



YoRoller PRO

Flywheel Training device

สำหรับฝึกความแข็งแรงของกล้ามเนื้อ น้ำหนักเบา พกพาได้สะดวก สามารถฝึกได้ทั้งการหดตัวแบบ Eccentric และ Concentric แบบ สามารถสร้างแรงต้านได้ดีตลอดการช่วงการเคลื่อนไหว ปรับระดับความหนักและความยาวของสายเคเบิลได้ตามความเหมาะสม สามารถประยุกต์ในท่าออกกำลังกายทั้งแบบ Resistance training หรือผสมผสานกับท่าออกกำลังกายเฉพาะกีฬาได้หลากหลายรูปแบบ



Ergonomic Grip



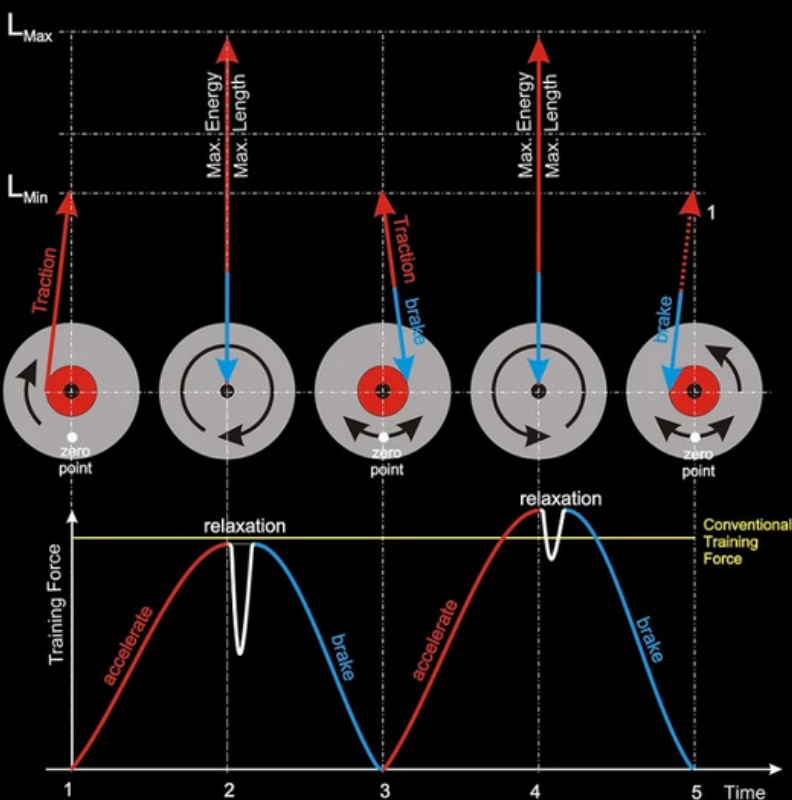
Two Hand Grip



Cuff



Social Media Adapter



Training with flywheel technology

Training with centrifugal force in the form of kinetic energy is an innovative development in the field of sports and physiotherapy. Instead of traditional weights, you train with flywheels that work independently of gravity. Every movement occurs in two phases: concentric phase and eccentric phase

Phase 1 - Concentric Movement

By investing muscle energy to pull the handle and accelerate the flywheels, they store kinetic energy. Once the strap is fully unwound, the drawstring reaches its maximum length, creating a "point of return" where the drawstring reverses direction and begins to coil, like an inverted yo-yo. Depending on body tension and training style, the amplitude and speed of the "point of return" can be used as a longer or shorter "relaxation" of the muscles.

Phase 2 - Eccentric movement

As the band begins to wind up, it is slowed down by muscle force. The eccentric phase begins instinctively. The person who trains cannot remain passive. It is pulled by the stored kinetic energy with almost the same energy that it put into turning the flywheels and has to brake them. This reaction is instinctive. This phase lasts until the tension band has reached its shortest length and the flywheels are braked at zero speed. A new cycle is initiated by the action of new concentric traction.

