

THE LEADER IN ECCENTRIC EXERCISE TECHNOLOGY AND RESEARCH!

LETTER FROM THE EDITOR

Dear Friend,

So far this year, the sports agenda has been packed with exciting events, tournaments and games. We have been craving for this for some time now! Like so many other industries in this turbulent time in the aftermath of the corona pandemic, our industry took a heavy toll too. We have seen partners and subcontractors

forced to lay off valuable employees, and many to close business operations for good. But bad times also present new opportunities to establish fresh partnerships, and a challenge to adjust, trim and improve organisation and production.

Unfortunately, we have to live with the current skyrocketing fuel prices and soaring costs of raw materials, and as a consequence the outrageous shipping expenses. Despite all this, we are still able to offer very user friendly prices, without sacrificing our well known quality. Earlier this summer we introduced several new products. In doing so, we are celebrating by offering the grand summer discounts throughout the month of September. There will be more product releases to follow later this year.

Attend the “come back” and the 7th Annual Global Hamstring Project this fall and learn more. The gathering will present a great opportunity to get hands-on experience with our new products and our entire line.

Until then, enjoy the end of this wonderful summer and the early fall !

Adrian Witt
 Editor-in-Chief

TOBE HANSON

Tobe Hanson of Hanson Muscle Therapy at the Club at Los Gatos, California Strength, works with the very best NFL and NHL players. Tobe Hanson at plus 60 recently entered a won a local bodybuilding contest after **not lifting any weights** for more than half a year and relied solely on YoYo™ Tobe and his team have posted exercises for more than 54 specific muscles using nHANCE driven by YoYo. To get access to all those exercises contact hansonmuscletherapy.com



SEE VIDEO



FIRST PEEP: INTRODUCING THE #219 VERTICAL 1,0

The **#219 Vertical** is designed to satisfy the needs for training using “brute force” (super high inertia) or very low inertia and essentially any muscle group, yet experiencing the unique “YoYo feel”. Only your creativity will limit the number of different exercises you can carry out on the Vertical. From isolated “rotator cuff rehab” exercises using inertia #0,5 to press or pull exercises using #inertia 4-5. Get two machines wall/floor mounted next to each other for non-exhaustive options and bilateral exercises. With our newly designed strap anchor friction is minimal optimizing the eccentric benefits in any part of the exercise motion.



DON'T MISS OUT – ESTEPONA LAST MINUTE CALL!

Great venue, top notch experts with hands on experience working with the best athletes

<https://optimosportscienceweek.com>



NEW RELEASE: THE 2ND GENERATION YOYO™ LEG PRESS CLINICAL!

Almost 30 years ago we introduced and patented the iso-inertial flywheel technology. The very first piece set in production was the YoYo™ Leg Press. This machine also served as the test bench to learn more about the physiology and training adaptations specific to iso-inertial YoYo training. This exhaustive R&D laid the foundation for future nHANCE driven by YoYo machines for sports, rehab and fitness. The YoYo Leg Press was intensively tested by NASA astronauts and engineers over several years and then used by the STS-78 crew who flew on one of the last missions on Space Shuttle Columbia.

After being introduced on the market, the #212 YoYo **Leg Press Prius** soon emerged as a necessary exercise tool for athletes like professional hockey and basketball players, and world caliber alpine skiers.

To meet the needs from clinicians and as a result of sensational research findings in the area of neuro-rehab (most importantly stroke patients show remarkable benefits) we recently launched the second generation of the Leg Press Clinical. It uses large muscle groups in one single closed-chain mode. It is safe and easy to mount and exit even for older and fragile persons and patients with physical constraints. Similar to the entire line of nHANCE driven by YoYo machines, the **#212 Leg Press Clinical** is equipped with the **BlueBrain®** monitoring performance feedback system. It is designed for either uni- or bilateral exercise. Range of motion is readily adjusted to ensure safe and controlled closed-chain knee/hip joint actions.



GET YOUR YOYO WITHOUT DELAY!

To avoid delayed delivery of your nHANCE products pay using PayPal.



“THE COME BACK” – THE 7TH GHP!

After hosting the Annual Global Hamstring Project (GHP) since year 2014, sadly we were forced to cancel the event for the last two years due to the coronavirus pandemic. This is to announce **YoYo Sports & Medical** will host and kick off the 7th GHP later this fall. The sites for past GHP's have been in the wonderful cities of Stockholm and Barcelona, and most recently in John Steinbeck's epic Salinas, near the California Central Coast. Currently the date and site for the come-back of this traditional event remains to be determined. The 7th GHP will have a slightly different format, yet focusing on bringing the nHANCE family together and allow for creative discussions and informal interaction and social gatherings beyond hamstring issues. A perfect time of year entertain sports, history, culture and fine dining and wine with friends from around the world. Similar to earlier gatherings it will be at a site near water with guaranteed sunny and pleasant weather.

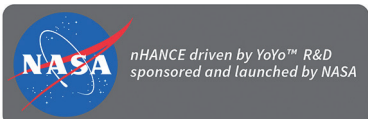


FOR CONTACTS AND VISIT TO A SHOW ROOM NEAR YOU!

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YoYo Technology AB (Inc) of Sweden, the owner of the brand nHANCE™ is a long-term partner of NASA and the European Space Agency (ESA).



Download our 2022 Product Catalogue



Download our 2022 Price List

