

Our claims in regards to equipment function, quality and excellence are scientifically verified. Few, if any, resistance exercise devices on the market or in the history of sports science and fitness industry has been as thoroughly validated as the YoYo Technology™-driven equipment, now further improved and developed under the brand name nHANCE™.

The YoYo Technology™ innovation, featuring the flywheel isoinertial resistance exercise principle, came about out of the quest to optimize the results of serious high-quality training. Our mission to promote the very best muscle health for all, by innovations and sharing research findings and current knowledge with our followers, will continue.

We stick to the facts. We claim what is known.

We have a history and we are, and will remain, a company dedicated to R&D. Our line of equipment derived as a result of our R&D findings and – eventually – the demand from the world of sports, once we made our research public. In other words, the nHANCE™ exercise equipment is a prosperous spin-off from the most thorough research in the area of resistance exercise training, ever undertaken.

Entering the commercial market from life science and academia has enabled us to focus on the technology and efficiency of our equipment, rather than being preoccupied by non-functional or irrelevant factors or concerns. We've been able to stick to facts and proof at all times. And we still do. That's what "the scientific approach" to muscle training is all about. Period.

Share the knowledge with us – and all nHANCE™ followers.

When purchasing nHANCE™ exercise equipment, you become part of a community that embraces the knowledge about how the human body responds to resistance exercise training.

It's a forum in both digital and physical space, with nHANCE™ users who crave for more to learn, and exchange their experiences with others. As a dedicated user of nHANCE™, you'll have access to the most recent research findings on eccentric resistance exercise training, get to participate in our annual user conventions, will be invited to seminars, educations, workshops and much more.

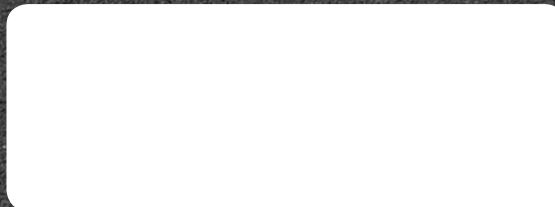
We welcome you to become part of – and take part in – the important transfer of knowledge about how the human body really works and responds to training.

It's time to become enlightened, if you weren't already.


Driven by YoYo Technology™

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Your local certified nHANCE™ representative:



**BUILT FOR HOW
MUSCLES REALLY WORK.**





SCIENTIFICALLY PROVEN: THE MOST EFFICIENT EXERCISE METHOD OPTIMIZING MUSCLE HEALTH FOR ALL.

Optimizing the efficacy of resistance exercise training, requires equipment offering both concentric and eccentric resistance at the very extreme muscle lengths. Building muscle, speed, force and power at maximal rate, must use eccentric overload.

A myriad of research publications have appeared in support of the original flywheel inertial principle; the YoYo Technology™. More scientific proof are constantly being reported from clinical and laboratory studies, real-life experience and anecdotes in sports, orthopedic and neuro- rehabilitation settings, and geriatric clinics.

To this date, we are convinced that the YoYo Technology™ is the most effective and powerful exercise method to enhance muscle health, regardless of individual needs or environment.



Squat Classic

Engineered for use by astronauts, and to fit into a mid-deck locker on the Space Shuttle, the Squat Classic unloads the shoulder and spine, yet offers the most effective and powerful quadriceps work out experienced. The functional exercises that can be performed using this machine are endless and only limited by the creativity of the athlete or coach.



Leg Press

Proven to be a viable and important rehab tool, one study reporting on the efficacy of 6 week nHANCE™ Leg Press training to treat athletes with chronic patellar tendinopathy, showed improved eccentric muscle function and reduced pain.



Knee Extension

Incredible in isolating and building quadriceps muscle size and strength, the nHANCE™ Knee Extension allows for either uni- or bilateral exercise. Range of motion is set by setting strap length.



Leg Curl

Experienced by athletes, and supported by science, the nHANCE™ Leg Curl builds speed, muscle and power faster than conservative approaches using weights.



MultiGym

Designed and developed for astronauts on the International Space Station (ISS), the nHANCE™ MultiGym offers coupled concentric and eccentric overload resistance training for all major muscle groups.

SCIENTIFICALLY PROVEN ADVANTAGES WITH THE YOYO TECHNOLOGY™ FLYWHEEL INERTIA RESISTANCE:

Builds strength, power and speed faster...

...because the YoYo Technology™ loads muscle maximally through the full range of motion of any contraction.

Builds more muscle...

...as research shows the YoYo Technology™ promotes greater hypertrophy than weights.

Builds faster muscle...

...as research shows top football players using YoYo™ Technology improves power and speed more than players subjected to conservative training.

Involves more muscle...

...as research shows the YoYo Technology™ recruits more motor units and hence muscle fibers than weights.

Offers eccentric overload...

...controlled by the trainee, not the machine.

Prevents injury...

...as research shows top athletes using the YoYo Technology™ experience less hamstring injuries.

Speeds up rehabilitation...

...as research reports patients suffering from ACL injury or patellar tendinopathy show robust increases in strength, power and function, and pain reduction after using the YoYo Technology™.

Enhances proprioception...

...as a result of the pronounced stretch-shortening involvement, a characteristic of the YoYo Technology™, aiding both significant neural and muscular adaptations beyond what can be achieved with other methods.

Combats muscle atrophy and bone loss...

...as research shows very few sessions using the YoYo Technology™ attenuates such effects in men and women subjected muscle unloading, a simulation of spaceflight.

Stimulates "tendon health"...

...as supported by research using the YoYo Technology™, growth and repair due to unique features offering eccentric overload, heavy stretch and overall massive load simultaneously.

Extremely time effective!

Following recommended YoYo Technology™ standard routines and prescriptions, exercise requires less time and sessions to entertain the benefits of high-quality training.