



FastTwitch Isokinetics

Quality Isokinetic Sports Equipment

FASTTWITCHISOKINETICS.COM



➤ About Us

100% AUSTRALIAN OWNED AND DESIGNED

- **Australian** and locally **built** and **designed** isokinetic equipment
- **Custom made equipment** and products available upon request
- **After sales advice** as required by our trained staff to ensure that our products are assembled correctly, **used efficiently** and maintained.
- **Premium quality** and tested equipment and products
- **Smart system software** with training programs
- Australian Patent No. 2020101146

ALAN MAYNARD

Alan Maynard, founder, has an engineering and sporting back ground. He played elite sport commencing at a young age which never abated as afterwards he entered the gym industry.

Alan started designing and building his own equipment in the early 80s with a desire to create exceptional conditioning machines.

He then invented the successful double acting hydraulic circuit training concept. This won Australia's first patented BHP award and led to the present high-speed training equipment seen here. Isokinetic applications are nothing new, but the high-speed applications are.

Previously, technological limitations have prevented any exploration into the physiological benefits of a high-speed isokinetic system scientifically.

Now with a focus on performance enhancement and conditioning levels the transformation of this technology from Rehabilitation testing functions to High Performance functions is where *FastTwitch* is driving and leading this evolution in technology and training systems.

These developments over 40 years is one of the compelling reasons to deal with this company as our experience in manufacturing all types of resistance equipment is a proven fact.

➤ The Revolution

DESIGNED BY AN ELITE ATHLETE FOR ELITE ATHLETES

The attempt to improve speed, strength and explosive power has been limited to plyometric and other eccentrically loaded programs..

That is, until now.

FastTwitch delivers high-speed, high-intensity resistance training that:

- Replicates speed experienced during competition without the risk of injury
- Produces **no delayed muscle soreness (DOMS)** because there is no load on the joints or stretch on the muscles under tension
- Increases the number of neuro-muscular pathways to activate more *FastTwitch* fibres, which, in turn, **increases speed and explosive strength**
- Works the cardiovascular system to **burn fat and increase endurance**
- Increases lactic acid thresholds as a result of dual concentric loading, which is vital for dynamic sports
- Leads to **quicker rehabilitation** due to its low impact nature and ability to control resistance levels through the full range of motion

FAST TWITCH DELIVERS OUTSTANDING RESULTS — FAST!

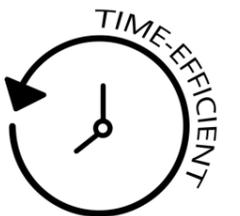
The results are dramatic with users experiencing increases in vertical leap between 5 to 10 centimetres, and reductions in (40 yard) sprint times, ranging from 0.1 to 0.4 of a second within six weeks of training.

Professional teams like Chicago Bulls, Sacramento Kings, Dallas Mavericks, Iowa Uni, and more have used *FastTwitch*!

ADVANCED SOFTWARE SYSTEMS

FastTwitch also comes with Computer Managed Training System (CMTS) with training templates preloaded, which monitors performance in real time. After a workout is completed, the information can be analysed and shared

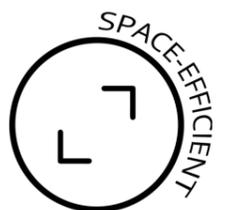
Delivering results in the areas of general fitness and rehabilitation, *FastTwitch* doesn't produce DOMS, and its aerobic in nature. This makes it perfect for all types of training.



SMART TECHNOLOGY FUNCTION



15-90
YEAR AGE RANGE



Our Machines

TRAIN FAST TO BE FAST

REHABILITATION

PERFORMANCE

Our Machines

REHABILITATION



ACCELERATOR



ANKLE/WRIST



SHOULDER



TORSO



ISOMED



KNEE



TRANSFORMER

Our Machines

PERFORMANCE



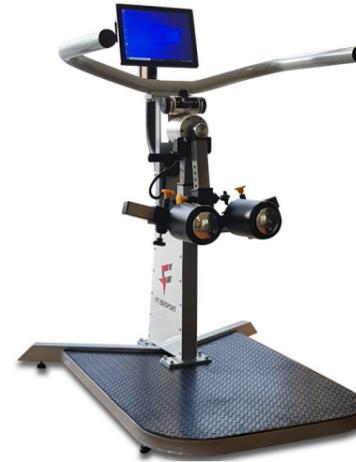
BACK



DEADLIFT



GLUTE



HIP



KNEE



MULTI-CHEST



ROWER



SHOULDER



SQUAT



JUMP SQUAT



TORSO



TRANSFORMER

➤ T-Rex

5 MACHINES IN 1: THE ULTIMATE TEAM SET UP

CHEST | SHOULDER | TORSO | HIP | KNEE

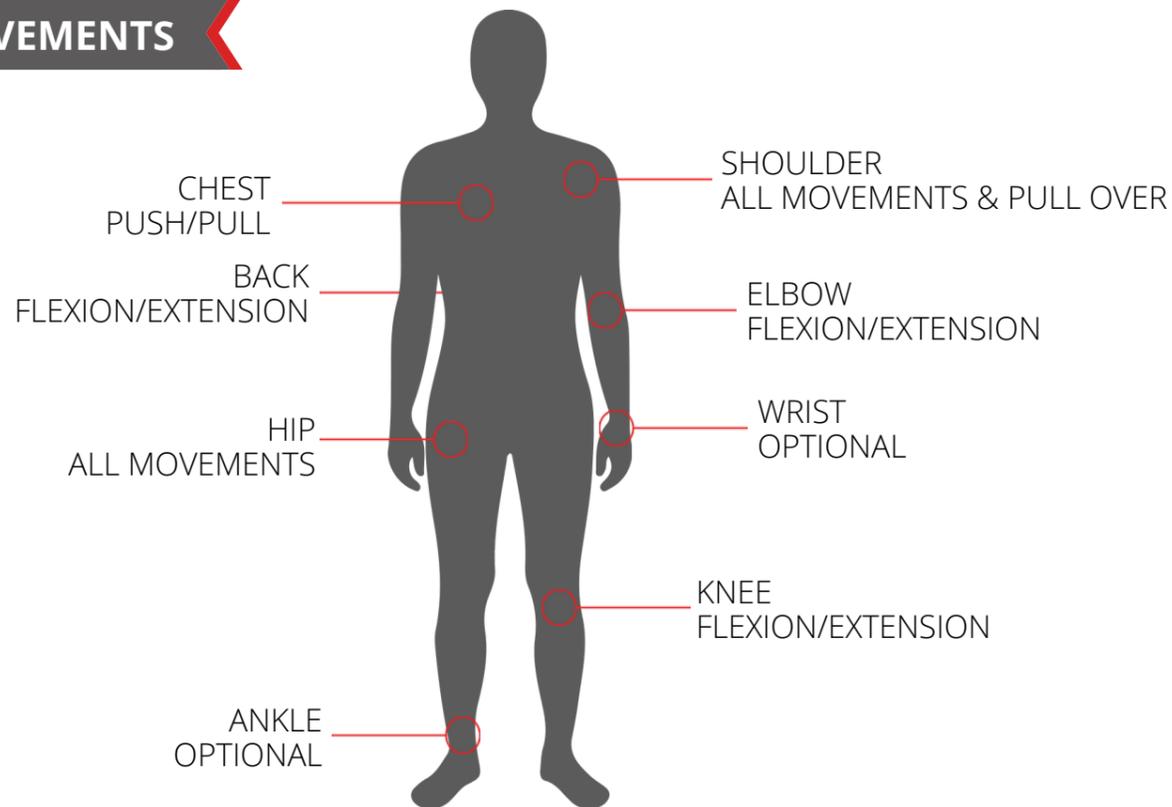
The T-Rex simply provides multiple user functionality and time efficiency for teams on a strict timeline. Train up to 16 members or users with greater efficiency, while capturing the valuable data you need.

FOOTPRINT

W: 3 metres

L: 3 metres

MOVEMENTS



FEATURES

- Computerised Circuit Training Technology
- Fits in Limited Space
- Touch Screen Control and Smart System PC
- Ideal for Teams
- Access All Data
- Patented
- 6 x Full Touch Screen PCs
- 5 Machines in 1
Knee | Torso | Squat | Hip | Multi-Chest

REPORTS

STRENGTH | TORQUE | ENDURANCE | POWER | RANGE OF MOTION | COMPARISON

➤ Accelerator

ISOKINETIC MACHINE FOR ALL AGES

SHOULDER | CHEST | TRUNK | BACK | ELBOW | HIP | KNEE

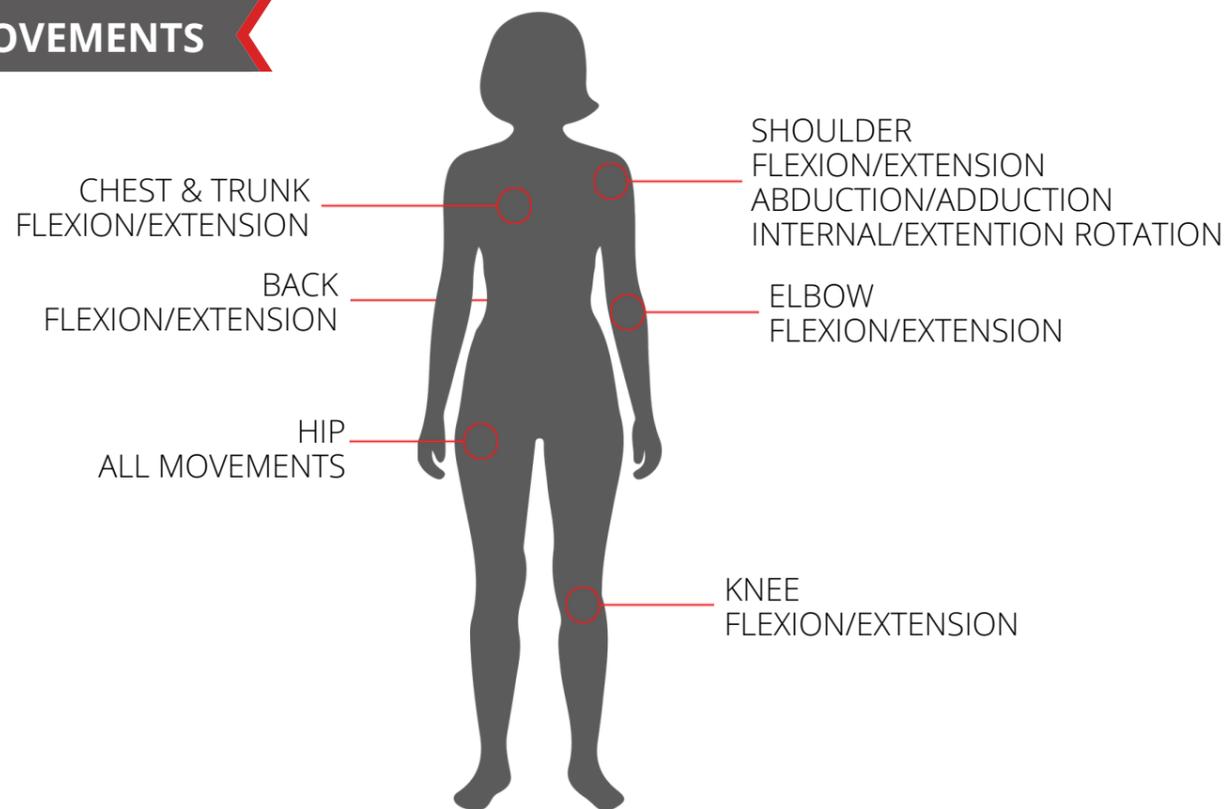
Compact and computerised, this beast is a multi-functional exercise and assessment isokinetic machine. This machine is incredibly versatile - time, space and energy efficient, covering all ages for both fitness, rehabilitation, and athletic development reflex training.

FOOTPRINT

W: 0.7 metres

L: 0.7 metres

MOVEMENTS



FEATURES

- Rotary and Linear Motion Hydraulic Resistance System
- Computer Managed Training System
- Touch Screen Display and Smart PC System
- Heavy-duty Frame
- 5 Attachments with Stand
- Adjustable Height
- No Joint Load

REPORTS

STRENGTH | TORQUE | ENDURANCE | POWER | RANGE OF MOTION | COMPARISON

> Accelerator



➤ Maxi Ankle & Wrist

DUAL RESISTANCE CONDITIONING/RESISTANCE MACHINE

WRIST | ANKLE

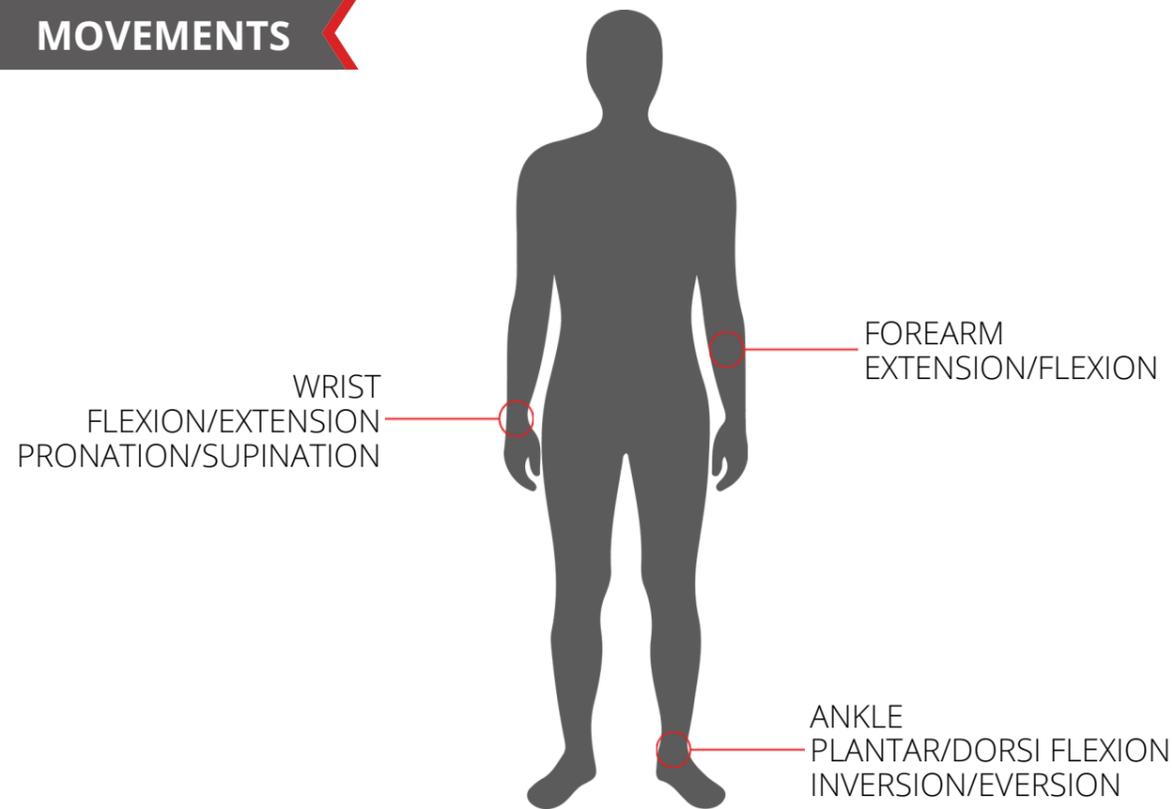
This machine is very compact, portable and versatile unit with adjustable independent two-way resistance settings. The easy-to-use axis rotation allows a practitioner to switch movements without moving client or machine.

FOOTPRINT

W: 0.7 metres

L: 0.7 metres

MOVEMENTS



FEATURES

- Portable and Space Efficient
- 10 Load Settings
- Variable Speed Control (10 deg/sec - 300 deg/sec)
- Heavy-duty Frame and Handlebar
- Wrist and Feet Attachments
- Optional Computer Managed Training System with Reports

REPORTS

STRENGTH | POWER | RANGE OF MOTION

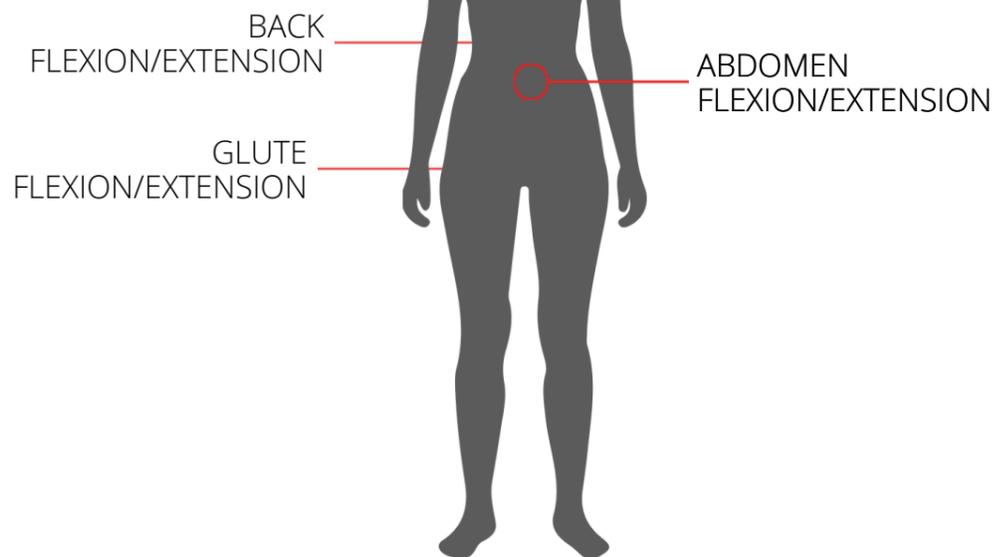
➤ Back

LOWER BACK AND CORE CONDITIONING

BACK | ABDOMEN | TRUNK

Strengthen your core without compressing the spinal cord load. Train your posture and abdominals with the lower back together. Very relevant for rehabilitation of lower back pain.

MOVEMENTS



FEATURES

- Rotary Motion Hydraulic Resistance System
- Computer Managed Training System
- Smart System PC
- Heavy-duty Frame and Handlebar
- Variable Speed Control (10 deg/sec - 800 deg/sec)
- Adjustable Height Chest Roller
- Measures Speed and Force

REPORTS

STRENGTH | TORQUE | ENDURANCE | POWER | RANGE OF MOTION | COMPARISON

FOOTPRINT

W: 1.2 metres
L: 1.6 metres



➤ Multi-Chest

INCREASE YOUR PRESSING AND UPPER BODY STRENGTH

HIP | SHOULDER | ELBOW | BACK | ANKLE | WRIST

This machine improves power, which has an incredible effect inside all sports, as well as versatility to and variety of exercises with or without removable bench.

No Bench Functions: squat, single leg squat, bent over row, tricep push down, deadlift, and standing shoulder press

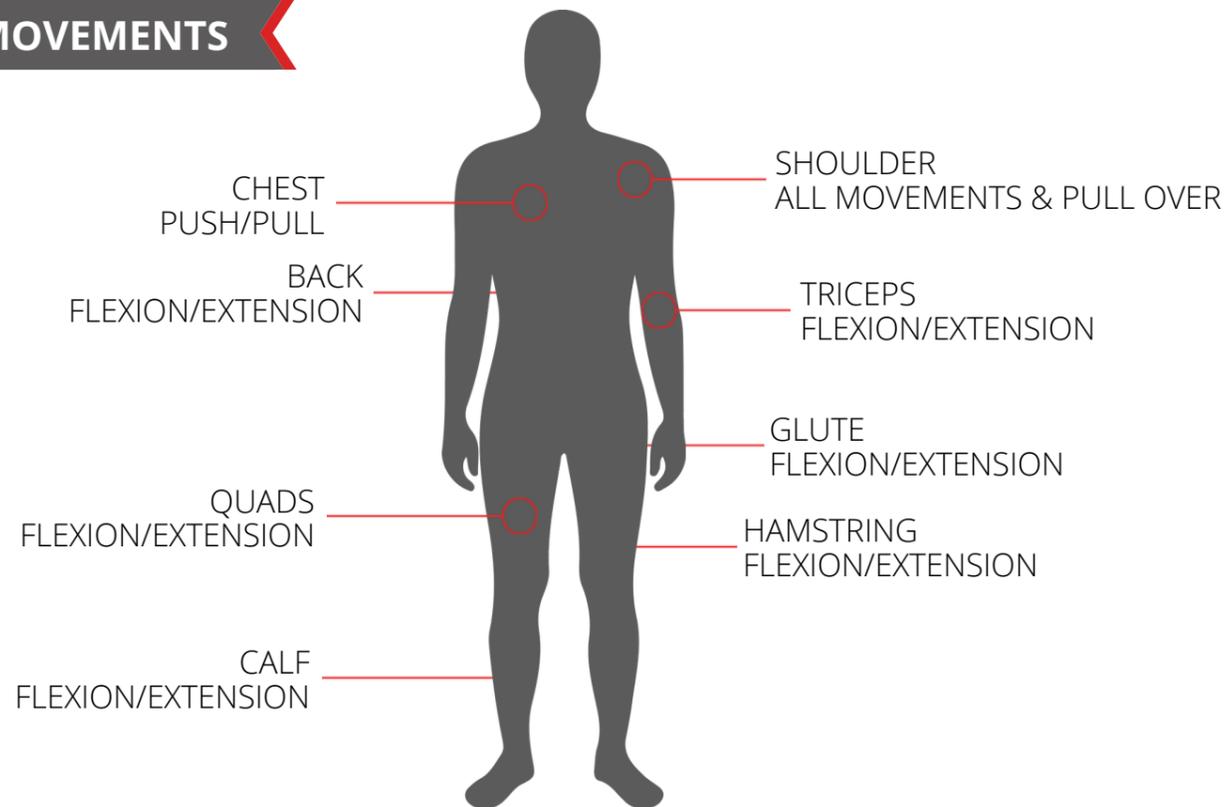
With Bench Functions: chest push/pull, chest press, and shoulder press

FOOTPRINT

W: 1.2 metres

L: 20 metres

MOVEMENTS



FEATURES

- Linear Motion Hydraulic Resistance System
- Computer Managed Training System
- Touch Screen Display and Smart System PC
- Heavy-duty Frame
- Counter Balance Level Arm
- Variable Speed Control (10 deg/sec - 500 deg/sec)
- Adjustable Angle Bench (-30 deg/sec -90 deg/sec)
- Multi-bench Position and Footrest

REPORTS

STRENGTH | TORQUE | ENDURANCE | POWER | RANGE OF MOTION | COMPARISON

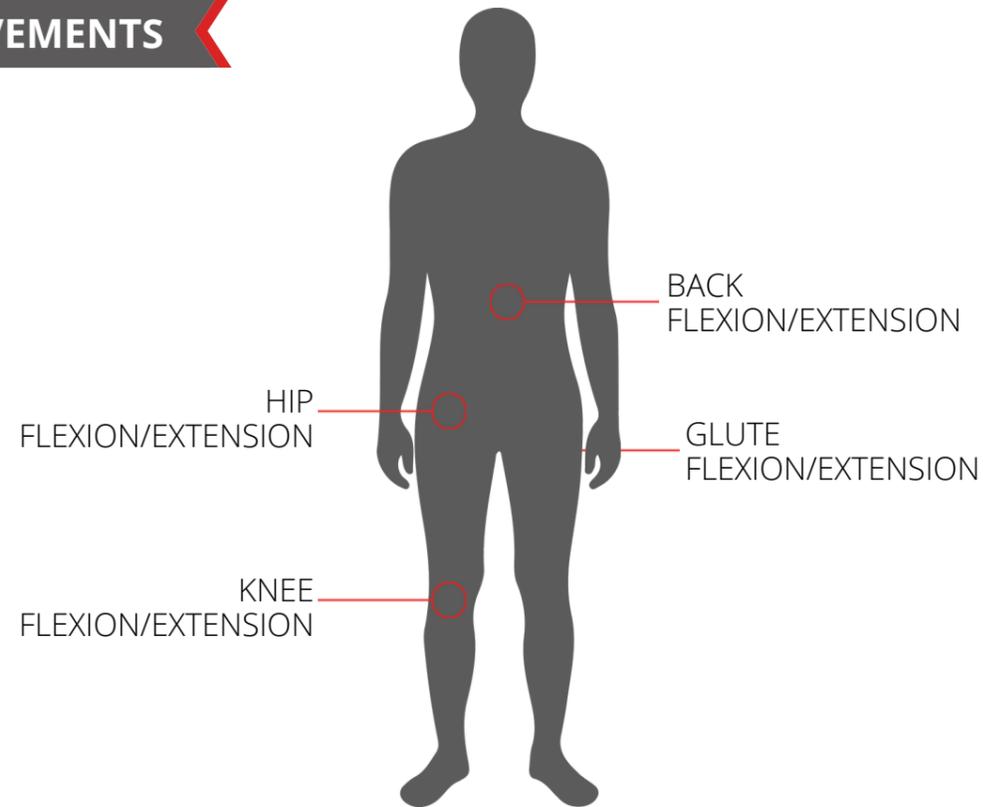
➤ Deadlift

OPTIMUM LOWER BODY POWER MACHINE

BACK | HIP | KNEES

The ultimate machine for maximum lower body contraction at speed, and with zero joint load. An efficient and explosive power unit, it engages both pull and push (2-way) to enable greater lift power.

MOVEMENTS



FEATURES

- Linear Motion Hydraulic Resistance System
- Computer Managed Training System
- Touch Screen Display and Smart System PC
- Heavy-duty Frame and Handlebar
- Reversible Handles
- Variable Speed Control (5 deg/sec - 800 deg/sec)
- Power Take-off Blocks Available

REPORTS

STRENGTH | TORQUE | ENDURANCE | POWER | RANGE OF MOTION | COMPARISON

FOOTPRINT

W: 1.2 metres
L: 1.8 metres



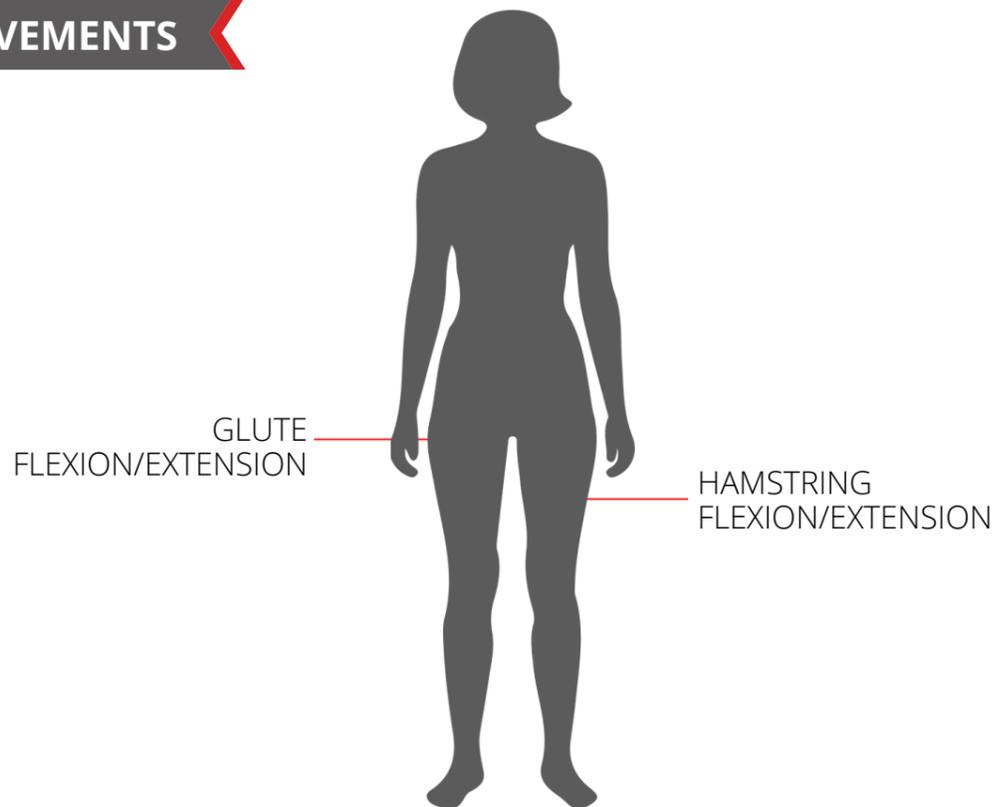
➤ Glute

"HAMSTRING RUNNER"

HAMSTRING | GLUTE

With its dual motors used in unilateral or bilateral motions, you can simulate the running movement and stimulate neurological muscular response. View both limbs working together, and set the resistance to prompt the hip flexor to respond against the glute.

MOVEMENTS



FEATURES

- Rotary Motion Hydraulic Resistance System
- Computer Managed Training System
- Touch Screen Display and Smart System PC
- Heavy-duty Frame and Handlebar
- Adjustable Support Pads
- Height-adjustable Monitor
- Variable Speed Control (5 deg/sec - 800 deg/sec)
- Unilateral and Bilateral Exercise System

REPORTS

STRENGTH | TORQUE | ENDURANCE | POWER | RANGE OF MOTION | COMPARISON

FOOTPRINT

W: 1.2 metres
L: 1.4 metres



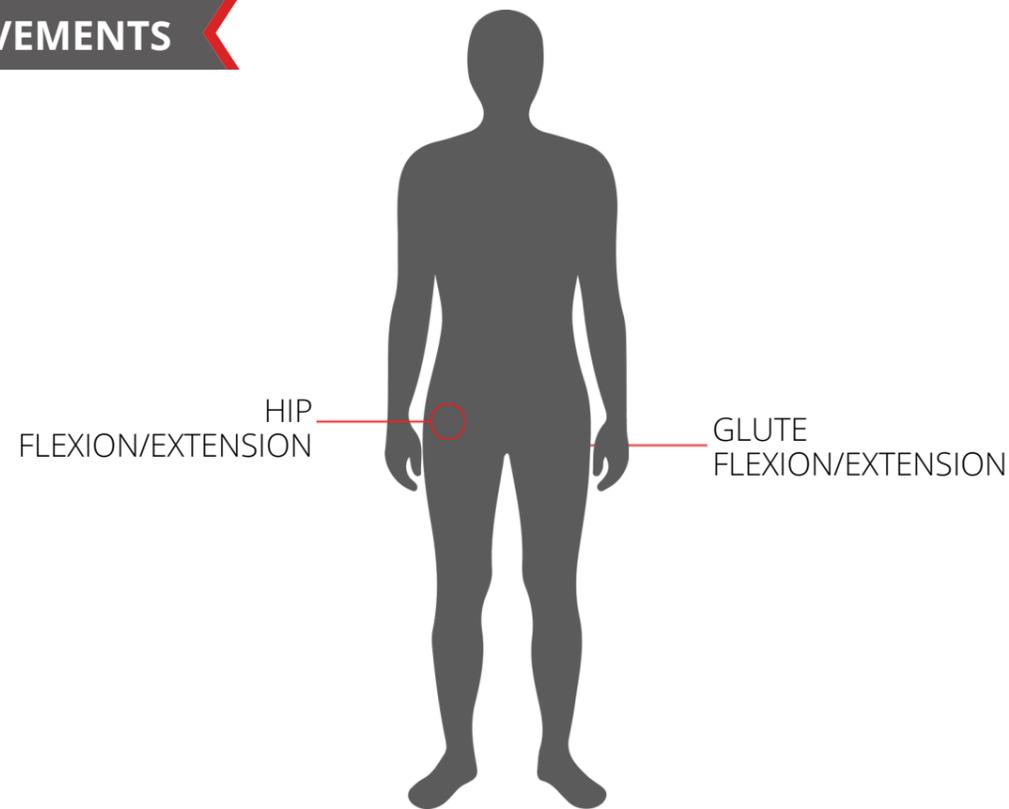
➤ Hip

INCREASE RUNNING SPEED

HIP | GLUTE

Fire the nervous system against resistance in the running mechanical position at the same speed you play sports. Instantly switch resistance between the glute and hip flexor to engage high speed muscle contraction for speed and power development.

MOVEMENTS



FEATURES

- Rotary Motion Hydraulic Resistance System
- Computer Managed Training System
- Touch Screen Display and Smart System PC
- Heavy-duty Frame and Handlebar
- Height-adjustable Motor
- Measures Speed
- Adjustable Thigh Rollers
- Variable Speed Control 10

REPORTS

STRENGTH | TORQUE | ENDURANCE | POWER | RANGE OF MOTION | COMPARISON | KPI INDICATORS

FOOTPRINT

W: 1.2 metres
L: 1.4 metres



➤ IsoMed

ONE-STOP, MULTI-JOINT REHABILITATION MACHINE

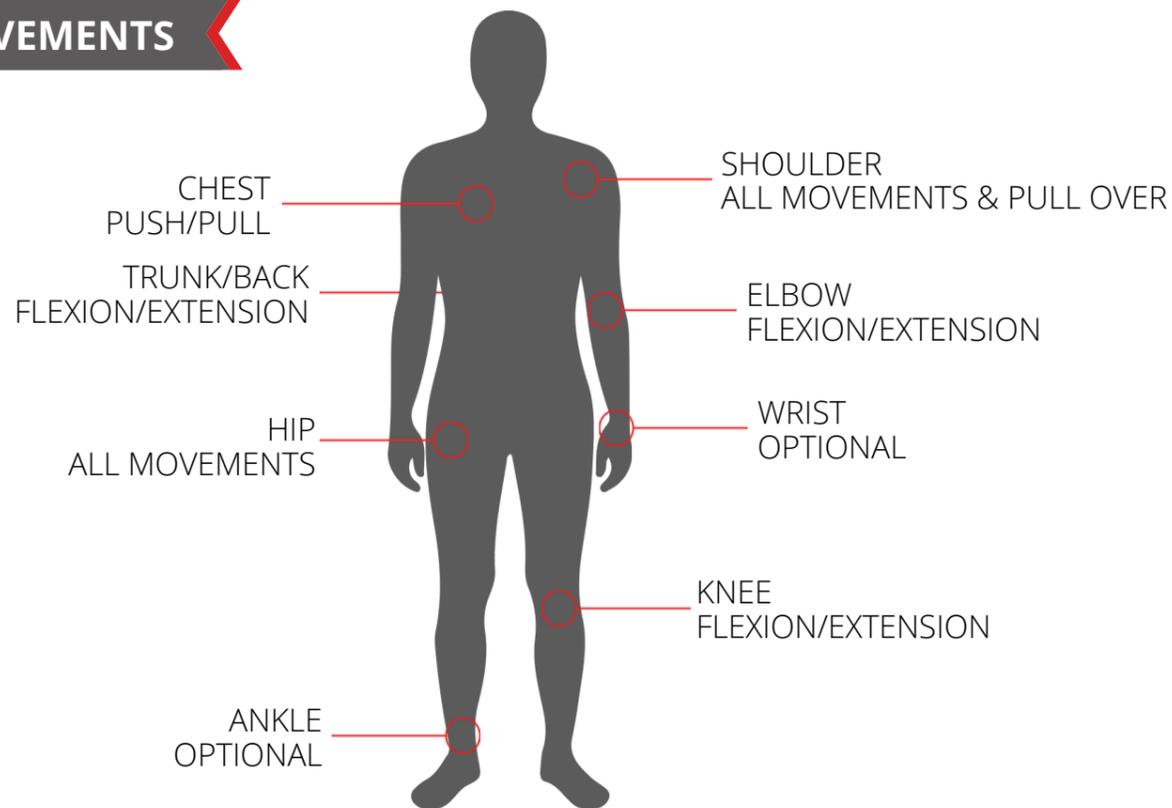
HIP | SHOULDER | ELBOW | BACK | ANKLE | WRIST

This multi joint machine is for unilateral knee function with Range Limiter device.
Right motor rotates 180 degrees.

FOOTPRINT

W: 1.8 metres
L: 2.5 metres

MOVEMENTS



FEATURES

- Rotary and Linear Motion Hydraulic Resistance System
- Computer Managed Training System
- Touch Screen Control and Smart System PC
- Displays 80 Individual Fields of Data
- Heavy-duty Frame and Handlebar
- Multi-bench Position and Stabilising Straps
- Adjustable Angle Bench (-30 deg- 90 deg)
- Eccentric Options
- Variable Speed Control (2 deg/sec - 600 deg/sec)
- Counter Thrust Platform
- Unilateral and Bilateral Exercise System
- Adjustable Height, Position and Support

REPORTS

STRENGTH | TORQUE | ENDURANCE | POWER | RANGE OF MOTION | COMPARISON

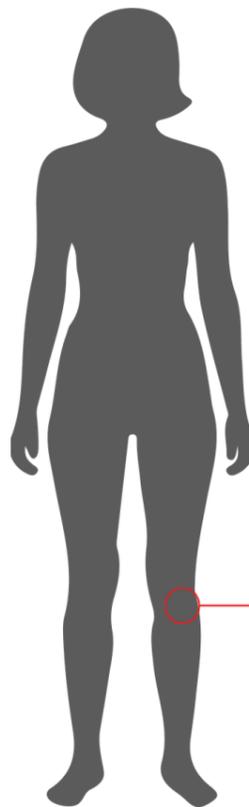
➤ Knee

ULTIMATE SPEED LEG EXTENSION FLEXION

KNEE

This high-speed isokinetic knee machine is perfect for rehabilitation, sports performance and training at speeds that are simply not achievable with other forms of training. Data displays both limbs simultaneously and shows imbalance at high speeds.

MOVEMENTS



KNEE
FLEXION/EXTENSION

FEATURES

- Rotary and Linear Motion Hydraulic Resistance System
- Computer Managed Training System
- Touch Screen Display and Smart System PC
- Heavy-duty Frame and Handlebar
- Adjustable Leg Position
- Stabilising Straps
- Unilateral and Bilateral Exercise System
- Variable Speed Control (10 deg/sec - 800 deg/sec)

REPORTS

STRENGTH | TORQUE | ENDURANCE | POWER | RANGE OF MOTION | COMPARISON

FOOTPRINT

W: 1.2 metres
L: 1.4 metres



➤ Rower

ISOKINETIC RESISTANCE ROWER

HIP | SHOULDER | ELBOW | BACK | ANKLE | WRIST

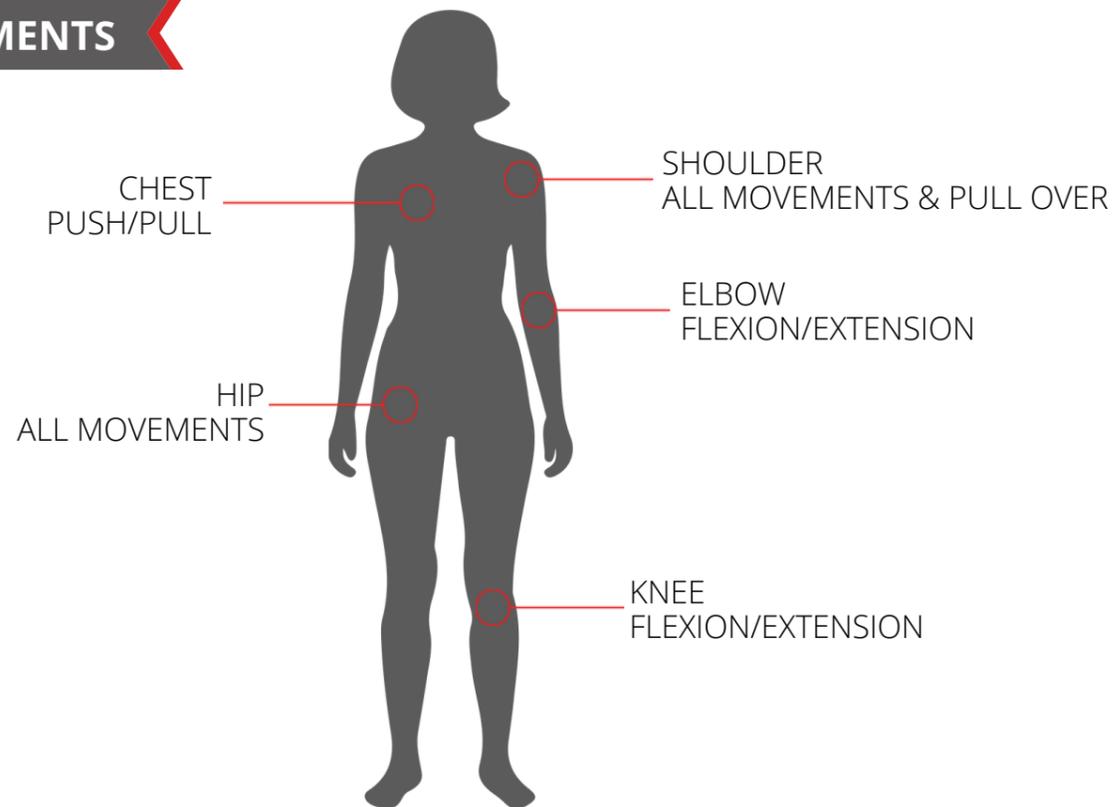
The user can dial up load in both directions stimulating neuromuscular response due to the bi-directional resistance. Program for power, strength or endurance.

FOOTPRINT

W: 1 metres

L: 1.4 metres

MOVEMENTS



FEATURES

- Linear Motion Hydraulic Resistance System
- Computer Managed Training System
- Touch Screen Display and Smart System PC
- Heavy-duty Frame and Handlebar
- Footrest and Counterthrust Platform
- Speed Range (10 deg/sec - 300 deg/sec)

REPORTS

STRENGTH | TORQUE | ENDURANCE | POWER | RANGE OF MOTION | COMPARISON

➤ Shoulder

STRENGTHEN ALL SHOULDER EXERCISE MOVEMENTS

SHOULDER | ELBOW

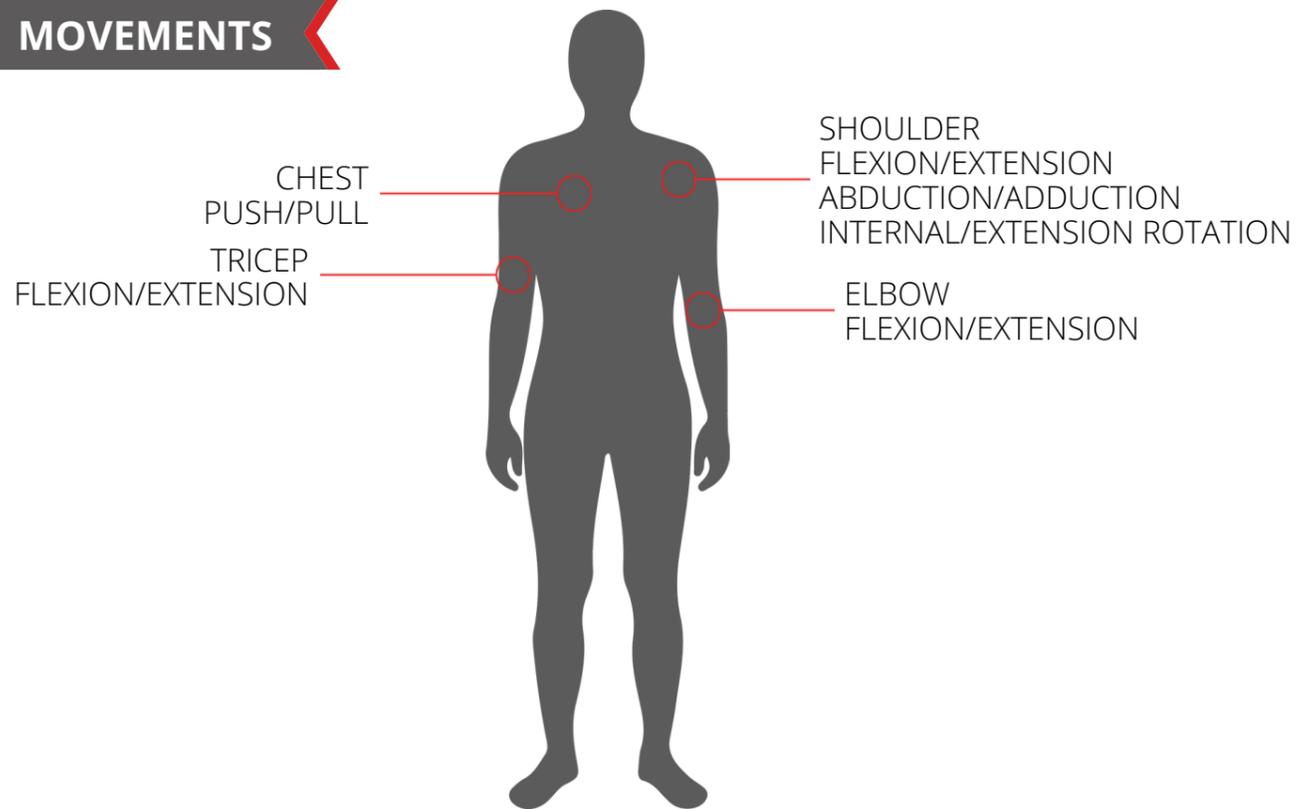
This multi-function machine is for low and high speed use, maintaining the quality of independent resistance control for appropriate load settings in either direction.

FOOTPRINT

W: 0.9 metres

L: 1.1 metres

MOVEMENTS



FEATURES

- Linear Motion Hydraulic Resistance System
- Counter Balance Level Arm
- Variable Speed Control (10 deg/sec - 600 deg/sec)
- Computer Managed Training System
- Heavy-duty Frame
- Counter Thrust Platform
- Smart System PC
- Optional Adjustable Angle (-10 deg/sec -300 deg/sec)

REPORTS

STRENGTH | TORQUE | ENDURANCE | POWER | RANGE OF MOTION | COMPARISON

➤ Squat

FAST TWITCH ISOKINETIC FLAGSHIP MACHINE

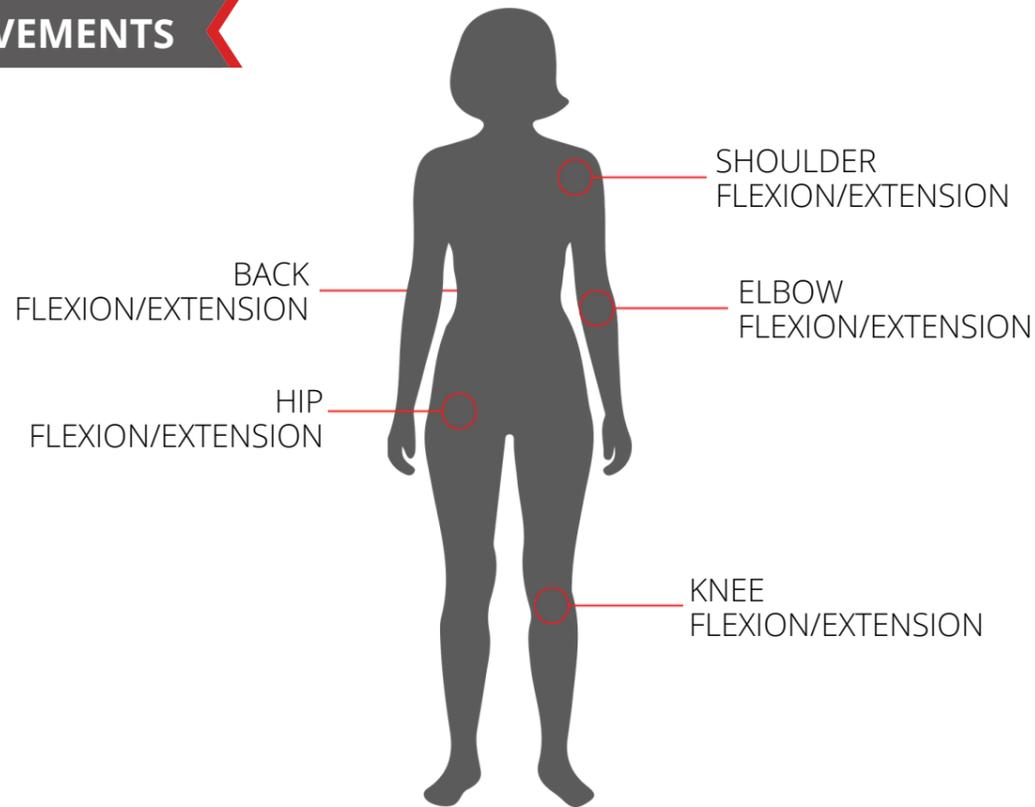
SHOULDER | BACK | ELBOW | HIP | KNEE

The importance of squats in athletic performance is well documented, and now you can achieve more power, speed and strength safer and faster than any other form of squatting. Achieve triple extension against resistance.

FOOTPRINT

W: 1.2 metres
L: 2 metres

MOVEMENTS



FEATURES

- Linear Motion Hydraulic Resistance System
- Computer Managed Training System
- Touch Screen Display and Smart System PC
- Heavy-duty Frame
- Counter Balance Level Arm
- Variable Speed Control
- Counter Thrust Platform

REPORTS

STRENGTH | TORQUE | ENDURANCE | POWER | RANGE OF MOTION | COMPARISON

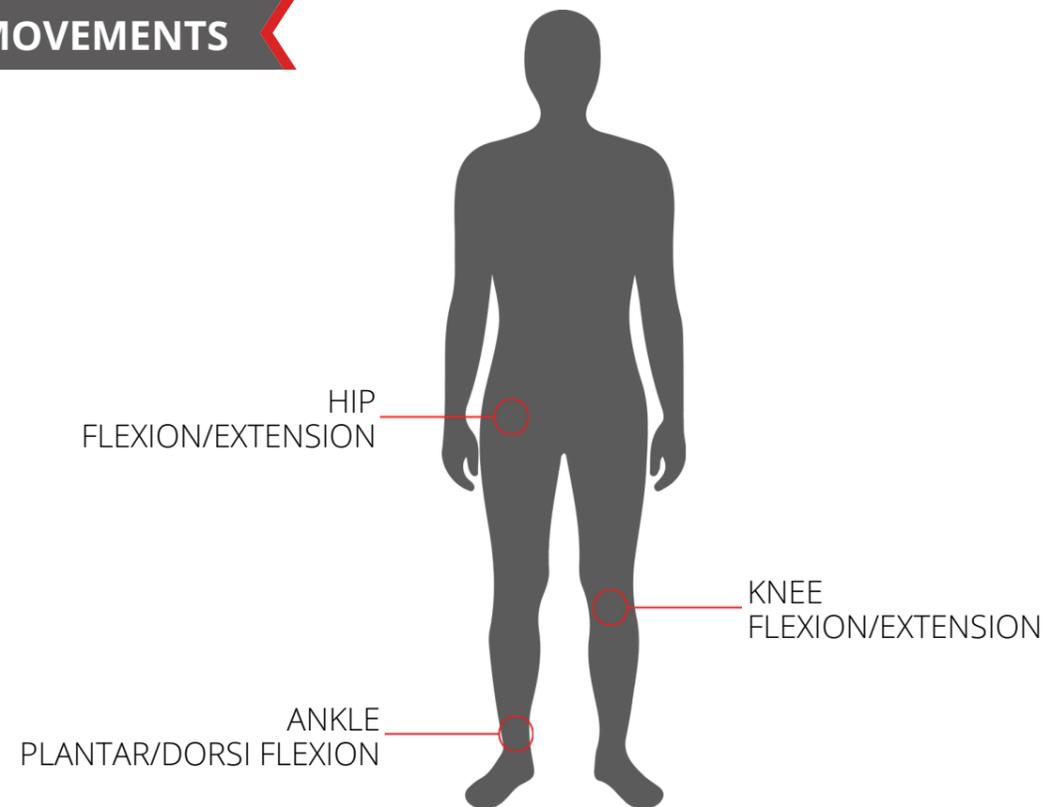
➤ Jump Squat

WITH DIGITAL LED MINI COMPUTER

HIP | KNEE | ANKLE

This is a simpler form of technology incorporating the same features of the squat machine, still achieving triple extension with 1 to 8 against resistance scale, and performing dual concentric and concentric/eccentric.

MOVEMENTS



FEATURES

- Rotary Motion Hydraulic Resistance System
- Heavy Duty Frame
- Digital Calorie and Energy Expender
- Eccentric Load Spigot
- Variable Speed Control (10 deg/sec - 600 deg/sec)
- Digital Time Counter

FOOTPRINT

W: 1.6 metres
L: 1.2 metres
H: 2.2 metres



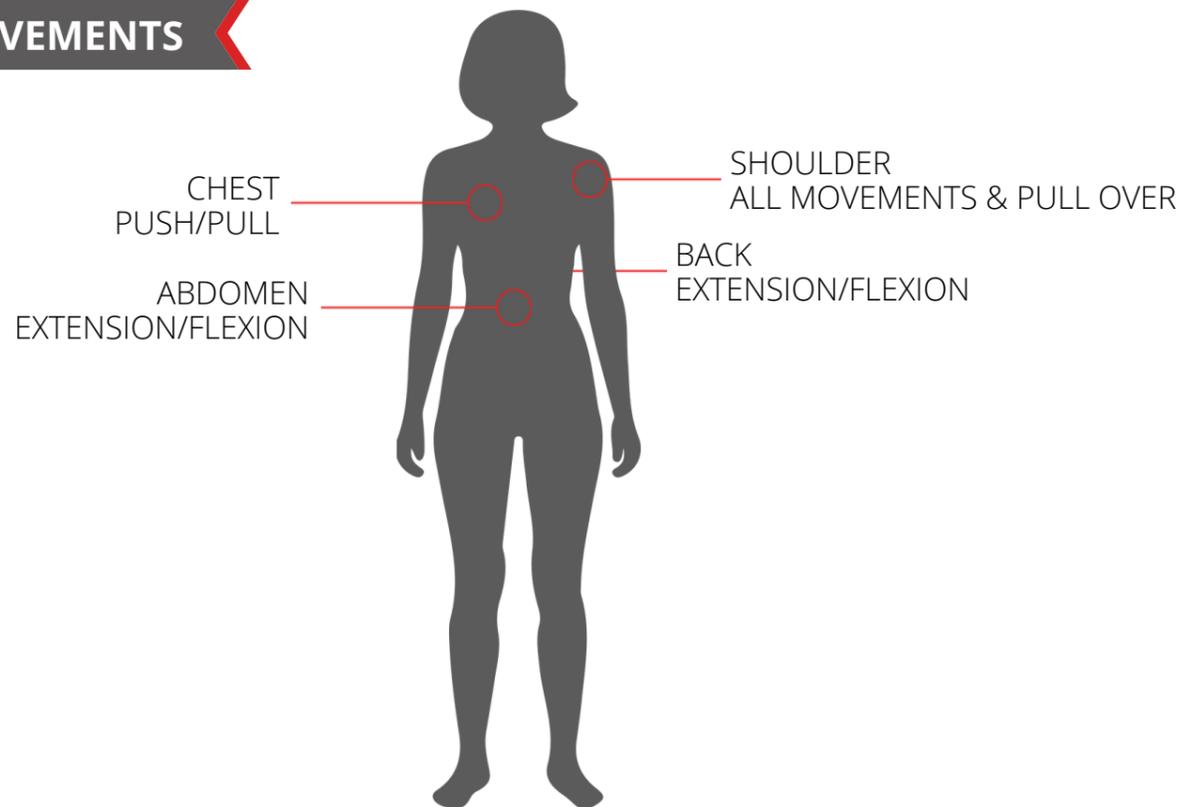
➤ Torso

INCREASE YOUR ROTATIONAL SPEED AND CORE EFFICIENCY

SHOULDER | CHEST | BACK | ABDOMEN

This machine activates all core muscles and allows high-speed rotation against resistance equally in both directions with zero break effect and eccentric slowing of movement.

MOVEMENTS



FEATURES

- Rotary Motion Hydraulic Resistance System
- Computer Managed Training System
- Heavy-duty Frame and Handlebar
- Touch Screen Control and Smart System PC
- Variable Speed Control (2 deg/sec to 800 deg/sec)
- Adjustable Height, Position and Support

REPORTS

STRENGTH | TORQUE | ENDURANCE | POWER | RANGE OF MOTION | COMPARISON

FOOTPRINT

W: 1.2 metres
L: 1.1 metres



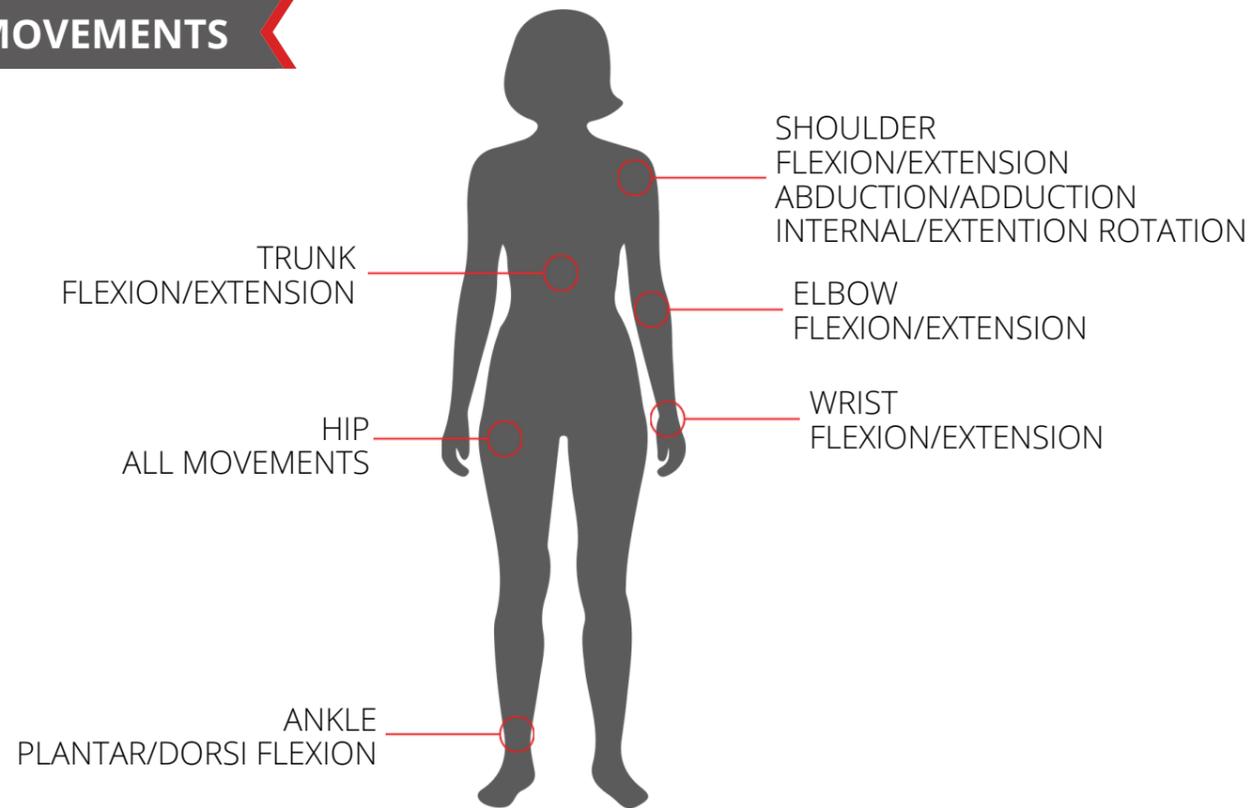
➤ Transformer

ALL IN ONE ISOKINETIC MACHINE

SHOULDER | TRUNK | ELBOW | WRIST | HIP | ANKLE

The most affordable and versatile portable Isokinetic machine on the market with its compact design and small footprint. Its speciality is for all shoulder rehabilitation exercises with bi-directional independent settings - this is based around the detachable ankle unit.

MOVEMENTS



FEATURES

- Rotary and Linear Motion Hydraulic Resistance System
- Ankle Frame Detachable from Main Frame
- Height-adjustable Motor
- Portable
- Heavy-duty Frame and Handlebar
- Motor Tilts from Horizontal to Vertical
- Computer Managed Training System
Smart System PC Option Available
- Adjustable Leg Position
- Variable Speed Control (5 deg/sec - 800 deg/sec)

REPORTS

STRENGTH | TORQUE | ENDURANCE | POWER | RANGE OF MOTION | COMPARISON

FOOTPRINT

W: 0.7 metres
L: 0.7 metres
H: 0.9 metres





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Quality Isokinetic Sports Equipment

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