

LETTER FROM THE EDITOR

Dear Friend,


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



THE LEADER IN ECCENTRIC EXERCISE TECHNOLOGY AND RESEARCH!

Diego Armando **Maradona** is dead! Widely regarded as one of the greatest soccer players of all times, Maradona's vision, passing, ball control, and dribbling skills combined with his small compact stature, and hence low centre of gravity gave him a unique ability to manoeuvre. In addition to his creative skills, "El Pibe de Oro", is remembered as a great free kicker and advanced playmaker operating in the classic number 10 position. He represented Argentinos Juniors, Boca Juniors, Barcelona, Napoli, Sevilla, and Newell's Old Boys during his career. Maradona played four FIFA World Cups, and captained Argentina to victory over Germany (then West Germany) in the 1986 World Cup final in Mexico.



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.


FANNY SMITH: SIMPLY THE BEST

Our 2020 poster, super woman Fanny Smith was unstoppable, and had an amazing season, and secured her third over-all total World Cup and Crystal Globe. With 27 world cup victories, Fanny is now untouchable as the most successful ski cross athlete among men and women of all times. Don't think Fanny, a three-time Olympian, will slow down! She has already begun preparing for the upcoming 2022 Olympic Winter Games in Beijing.

www.nhance.se/talks




GET YOUR CUSTOMIZED YOYO LEG PRESS PRIUS™



Our entire new generation product line has a frame in durable textured grey steel with tough, premiere quality Bordeaux color lace. At no extra cost you can now get your piece(s) of equipment customized in colors of your preference.

DOWNLOAD THE 2021 PRICE LIST HERE



“COUCH POTATOES” BENEFIT FROM YOYO!


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 **YoYo™** exercise. As predicted, in muscle biopsy samples obtained from the **m. vastus lateralis** after bed rest, expression of genes and pathways related to mitochondria, ubiquitin system, and skeletal muscle metabolism 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™ Leg Press exercise* is needed. The good news is that even the most busy and sedentary person and 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 YoYo™ MultiGym – Our best-selling home gym and particularly in these days when working out at home has become attractive in face of restricted access to gyms. For 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 PRODUCTS

We accept MasterCard and Eurocard.



SETS OF 35 – FOR WHAT? SCHOENFELD KNOWS!



Dr. Brad Schoenfeld advocates that muscle hypertrophy can be prolonged using almost any 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 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 that range from low to high intensity (i.e. Type 1 vs Type 2 fibers). Dr. Schoenfeld concludes: **"The old-school belief that you can't gain size from light loads has effectively been 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.


FOR CONTACTS AND VISIT TO A SHOW ROOM NEAR YOU!

United States and Canada: usa@nhance.se


Cambodia, Japan, People's Republic of China, South Korea, Taiwan, Vietnam: asia@nhance.se

Europe, Africa, Australia, Central- and South America: info@nhance.se


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 2021 Product Catalogue here



Download our 2021 Price List here



Driven by YoYo Technology™ Stockholm-Barcelona-Jerez

www.nhance.se
info@nhance.se

