

# MUSCLE HEALTH FOR ALL

## nHANCE Catalogue 2022

For more than 25 years, nHANCE™ driven by YoYo Technology™ has been the Global Leader in Eccentric Resistance Training. Our patented iso-inertial flywheel resistance exercise paradigm paved the way, and changed our thinking and means to enhance speed, strength and power. Designed for NASA astronauts, used by the best athletes we serve men and women of all ages to prevent and heal injury while offering the most time-effective and complete line of resistance exercise products. That is Muscle Health for All.

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## NEW VERSION RELEASED IN FEBRUARY 2019

(See Features and Specifications). More Eccentric Overload for Less Money. The pictured machine is an outgoing model!



## Features

The #211 YoYo™ MultiGym offers an endless number of powerful, functional exercises; the seated leg press, calf raises, back extensions, bench-and French press, biceps- and reverse curl, upright, lateral shoulder raises and much more. It comes with two vests (chose two units from S, M, L, XL, XXL) anatomically designed to effectively unload shoulder and spine for optimal comfort; adjustable crossbar and several handles for various upper-body exercises. Strap length is readily adjusted to accommodate body stature, exercise mode or range of motion desired. The seat can be set in either fixed or sliding operational mode.

Like any other nHANCE™ driven by YoYo™ device, this tool produces eccentric overload, proprioception, stretch shortening and unique neuromuscular stimulation, unheard of before. Originally designed to serve NASA astronauts on the International Space Station, this is also the most effective exercise machine on Earth.

Given the small size, low mass and sheer mobility, the #211 YoYo™ MultiGym is the ultimate all-round exercise gear to be used anywhere. The machine is acknowledged by high-profile athletes, coaches, and sports medicine professionals, and an ideal equipment to bring to the team's pre-season camp but also in any rehab setting because of the most versatile exercise options.

**Flywheel(s):** The #211 YoYo™ MultiGym is furnished complete with three (3) flywheels; inertia #1 ( $0.025 \text{ kg} \cdot \text{m}^{-2}$ ) and 2 units inertia #2 ( $0.05 \text{ kg} \cdot \text{m}^{-2}$ ). Additional flywheels, including the inertia #0.5 ( $0.0125 \text{ kg} \cdot \text{m}^{-2}$ ) wheels, and the inertia #4 ( $0.1 \text{ kg} \cdot \text{m}^{-2}$ ) can be ordered at [info@nhance.se](mailto:info@nhance.se).

**BlueBrain™:** The machine is equipped with a magneto inductive sensor disc (including cable) to serve the BlueBrain™ monitoring and feedback system (optional purchase).

**Shipping:** The shipping envelope of the #211 YoYo™ MultiGym is  $\sim 1.4 \text{ m}^3$ ; gross weight is  $\sim 130 \text{ kg}$ . The box containing the #211 MultiGym uses wooden (treated NIMF 15) material certified for world wide export.

**Installation:** No assistance needed, and ready for use upon delivery.

**Warranty:** One-year warranty on all parts except for flywheel strap.

## Specifications

Transmission: Ball bearings  
Resistance: Unlimited; variable  
Power Supply: None  
Power Sensor: Magneto inductive

Seat: Red high-quality lace  
Flywheel(s): Anodized red aluminum  
Strap: Black special fitting polymer  
Vest: Red polymer

Weight:  $\sim 68 \text{ kg}$  ( $\sim 150 \text{ lbs}$ )  
Height:  $\sim 0.61 \text{ m}$  ( $\sim 24''$ )  
Width:  $\sim 0.50 \text{ m}$  ( $\sim 20''$ )  
Length:  $\sim 1.95 \text{ m}$  ( $\sim 77''$ )  
Frame: Textured grey steel





## Features

This, now reconfigured fourth generation, classical machine was the very first in the YoYo™ product family.

The #212 YoYo™ Leg Press allows for either the seated uni-or bilateral closed chain leg press. It is equally well suited for the seated uni-or bilateral calf press. Hence, the #212 YoYo™ Leg Press targets all four heads of the quadriceps; adductors, hip extensors and plantar flexors.

Like any other nHANCE™ driven by YoYo device, this tool produces eccentric overload, proprioception, stretch shortening and unique neuromuscular stimulation, unheard of before. That's why professional alpine skiers, hockey-players and other athletes use it to help maximize strength, power and speed. The #212 YoYo™ Leg Press is designed to reduce unnecessary strain to the knee joint and also to minimize load on the lumbar back using anatomical lumbar support.

This is the ultimate safe tool to employ in any stage of knee rehab and return to play programs as shown by the success in the treatment of patients suffering from chronic patellar tendinopathy and ACL. Also, exercise using this machine has proven highly effective in stroke and other neurological pathologies.

**BlueBrain™:** The machine is equipped with a magneto inductive sensor disc (including cable) to serve the BlueBrain™ monitoring and feedback system (optional purchase).

**Flywheel(s):** The #212 YoYo™ Leg Press is furnished complete with two (2) flywheels; inertia #1 ( $0.025 \text{ kg} \cdot \text{m}^2$ ) and inertia #2 ( $0.05 \text{ kg} \cdot \text{m}^2$ ). Additional flywheels, including the inertia #0.5 ( $0.0125 \text{ kg} \cdot \text{m}^2$ ) wheels, and the inertia #4 ( $0.1 \text{ kg} \cdot \text{m}^2$ ) can be ordered at [info@nhance.se](mailto:info@nhance.se).

**Shipping:** The shipping envelope of the #212 YoYo™ Leg Press is  $1.1\text{m}^3$ ; gross weight is 118 kg. The box containing the #212 Leg Press uses wooden (treated NIMF 15) material certified for world wide export.

**Installation:** No assistance needed, and ready for use upon delivery.

**Warranty:** One-year warranty on all parts except for flywheel strap.

## Specifications

Frame: Textured grey steel

Upholstery: Red lace

Flywheel(s): Anodized red aluminum

Strap: Black special fitting polymer

Weight: 51 kg (112 lbs)

Height: 1.15 m (45")

Width: 0.59 m (23")

Length: 0.98 m (39")

Transmission: Ball bearings; acetal hubs

Resistance: Unlimited; variable

Power Supply: None

Power Sensor: Magneto inductive



## Features

This is the machine that revolutionized hamstring training, injury prevention and rehabilitation. The #213 YoYo™ Leg Curl is a “classic” in the YoYo™ product family. The supine #213 YoYo™ Leg Curl allows for either the uni-or bilateral open chain knee flexion. Using smart, safe and simple solutions, range of motion (ROM) is adjusted to accommodate for full ROM or "partial reps". Unlike any other exercise solution known, the #213 YoYo™ Leg Curl targets all muscles of the hamstring complex and more so than other methods, as unique research examining FC Barcelona players has shown\*.

Like any other nHANCE™ driven by YoYo device, this tool produces eccentric overload, proprioception, stretch shortening and unique neuromuscular stimulation, unheard of before. That's why this muscle machine has been used for decades by all great professional soccer clubs around the world. It remains the best choice for football-and rugby players and track and many others athletes to help maximize strength, power and speed while serving to prevent injury.

A bulk of research\*\* employing the YoYo™ Leg Curl performed by established and leading S&C coaches, physiotherapists and doctors in the field shows hamstring strain occurrence is reduced. Likewise the performance benefits are impressive resulting from the remarkable eccentric overload offered by the machine.

**BlueBrain™:** The machine is equipped with a magneto inductive sensor disc (including cable) to serve the BlueBrain™ monitoring and feedback system (optional purchase).

**Flywheel(s):** The #213 YoYo™ Leg Curl is furnished complete with two (2) flywheels; inertia #1 ( $0.025 \text{ kg} \cdot \text{m}^2$ ) and inertia #2 ( $0.05 \text{ kg} \cdot \text{m}^2$ ). Additional flywheels, including the inertia #0.5 ( $0.0125 \text{ kg} \cdot \text{m}^2$ ) wheels, and the inertia #4 ( $0.1 \text{ kg} \cdot \text{m}^2$ ) can be ordered at [info@nhance.se](mailto:info@nhance.se).

**Shipping:** The shipping envelope of the #213 Leg Curl is  $1.2 \text{ m}^3$ ; gross weight is 147 kg. The box containing the #213 Leg Curl uses wooden (treated NIMF 15) material certified for world wide export.

**Installation:** No assistance needed, and ready for use upon delivery.

**Warranty:** One-year warranty on all parts except for flywheel strap.

## Specifications

Frame: Textured grey steel  
Upholstery: Red lace  
Flywheel(s): Anodized red aluminum  
Strap: Black special fitting polymer

Weight: 76 kg (168 lbs)  
Height: 0.70 m (28")  
Width: 0.50 m (20")  
Length: 1.85 m (73")

Transmission: Ball bearings; acetal hubs  
Resistance: Unlimited; variable  
Power Supply: None  
Power Sensor: Magneto inductive

\* Fernandez-Gonzalo R et al. Individual Muscle use in Hamstring Exercises by Soccer Players Assessed using Functional MRI. Int J Sports Med. 37:559-564. 2016

\*\*Tesch PA et al. Clinical Applications of Iso-Inertial Eccentric-Overload (YoYo™) Resistance Exercise. Frontiers in Physiology. 8:1-16.2017.



## Features

The #214 YoYo™ Knee Extension is the ultimate machine to isolate quadriceps use, as it targets all four heads. Using a somewhat tilted seat design and anatomical lumbar support, the #214 YoYo™ Knee Extension allows for either uni-or bilateral coupled concentric-eccentric actions. It accommodates individuals of all body statures with “easy to adjust” settings for thigh-and lower leg. Range of motion (ROM) is readily set by adjusting strap length to produce partial-or full ROM actions, while avoiding over extension about the knee joint.

Like any other nHANCE™ driven by YoYo device, this tool produces eccentric overload, proprioception, stretch shortening and unique neuromuscular stimulation, unheard of before. This is a most effective knee rehab machine acknowledged by sports medicine professionals. But it is an equally effective machine to build quadriceps muscle size.

Thus, this is a most safe tool to employ in any stage of rehabilitation and return to play programs. Exhaustive research\* using the #214 YoYo™ Knee Extension has shown great success in treatment of patients recovering from ACL injury and surgery. It is equally appreciated as a method to combat “sarcopenia” in the elderly, as well as muscle atrophy in “want-to-be” astronauts.

**BlueBrain™:** The machine is equipped with a magneto inductive sensor disc (including cable) to serve the BlueBrain™ monitoring and feedback system (optional purchase).

**Flywheel(s):** The #214 YoYo™ Knee Extension is furnished complete with two (2) flywheels; inertia #1 ( $0.025 \text{ kg} \cdot \text{m}^2$ ) and inertia #2 ( $0.05 \text{ kg} \cdot \text{m}^2$ ). Additional flywheels, including the inertia #0.5 ( $0.0125 \text{ kg} \cdot \text{m}^2$ ) wheels, and the inertia #4 ( $0.1 \text{ kg} \cdot \text{m}^2$ ) can be ordered at [info@nhance.se](mailto:info@nhance.se).

**Shipping:** The shipping envelope of the #214 Knee Extension is  $0.9 \text{ m}^3$ ; gross weight is 140 kg. The box containing the #214 Knee Extension uses wooden (treated NIMF 15) material certified for world wide export.

**Installation:** No assistance needed, and ready for use upon delivery.

**Warranty:** One-year warranty on all parts except for flywheel strap.

## Specifications

Frame: Textured grey steel  
 Upholstery: Red lace  
 Flywheel(s): Anodized red aluminum  
 Strap: Black special fitting polymer

Weight: 70 kg (154 lbs)  
 Height: 1.17 m (46")  
 Width: 0.58 m (22")  
 Length: 1.10 m (43")

Transmission: Ball bearings; acetal hubs  
 Resistance: Unlimited; variable  
 Power Supply: None  
 Power Sensor: Magneto inductive





## Features

The #215 YoYo™ Squat Ultimate Pro offers most impressive explosive power or brute force in the classical squat, but also an endless number of powerful, functional leg exercises; lateral-, skating-, split squats, lunges, calf raises and many more. Adding the #216 YoYo™ Hooper's Box Pro (see pictures above) allows for even more and complex exercises. The vest used with the #215 YoYo™ Squat is anatomically designed to effectively unload shoulder and spine. Strap length is readily adjusted to accommodate body stature, exercise mode or range of motion desired using the YoYo™ Strap Anchor (not displayed) replacing the pulley shown in pictures. The YoYo™ reduces friction close to zero. Optional exercises using attachments (handles and bars) to involve trunk and core and upper-body muscle(s) groups are bent over or upright row, arm curls, pulls, shoulders, deadlift and many more.

Like any other nHANCE™ driven by YoYo device, this tool produces eccentric overload, proprioception, stretch shortening and unique neuromuscular stimulation, unheard of before. Originally designed by us to serve NASA astronauts on the Space Shuttle, this is the most effective Squat machine acknowledged by high-profile athletes, coaches and sports medicine professionals.

This is a highly effective tool to employ in late stages of rehabilitation and return to play programs as the #215 YoYo™ Squat Ultimate Pro has shown great success in patients suffering from patellar tendinopathy, or recovering from ACL injury and surgery.

**BlueBrain™:** The machine is equipped with a magneto inductive sensor disc (including cable) to serve the BlueBrain™ monitoring and feedback system (optional purchase).

**Flywheel(s):** The #215 YoYo™ Squat Ultimate Pro is furnished complete with three (3) flywheels; inertia #1 ( $0.025 \text{ kg} \cdot \text{m}^2$ ) and 2 units inertia #2 ( $0.05 \text{ kg} \cdot \text{m}^2$ ). Additional flywheels, including the inertia #0.5 ( $0.0125 \text{ kg} \cdot \text{m}^2$ ) wheels, and the inertia #4 ( $0.1 \text{ kg} \cdot \text{m}^2$ ) can be ordered at [info@nhance.se](mailto:info@nhance.se).

**Shipping:** The shipping envelope of the #215 YoYo™ Squat Ultimate Pro is  $0.2 \text{ m}^3$ ; gross weight is 26 kg. It is delivered in a heavy-duty cemented paper box.

**Installation:** No assistance needed, and ready for use upon delivery.

**Warranty:** One-year warranty on all parts except for flywheel strap.

## Specifications

Box flooring: Red high-quality linoleum  
Flywheel(s): Anodized red aluminum  
Strap: Black special fitting polymer  
Vest: Red polymer

Weight: 25 kg (55 lbs)  
Height: 0.26 m (10")  
Width: 0.90 m (35")  
Depth: 0.45 m (21")  
Box: Textured grey steel

Transmission: Ball bearings  
Resistance: Unlimited; variable  
Power Supply: None  
Power Sensor: Magneto inductive



## Features

The #216 YoYo™ Hooper's Pro Box is an addition and extra feature to the #215 YoYo™ Pro Ultimate Squat. Attaching Hooper's Pro Box extends the platform and allows not only the very tall athletes to entertain all the benefits of the YoYo™ Squat, but any individual who wish to perform the wide stance or unilateral Squat, Lunges or other lower leg exercises in the same horizontal plane. Thus, with the "Hooper's Pro Box" attached, the number of upper-body and multi-directional exercises that could be executed are almost unlimited. In no time, the "Hooper's Pro Box" is attached and secured to your #215 YoYo™ Squat.

**Shipping:** The shipping envelope of the #216 Hooper's Pro Box is 0.14 m<sup>3</sup>; gross weight is 14 kg. It is delivered in a heavy-duty cemented paper box.

**Installation:** Ready for use upon delivery. No bolts or nuts needed.

**Warranty:** One-year warranty.

## Specifications

Weight: 12 kg (26 lbs)  
Height: 0.26 m (10")  
Width: 0.75 m (30")

Depth: 0.45 m (21")  
Box: Textured grey steel  
Box flooring: Red high-quality linoleum



## Features

The #217 YoYo™ Lats Pull Down allows for any Lats Pull-Down exercise to involve the upper-and lower muscles lats using wide-, medium- close grip front or rear; leaning back, underhanded and more. The triceps push down, biceps and reversed curls are other optional exercises. The machine is equipped with a wide grip, lightweight straight bar, but fits for short ropes, handles, angled bars and other attachments. The newly released machine uses the YoYo™ Strap Anchor (not displayed) replacing the pulley shown in pictures. The YoYo™ reduces friction close to zero. Combine with the #215 YoYo™ Squat for e.g., bent over rows and dead lifts, and the #218 YoYo™ Seated Pro Crew Row and you have gathered the perfect set up for a complete back exercise work out.

Like any other nHANCE™ driven by YoYo device, this machine produces eccentric overload, proprioception, stretch shortening and unique neuromuscular stimulation, unheard of before.

Wow, feel that wonderful and sensational stretch and eccentric overload, you have never experienced before. While this machine is designed for pro bodybuilders and other athletes, and the demanding fitness clientel, this is also a very powerful tool to be employed with caution to rebuild upper back strength in selected patients suffering from back problems.

**BlueBrain™:** The machine is equipped with a magneto inductive sensor disc (including cable) to serve the BlueBrain™ monitoring and feedback system (optional purchase).

**Flywheel(s):** The #217 YoYo™ Lats Pull Down is furnished complete with tree (3) flywheels; inertia #1 ( $0.025 \text{ kg} \cdot \text{m}^2$ ) and 2 units inertia #2 ( $0.05 \text{ kg} \cdot \text{m}^2$ ). Additional flywheels, including the inertia #0.5 ( $0.0125 \text{ kg} \cdot \text{m}^2$ ) wheels, and the inertia #4 ( $0.01 \text{ kg} \cdot \text{m}^2$ ) can be ordered at [info@nhance.se](mailto:info@nhance.se).

**Shipping:** The shipping envelope of the #217 Yoyo™ Lats Pull Down is  $1.6 \text{ m}^3$ ; gross weight is 120 kg. The box containing the #217 Lats Pull Down uses wooden (treated NIMF 15) material certified for world wide export.

**Installation:** No assistance needed, and ready for use upon delivery. Needs to be bolted to the floor.

**Warranty:** One-year warranty on all parts except for flywheel strap.

## Specifications

Frame: Textured grey steel  
 Upholstery: Red lace  
 Flywheel(s): Anodized red aluminum  
 Strap: Black special fitting polymer

Weight: 63 kg (139 lbs)  
 Height: 2.34 m (92")  
 Width: 0.59 m (23")  
 Length: 1.01 m (40")

Transmission: Ball bearings; acetal hubs  
 Resistance: Unlimited; variable  
 Power Supply: None  
 Power Sensor: Magneto inductive





## Features

The #218 YoYo™ Seated Pro Crew Row allows for exercise using either a sliding or fixed seat setting, using smart, safe and simple solutions. The machine has measures identical to those of established indoor rowing machines, preferred by athletes. The machine comes with a narrow, light-weight yet sturdy straight bar to accomplish the “sliding row” while mimicking outdoor rowing. Single-and double handles are used in the fixed seat mode to execute one-or two arm rows or pulls. With this “power machine” inertia can be chosen to comply with any desired stroke frequency. The newly released machine uses the YoYo™ Strap Anchor (not displayed) replacing the pulley shown in pictures. The YoYo™ reduces friction close to zero. While the stroke in rowing is characterized by high concentric power output, this machine, like any other YoYo™ machine, produce markedly greater power as resistance is accommodated, and the eccentric overload spills over to more concentric power.

Similar to other nHANCE™ driven by YoYo device, this tool produces eccentric overload, proprioception, stretch shortening and unique neuromuscular stimulation, unheard of before. The #218 YoYo™ Seated Pro Crew Row was designed for and validated by Champion and Olympian rowers.

Yet, this muscle machine is the best choice for the professional or recreational bodybuilder of any age or fitness addict to build back size and strength. But it also remains as a very safe and highly effective rehabilitation device, as the seated row is a great core exercise.

**BlueBrain™:** The machine is equipped with a magneto inductive sensor disc (including cable) to serve the BlueBrain™ monitoring and feedback system (optional purchase).

**Flywheel(s):** The #218 YoYo™ Seated Pro Crew Row is furnished complete with three (3) flywheels; inertia #1 ( $0.025 \text{ kg} \cdot \text{m}^2$ ) and 2 units inertia #2 (of  $0.05 \text{ kg} \cdot \text{m}^2$ ). Additional flywheels, including the inertia #0.5 ( $0.0125 \text{ kg} \cdot \text{m}^2$ ) wheels, and the inertia #4 (of  $0.1 \text{ kg} \cdot \text{m}^2$ ) can be ordered at [info@nhance.se](mailto:info@nhance.se).

**Shipping:** The shipping envelope of the #218 YoYo™ Seated Pro Crew Row is  $1.2 \text{ m}^3$ ; gross weight is 100 kg. The box containing the #218 Seated Pro Crew Row uses wooden (treated NIMF 15) material certified for world wide export.

**Installation:** No assistance needed, and ready for use upon delivery.

**Warranty:** One-year warranty on all parts except for flywheel strap.

## Specifications

Frame: Textured grey steel  
Upholstery: Red lace  
Flywheel(s): Anodized red aluminum  
Strap: Black special fitting polymer

Weight: 45 kg (99 lbs)  
Height: 0.76 m (30")  
Width: 0.50 m (20")  
Length: 2.59 m (102")

Transmission: Ball bearings  
Resistance: Unlimited; variable  
Power Supply: None  
Power Sensor: Magneto inductive

Any product may have undergone minor configurations and thus may possess slightly different measures and appearance.



# nHANCE

Driven by YoYo Technology™

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