

POWER &
PERFORMANCE



DESMOTEC
FUNCTIONAL TRAINING

POWER, STRENGTH AND SPEED: FOR TOTAL FREEDOM OF MOVEMENT

A functional and versatile
technology for everyone,
for every need.

- *FITNESS BOUTIQUE*
- *SMALL GROUP*
- *PERSONAL TRAINING*
- *HOME GYM*



PERFORMANCE CENTERS IN THE WORLD

ACCREDITED CENTERS

UNIVERSITY





DTS METHOD

DEVICE, TECHNOLOGY
AND SCIENCE

POWER

Increases performance and power
in a functional manner.
Strength and stability at the service
of the specific technical gesture.

VERSATILITY

Innovative training with complete
freedom of action.
Test, monitor and track every step
of the workout, from prevention to
performance development...



DESMOTEC FOR PERFORMANCE

INNOVATION

Give your body a different stimulus.
High-intensity workouts with reduced work times generate more power in a functional way compared to traditional methods.

COMPLETE

It increases strength by exploiting the work of the eccentric contraction and all its benefits such as improved neuromuscular activation and increased musculotendinous work.

PERFORMANCE

Always express your maximum capabilities by increasing strength, speed and stability.
Maximum power expressed in a functional way.

TECHNOLOGY

Test and train with easy, customisable software to suit every need.
Keep track of your sessions, compare histories and share reports.

DESMOTEC+

Made in Italy devices, produced with meticulous attention to detail, make Desmotec unique in the industry.



MARKETING PACKAGES

Included in the device sales package, we offer marketing material, social media, brochures to support your promotion of Desmotec technology.



SOFTWARE

Different real time feedback for every need: balance isometric, force and power.

Easy, intuitive and customisable.



DIFFERENT SOLUTIONS

From the Plus line, top of the range, to the smart line, light and compact lines.

Different solutions for every need.



ASSISTANCE & TRAINING

The experts at the Desmotec Academy guarantee continuous training in the use of Desmotec machinery.

PROFESSIONAL LINE

by Pininfarina

Top of the Desmotec range, capable of transforming even small spaces into extraordinary solutions.

An optimisation of rooms, where aesthetics, functionality and technology come together to create unique experiences.

With just two innovative machines, Pininfarina can revolutionise the concept of the gym, offering a wide range of range of functions in a small space.

IDEAL FOR

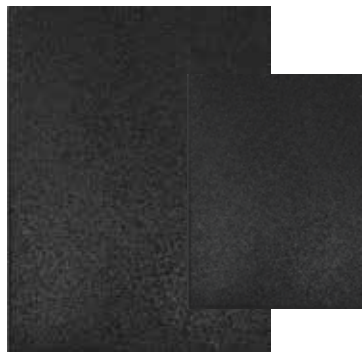
- High-quality personal seating
- State-of-the-art circuits







FLOORING



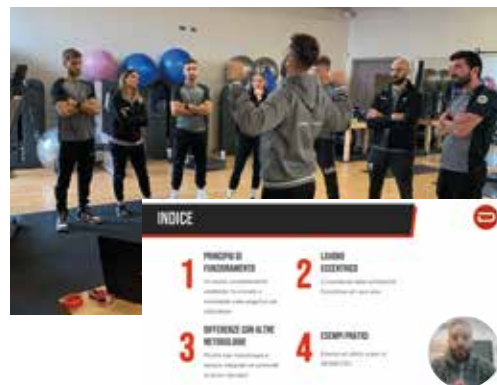
CORNER FURNITURE



FLYER



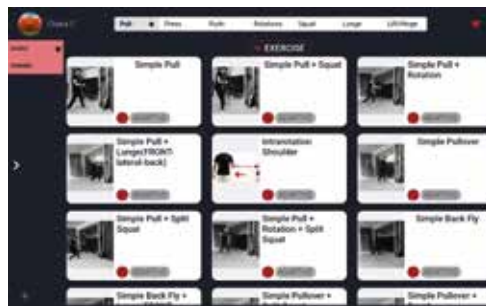
TRAINING



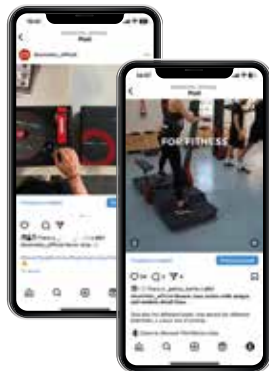
ROLL-UP



TRAINING ON BOARD



POST PACKAGE



ONLINE COURSES



V.MINI SMALL GROUP

OPTIONAL



Be the first in Italy to offer courses innovative courses to your gym.

Take advantage of V.Minis in specific courses:

- To enhance muscle stimulation during high-intensity courses
- At circuit stations
- To improve muscle recruitment during complex movements.

IDEALE PER

- Group courses
- Personal training sessions



GAMIFICATION

Challenge your goals.
Monitor your workouts via the Desmotec Connect Mobile App.
Always push yourself beyond your limits.





FLYER



CORNER FURNITURE



POST PACKAGE



TRAINING



INDICE

1

PRINCIPI DI FUNZIONAMENTO

Il nostro sistema di allenamento è innovativo e unico nel suo genere, basato su principi di fisiologia e biomeccanica.

2

LAVORO ESECUITO

Il lavoro è diviso in tre fasi: riscaldamento, allenamento vero e proprio e stretching. Ogni fase è progettata per massimizzare i benefici.

3

DIFFERENZE CON ALTRE METODICHE

Il nostro sistema di allenamento è unico nel suo genere, basato su principi di fisiologia e biomeccanica.

4

ESEMPIO PRATICO

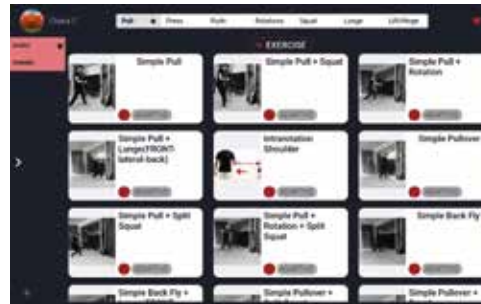
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ROLL-UP



TRAINING ON BOARD

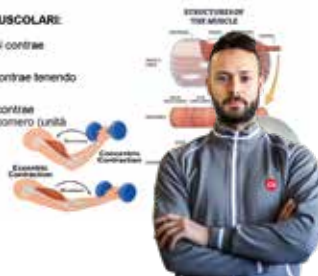


ONLINE COURSES

CONTRAZIONE MUSCOLARE

3 TIPOLOGIE DI CONTRAZIONI MUSCOLARE:

- **CONCENTRICO** → Il muscolo si contrae accorciandosi
- **ISOMETRICO** → Il muscolo si contrae tenendo invariata la lunghezza
- **ECCENTRICO** → Il muscolo si contrae allungandosi → Si allunga il sarcomero (unità contrattile)



V.MINI

Designed to be easily transportable and adaptable to limited spaces, V.Minis is perfect for gyms, personal training studios, home gyms or outdoor workouts.

The V.Minis allows you to perform a wide range of upper, lower and core exercises.

IDEAL FOR

- Personal Training indoor
- Personal Training outdoor



OPTIONAL







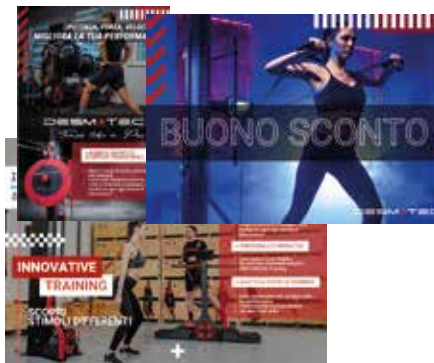
FLOORING



CORNER FURNITURE



FLYER



TRAINING



INDICE

1

PRINCIPI DI FUNZIONAMENTO

Un nuovo modo di allenarsi, con un unico strumento che integra il cardio e il training.

2

LAVORO ESERCITIVO

Il lavoro che si fa in palestra, con un unico strumento che integra il cardio e il training.

3

DIFFERENZE CON ALTRE VERSIONI

Il nuovo modo di allenarsi, con un unico strumento che integra il cardio e il training.

4

ESERCIZI PRATICI

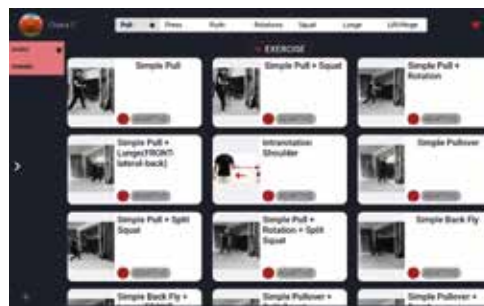
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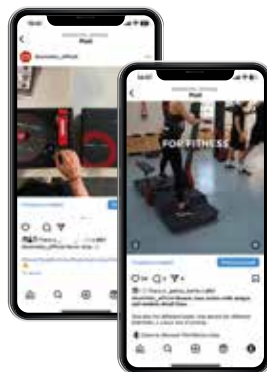
ROLL-UP



TRAINING ON BOARD



POST PACKAGE

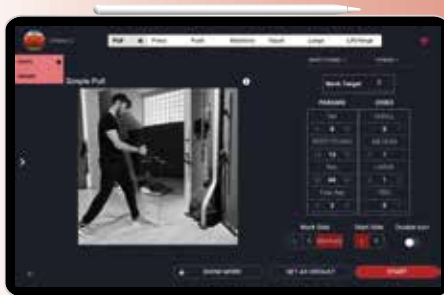


ONLINE COURSES



BIO FEEDBACK & APP

Through accurate testing and Real Time Feedback, it is possible to monitor the user's condition, track the progress and verify results over time thanks to historians and cloud service.



FOR ALL NEEDS

A software easily adaptable to the user's needs. Customise, save and display different improvements over time.

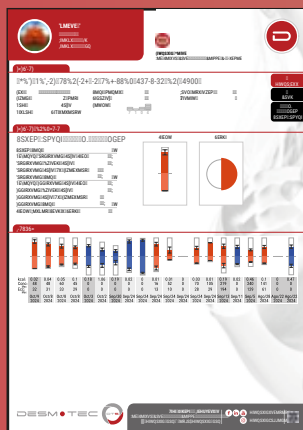


DIFFERENT FEEDBACK

Monitor the work done with different feedback: balances, forces and powers.



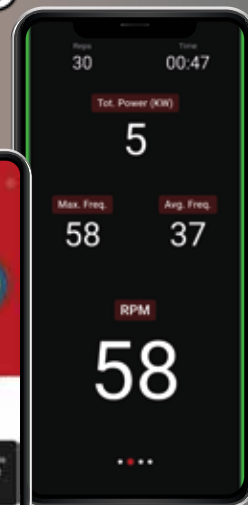
REPORT & CLOUD
In-depth reports
shareable via D.Soft.
Each work step is
visualised via the Cloud
with different work focuses:
Maximum/Medium -
Concentric/Eccentric -
Left/Right.



PDF REPORT
Keep track,
monitor each job
via PDF reports
simple and easily
shareable.



SMART
VERSION
ONLY



Connect to
DESMOTEC



D.PLUS *pininfarina*

Safe working station with wide, comfortable handle, and with a wide range of exercises thanks to the well-shaped platform and the superior length of the rope, designed by Pininfarina.



DEVICE DIMENSION:

1,00 x 1,80 x 1,60 m

WEIGHT:

200 kg

MAXIMUM WORKING FORCE:

600 kg

TABLET INCLUDED:

Samsung A9

D.FULL COMFORT

Possibility to statically or dynamically test the balance using direct feedback of the D.Load cells.



DEVICE DIMENSION:

0,95 x 0,85 x 1,00 m

WEIGHT:

75 kg

MAXIMUM WORKING FORCE:

500 kg

TABLET INCLUDED:

Samsung A9

OUR SOLUTION

V.PLUS *pininfarina*

Wide range of exercise thanks to the increased height of the device, the front handles provide support and safety during exercises in an upright position, designed by Pininfarina



DEVICE DIMENSION:

0,40 x 0,60 x 2,30 m

WEIGHT:

75 kg

MAXIMUM WORKING FORCE:

200 kg

TABLET INCLUDED:

Samsung A9

V.FULL

Benefits of load cell measurements with regard to the comparison between left and right limb or healthy and treated limb.



DEVICE DIMENSION:

0,35 x 0,35 x 2,00 m

WEIGHT:

25 kg

MAXIMUM WORKING FORCE:

200 kg

TABLET INCLUDED:

Samsung A9

D.FULL

Portable and versatile.
Easily addable load cells.



DEVICE DIMENSION:
0,95 x 0,70 x 0,30 m

TABLET INCLUDED:
Samsung A9

WEIGHT:
55 kg

MAXIMUM WORKING FORCE:
200 kg

BLACK EDITION

A complete gym in a small space.
Two compact and portable devices,
for a complete total body workout.



DEVICE DIMENSION:
0,37 x 0,24 x 0,12 m
0,60 x 0,40 x 0,07 m

TABLET INCLUDED:
V.Mini: No
D.Black: No

WEIGHT:
3,5 kg
25 kg
MAXIMUM WORKING FORCE:
n.d.

E.BOARD

A solid structure that allows the evaluation of
balance, forces, times, jumps and speed.
Inclusive of 4 load cells.
Dedicated software for creating reports and
storing data.



DEVICE DIMENSION:
0,9 x 0,6 x 0,08 m

TABLET INCLUDED:
Samsung A9

WEIGHT:
38 kg

MAXIMUM WORKING FORCE:
800 kg

MED COMBO

Lightweight and compact.
Work everywhere on body
segments with V.Mini.
Head through more than 100 exercises
with E.Mini.



DEVICE DIMENSION:
0,37 x 0,24 x 0,12 m
0,60 x 0,40 x 0,07 m

TABLET INCLUDED:
V.Mini: No
E.Mini: Samsung A9

WEIGHT:
3,5 kg
14 kg
MAXIMUM WORKING FORCE:
200 kg



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