



THE FUTURE IS HUMAN

Canali System equipment is a unique innovation by Professor Vincenzo Canali. As an expert posturologist, he has encountered many athletes with training related issues over the course of his long career. His innovative patented methodology meets their requirements by providing safe muscle strengthening without back and muscle strain. The Canali System can achieve this because the equipment moves with the body and produces a postural rotation that stabilises the core. This allows it to work jointly with the muscles that are being worked and ensures correct posture at all times. Another important innovation is the lack of a weight stack. The Canali System equipment utilises the resistance of the user's own body. As in auxotonic training, resistance increases as the muscle contracts and shortens, enabling increased activation across the whole range of movement. The unique synergy between postural and auxotonic methods has enabled us to pioneer a truly innovative strength line, in which the person is central. The future is human.

Vincenzo Canali.

Professor Canali's work in the world of sports includes coach to the Italian national women's artistic gymnastics and trampoline team, postural and gymnastic specialist for many international athletes, and advisor to various sports federations in Italy – Football, Gymnastics, Equestrian Sports, Tennis, Weightlifting and Diving – and the International Athletics Federation (IAAF).

canalisystem.com



Via Leonardo da Vinci
33010 Reana del Rojale (UD) - Italy
tel. +39 0432 88 75 40
info@canalisystem.com

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AUXOTONIC 2.0



Honourable mention
Compasso d'oro 2018



reddot design award
winner 2018

Chest Press Machine





100% MADE IN ITALY

Born out of the training methodology patented by Professor Canali and built in Italy by Nord Group Spa, Canali System is an Italian excellence, through and through. The equipment bears the signature of Farinatti Studio, a household name in Italian industrial design, and is an extraordinary synthesis of beauty and functionality that is set to change the world of fitness as we know it.



C-BOXED FRAME

Nord Group's engineering know-how is clearly visible in the fully boxed frame. Its rigid structure allows you to completely transfer your strength to the movement, without energy dissipation, to maximise performance. Therefore, training becomes more efficient and effective, but also more enjoyable, thanks to the enhanced perception of exerted strength.



SPACE-EFFICIENT DESIGN

The lack of weight stack and the upwards movement during use, reduce the footprint of Canali System by 30%, giving you more space to expand your activity and grow client satisfaction.



SPINESEAT BACKREST

The perfect union of science and design, the ergonomic innovative backrest ensures correct posture at all times. Its patented shape accommodates the natural curves of the back, regardless of height. Throughout the whole exercise, the back leans against the backrest and is fully supported. The result is a stabilising effect on the pelvis that enables the abdominal muscles to contribute to a better and more effective leg muscle workout.



Vertical Rowing Machine



Lat Machine



Chest Press Machine



Shoulder Press Machine



Leg Press Machine



Flexibility Machine



Seated Leg Curl Machine



Hip Thrust Machine



Leg Extension Machine



Dead Lift Machine



TOTALGRIP HANDLES

To ensure a completely safe and comfortable grip, we have developed ergonomic handles that don't require adjustments and provide a correct grip, wherever you place your hands. The welcoming extra-large design and comfortable position, facilitate use regardless of hand size and improve push and pull movement efficiency.



BODYLOAD SYSTEM SELECTOR

Canali System equipment is weight stack-free. It works by using the weight of your body alone, making movement fluid and without strains or jerks. To adjust the equipment, move the lever and select the load, from 2% to 300% of your weight. Fast and simple. In addition, you can also set up different right and left loads, to perform asymmetrical limb exercises for building up or rehabilitation purposes.