KINEO PRODUCT RANGE

KINEO MULTISTATION

- LEG EXTENSION
- LEG CURL (optional)
- SQUAT
- PULLEY

KINEO LEG PRO

- LEG EXTENSION
- LEG CURL (optional)

KINEO PULLEY

- High PULLEY
- PULLEY

KINEO PULLEY/SQUAT

- SQUAT
- High PULLEY
- Low PULLEY

GLOBUS

SPECIALIST IN ECCENTRIC TRAINING

VARIABLE CONCENTRIC/ECCENTRIC WEIGHT LOAD

COMPREHENSIVE FUNCTIONAL ASSESSMENT

- ISOTONIC
- ISOKINETIC
- ISOMETRIC
- ECCENTRIC

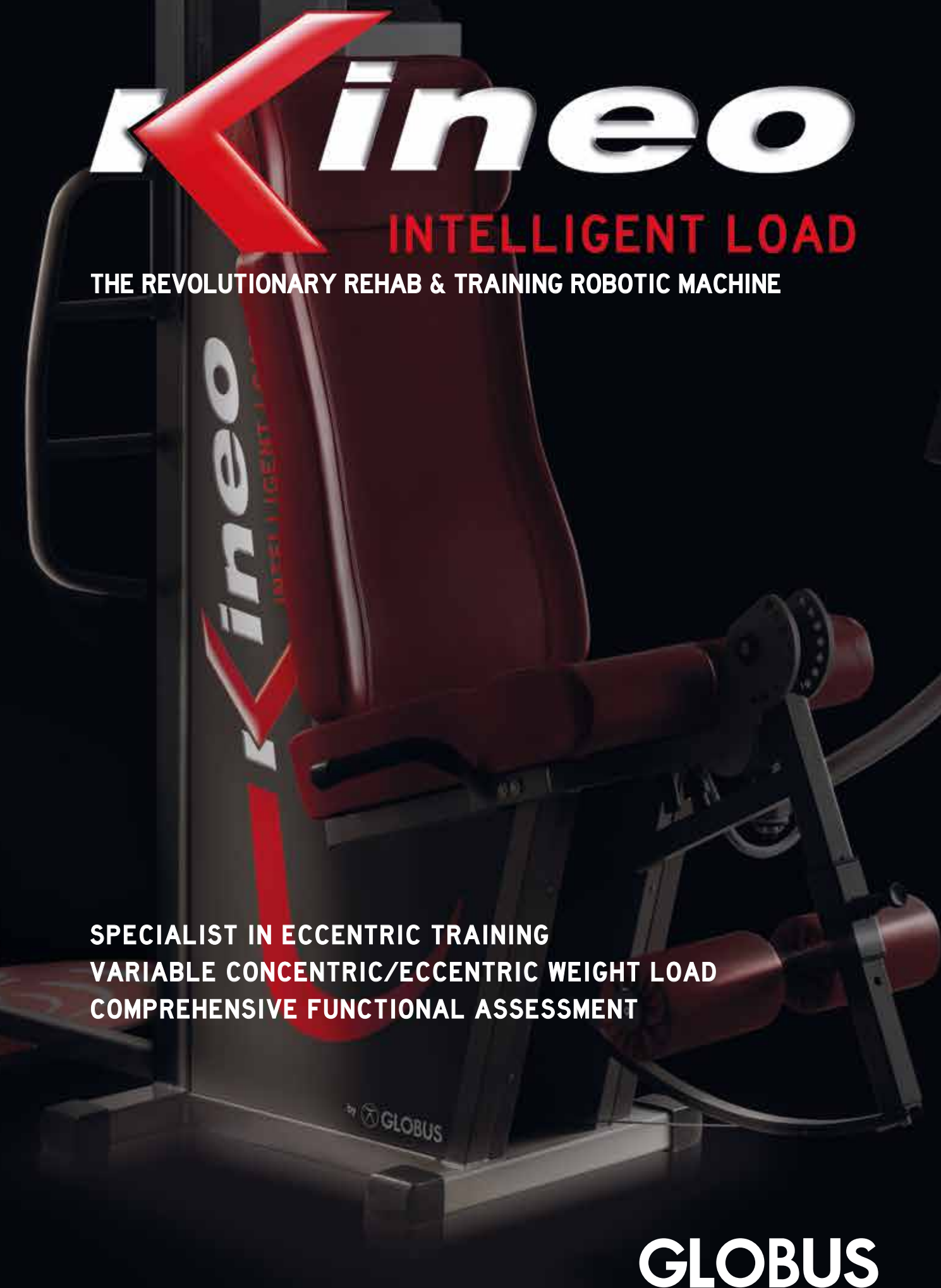**Find out how to revolutionize your methods with Kineo at:**
www.kineosystem.it

GLOBUS

Rev. Eng_07_2016

Kineo
INTELLIGENT LOAD

THE REVOLUTIONARY REHAB & TRAINING ROBOTIC MACHINE

GLOBUS

FORGET THE WEIGHTS. KINEO WILL TAKE CARE OF ADJUSTING THE WEIGHT LOAD FOR YOU.

Have you ever wished you could train adjusting the weight load between the eccentric and the concentric phases of your workout? Ever wished you could control the intensity of the effort along the movement? Ever wished you could identify the ideal weight load to make the best of your neuromuscular training? If so, you are done waiting. Kineo, the first intelligent robotic machine, allows you to leave behind the old and ineffective ways of strength training.

SPECIALIST IN ECCENTRIC TRAINING.

Supramaximal ECCENTRIC workout (professional athletes).
Kineo is the first equipment that will let you train with supramaximal weight load safely and efficiently.

ECCENTRIC workout in functional recovery.
In functional recovery training, Kineo will use its built-in motor to adjust the weight progressively during the eccentric phase (elastic) of the movement, thus avoiding overloading your joints at the most unfavorable angles.

ECCENTRIC TRAINING

REHAB & TRAINING. MOTOR POWERED MACHINE.

Kineo can reproduce all the training methods currently available:

- **ISOTONIC (with/without inertia)**
- **ECCENTRIC**
- **ELASTIC**
- **ISOMETRIC**
- **ISOKINETIC**
- **VISCOUS**
- **VARIABLE WEIGHT LOAD**

Rehab   Training

THE WORLD'S MOST VERSATILE REHAB & TRAINING EQUIPMENT.

Countless workout stations. Kineo is the multitasking ergonomic platform that allows you to plan your training sessions punctually and effectively.
Every Kineo station can be highly customized making the best out of each individual user's set up (injury recovery, injury prevention or regular training) minimizing the risk of causing an injury or worsening an existing one.

Leg Extension

Leg Curl

Pulley

Kineo
INTELLIGENT LOAD

CONC.
20 Kg.

ECC.
40 Kg.

DIFFERENT WEIGHT LOAD BETWEEN THE ECCENTRIC AND CONCENTRIC PHASE.

Kineo is the only robotic workout station that lets you vary the weight load along the movement between the eccentric and the concentric phase maximizing at best your workout routines and goals.

BIPHASIC LOAD

FUNCTIONAL ASSESSMENT. FAST AND EFFECTIVE TESTS.

Through Kineo is possible to assess the user's physical fitness or determine the extent of his/her physiotherapeutic condition. Kineo is the first workout station to offer comprehensive eccentric strength assessments in complete safety.

ISOKINETIC TESTS
- MAXIMUM STRENGTH TEST
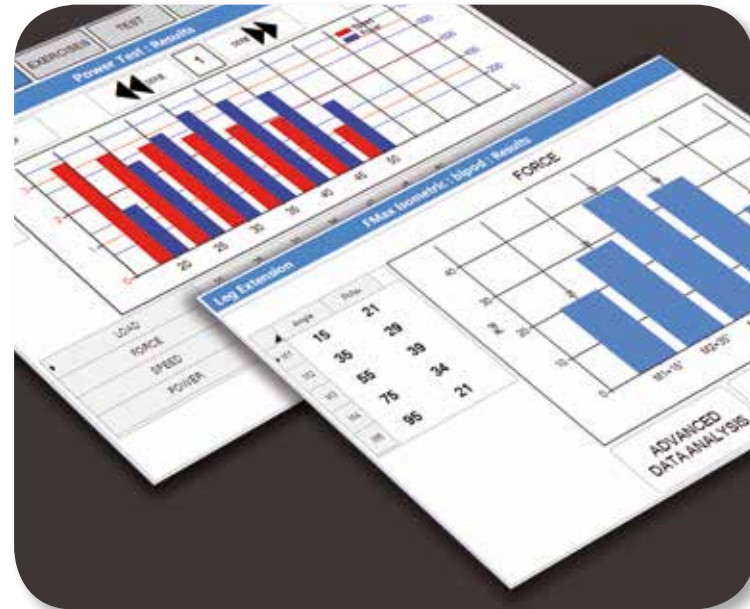- ISOKINETIC BALANCE TEST

DYNAMIC TESTS
- POWER TEST - PROGRESSIVE LOAD
- CONCENTRIC MAXIMUM STRENGTH TEST
- CONCENTRIC MAXIMUM STRENGTH BALANCE TEST

ECCENTRIC TESTS
- ECCENTRIC MAXIMUM STRENGTH TEST
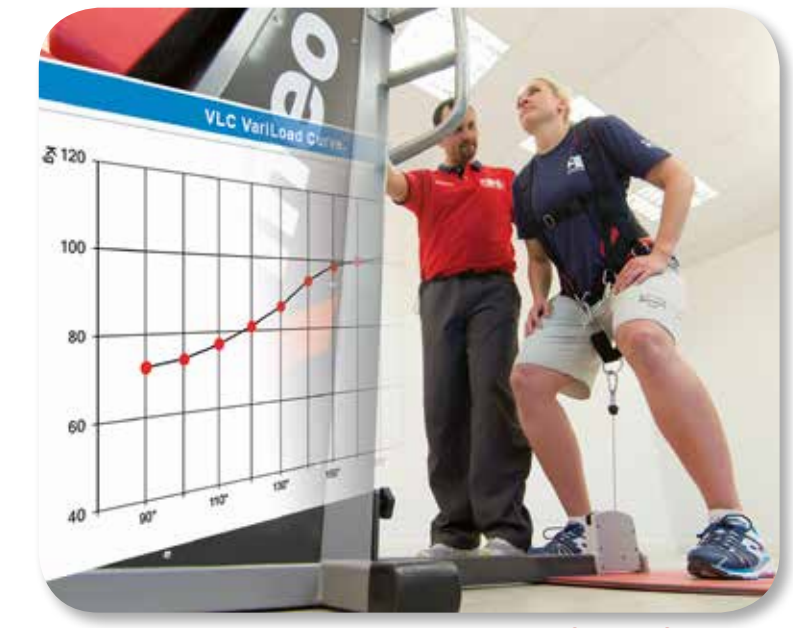- ECCENTRIC MAXIMUM STRENGTH BALANCE TEST

ISOMETRIC TESTS
- MAXIMUM STRENGTH TEST
- ISOMETRIC BALANCE TEST

VARIABLE WEIGHT LOAD DURING WORKOUT.

Kineo will let you vary the weight load according to the maximum effort deliverable at different angles of movement. This way you will be able to protect your joints at the most critical angles of movement (pain zone) maximizing the training at the most favorable ones.

VARIABLE WEIGHT LOAD