



**SMARTEST DIGITAL GYM**

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A man with dreadlocks, wearing a grey t-shirt and dark shorts, is performing a cable exercise on a machine. He is leaning forward, pulling a handle with both hands. The machine is a tall, black, vertical structure with glowing blue lights at the top and bottom. The gym has a concrete floor and a wall of large windows that look out onto a lush green forest. The lighting is bright and natural, suggesting daytime.

# THE MOST NATURAL WAY TO WORKOUT

SINTESI brings Gym world inside your home. It is more than a gym, it is more than a Personal Trainer.

# YOU ARE NOT ALONE

Between hundreds of exercises, let train by Sintesi Virtual Trainer to perform the best execution possible.

+ 300  
exercises

Full body  
workout



# ONE TOUCH

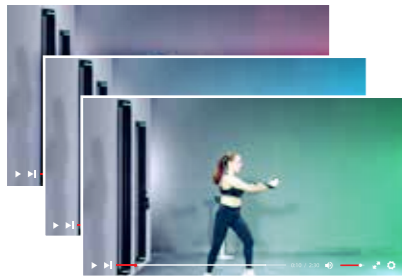
Sintesi setups itself automatically for each exercise. On the App, select the load level and control your realtime performances.





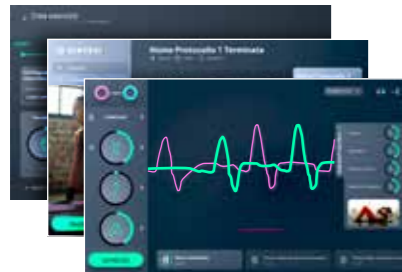
## AUTOMATIC

Select the exercise on the tablet supplied. Sintesi configures its parameters.



## VIRTUAL TRAINER

Hundreds of Video Tutorial and Workout Programs predefined. Click and go.



## PERFORMANCE

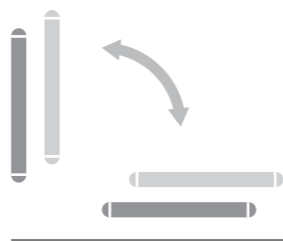
Take under control of your improvements through the data and charts provided by the tablet.





# MODULAR

Sintesi is modular and can also be placed horizontally, thanks to the movable Footboard. The switching requires very few seconds.



# FOOTBOARD

Compact, movable, unobtrusive.  
Put the footboard wherever place in your  
home and experience the virtual gravity of  
Sintesi in its most natural way.







# CHOOSE YOUR PROGRAMMA

## PERFORMANCE

Improve your athletic performances and increase muscles mass by high intensive workouts.

## STAY YOUNG

Improve your life quality thanks to a custom training program focused on taking care of joints and keeping an active metabolism.








## START MOVING

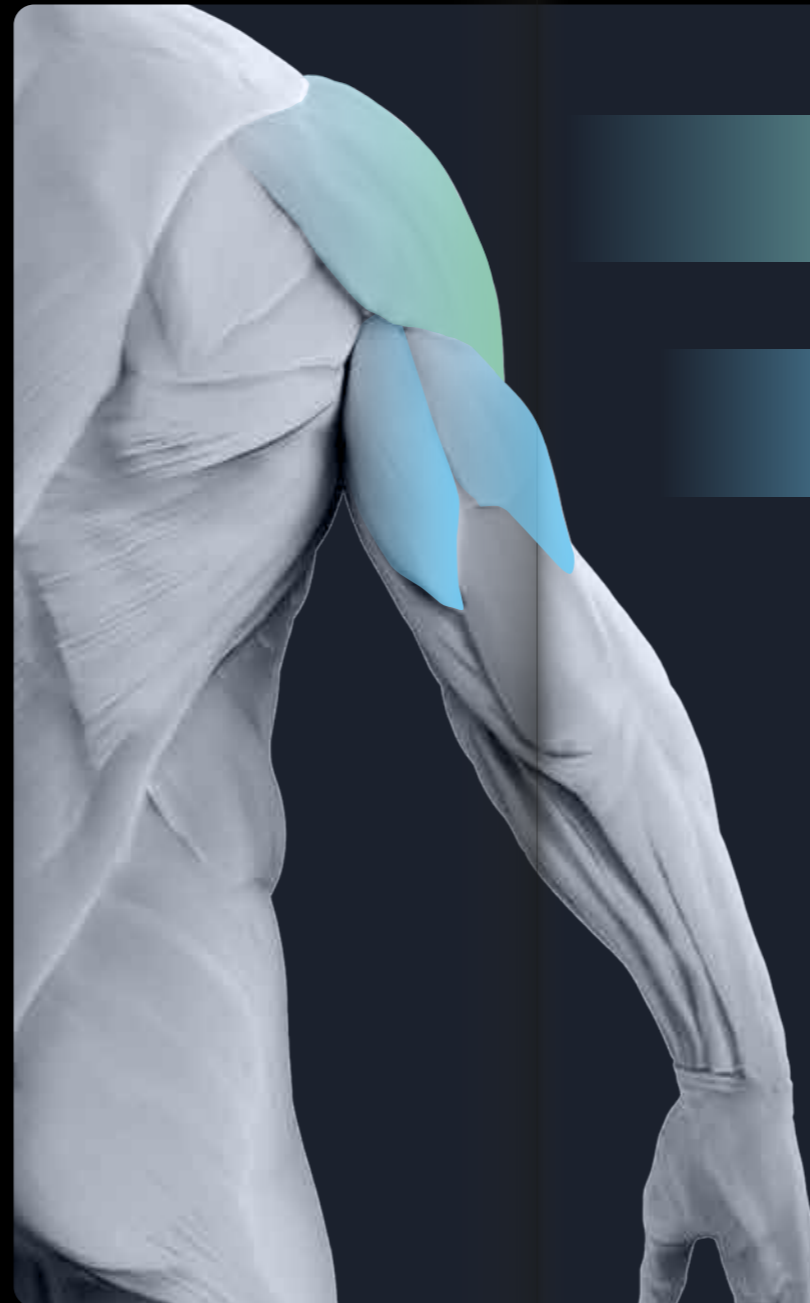
Awake your energy and your mood with exercises for strenght increasing, improving your posture e flexibility of your joints.

## TONE YOUR BODY

The eye also wants its part. Improve your balance and your muscles harmony for a healthy, slim and tonic body.

# TRACK YOUR PERFORMANCES

-  Speed
-  Power
-  Acceleration
-  Range of motion
-  Symmetry
-  Posture
- 



**3 x 12** reps  
**POWER +10%**



**2 x 10** reps  
**POWER +5%**

Your performances are recorded and shown in realtime on the Tablet interface.

Keep high your motivation and follow the Virtual Trainer tips to improve the execution and the results of the exercises.

# SMART WEIGHTS

The load is generated by high torque intensity electromagnet motors.

High torque intensity electromagnet motors

High performace CPU

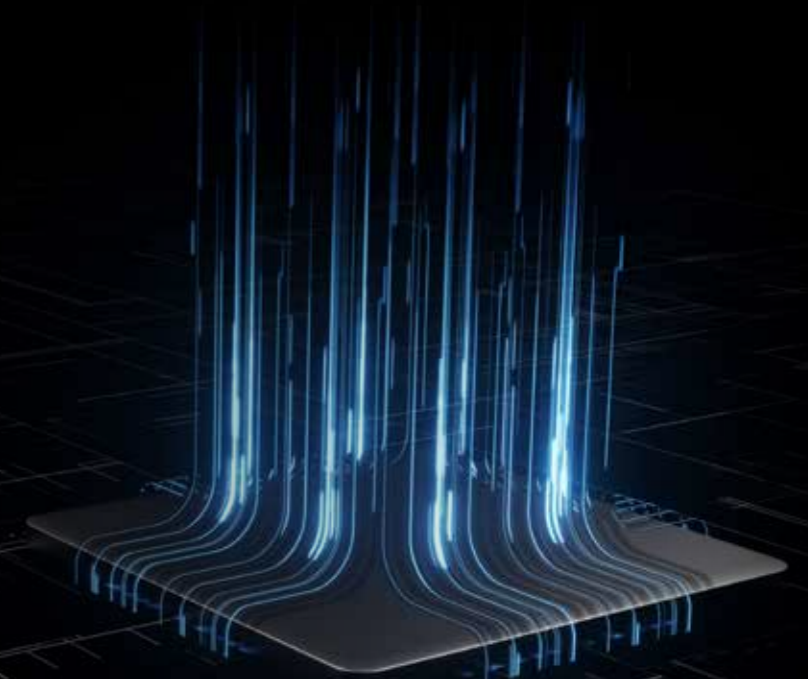
Sliding Axis  
Dynamic Vectoring

Hyper resistant Dyneema fiber cable long up to 3,5 mt

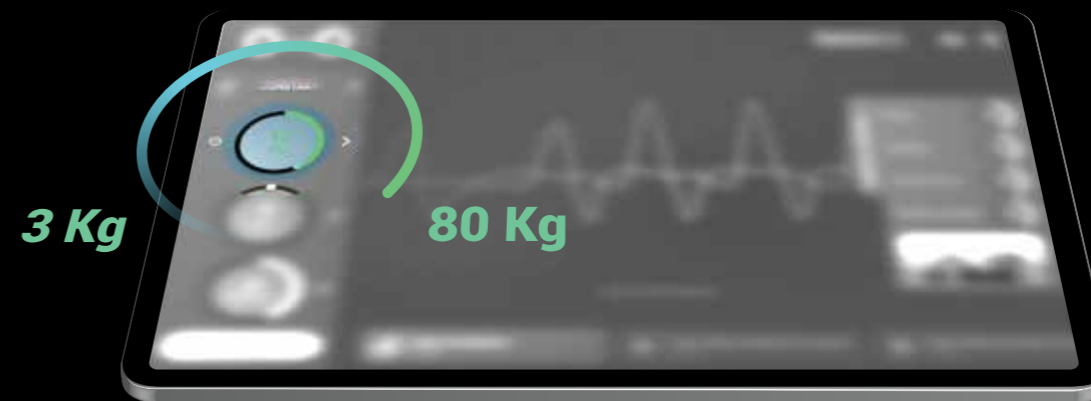
  
**80 Kg**  
MAX LOAD

  
**4 m/s**  
HIGH SPEED

  
**+4**  
LOAD TYPES



22 kg



## SETUP THE **LOAD**

Everything at your hand.  
With the Load selector you can change the load intensity with just one touch.

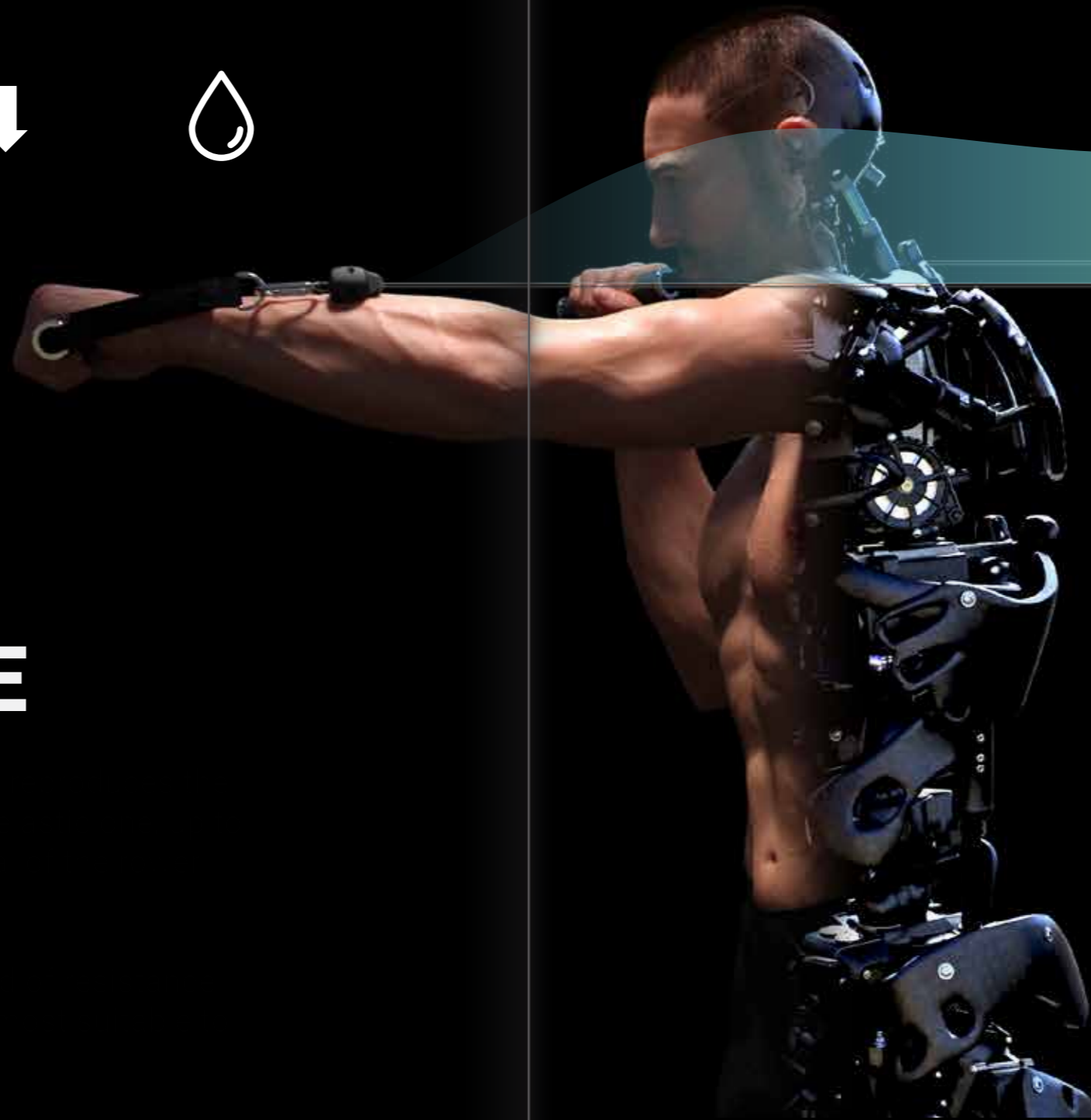
Load range can be changed from 3 to 80 kg with 0,5 Kg of incremental steps.



## CHOOSE THE **RESISTANCE**

From constant type resistance feeling of real physical weights the hydrodynamic resistance to machine.

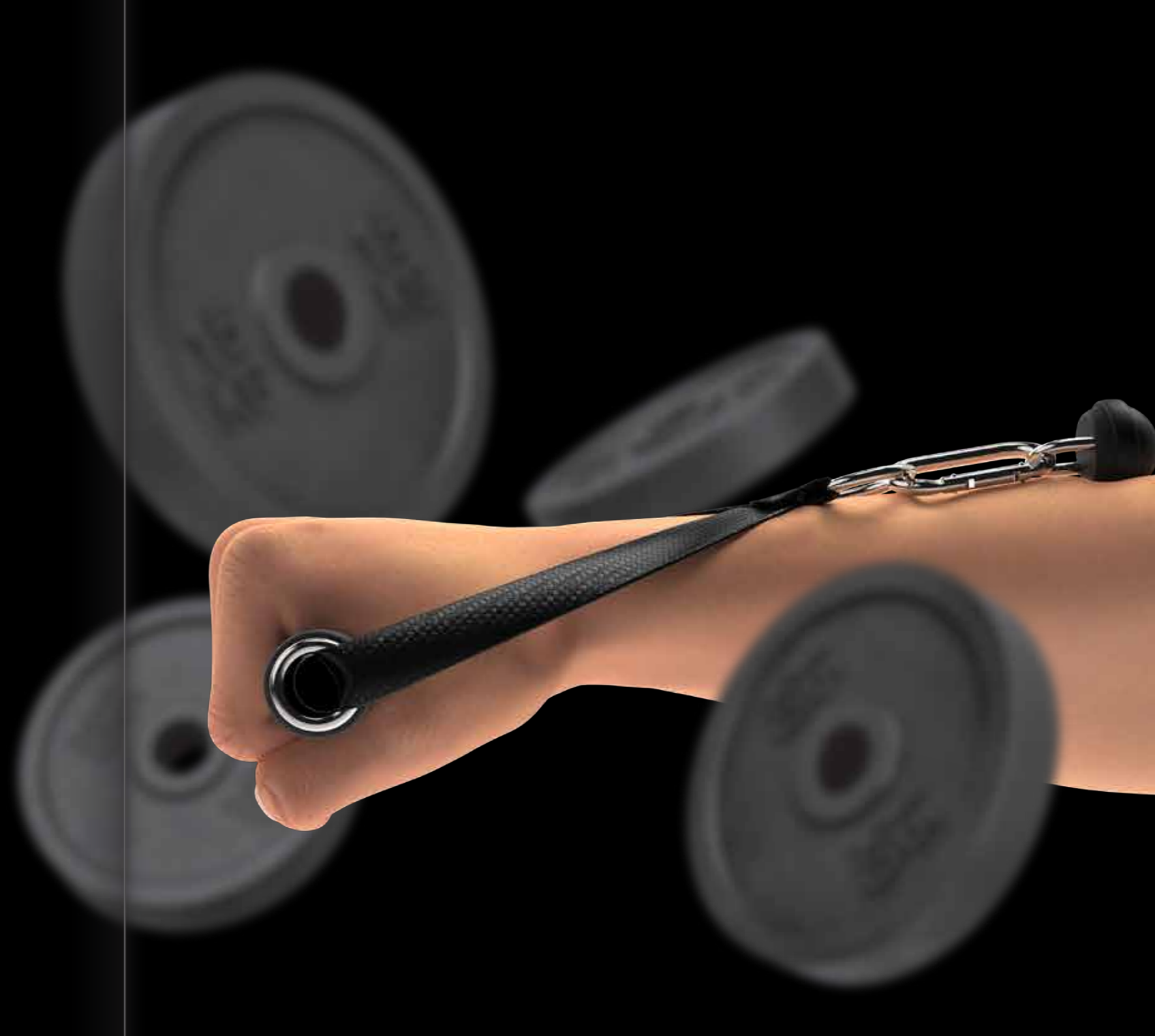
SINTESI can simulate whatever reproducing the training conditions your goals.



 **± ACCELERATION**  
**= RESISTANCE**

## RESISTANCE **CONSTANT**

Like real weights but much better.  
SINTESI generates a constant load which is not affected by accelerations and without inertia on execution. This load profile allows both slow and explosion executions.



 **+ SPEED**  
**+ RESISTANCE**

RESISTANCE  
**VISCOUS**

Like inside water, resistance increases as a function of motion execution speed.

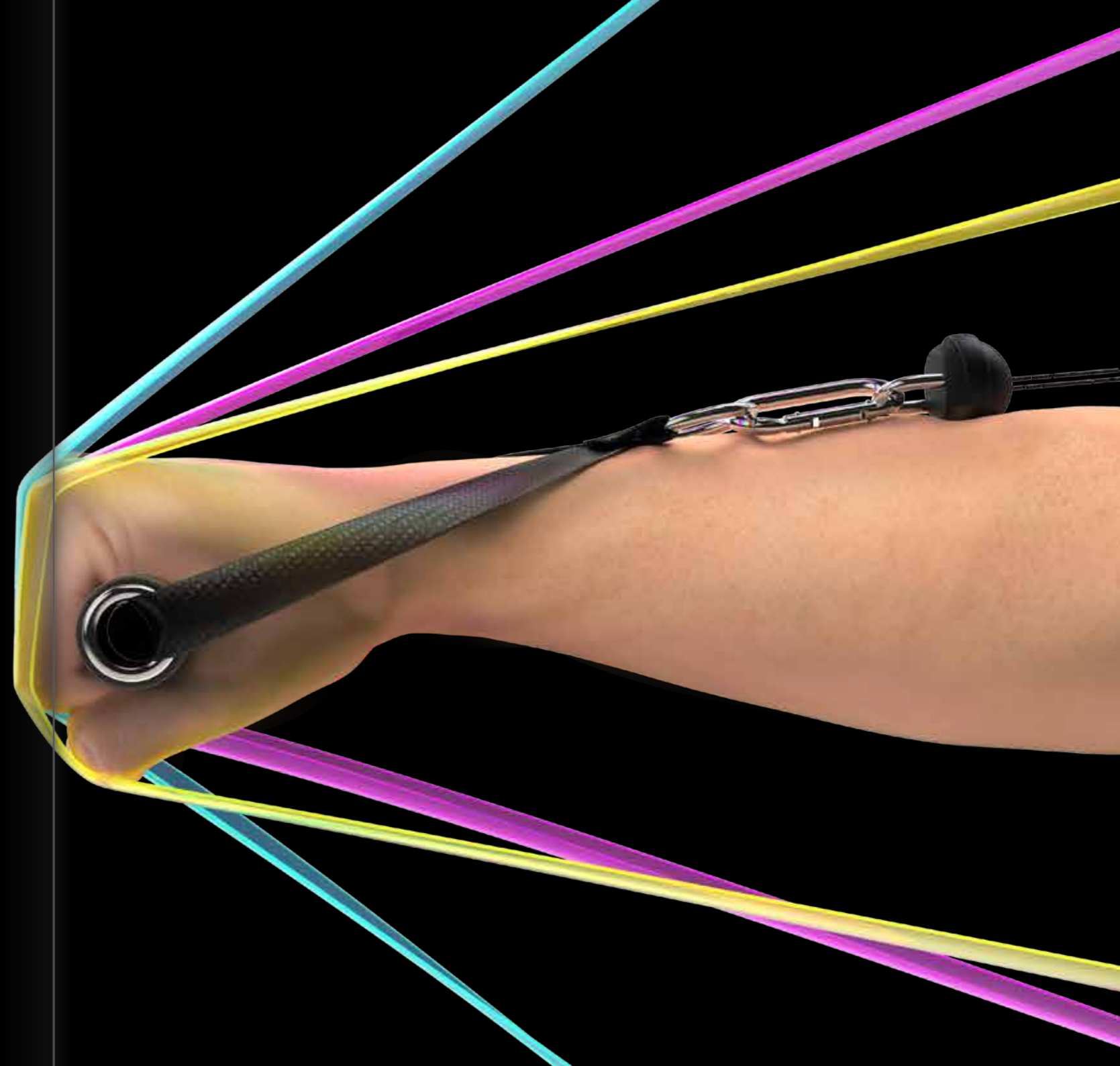
This load profile allows highly explosive movements, perfect for improving the power, cardiovascular system, physical resistance and lung capacity.



 **+ RANGE OF MOTION**  
**+ RESISTANCE**

## RESISTANCE **AUXOTONIC**

Elastic resistance. The load increases in function of the cable elongation. The farther you go from the tube module, more the load increments. This load profile is very usefull for keeping muscles sollecitation high during all the range of motion.





**DIRECTION**  
↩ **± OVERLOAD**

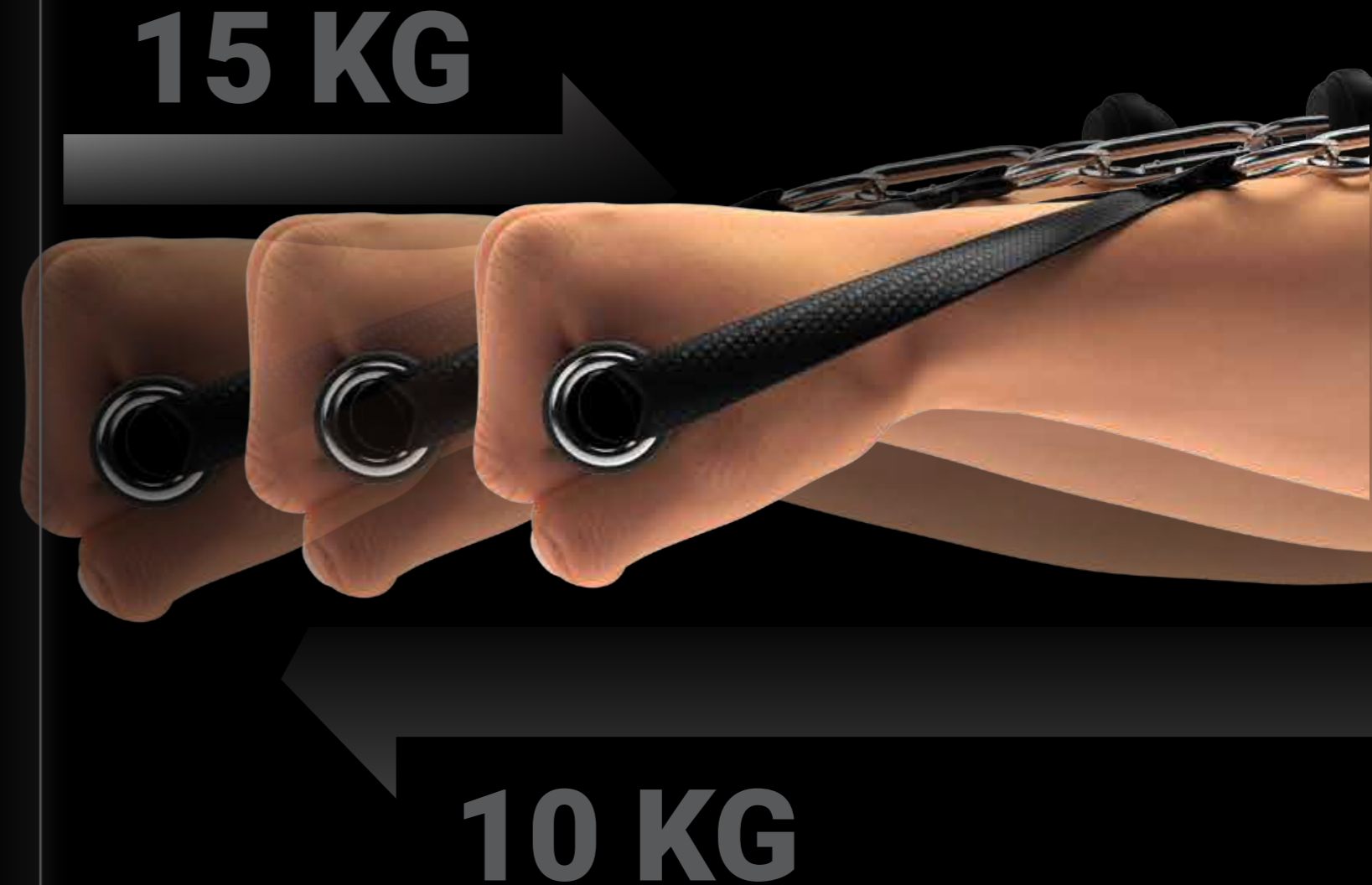
RESISTANCE

# ASYMMETRICAL

Better known as eccentric/concentric overload, the load increments or decrements of a certain value in function of movement direction.

For instance you can have 10Kg during the concentric phase (positive) and 15Kg on the eccentric phase (negative).

This load profile is particularly suitable for increasing muscle hypertrophy.



# CHANGE THE GRAVITY

Free of motion opens up to all the dimensions. Take control of the gravity, choose the best feeling of training as never been before with Sintesi technology.

Discover

## Dynamic Vectoring PATENTED

Worldwide Patented Technology and made in Italy. Sintesi can simulate the gravity, the behaviour of free weights and those of more complex gym equipment.

Choose the mode you like between FULL GRAVITY or FIXED POINT, experience a natural and fluid workout, in full harmony with your natural biomechanics.

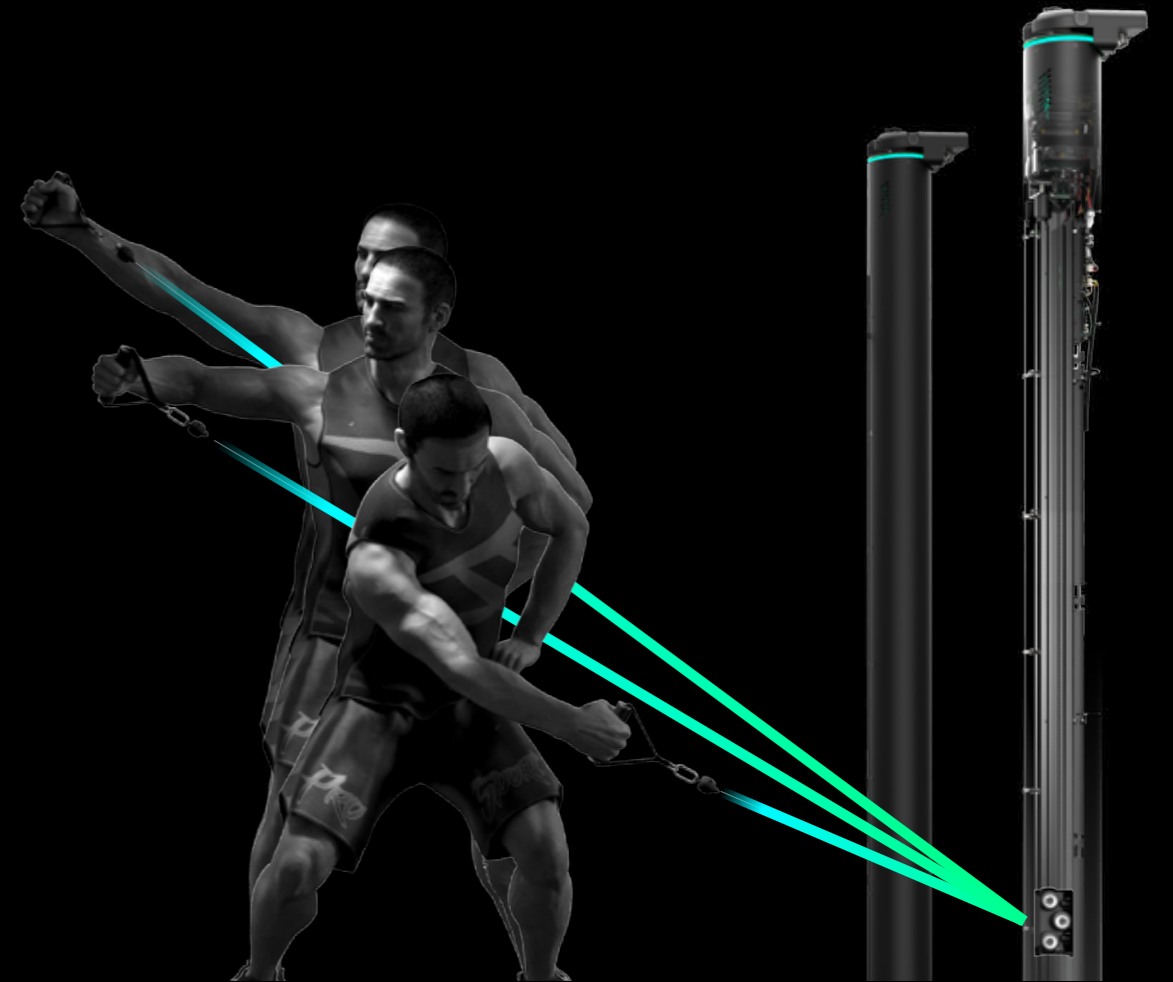
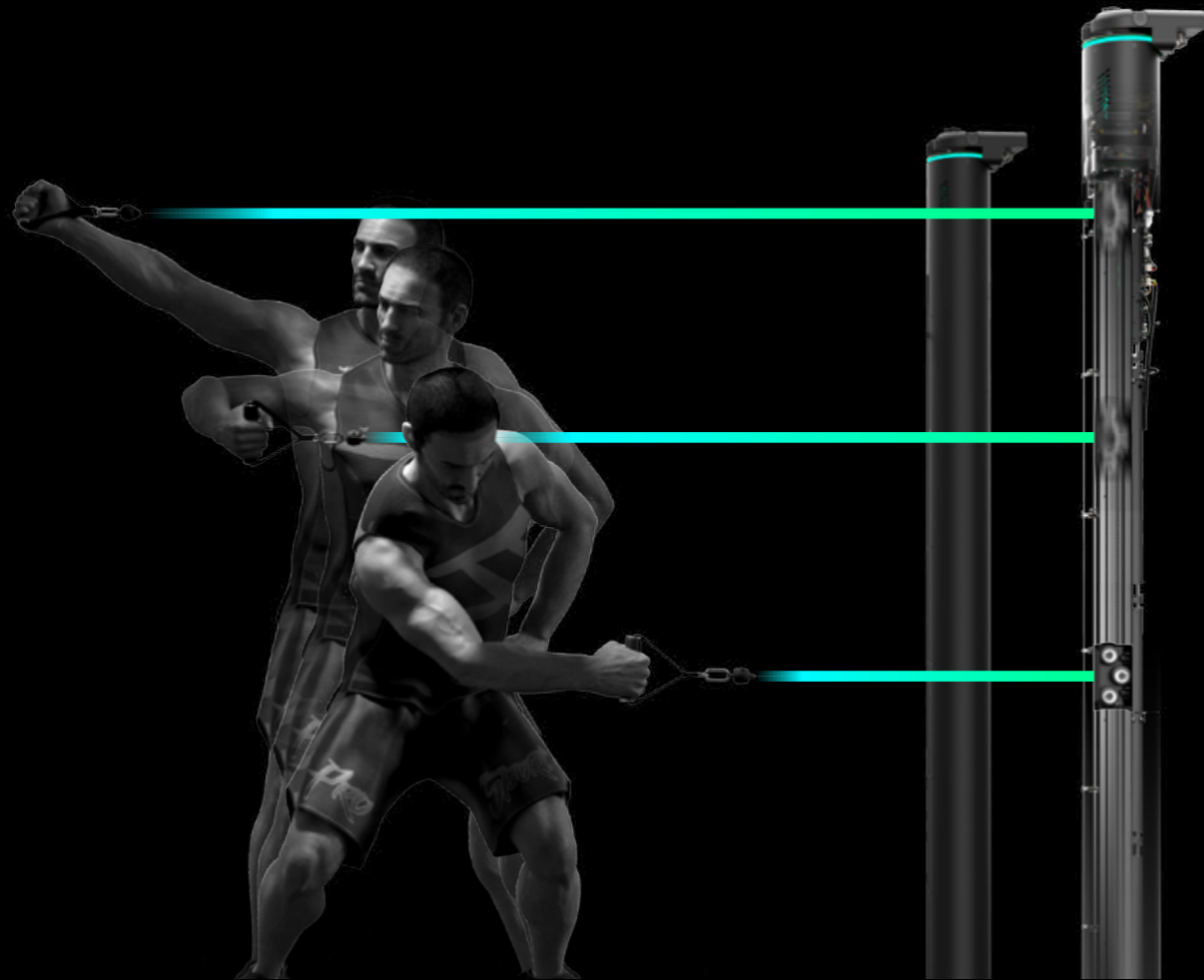
The two modes have a different impact to your body, allowing to train a specific muscle group or to involve entire kinetic chains with more focus on stabilizing muscles.

You can switch quickly from a classic type workout to a functional or aerobic type one. All this through a simple selector on the Sintesi App.



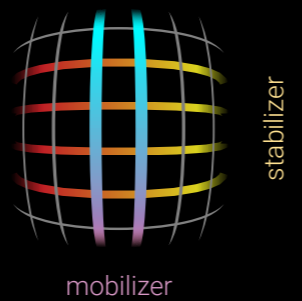
**FULL GRAVITY**

**FIXED POINT**



## FULL GRAVITY

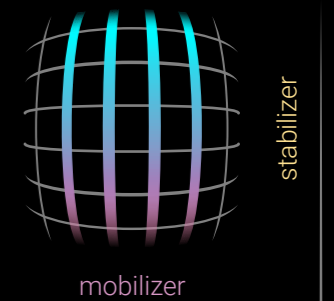
Force direction remains constant and follows your movement like gravity. This mode indulges your natural biomechanics, involving more stabilizing muscles and activating more muscle groups.



MUSCLE ACTIVATION

## FIXED POINT

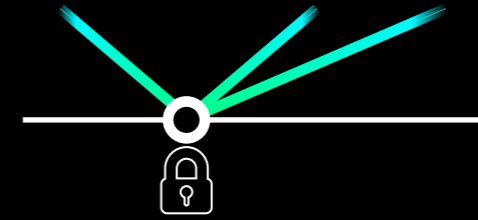
Force direction converges to a fixed point on the tube module chosen by you. This mode allows to focus the workout to specific muscular districts.



MUSCLE ACTIVATION

# FIXED POINT

Using the tablet, you can choose the exit point of the cable based on the movement you want to perform or let Sintesi configure itself according to the chosen exercise.



The exit point of the cable is fixed. You choose which angle to take.

FULL GRAVITY  
 FIXED POINT

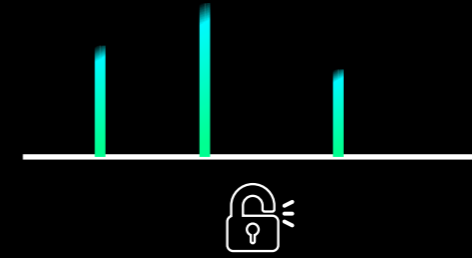


FULL GRAVITY  
 FIXED POINT



# FULL GRAVITY

Try the experience of free weights not tied to a cable. Direction will be maintained perpendicular to the floor thanks to a smart sliding system.

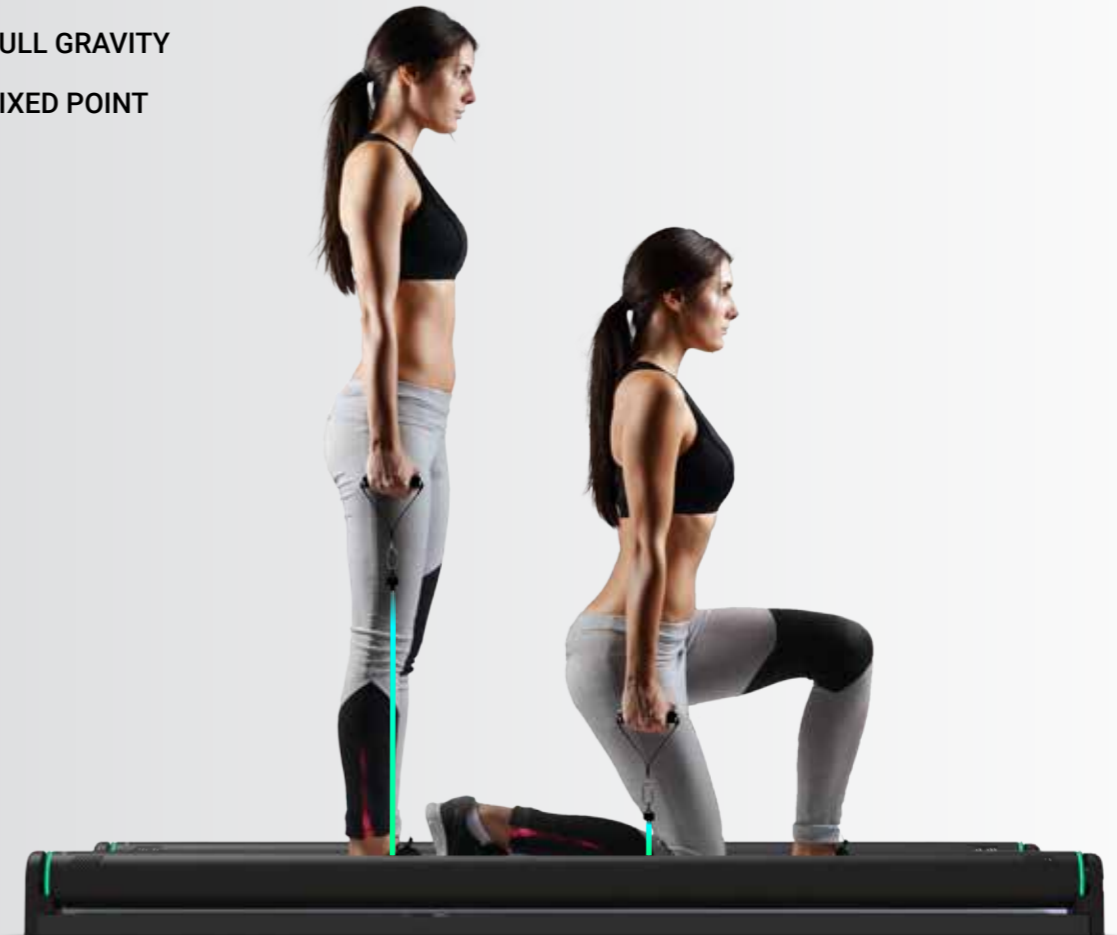


The exit point of the cable changes dynamically to maintain perpendicularity.

FULL GRAVITY  
 FIXED POINT



FULL GRAVITY  
 FIXED POINT



# ACCESSORIES

With Sintesi you can use different gripping elements with the aim to satisfy whatever training needs.

In addition to the supplied handles, you can use several optional accessories such as:



**SLIDING HARNESS**



**SQUAT BELT**



**TRICEPS ROPE**



**ANKLETS**





**ANKLETS**



**HARNESS**



**ROPE**



**BELT**



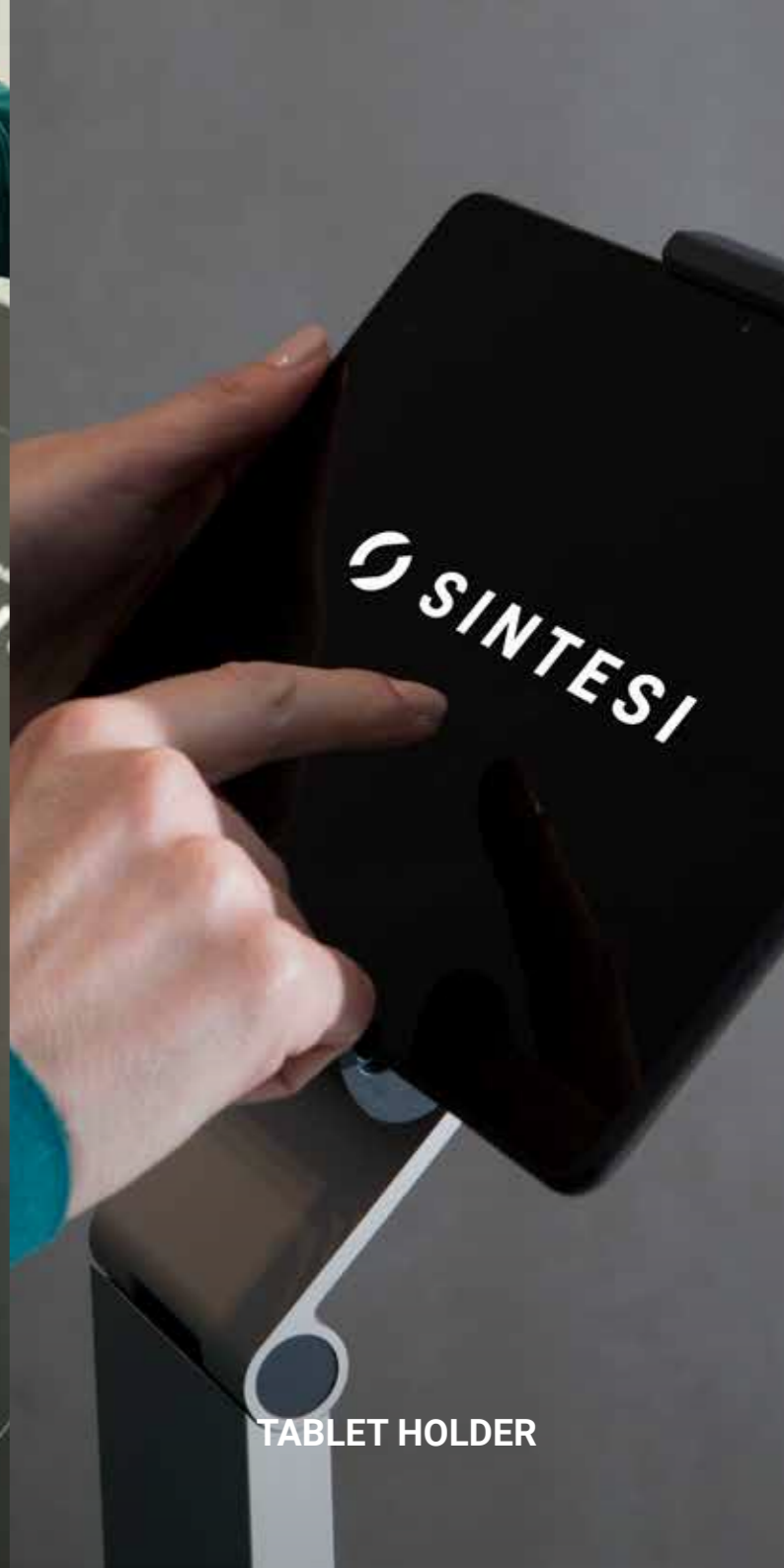
HANDLE



FITBALL



BENCH



TABLET HOLDER