

# WORLD NEWS

FOLLOWING THE EVOLUTION OF ECCENTRIC RESISTANCE TRAINING

## LETTER FROM THE EDITOR

**D**ear nHANCE friends – old and new subscribers to this Newsletter. The Winter Olympics is over. Numerous great athletes competing and showing outstanding skills are long-term dedicated nHANCE users, and particularly those relying on speed and power. But now we also experience how more and more traditional “endurance” athletes add our methods to improve performance and prevent injury. We listen to the needs by athletes. The newly introduced row machine (highlighted in this Newsletter) is designed for the Olympic Crew to improve power and get a fast start, but its smart design also satisfies all you can ask for to carry out the seated stationary row in the Gym. We are also paying attention to recent research on an interesting subject relevant to both athletic training and the fitness addicts. Should we use “over the counter” drugs to combat pain and muscle soreness and still entertain the benefits resistance exercise training. The 4<sup>th</sup> Annual Global Hamstring Project (GHP) was co-hosted by nHANCE™ and YoYo Sports & Medical, in Barcelona last year (see [www.globalhamstring.eu](http://www.globalhamstring.eu)). The preparations for the 5<sup>th</sup> are already in full swing. This year research students are encouraged to present and hang out with experts from all around the world.



Adrian Witt  
Editor-in-Chief

### SHOOTING THE NEW nHANCE FAMILY!

Our new nHANCE product line will be released this Spring. We recently completed a photo session at Rafinha Alcantara’s Templum Gym, Barcelona covering our classics, as well as configured and brand new products.



Photos by Andrés León @andres1leon;  
Models: Mark Madurell @Markmj7 and  
Mayrat Herrera @mayrather



Inter’s great central midfielder  
Rafinha Alcantara

### CUSTOMIZE YOUR nHANCE MACHINES



The entire line and family of stand alone nHANCE™ driven by YoYo™ machines is growing. There will be more great products and configurations added to the family shortly. We have changed colors and textures of all machines to comply with our branded nHANCE trademark. While the colored textured coatings are red (RAL 3004) and grey (RAL 7012), with red laces, we offer customized lace and machine colors at customers desire. Why not honor your club badge. Please specify your needs and request offer now.





NEW PRODUCT



The Seated Pro Crew Row is designed for the Olympians and validated by Champion crew rowers. Thus the machine is equipped with a sliding seat and it has measures similar to those of established indoor machines, preferred by rowers. With this "power machine" inertia can be chosen to comply with any desired stroke frequency mimicking any part of a race



(e.g., start, mid race, finish). While the stroke in rowing is characterized by high concentric power output, this machine, like any other YoYo machine, produce markedly greater power as resistance is accommodated and the eccentric overload spills over to greater concentric power. Two-time Olympian finalist, single-sculler Lassi Karonen is one of several world class rowers who can testify about improved power and performance! The beauty of this machine is, it also serves as the classical seated row by using the fixed seat feature.

NO PAIN – NO GAIN!



Or gain without pain? To refrain from or reduce pain due to injury, thousands and thousands of athletes, as well as recreational "athletes" use over the counter anti-inflammatory drugs while working out.

"High doses of anti-inflammatory drugs compromise muscle strength and hypertrophic adaptations to resistance training in young adults" is the title of recently published paper (Acta Physiol. 2017 doi: 10.1111/apha.12948) by a research team from the Karolinska Institute, Stockholm. As indicated by the title, this study showed that using Ibuprofen® compromises the well known and desired benefits of resistance exercise. The researchers followed up by completing a study entitled "Resistance training with co-ingestion of anti-inflammatory drugs attenuates mitochondrial function" (Front. Physiol. 8:1074. doi: 10.3389/fphys.2017.01074). Now the authors reported, by employing the nHANCE™ driven by YoYo™ Technology knee extension machine, they could blunt the compromised mitochondrial function that resulted from training using weight stack. Again, **another proof of superiority of our exercise methods over old style weight training.**

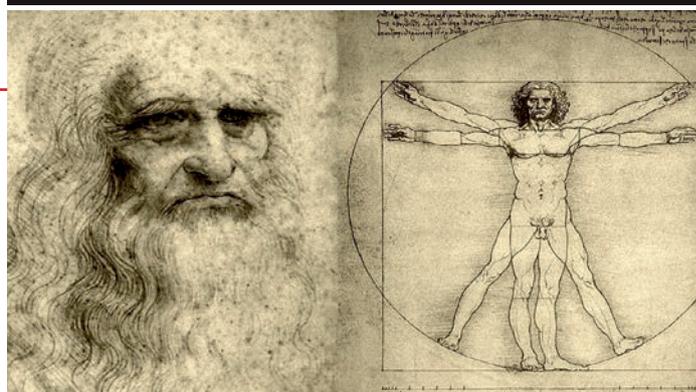
STUDENTS INVITED TO PRESENT AT THE 5<sup>TH</sup> GLOBAL HAMSTRING PROJECT



The 5<sup>th</sup> Global Hamstring Project will take place in Barcelona in November. There will be a number of great lectures and hands-on

demos by coaches representing various sports and experts bridging the gap between applied and basic science, and state of the art training for speed and power. Also, this year we are inviting applied and talented student sports science researchers to present research related to the specific theme of the Global Hamstring Project. This is an opportunity to meet and interact with the best in the field of hamstring training and injury prevention. In doing so, we encourage Master and PhD students to submit a brief abstract including title, affiliation, CV and contact information. We will then review any abstract and get back with more detailed information for the poster presentation. Submit now to [info@nhance.se](mailto:info@nhance.se).

SAID BY LEONARDO DA VINCI



"Simplicity Is the Ultimate Sophistication"

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