

Kinesis[®] One

TECHNOGYM



TECHNOGYM[®]



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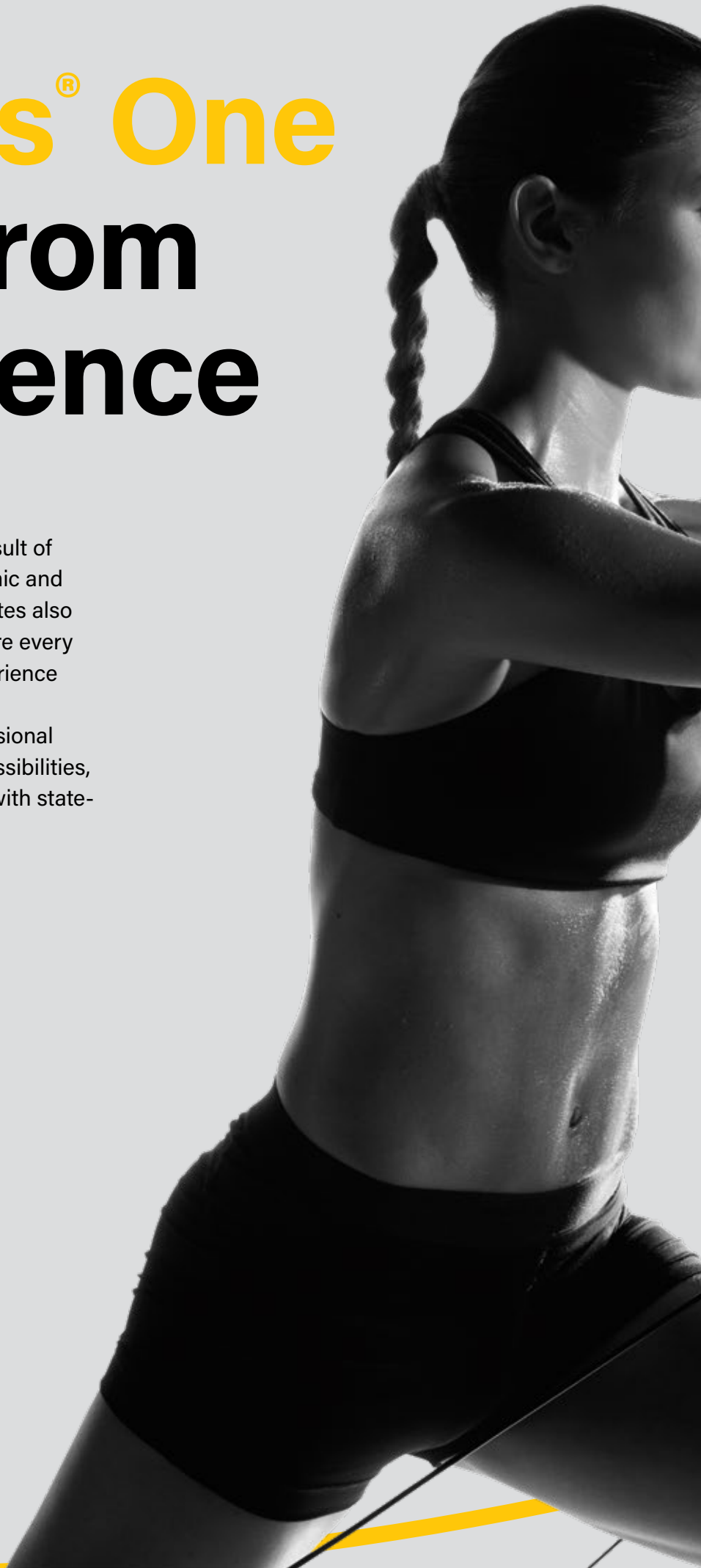
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Kinesis[®] One

Born from experience

Each Technogym[®] product is the result of intense research by leading academic and scientific institutions. Olympic athletes also test and fine-tune products to ensure every user receives the best training experience possible.

With its peerless variety of tridimensional exercises and countless training possibilities, Kinesis[®] One provides your facility with state-of-the-art ability training.





8 Olympic Games



Tokyo 2020
PyeongChang 2018
Rio 2016
London 2012
Beijing 2008
Turin 2006
Athens 2004
Sydney 2000

Kinesis[®] One





The Original Movement

**Enjoy variety thanks to
countless training options.**

**Improve abilities through
FullGravity™ Technology.**

**Move naturally in a
tridimensional space.**

**Track progress with
connected workouts.**

Countless training options

Kinesis® One is designed to help users move freely and naturally with effective training programs that can be tailored to each user's fitness level and objectives. It enables an unlimited variety of training routines to activate specific groups of muscles on different planes with a growing difficulty level.



Wealth of exercises

Over 500 exercise options for creating engaging and ever-changing routines.

Different applications

Kinesis® One caters to different business models, both with or without Personal Training.

Target variety

Kinesis® One satisfies a variety of different users, from rehab patients to elite athletes, by enabling specific exercises.



FullGravity™ Technology

The Kinesis' FullGravity Technology (patented) enables tridimensional movements that mirror real-world activity in a natural and comfortable way.



Tridimensional movement

FullGravity Technology allows for 3D movement in space, to assist natural movements. It provides variable resistance to every movement based on range and angle.



Maximum muscle activation

FullGravity Technology activates complete kinetic chains, rather than individual muscles, permitting integrated, dynamic and customized movements that align with any training goal.



Freedom of movement

With its **360° Rotating Pulley System**, users can perform all movements, particularly push movements, without the interference between cable and forearm that occurs on traditional cable machines.



Natural movement

Interacting in a tridimensional space allows the body and mind to re-establish their correct balance and recover the ability to move more effectively in everyday life.



Realistic movements

FullGravity™ Technology allows for resistance to vary as the range and angle of the movement change. This ensures a fluid and natural movement.



Movement control

Thanks to the dual weight stacks, each cable controls a single, independent resistance level. This helps users perform all movements more effectively, including alternating and reciprocating ones, based on the appropriate load for each side and training goal.



Intuitive and immediate use

Any user can instantly begin exercising because the ergonomic handle does not require any prior settings or adjustments. The user simply grabs the handle that automatically adapts to individual height.



Easy programming

Technogym supports trainers with dedicated content to enhance every aspect of programming, from learning ability training to creating engaging personal training experiences and classes.



Kinesis® education

Technogym helps trainers get the most out of Kinesis® One to ensure maximum customer satisfaction and loyalty. Trainers receive both on-site training by **Technogym Master Trainers** and continuous education through the **e-learning** platform.



Kinesis® programs

Trainers can access a large library of exercises and programs for all Kinesis® One products. A source of unlimited inspiration, the programs can be customized with the **Prescribe app** to unlock countless training possibilities for anyone from a beginner to a professional athlete.



Kinesis® classes

With the new **Teambeats™ app** trainers can easily set up energizing heart rate-driven classes and circuits, and manage performance metrics, time and music from the **Unity™ Self** kiosk.



Guidance and tracking

With Technogym® digital technology, training becomes smart and progress easy to follow. The seamless integration between apps and devices enables end users to manage their training programs, get real-time biometric data and obtain visual guidance through the Mywellness® platform.





Via smartphone

By downloading the **Mywellness app**, users can check training programs, view exercise videos online and keep track of their achievements.



Via Unity™ Self kiosk

Users can also manage their personal training program on the Unity Self kiosk, check out video exercises, track and review their performance and find out about scheduled classes and activities.



Via Mywellness Code

By scanning the Mywellness QR code on the equipment, users can access virtual training videos offering step-by-step guidance from exercise professionals.

Kinesis® One



Registered design



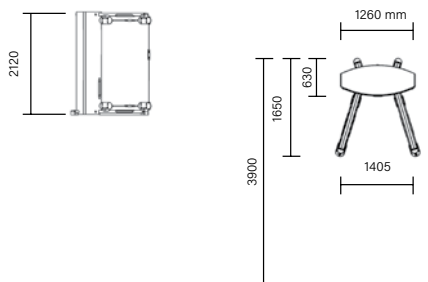
Kinesis® One is a free standing unit with a reduced footprint that makes it ideal for the gym floor as an easy-to-use option for members but also for rehabilitation and personal training.



Technical specifications



Kinesis® One / M5800



Kinesis® One accessory package / A0000459

The accessory package contains the following items:

A0000332	Universal Kinesis® One Lock	2 pcs.
A0000333	Ankle Strap	2 pcs.
A0000334	Kinesis® One Waist Belt	1 pc.
A0000261AA	Wellness Ball Silver Ø 65 cm	1 pc.

Color options



Panel color

Carbon Grey Cod. -21



Frame color (arm and pulley)

Carbon Grey Cod. -BW



Panel color

Black Cod. -23



Frame color (arm and pulley)

Anthracite Cod. -AN

Accessories



Universal Lock

/ A0000332



Ankle Strap

/ A0000333

Connects with: **Universal Kinesis® Lock**



Waist Belt

/ A0000334

Connects with: **Universal Kinesis® Lock**



Thigh Strap

/ A0000335

Connects with: **Universal Kinesis® Lock**



Double Loop Handle

/ A0000336

Connects with: **Universal Kinesis® Lock**



Rotating Handgrip

/ A0000337

Connects with: **Universal Kinesis® Lock**



Carabiner Adapter

/ A0000383

Connects with: **Universal Kinesis® Lock - Carabiner
OK000390AA**



Connector

/ A0000353

Connects with: **Universal Kinesis® Lock**

Flooring

Technogym® offers a choice of flooring layouts with different sizes and equipment configurations. Designed as a heavy duty, nonslip surface that supports the equipment and prevents it from sliding during workouts, the flooring provides a pattern for equipment layout and exercise space.

Registered design

- All flooring layouts have puzzle-style connecting tabs.
- All tiles are 7mm thick and measure 90 x 90 cm.
- The beveled edges are 10 cm wide and reduce floor thickness from 7 to 2 mm in order to prevent tripping.
- All flooring can be installed on top of an existing floor as long as the existing floor is flat and smooth.



Kinesis® One pattern

/ A0000678

- Length x Width = 2.0 x 3.8 m/6.6 x 12 ft
- Footprint 7.6 m2 /82 sq ft
- 1 user
- Suitable for Kinesis® One
- Available in Black-Yellow and Grey-White color versions.



2YNR



3CCY

Omnia³ - Kinesis® One pattern / A0000704

- Length x Width = 7.4 x 4.7 m/24 x 15 ft
- Footprint 34.8 m2 /375 sqft
- Up to 4 users
- Suitable for Omnia3 and Kinesis® One
- Available in Black-Yellow and Grey-White color versions.



2YNR



3CCY

Full Area pattern

/ A0000703

- Length x Width = 11.9 x 9.2 m/39 x 30 ft
- Footprint 110 m2 /1184 sqft
- Up to 16 users
- Suitable for Omnia8 and Kinesis® One, includes a Sprint Lane and Assessment pattern
- Available in Black-Yellow and Grey-White color versions.



2YNR



3CCY

For information and purchasing

Technogym products and services are only sold directly.

Phone numbers

Call us for advice on which products and services best fit your needs:

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Website

Discover Technogym's complete offer and make your purchases directly from the online Shop:

technogym.com

Follow us on



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Visit us to try our equipment and to create a personalised solution for your Wellness with the help of our experts:

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