

DESMOTEC



THE FUTURE  
OF FITNESS



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## THE COMPANY

Desmotec is a Made in Italy company and a leader in the field of technology applied to sports training and rehabilitation.

Thanks to innovation and scientific research, Desmotec develops advanced solutions based on flywheel technology, which is essential for enhancing athletic performance, preventing injuries, and accelerating recovery.

Our mission is to support athletes, physiotherapists, trainers, and sports professionals through next-generation tools that are fully adaptable and grounded in scientific evidence.

Since 2024, the company has expanded its reach into the fitness world, introducing entirely new technologies for the sector designed to exponentially improve performance, ensure safe training, and allow for personalized workout plans.

The goal is to help fitness centers stand out by offering an innovative and exclusive method that motivates users and delivers immediate results in shorter training times



## *Train like a Pro* **OUR BIG PLAYER**

Desmotec collaborates with leading sports organizations, rehabilitation centers, universities, and research institutes.

Our devices are used by elite athletes, professional teams and clubs, and industry specialists to ensure optimal, measurable results.

Among our partners and ambassadors are some of the most prestigious names in the worlds of sports, sports medicine, and physiotherapy.



## SCIENCE AT THE SERVICE OF PERFORMANCE DESMOTEC ACADEMY

The Academy serves as a key reference point for training and scientific dissemination in the field of Desmotec training.

Through collaboration with experts in biomechanics, posturology, physiotherapy, athletic preparation, and personal training, we offer courses, webinars, and scientific publications to deepen the understanding of our devices across various sectors and highlight their benefits.



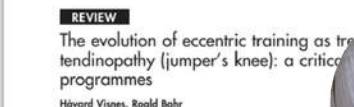
## OUR STUDIES

Our studies focus on the effects this technology has on muscle strength and endurance, injury prevention, and post-traumatic recovery, providing concrete data and evidence-based training protocols.

The goal of the Academy is to train competent professionals capable of fully leveraging the potential of Desmotec devices to improve overall fitness quality.

Desmotec offers a unique opportunity to engage with industry experts and explore the practical applications of our technology.

We are ready to share our experience and know-how with all professionals interested in enhancing their skills and optimizing their clients' results.



**MARCO BEATO,**  
Head of Sports and Exercise  
Sciences at the University of  
Suffolk



**DESM•TEC**  
**WHY IN YOUR FITNESS CENTER**

## BENEFITS FOR FITNESS CENTERS

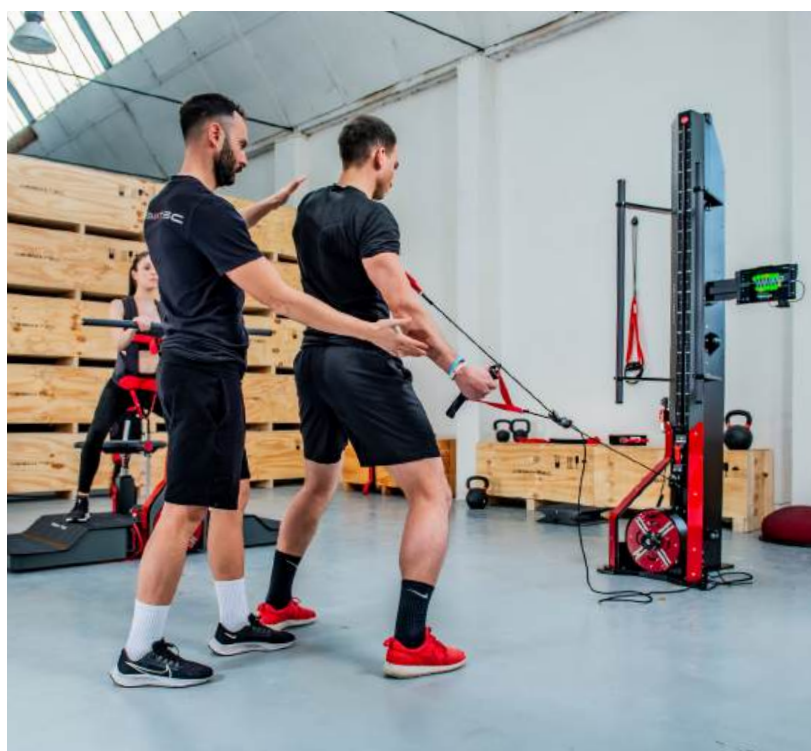
A CUTTING-EDGE METHOD THAT IS  
TRANSFORMING THE FITNESS.

Integrating Desmotec into a fitness center means standing out from the competition by offering an innovative, effective, and safe training experience.

Thanks to fully adaptable and monitored workouts, Desmotec allows for the safe optimization of each personalized goal.

Using Desmotec technology in your fitness center means offering an exclusive, high-performance service that sets you apart from traditional training methods, elevating the status and positioning of your club.

*After more than 15 years without real revolutions in the industry, Desmotec introduces a tangible and measurable innovation that redefines the concept of training through a new technology.*

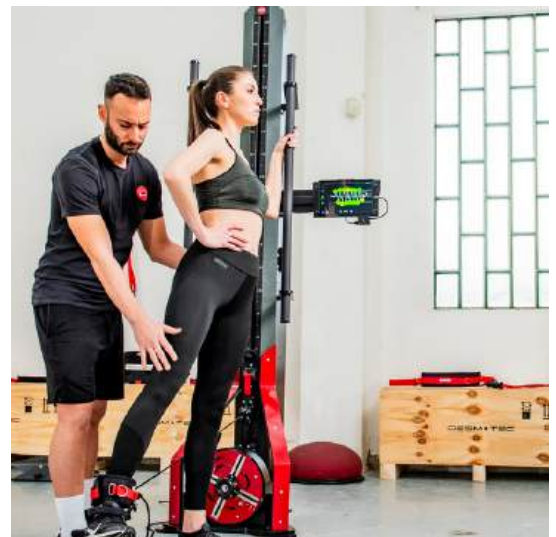




## BENEFITS FOR FITNESS CENTERS

A CUTTING-EDGE METHOD THAT IS TRANSFORMING THE FITNESS.

- **Exclusivity and differentiation:** A training method still relatively uncommon in the fitness world, allowing clubs to stand out in the market and raise their level to that of top performance centers.
- **Business opportunities:** The ability to organize group classes, sell personalized test packages, and offer premium sessions while attracting new and diverse clients—such as athletes, enthusiasts, those returning to training, or simply individuals who dislike traditional gyms.
- **Time and profitability:** Short, high-intensity training sessions allow you to increase the number of clients within a given timeframe without compromising quality.
- **Cloud data monitoring:** Real-time analysis of users' progress, enabling better personalization of training programs.
- **Innovation:** After more than 15 years without significant breakthroughs in the industry, Desmotec introduces a tangible, measurable innovation that redefines the training concept with new technology.
- **Medical device:** The use of certified medical devices, combined with optimal biomechanical activation, ensures safe and highly effective training protocols based on measurable physiological parameters—making each session suitable even for advanced clinical standards.
- **Space optimization:** Compact and versatile equipment allows for optimal use of the available training area.





# THEY HAVE ALREADY CHOSEN US...





# FITNESS BOUTIQUE

## WHAT YOU CAN DO WITH DESMOTEC BOUTIQUE



The Desmotec Fitness Boutique line represents excellence in fitness, combining technological innovation and Made in Italy design to offer exclusive solutions to clubs and personal training studios.

- Perform advanced tests of strength, balance, and symmetry
- Offer exclusive sessions with certified personal trainers
- Organize group workouts with multiple participants
- Optimize training time with 30-minute high-intensity, effective circuits
- Develop programs for longevity and functional wellness
- Create specific pathways for sports, amateurs, and professional athletes
- Integrate functional training with Desmotec technology
- Provide high-level on-site training for the personal trainers in your fitness club

## SOFTWARE

Thanks to integrated software, Desmotec devices allow for the collection of user performance data, analyzing parameters such as power, strength, and muscular asymmetries in real time.

This enables the customization of training programs according to any specific need.

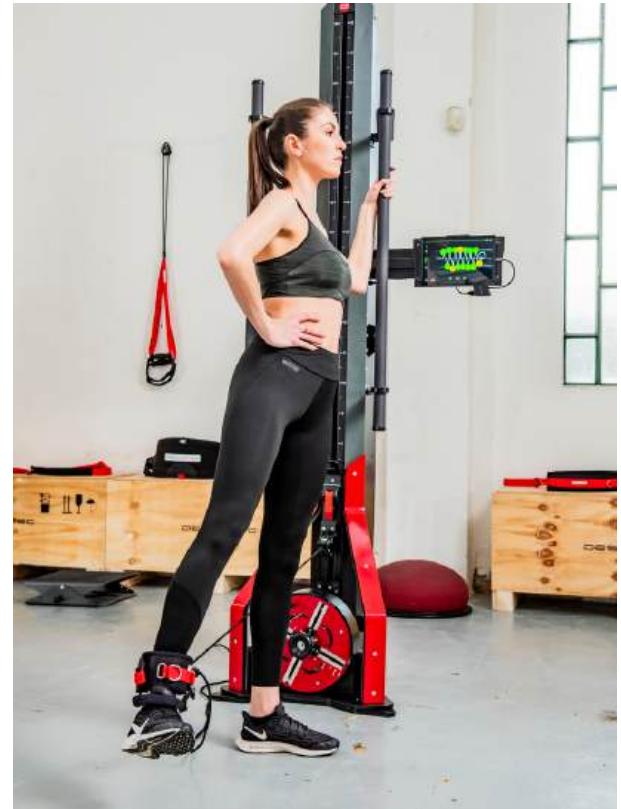
- Ability to save data for each user
- Monitoring of all parameters
- Personalized tests and training sessions





## TYPES OF TRAINING

A WIDE RANGE OF WORKOUTS FOR EVERY NEED AND FITNESS LEVEL.

- **HIIT (High-Intensity Interval Training) and Cardio:** Short and intense sessions to maximize calorie burn, improve endurance, and build strength.
- **Functional Training:** Suitable for all types of movement and body segments, performed functionally to enhance strength, stability, and coordination.
- **Postural and Core Stability:** Perfect for improving balance, posture, mobility, and motor control.
- **Strength and Muscle Power:** Maximize muscle growth in terms of strength and endurance, as well as neuromuscular efficiency.
- **Therapeutic Training:** Ideal for injury prevention and recovery.
- **PT and Circuit Training**





| <b>V.PLUS</b>   | <b><i>Technical Information</i></b>   |
|---|---|
|  <p><b>Machine Dimensions:</b><br/>l 0,40 x h 2,20 x p 0,40</p>   | <p>Top-of-the-line vertical DESMOTEC device with innovative Pininfarina design.</p> <p>This device is adjustable up to 2 meters in height, allowing the user to simulate any technical, specific, and dynamic movement for all body segments—upper body, lower body, unilateral, and bilateral.</p> <p>It features lateral support grips and easy load adjustment.</p> <p>The integrated software allows real-time visualization of performance data such as power, strength, and unbalances, along with a wide range of available tests.</p>   |
| <b>D.PLUS</b>   | <b><i>Technical Information</i></b>   |
|  <p><b>Machine Dimensions::</b><br/>l 1,80 x h 1,60 x p 1,00</p> | <p>Top-of-the-line DESMOTEC device with innovative Pininfarina design.</p> <p>This device is specifically designed for lower body training, allowing the user to simulate any technical, specific, and dynamic movement for the lower limbs.</p> <p>It features an adjustable T-Stop that provides a reference for Range of Motion (R.O.M.), and a front support handle to ensure user safety, along with easy load adjustment.</p> <p>The integrated software displays real-time performance data such as power, strength, balance, and unbalances, along with a wide range of tests</p> |



## THE SYSTEM INCLUDES::

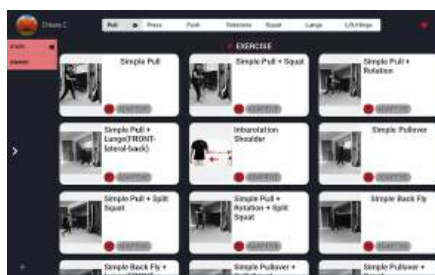
### D.PLUS

- 1x Waist Harness – One Size
- 1x Full Body Harness – Size L
- 1x Double Handle
- 1x Basic Wall-Mounted Accessory Holder

- 1x Anklet
- 1x Short Single Handle
- 1x Belt – One Size
- 1x Isometric Strap
- 1x Basic Wall-Mounted Accessory Holder



FLYER



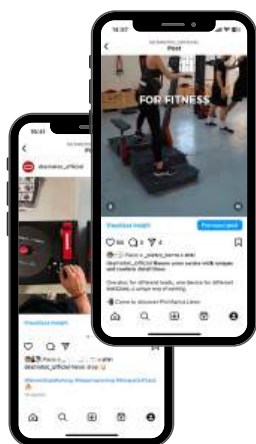
TRAINING ON BOARD  
AT PLACE



ONLINE COURSES



ROLL-UP



POST PACKAGE



TRAINING

## 1 BENEFITS FOR CLUB FITNESS

ELEGANCE AND PRESTIGE IN FITNESS:

THE PININFARINA LINE FOR AN EXCLUSIVE AND DIFFERENTIATING CLUB

- **Exclusive Made in Italy design:** Elegance, functionality, and innovation in one solution.
- **Scalable business model** with various types of exercises across 2 stations, training formats, and personalized/customizable programs.
- **Competitive differentiation:** An exclusive offering that allows you to stand out from the competition by providing a premium solution to attract a broader and higher-end clientele.
- **Increased profitability:** The opportunity to offer personalized and group sessions with premium pricing.
- **Attractiveness and retention:** A unique and fresh training experience that encourages user engagement and loyalty.
- **Space optimization:** Compact and versatile equipment, ideal for boutique fitness studios and personalized spaces, maximizing profit per square meter.
- **Time efficiency:** Effective training formats for both personal training and group sessions in reduced timeframes.
- **Cloud-based data management:** Detailed analysis of user performance to enhance retention.
- **Trainer-centered approach:** Trainers play a key role in guiding users toward the optimal use of isoinertial technology, ensuring safe and effective results.



*Transform limited spaces into extraordinary solutions. An optimization of environments where aesthetics, functionality, and technology blend to create unique experiences.*



# 2

## BENEFITS FOR PERSONAL TRAINERS

ELEGANCE AND PRESTIGE IN FITNESS: THE PININFARINA LINE FOR AN EXCLUSIVE AND DIFFERENTIATING CLUB

- **Enhancing the role of the personal trainer:** Advanced tools for personalized workout programming.
- **Real-time testing and monitoring:** Ability to analyze client strength, balance, and progression, enabling optimized client management through training plans based on objective data.



- **Increased business opportunities:** Greater potential to offer exclusive packages, test batteries, and premium sessions, as well as to expand your client base.
- **Ongoing education:** Through certified courses.



*Fitness professionals can use the Pininfarina line to offer more advanced and personalized sessions, enhancing service quality and client engagement by attracting a diverse range of clients and making the gym experience unique.*



## 3

**BENEFITS FOR USERS**

ELEGANCE AND PRESTIGE IN FITNESS:

THE PININFARINA LINE FOR AN EXCLUSIVE AND DIFFERENTIATING CLUB

- **Weight loss:** High calorie expenditure with a prolonged EPOC (Excess Post-exercise Oxygen Consumption) effect. Short and intense workouts to maximize fat burning.
- **Toning:** Optimal muscle activation for both aesthetic and functional improvement. Versatile exercises enhance posture and mobility.
- **Strength development:** Increased muscle activation and strength development, improving muscular endurance and reducing the risk of injuries.
- **Stability and posture:** Improved joint mobility and coordination, with core and stabilizer muscle strengthening for optimal posture.
- **More effective and safer workouts:** Each movement is optimized, helping to reduce the risk of injury through preventive training.
- **Advanced monitoring:** Accurate data to continuously improve performance.
- **Training versatility:** The ability to work on strength, endurance, recovery, and posture with a single solution.



*Users who choose the Pininfarina line can experience an innovative, highly effective, and fully personalized workout.*



# GROUP TRAINING



The Desmotec V.Minis Group redefines fitness group training with an exclusive innovation that combines advanced technology.

- High-intensity group workouts
- Short and effective sessions to optimize time
- Maximizes strength, endurance, and motor control
- Personalized training experience for every user
- Extremely versatile in organizing classes, groups, and circuits
- Ideal for optimizing toning, posture, and injury prevention
- A complete, innovative, and high-performance workout

## DESMOTEC APP

The Desmotec Connect app is an intuitive, content-rich platform, ideal for both clients and trainers.

It monitors progress, personalizes programs, and provides access to exclusive resources to optimize every session.

Access video tutorials, podcasts, and exclusive articles to deepen your knowledge of fitness techniques and approaches.

Organize and manage workouts with targeted protocols that can be adapted to each client's specific needs.





## TRAINING TYPES

- **HIIT (High-Intensity Interval Training) and Cardio:** Short and intense sessions to maximize calorie burn, improve endurance, and build strength.
- **Functional Training:** Suitable for any type of movement and body segment, performed functionally to enhance strength, agility, and coordination.
- **Postural and Core Stability:** Perfect for improving balance, posture, mobility, and motor control.
- **Strength and Muscle Power:** Maximize muscle growth in terms of strength and endurance, along with neuromuscular efficiency.
- **Therapeutic Training:** Ideal for injury prevention and recovery.
- **PT and Circuit Training**
- **Total / Lower / Upper Body**



*An innovative method to maximize performance, motivation, and retention!*



## V.MINI

## Technical Information



**V.MINI device Dimensions::**  
l 0,25 x h 0,35 x p 0,12

V.Minis is Desmotec's compact and versatile device, designed for personal training and group workouts.

Easily adaptable to any need or movement pattern, it can be conveniently anchored anywhere.

A lightweight and compact machine ideal for high-intensity training, functional circuits, postural, and preventive work.

It can be seamlessly integrated into standard training methods and is capable of replacing multiple functions with a single device.

## THE DEVICE INCLUDES:

- Handle
- Anklet
- Suspension kit
- Pro Kit (PRO Disc + Resistance Bands)
- Free App for 1 month



FLYER



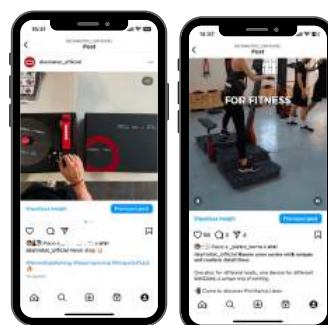
TRAINING ON BOARD



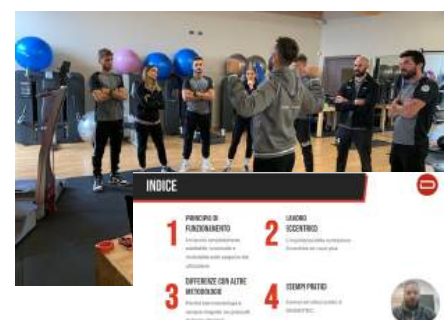
ONLINE COURSES



ROLL-UP



POST PACKAGE

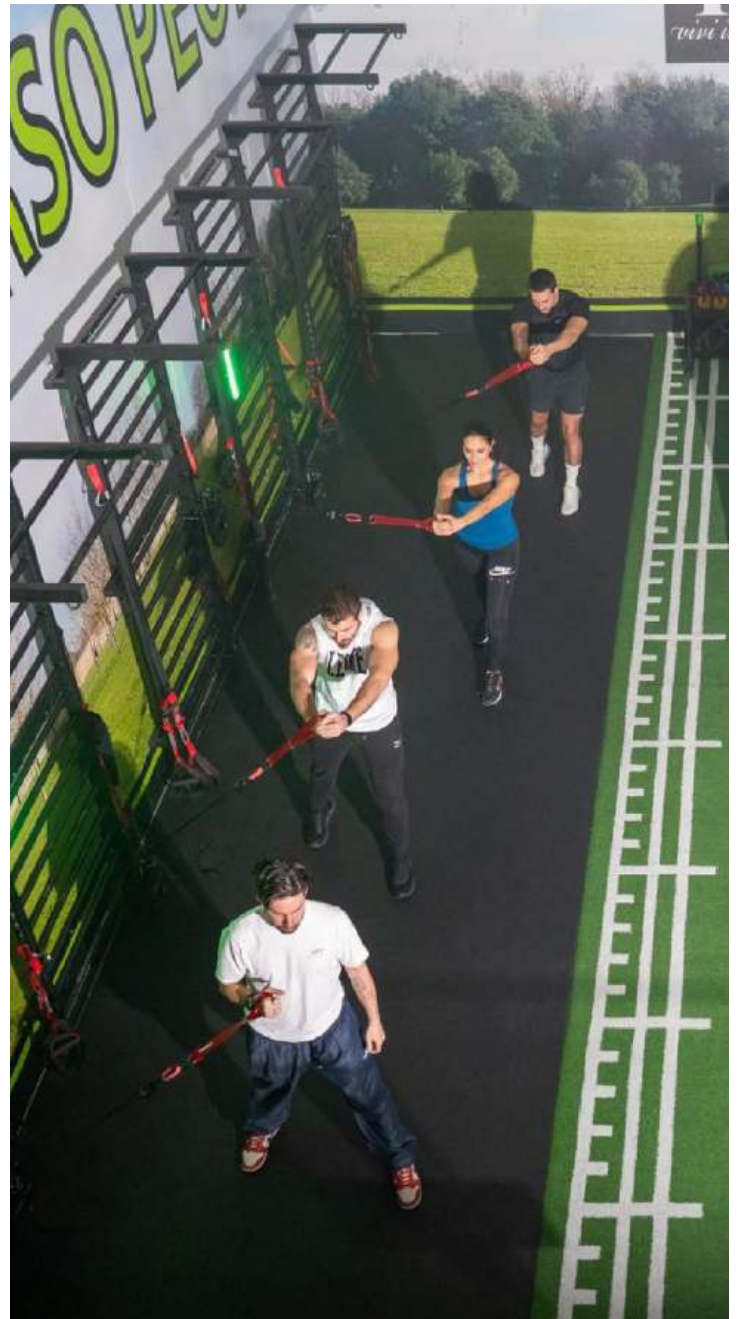


TRAINING

# 1 BENEFITS FOR THE FITNESS CLUB

## INNOVATION, EFFICIENCY, AND PERSONALIZATION

- **Scalable business model** with various types of exercises, training formats, and personalized/customizable programs.
- **Competitive differentiation:** An innovative and exclusive offering that allows you to stand out from the competition with a unique proposition.
- **Attractiveness and retention:** A unique and fresh training experience that encourages user engagement and repeat visits.
- **Space optimization:** Compact and versatile devices that easily integrate into any fitness environment.
- **Time optimization:** Effective training formats in 30-minute classes.
- **Profitability:** High-turnover group sessions that maximize profit per square meter.



*Enter a new era of fitness with V·Mini Group Training!  
Exclusive sessions, high-intensity workouts, and advanced  
technology for a personalized and engaging experience.*



# 2 BENEFITS FOR PERSONAL TRAINERS



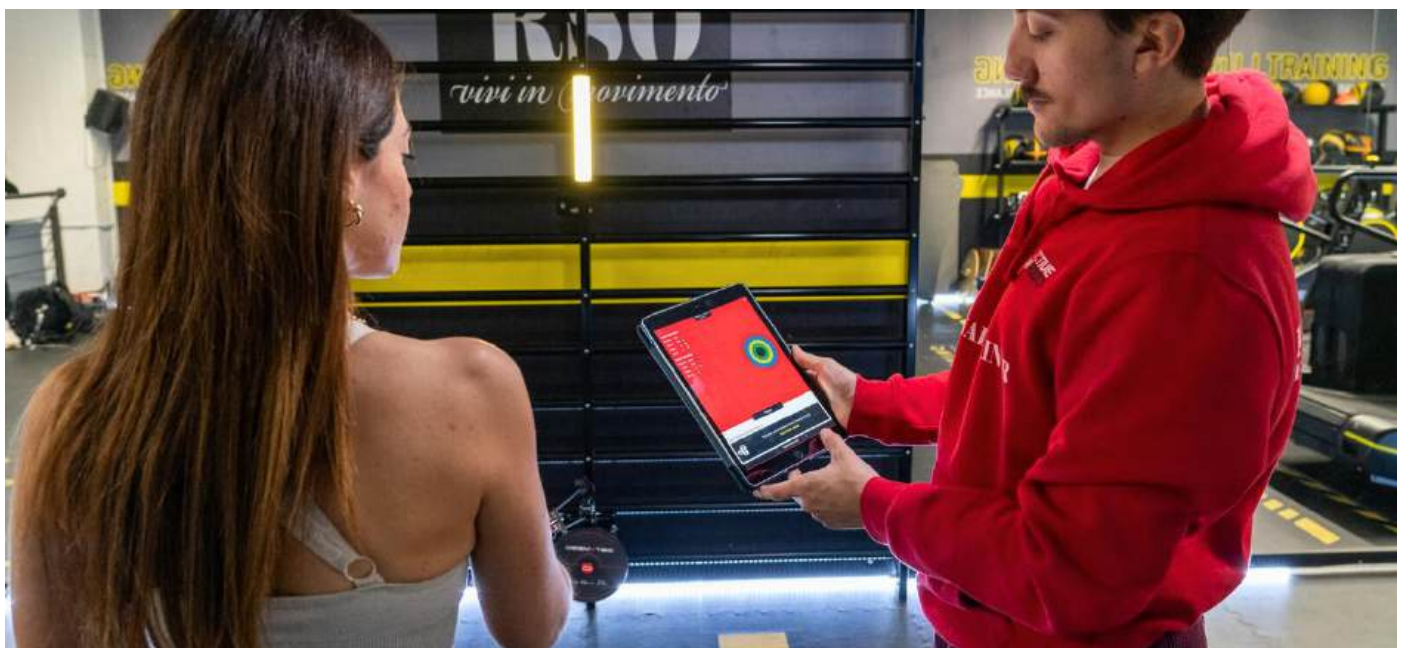
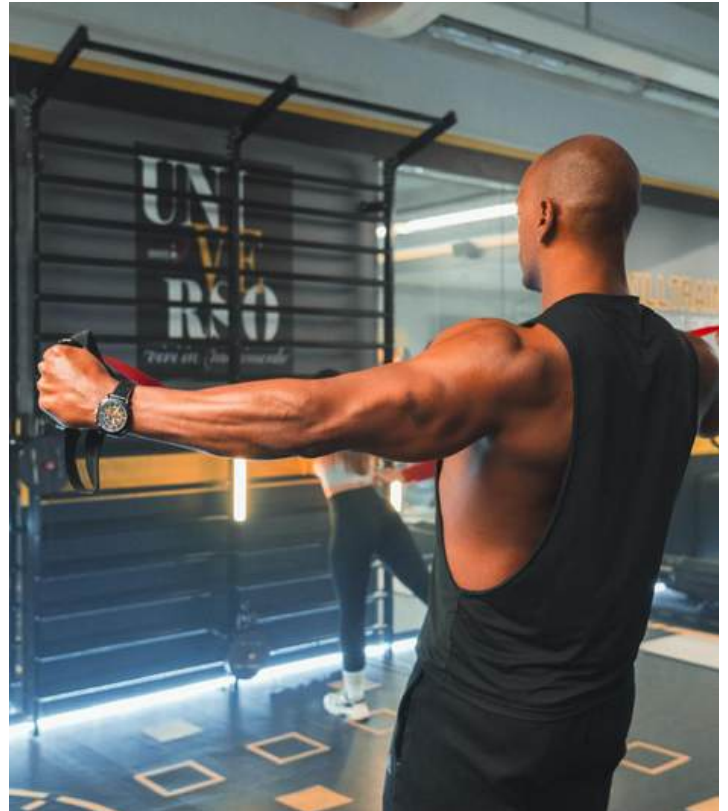
- Access to **innovative technology** for functional, intense, and personalized workouts.
- **Safety and monitoring** with precise and specific data that allow for continuous improvement of user performance.
- **Ongoing training opportunities** through certified courses.
- **Optimized client management** through training plans based on objective data.
- Opportunity to **expand your client base**.



*Take your coaching to the next level with V.Minor Group Training! Offer dynamic, personalized, and highly technological workouts, increasing the value of your services and expanding your clientele. Become the trainer who makes a difference!*

# 3 BENEFITS FOR USERS

- Short and intense workouts (30') for maximum results in less time
- Engaging and motivating group experience
- Suitable for all levels: beginners, athletes, and post-injury clients
- Improvement in strength, endurance, posture, and motor control
- Immediate feedback through the Desmotec Connect app
- Maximum variety with HIIT, functional, postural, and therapeutic sessions
- Safe and personalized training with isoinertial technology
- Dynamic environment that encourages consistency and client retention





# 4 TYPES OF TRAINING

*Certified DESMOTEC*



To meet the diverse needs of the market, Desmotec offers two methodologies for using V·Mini group training:

## **V·MINI MIX**

An ideal solution for high-intensity group workouts (30 minutes). For 3 to 9 participants (with three devices) rotating between three stations: Desmotec V·Mini + Strength Exercises + Cardio Exercises.

At the non-Desmotec stations, participants can perform strength exercises using weights, bodyweight, or other equipment, and cardio exercises using machines or bodyweight movements.

## **V·MINI SHOT**

An ideal solution for high-intensity group workouts (30 minutes). For 3 to 6 participants (with three devices) rotating between two stations: Desmotec V·Mini + Strength Exercises or Cardio Exercises.

*Versatile, effective workouts based on scientific methodologies. Thanks to Desmotec technology, each session is optimized to maximize results, safety, and engagement.*

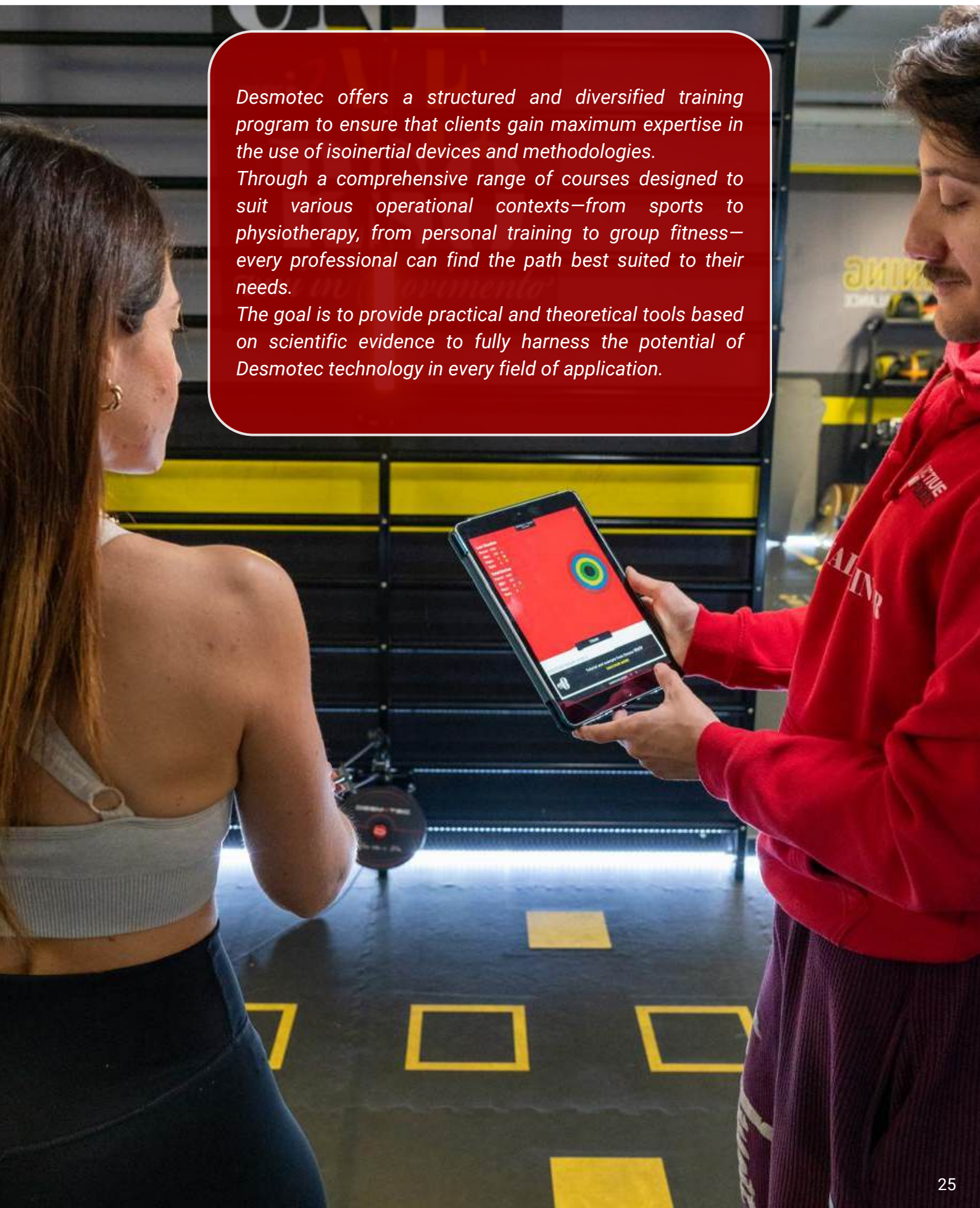


## DESMOTEC COURSE

*Desmotec offers a structured and diversified training program to ensure that clients gain maximum expertise in the use of isoinertial devices and methodologies.*

*Through a comprehensive range of courses designed to suit various operational contexts—from sports to physiotherapy, from personal training to group fitness—every professional can find the path best suited to their needs.*

*The goal is to provide practical and theoretical tools based on scientific evidence to fully harness the potential of Desmotec technology in every field of application.*





# 1 Basic DESMOTEC Course

The “Desmotec Basic Course” is the first introduction to our world and to Desmotec technology. The course will cover the fundamentals of the technology, from how it works to all its key advantages. At the heart of the course is the importance of eccentric contraction—a core principle of this type of technology—and its differences from traditional training methods such as weights, cables, and resistance bands. Participants will receive an overview of the different types of loads that can be used, how to manage them, and a comprehensive look at the range of Desmotec devices, including their components and software differences. All content is backed by scientific evidence to emphasize the importance of this technology across various fields of application.

1. Operating principles
2. Assets and benefits
3. Desmotec vs traditional methods
4. Load management
5. The devices
6. Fields of application



## 2 Advanced DESMOTEC Course

The “Desmotec Advanced Course” is an in-depth analysis of the various applications of our technology across different fields, including Sports, Physiotherapy, and Fitness, with specific and practical examples. It provides a more detailed overview of the different devices and the software associated with each one. The course concludes with a range of exercise examples—from basic to advanced—tailored to the different areas of use: sports, physiotherapy, and fitness



1. Desmotec Assets and benefits
2. Usage modes
3. Differences and competitors
4. The devices
5. The D.Soft software
6. Various fields of application
7. Further details



# 3 V.MINI PERSONAL Course

A course specifically designed for the 360° use of Desmotec V.Minis. From the first approach to the fundamentals of its specific application across various fields—sports, physiotherapy, and fitness. The course focuses on different resistance types, multiple applications, and the Desmotec Connect App, and concludes with specific examples of exercises ranging from basic to advanced, along with progression strategies.

1. Deployment package
2. Where to install the machine
3. First approach
4. Load management
5. App
6. Progressions
7. Explanation tools
8. Usage modes
9. Basic and advanced exercises
10. Real-world examples



# 4 V.MINI GROUP Course

The “V.Minis Group Course” is designed to maximize the intensity and potential of Desmotec devices in a unique and innovative group training setting. It covers everything from basic guidelines and recommendations to the different usage parameters. Desmotec presents the various group training setups and certified usage formats: SHOT and MIX. Special focus is given to the app and real-time feedback, along with various exercises and progressions integrated with other systems and tools.



1. Deployment package
2. Where to install the machine
3. Group training Principles
4. V.Minis SHOT
5. V.Minis MIX
6. App
7. Progressions
8. Explanation tools
9. Usage modes
10. Real-time feedback app
11. Basic and advanced exercises

# 5 PERSONAL BOUTIQUE FITNESS Course

A course specifically designed to make the most of our top-tier Plus devices. The course includes an introduction to both devices and their initial use. It explains the different resistance types and applications—from basic to advanced use—across various fields such as sports, physiotherapy, and fitness. A key component is the use of DSoft and its various applications for both testing and exercises, concluding with specific examples of exercises ranging from basic to advanced, including progressions tailored to different market needs.

1. Device
2. First approach
3. Modes
4. D.Soft and real-time feedback
5. Usage modes
6. Basic and advanced exercises
7. Exercise progressions
8. Specific applications
9. Tools
10. Real-world examples



# 6 GROUP FITNESS BOUTIQUE Course

This course is designed to fully leverage the intensity and potential of Desmotec's top-tier devices in a unique and innovative group training setting. It starts with basic guidelines and recommendations, then moves into a deeper exploration of specific training parameters and settings. Desmotec presents its recommended and certified usage methods. The course concludes with the integration of DSoft for real-time feedback, along with a variety of exercises and progressions, all integrated with other systems and tools to deliver a complete training experience.



1. Device
2. Modes
3. Personal circuit training
4. Personal station training
5. D.Soft and real-time feedback
6. Basic and advanced exercises
7. Exercise progressions
8. Tools
9. Real-world examples





A woman in a black sports bra and grey leggings is performing a squat-like exercise with a resistance band. A man in a white tank top and black leggings is performing a lunge with a resistance band. They are in a gym with large windows and green structural elements.

# DESMOTEC

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