

KINESIS

Full Body Movement Training

BY ANGIE MILLER, MS

Is it possible to get a complete, total body workout that engages the mind and body, improves strength, balance, endurance and flexibility, and inspires quality and freedom of movement?

Thanks to Kinesis, with its unique design and progressive approach to functional fitness, it's not only possible, it's a fitness dream come true. Technogym, an Italy-based fitness manufacturer known for their conceptually innovative designs, introduced Kinesis to the United States in March of 2005 at the International Health, Racquet and Sportsclub Association conference. This year Technogym launched three more versions of Kinesis, including one for home users. Kinesis can now be found in exclusive fitness facilities and homes throughout the world.

Kinesis challenges the mind and the body, working multiple muscle groups simultaneously and mimicking movements performed in everyday life. It combines more traditional exercises like a chest press, with more functional movements like a squat. By combining resistance and movement, Kinesis reportedly burns up to 30 percent more calories than a traditional machine. Because the entire kinetic chain—upper body, lower body and core—is needed to perform each movement in Kinesis, there is more energy required, resulting in more calories burned.

Resembling the mindfulness of yoga and the discipline of martial arts, Kinesis (the Greek word for “movement”) creates a virtually stress-free fitness environment. It allows the human body to move naturally, with movements that are smooth and supported, but challenging.

How does Kinesis work?

Kinesis uses Full Gravity Technology, a 3-D Pulley System (both patent pending) and a closed-loop cable. This innovative technology permits the user to move three-dimensionally while providing resistance to every movement. The user can vary the resistance by moving the body closer to or further away from the unit. The user can also move in multiple directions and angles without ever having to change a setting and with minimal interference from the cable.

What about the four Kinesis models?

Kinesis Circuit: This is the original Kinesis model. It has four modules called Alpha, Beta, Gamma and Delta. Each module focuses on a different movement pattern and has the cables in a different position.

- 1 In the Alpha module, the cables are vertical, which is good for push-pull exercises used in back and chest work.

- 2 In the Beta module, the cables are horizontal and low. They can be pulled up for work on shoulders, back, hamstrings and biceps (such as reverse wood chops).

- 3 In the Gamma module, the cables are horizontal and high. They can be pulled down for work on lats and back in exercises such as lunges, squats and woodchops. This particular module is conducive to progressing exercises using an unstable surface such as a stability ball or BOSU®. By standing on an unstable surface the user can add a balance component for additional challenge.

- 4 In the Delta module there is one cable, which is horizontal and low and has a padded handle. It can be used for abductor/adductor work and squats.

The Kinesis Circuit was designed for semiprivate small group training, allowing four different users to perform four different exercises. With Kinesis Circuit there are over 400 separate movements possible and over 250 exercises to choose from.

Kinesis Class: This model offers three configurations of pulleys all in one module. A typical group Kinesis class will use at least three of these same Kinesis Class modules, which stand side by side. Kinesis Class was meant to be more of a group exercise experience than Kinesis Circuit. Each user, at their own module, performs the same movement at the same time, as in a traditional group exercise setting.

Kinesis One: This model is a stand-alone unit, and was designed for the single user to work independently or with a trainer. Kinesis One is designed to be used in a medical setting, in physical therapy or in rehabilitation.

Kinesis Personal Heritage: This model is a home unit configured the same as Kinesis Class and Kinesis One.

What makes Kinesis unique?

- 1 Unlike traditional weight training, where the workload changes throughout the movement, in Kinesis the workload travels with you through all planes and ranges of motion. Conceptually, it's like moving through water.

- 2 With Kinesis, the workload can assist you or challenge you simply by using a different cable. Even within one module or unit, you can change the angle of the cable to allow unrestricted movement in any plane of motion.

- 3 Kinesis focuses on integrated movement training rather than isolated muscle training.

- 4 In a Kinesis class, adjustments can be made quickly so the flow of the class is not interrupted.



5 In Kinesis, programs are designed around the user's activities and goals. It's a very individualized approach.

6 There are literally hundreds of unique exercises to keep workouts fresh.

7 With Kinesis, it's more about movement and less about numbers. There are no weights on the machines, so it takes the competition out of the class and training environment. Instead, it places the focus on body awareness and integrity of movement.

Who should train with Kinesis?

- Kinesis is excellent for the baby boomer population that wants to stay fit and active, but might require assisted, yet challenging, movement opportunities.
- It's great for sport-specific training where rotational movement is emphasized, such as golf, softball, tennis and racquetball.
- Kinesis is good for any population that wants to focus on balance training. It promotes balance and stability through all ranges and planes of motion.
- It's perfect for those who crave the individualized attention of a personal training session, but love the energy of a group setting.
- Anyone who appreciates interesting, dynamic workouts that involve quick changes and endless variety.

What are some dynamics of a Kinesis workout?

According to Dorothy Sager, Education and Training Manager for Technogym USA, "Generally a Kinesis workout is only 30 minutes, because it's intense, and it's a cardiovascular workout too." Sager refers to Kinesis work as movements, not exercises. She says that "movement uses all of our body in all directions, and Kinesis gives the user the opportunity to do movement." The user starts with simple movements, in which they are able to stabilize and support, and builds to more complex movements that add rotation and increased intensity.

How much does a Kinesis cost?

Purchasing a Kinesis, whether for home or commercial use, is an investment. On the high end, Kinesis Circuit, with its four modules or units, costs about \$48,000. On the low end, Kinesis One, costs about \$12,400. Kinesis Personal costs about \$16,000 to \$19,000.

A total body workout focuses on quality and integrity of movement, and develops mind/body awareness. That's what Kinesis is all about. With such an innovative approach and a progressive development strategy, it appears that Kinesis is just beginning to make its mark in the fitness world. Those who appreciate functional fitness training and believe in natural, connected movements that inspire the body to train the way it lives, will want to check it out. **AF**

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