibility and cardiovascular function. Your body will respond to 3-dimensional, 360 degree conditioning, improving your athletic performance and everyday physical activity.
- Improves neuromuscular control of muscles. This will improve joint range of motion over different movement planes, allowing more efficient motion. Moving efficiently reduces incidence of injury and gives you a greater sense of confidence. Improves power transfer through the body, which is great for golfers, tennis players and many other athletes.
- Improves overall performance and total body awareness, whether you are a beginner or a professional athlete. Giving attention to your stability and balance as you move facilitates the connection between mind and body, thereby improving the quality of life.

These key benefits provide a workout experience unlike any other. No matter what your goal, the Kinesis Wall provides unlimited training possibilities. You can train in a private or semi-private setting catered to your individual fitness goals, or participate in pre-designed small group sessions.



THE WORKOUT

KINESIS SESSIONS

Kinesis is located in our private personal training studio. Sessions are offered at various times throughout the day and are the perfect addition to your current workout routine. A variety of exercises are performed to target total body conditioning. Cardio, strength, balance and flexibility are all combined to create the perfect workout. Sessions are 45 minutes in length and are limited to four people per session to allow for more individualized instruction.



DESIGN YOUR OWN KINESIS SESSION

If we don't offer a session that works with your schedule and you have a group of three or four who would like to train on Kinesis, you may contact our Fitness Manager to arrange a session.

PRIVATE PERSONAL TRAINING ON KINESIS

If you enjoy your privacy, then you will enjoy working with a trainer in our private personal training studio featuring the Kinesis Wall. There is no waiting for equipment, no interruptions and no distractions from other exercisers. Just you and your trainer focused on what is most important... you and your results!



SEMI-PRIVATE TRAINING ON KINESIS

Enjoy the privacy of working out with one or two of your friends while getting a full body workout without having to pay the full personal training rate. There are four stations to choose from so each person can circuit through the various exercises and each exercise can be tailored to the needs of the client.