THE LEADER IN ECCENTRIC EXERCISE TECHNOLOGY AND RESEARCH! Dear Friend,

LETTER FROM THE EDITOR

We have now experienced life with the Covid-19 for more than a year. Few, if any persons could have predicted the consequences of the pandemic on society. At this time we can only speculate what the long-term future impacts, of lock downs and restrictions in social life, will be on physical and mental health. Let's hope

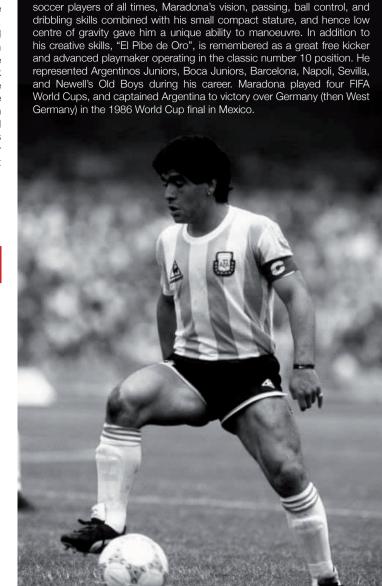
this Spring will be the turning point. The current newsletter reports on research covering themes relevant to applications of resistance exercise in sports, rehab and fitness, including the never ending discussion on what the ultimate number of reps to maximize hypertrophy should be. We also celebrate the success of two of our great professional poster athletes, and make tribute to one of the greatest, and most talented and loved soccer players ever touching a football - Maradona - R.I.P.

Adrian Witt Editor-in-Chief

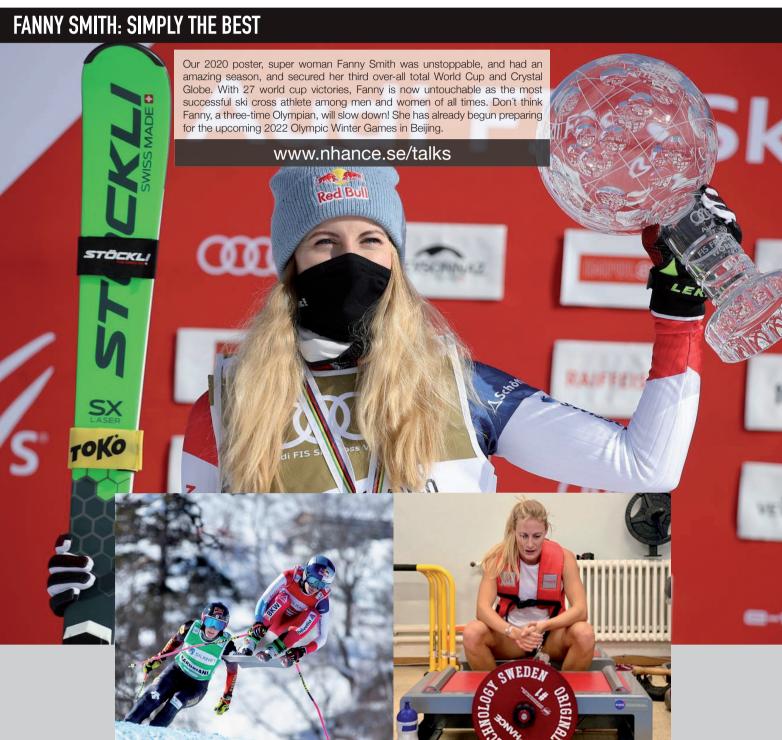
SUPER BOWL LV

Tampa Bay Buccaneers is the champion of the National Football League for the 2020 NFL season after defeating the favored Kansas City Chiefs, 31-9. Living legend quarterback Tom Brady, in his first season with the Bucs succeeded in bringing home his seventh Super Bowl title. Veteran lineman and nHANCE poster boy AQ Shipley won his very first Super Bowl title. Unfortunately and sadly, prior to the game, AQ suffered a career-ending injury.





Diego Armando Maradona is dead! Widely regarded as one of the greatest



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A highly qualified research team* published the most comprehensive human skeletal muscle **transcriptome profile** in persons who spent 84 days in bed, **and** did eccentric overload **YoYoTM** exercise. As predicted, in muscle biopsy samples

and structure, were markedly compromised. The results of this study shows that muscle transcriptomic modifications are ongoing over several months of disuse or inactivity. However, to offset the most significant and severe transcriptomic alterations, just a few bouts every third day of $YoYo^{\text{TM}}$ Leg Press exercise* is needed. The good news is that even the most busy and sedentary person ands sedentary study paves the way for further exploration of skeletal muscle alterations to a sedentary lifestyle, disuse, and the potential, and limitations, of both current and new countermeasures employed to fight muscle deconditioning. *Fernandez-Gonzalo, R. and co-workers. Three months of bed rest induce a residual transcriptomic signature resilient to resistance exercise countermeasures. The FASEB Journal. 2020;34:7958-7969. **Four sets of seven reps were performed on the nHANCE driven by YoYoTM

obtained from the m. vastus lateralis after bed rest, expression of genes and pathways related to mitochondria, ubiquitin system, and skeletal muscle metabolism

years the YoYo™ MultiGym has been a very important asset among professional football clubs such as Tottenham, Paris Saint-Germain, FC Barcelona, Juventus and Chelsea. DON'T DELAY DELIVERY OF YOUR NHANCE

MultiGym – Our best-selling home gym and particularly in these days when work ing out at home has become attractive in face of restricted access to gyms. For

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Bayern Munich, FC Porto and Ajax FC were the 2020 champions of the very best European national soccer leagues. What else do they have in common? For years these established teams have been relying on nHANCE driven by YoYo™ - and we

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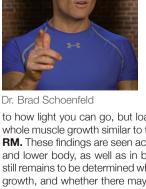






repetition strategy as long sets are taken to failure. Dr. Schoenfeld's several books on the theme are inspirational reading for anyone who wants different

SETS OF 35 — FOR WHAT? SCHOENFELD KNOWS!



perspectives on training. Based on a 2017-paper he and his fellows state: "Research now provides compelling support for the conclusion that similar hypertrophy can be achieved across a wide spectrum of loading zones provided that sets are taken close to the point of failure". Very few experts or lifters will argue with that statement! He continues: "There will inevitably be an upper limit to how light you can go, but loads as low as 35RM have been shown to promote whole muscle growth similar to that of the so-called "hypertrophy range" of 8-12 RM. These findings are seen across a variety of different muscles in both the upper and lower body, as well as in both untrained and resistance-trained individuals. It still remains to be determined what the minimum threshold stimulus is for promoting growth, and whether there may be fiber type specific differences between loading ranges (i.e. Type 1 vs Type 2 fibers). Dr. Schoenfeld concludes: "The old-

Brad Schoenfeld advocates that muscle hypertrophy can be produced using almost any

debunked". If "muscle failure" is the trigger to muscle growth, then one could ask: "Why carry out sets of 35 reps if the same result can be achieved with sets of just 8 reps?". We believe there are some who will disagree on this! Brad Schoenfeld and co-workers "Strength and hypertrophy adaptations between low- vs. high-load resistance training: a systematic review meta-analysis. The Journal of Strength and Conditioning Research. 2017 Dec 1; 31(12): 3508-3523.

school belief that you can't gain size from light loads has effectively been

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