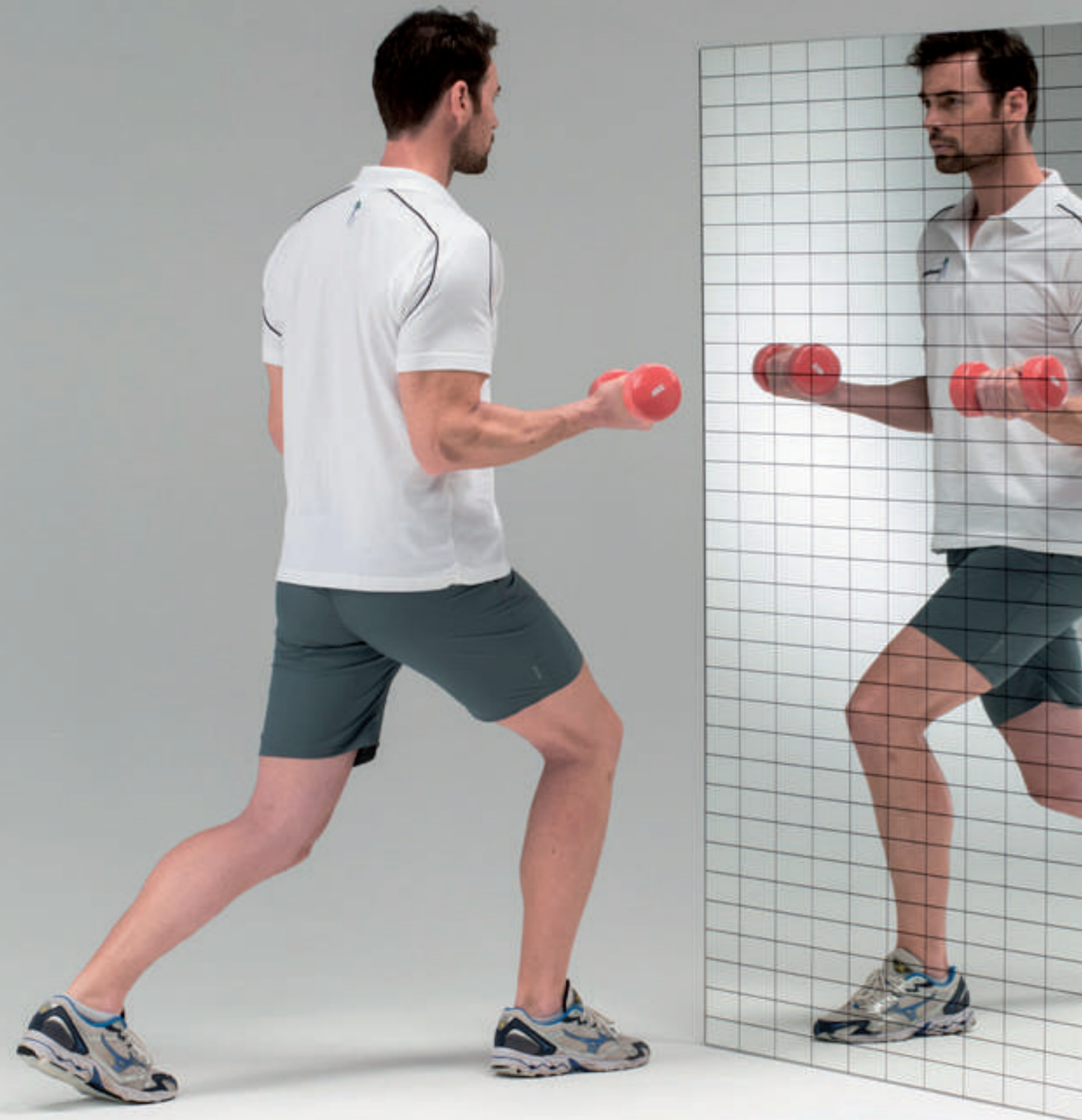


***D-WALL***®



*A picture is worth a thousand words*

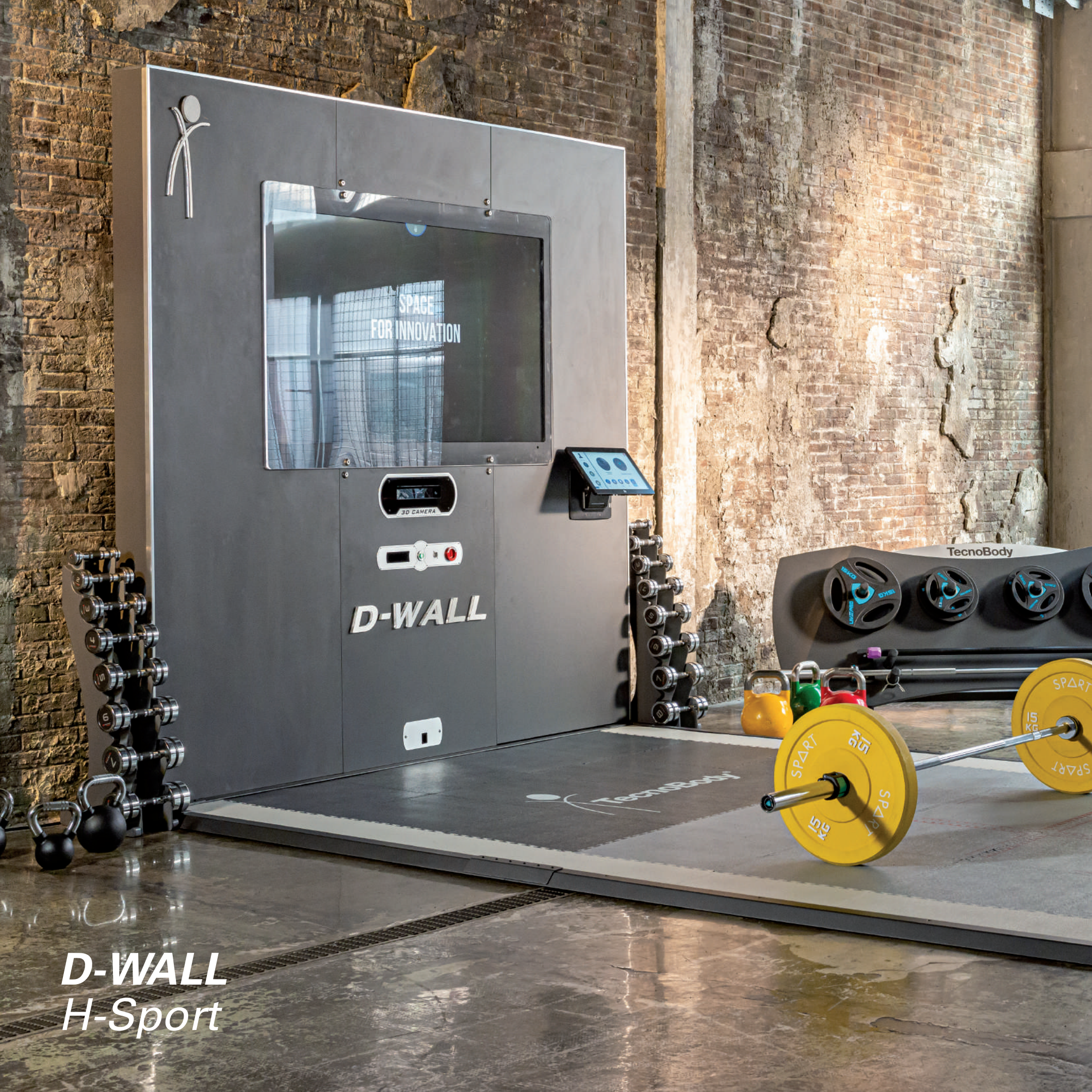




**D-WALL**  
*The digital mirror by TecnoBody*







**D-WALL**  
*H-Sport*



**D-WALL**  
*Elite*



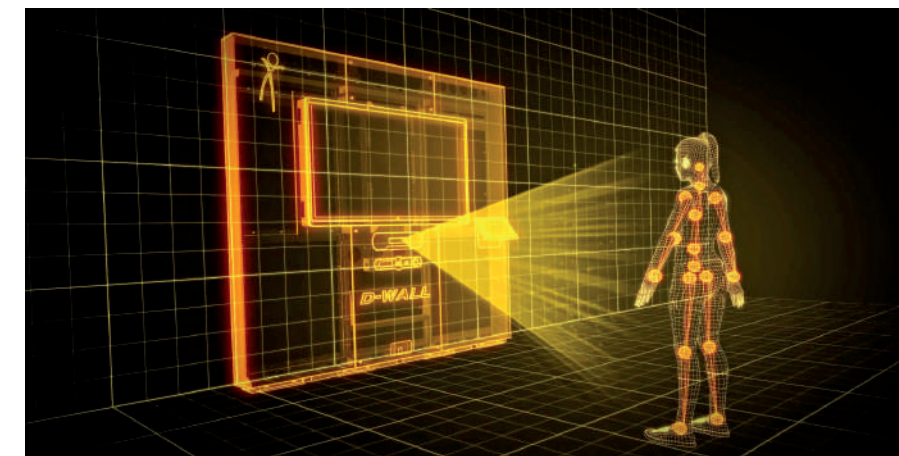
# D-WALL

## The Technology

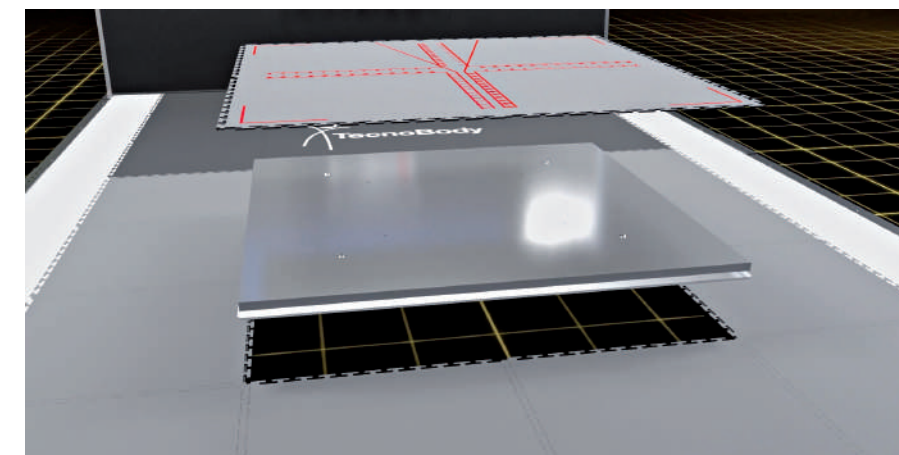


\* Model with integrated stabilometric platform

International patent



The **3D camera** integrated on D-WALL, is one of the hubs of the system. Thanks to **body recognition** and to the **gesture interface**, the athlete and the patient get real-time feedback on every movement performed.



Each movement is managed in an integrated manner, detected by the **force platform** for **recording balance and forces**, which sends the data to the system and allows you to return the final feedback.



The natural and instinctive **learning process** in the mirror is enhanced and incorporated into an integrated development of the **analysis of the gesture** on the monitor.



# D-WALL

*A thousand and more potentials*



Balance control has always represented research of the perfection of movement and inner harmony. DWALL, thanks to the combination to the **active boards kit and accessories for proprioception**, it is the perfect tool for make the client work in **rehabilitation, health fitness and athletic training** with a focus on **perception of one's body in the space**.

Coordination, speed, responsiveness and agility are just a few specificities to put into game for **functional strength training**. Thanks to DWALL the **patient or athlete** can easily view in real time accurate and targeted analysis of strength. The combination of weights, barbells, kettlebells, fitballs and medicine balls guarantees a complete functional training and makes D-WALL the most complete system to develop your optimized gym in a little space.

Thanks to D-WALL you can train the **agility** of your athlete with specific fully customizable modules. In fact, the operator can configure the exercise by selecting **multiple settings**. Objectives, their size, speed to react to, exposure time and setting determine exercises that can be organized according to different levels, based on the targets you want your client to reach. Training with the agility and cardio module allows you to **improve coordination and responsiveness** skills, always with real-time feedback.

The specific D-WALL module for **occupational therapy** allows the therapist to focus on assessment and treatment to develop, recover or maintain the activities of daily and working life of people with cognitive, physical or neurological disabilities. In fact, the therapist can set up **daily life activities** that help the patient to train the ability to perform exercises in contexts that recall **home activities** (kitchen and living settings).

Thanks to D-WALL it is possible to involve children in motor activities useful for **neuro-motor rehabilitation**, but also dedicated to **psychomotor skills** and therefore to develop personal balance at an early age and to harmonize the different areas of development. With the digital mirror, the trainer can stimulate children to take on a **healthy and dynamic lifestyle**, capturing their attention through functional but at the same time playful and recreational exercises.

POSTURE/PRO  
PRIOCEPTION

FUNCTIONAL  
STRENGTH

AGILITY  
CARDIO

SENIOR  
OCCUPATIONAL

KIDS



*D-WALL  
Balance Kit*







In all the **rehab centers** of the world it is possible to find the classic proprioceptive boards, often used for postural control in front of mirrors.

**Balance Kit** is the new proprioceptive-postural **set of TecnoBody** equipped with three electronic boards wirelessly connected to the D-Wall digital mirror.

The software of proprioceptive systems counts many application modules for both **assessment and training purposes**.

The technology is simple and immediate but the Software features are those **certified by TecnoBody**.



Single stance board



Bipodalic board



Mono-axial board











# Balance Small Group



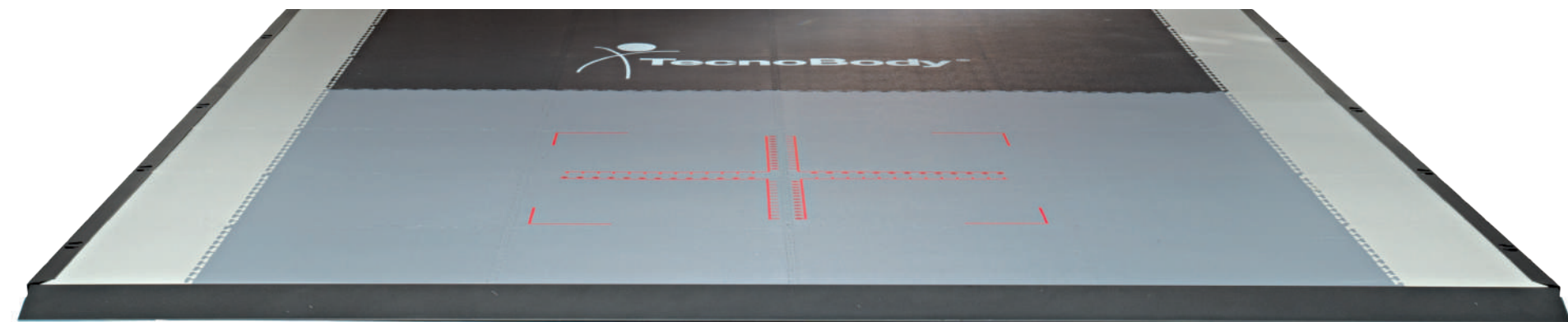




## D-WALL Stabilometry

### INTEGRATED STABILOMETRY

Electronic force platform equipped with 4 load cells for the Postural detection in both static and dynamic modes



#### System specifications:

- Strength Platform: 1000 x 1000 x 35 mm weight: 100 kg
- Operating surface on the ground: L 2.5 x P 2.0 m.
- Resolution: 150 g
- Range: 0-150 kg
- Sampling frequency: 100 Hz
- Maximum load detected 150 kg
- Maximum load applicable 800 kg
- Communication: via RS232 port to D-WALL
- 24 V DC power supply, from D-WALL

## D-WALL Balance Kit



#### System specifications:

- Support trolley - L 1700 x H 1500 x D 600 mm - weight: 95 kg
- Bipodalic - diameter: 520 mm - weight: 4.8 kg
- Single-tube - diameter: 390 mm - weight: 2.8 kg
- Monoaxial - 450x450 mm - weight: 4.6 kg
- Balance Pad - 450x450 mm
- Balance Disk - diameter: 320 mm
- Bosu - diameter: 530 mm
- Measurement / Resolution:  
Bipodalic - Angles +/- 12° (0.1° resolution)  
Single-cycle - Angles +/- 15° (0.1° resolution)  
Monoaxial - Angles +/- 15° (0.1° resolution)
- Sampling frequency: 100 Hz
- Maximum load applicable: 150 kg
- Communication: Bluetooth wireless to D-WALL
- Footboard power supply: 3.7v rechargeable batteries
- Power supply Footpegs: charger on the Carriage Support
- Charger: 5 V DC power supply, from D-WALL



# D-WALL

## Functional strength

In the motor gesture, strength control is one of the most important parameters both in daily activities and in sports, where gesture and loads are exasperated. There are two fundamental parameters for managing strength: **postural control in stressful situations and balancing of loads on the ground.**

These are two parameters that all professionals in the sector, who often find themselves in difficulty about how to explain to their own patients-customers, well know.

This is why it only makes sense to have an exercise in Functional Training in upright station.

That's why there are so many mirrors in gyms around the world... But now that mirror has become digital.









# Data-sheet / Strength



**TB  
ROCKER kit**

Rocker:  
5 / 14 kg  
Weights:  
2 x (2,5 - 5 - 10 kg)



**TB  
HANDLEBARS kit**

8x2 (1 - 8 kg)



**TB  
Kit KETTLEBELL**

3 sizes:  
2 - 6 - 10 kg



**TB  
ELASTIC kits**

2x4 elastic 120 cm



**TB  
MEDICAL BALLS Kit  
PROFESSIONAL**

3 sizes:  
8 - 10 - 12 kg



**TB  
MEDICAL BALLS Kit**

3 sizes:  
1 - 3 - 5 kg



**TB  
OLYMPIC WEIGHT Kit**

Weights:  
2 x (5 - 10 - 15 - 20 - 25 kg)



**TB  
GIREVOY kit**

Series: 16 - 24 - 32 kg





# Agility / Dexterity



**Flexibility** for operator, athlete and patient allow to perform agility tests and trainings **without space limitations**: the optional **strength platform** gives the highest degree of freedom in the use of D-WALL.

Reaction times, cardio monitoring and continuous feedback on the quality of the motor check are **at the operator's fingertips** in the context of an unprecedented **flexibility in configuring** the digital mirror.

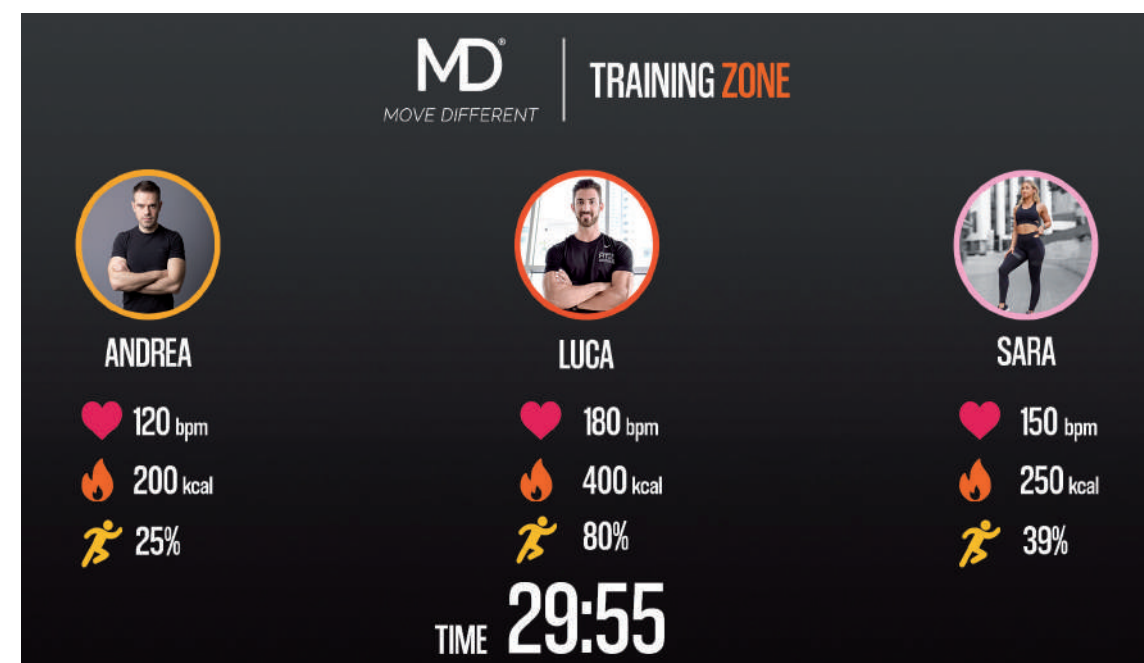




The tests and training carried out with D-WALL can be optimized with the constant **monitoring of the heart rate**, guaranteed by the **Polar Software Package**.

The D-WALL software integrates the feedback on the heart rate of patients and athletes for an always safe and optimized activity, thanks to the association between the **brachial band** and the system.

The association between D-WALL and Polar Software Package guarantees you the highest degree of **precision and safety** in carrying out tests and workouts.



## D-WALL Cardio





# D-WALL

Senior / Occupational Therapy

## BALANCE



## D-WALL

## D-WALL







In the Rehab/Occupational Therapy software module, the programs range from **recovery of joint mobility** to **muscle strengthening** of the various post-acute body segments, passing from training for load management and occupational therapy.

The exercises of the **Occupational Therapy module** can be carried out both in an upright position and seated, even with the support of a plan support for the upper limbs.

It is possible to select the use of a single limb or both based on specific patient problems or, for example, in the case of paresis or amputated limbs, as well as setting **19 different programs** with **3 different difficulties**.





# KIDS Psychomotricity



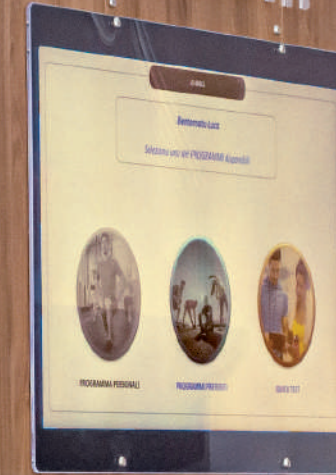
D-WALL

FUNCTIONAL



D-WALL

STRENGTH



D-WALL

TechnoBody

TechnoBody

TechnoBody

TechnoBody





D-WALL is also the digital laboratory for movement analysis and training for children's **sports education** and for **digital psychomotor skills**, useful for promoting an **active lifestyle**.

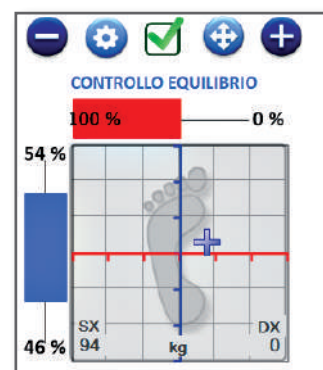
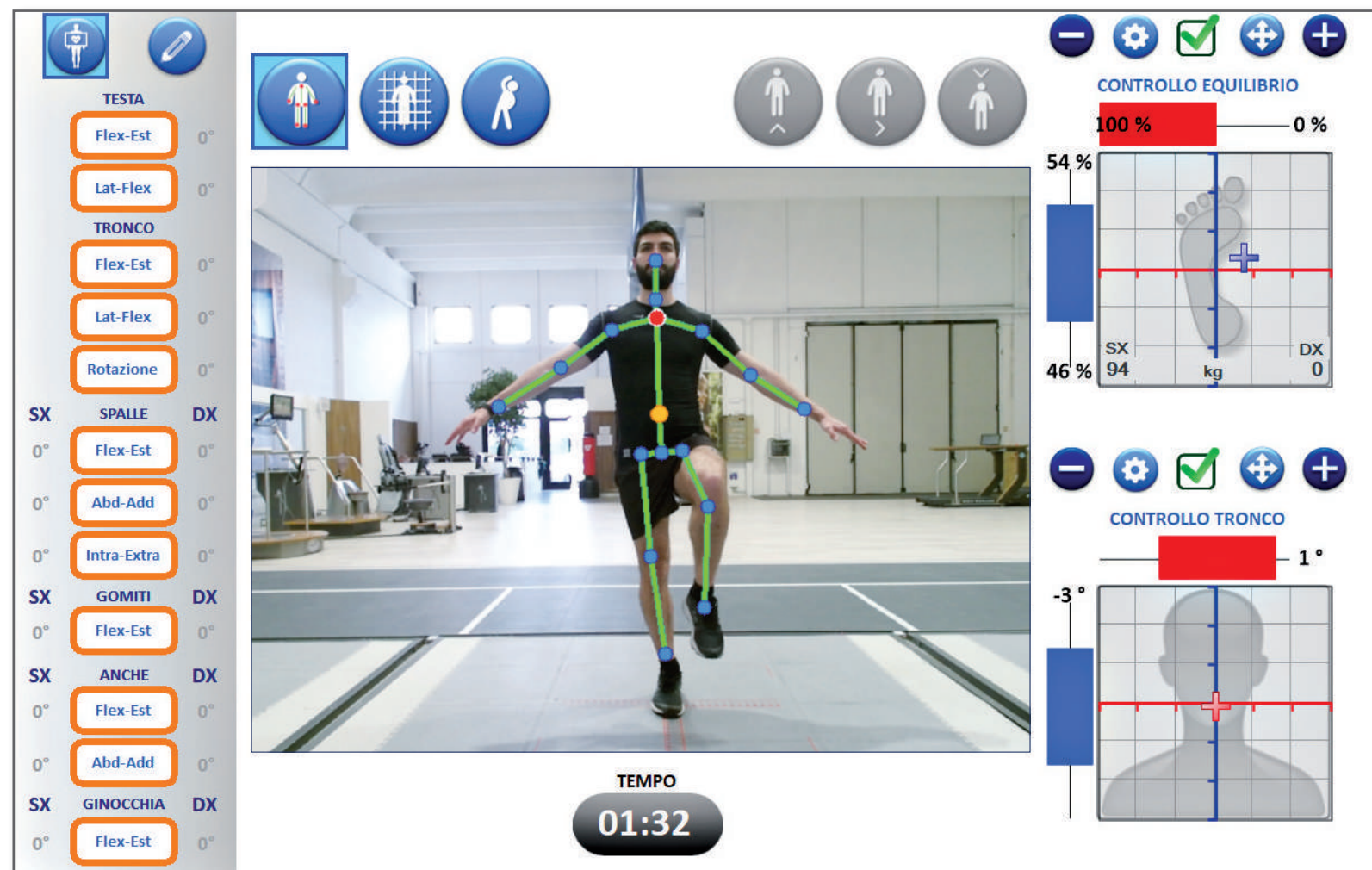
Thanks to the analysis modules and exergames, the operator can build specific sessions with which to combine the **playful aspect** of training and the **functionality** of the exercises offered to children, ensuring involvement and motivation both one to one and in small groups.



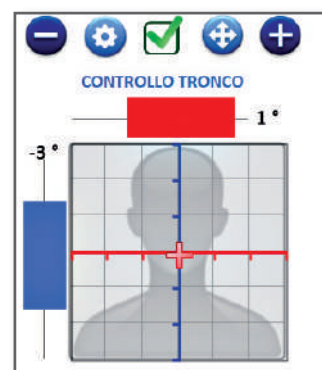
# D-WALL Software

The software interface is designed to be intuitive and functional for both the operator and the user.

A software configuration to give you **flexibility, ease of use and diversification** of content. The tests and the programs contained inside are organized with a configuration divided into **3 families** and by presence of the specific hardware, that is the force platform and the electronic platforms.



A constant feedback on balance control and for load distributed on the foot.



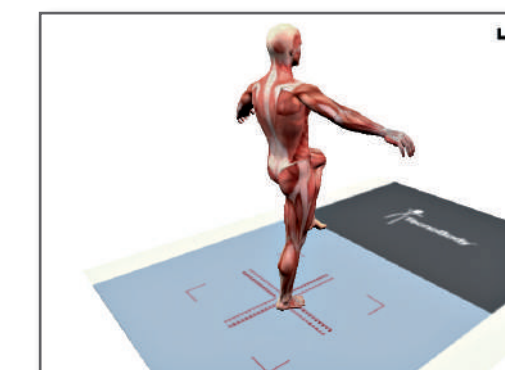
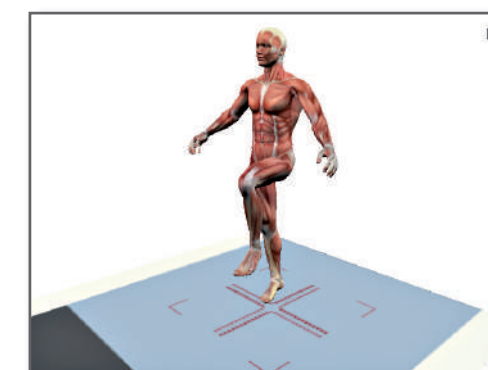
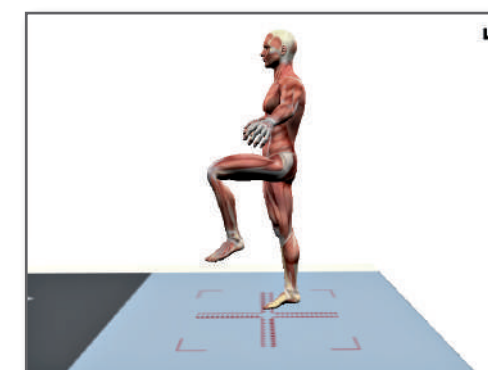
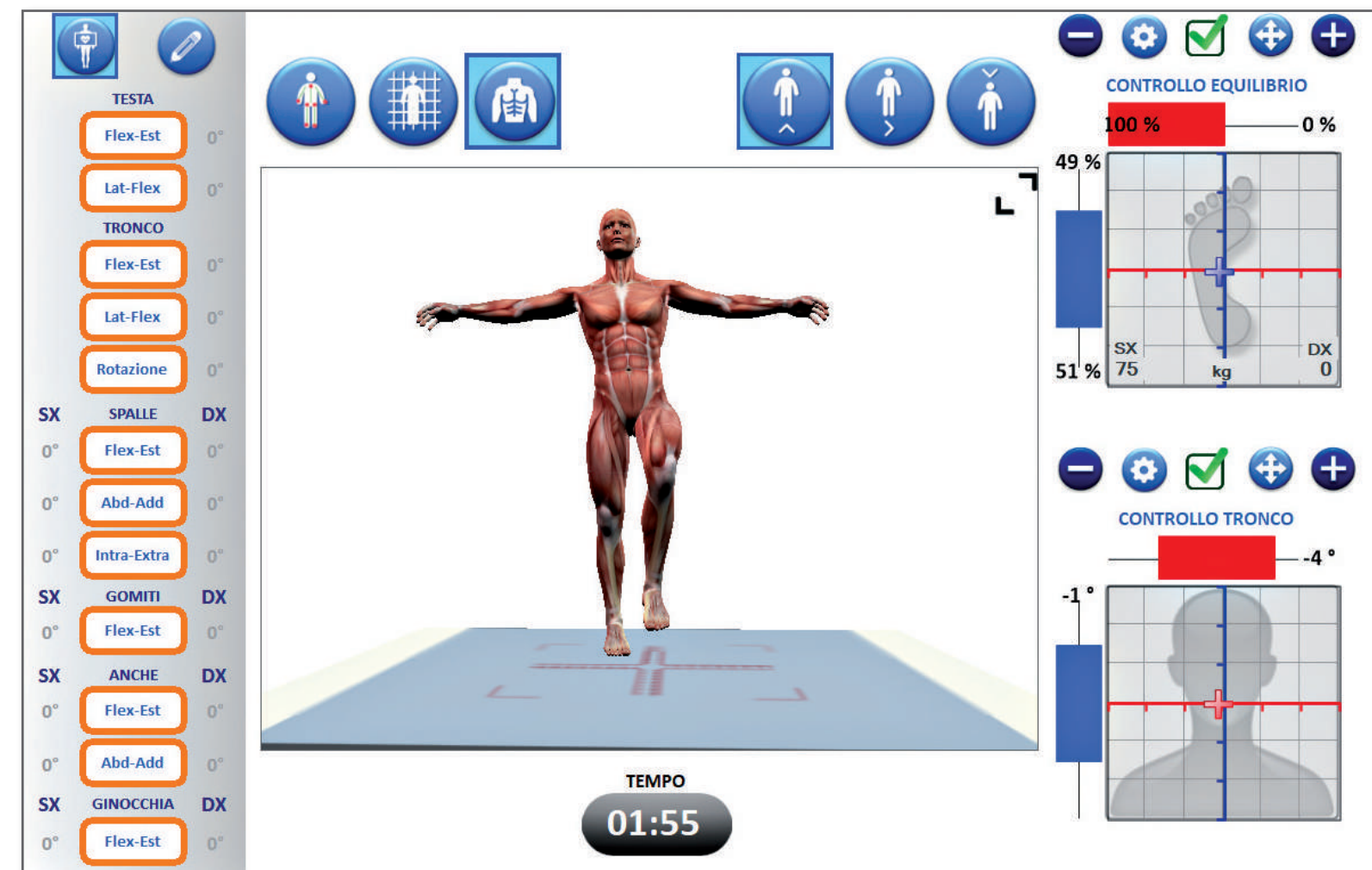
A constant feedback on control of trunk flexion-extension.



## A 3D mirror

The **65" screen** of D-WALL represents the **digital evolution of the mirror**, always present in every environment dedicated to movement.

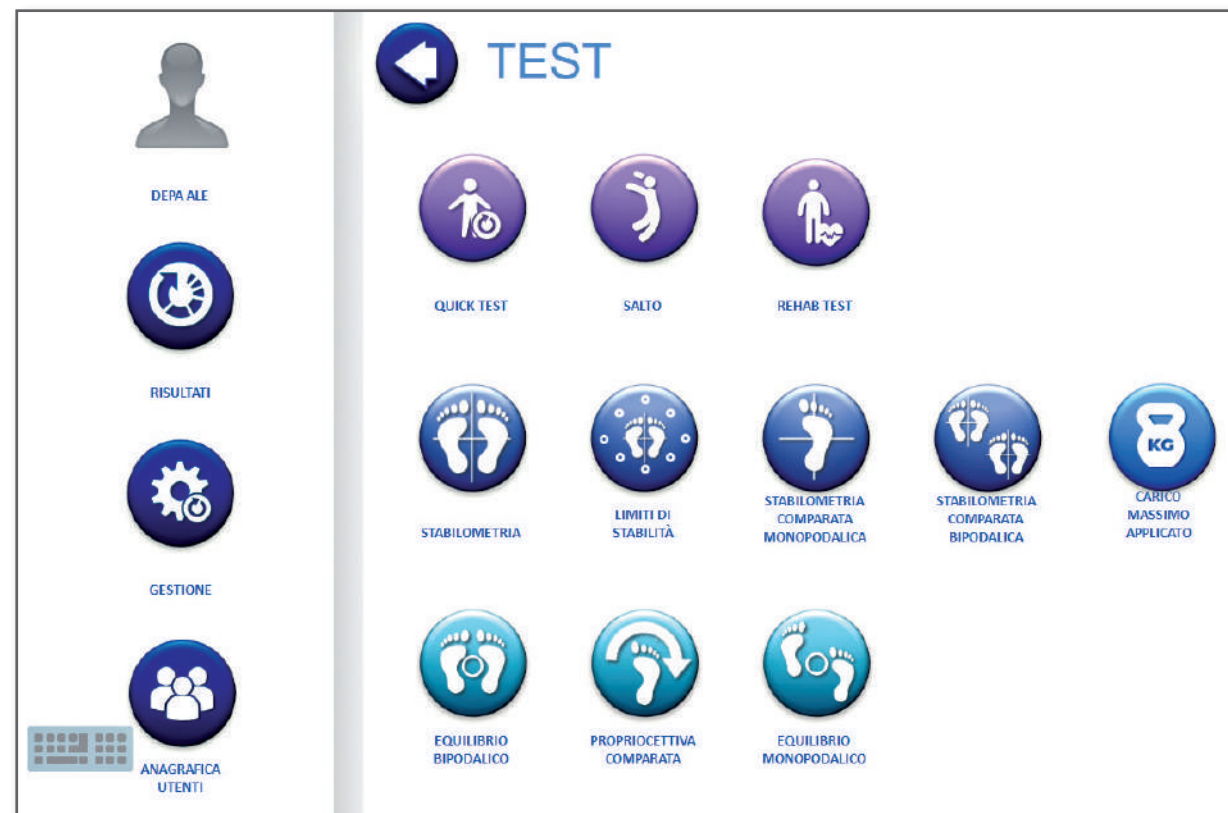
The process of **natural learning** and **neuro-motor feedback** is displayed on the screen by the software interface to return an advanced image of the quality of the movement.







## Test



One of the features that give D-WALL the high intrinsic value of its potential is the ability to manage a library of specific tests grouped into **11 families**: Quick Test, Jump Analysis and Health Test, Stability limits, Monopodalic Comparative Stability, Bipodalic Comparative Stabi-lometry, Maximum Applicable Load, Bipodalic Balance, Comparative Proprioception, Mono-podal Balance.

The objective assessment of the athlete's or patient's abilities, the first step towards a cor-rect, quality and safe performance, is made possible precisely by the **interaction between software and system components**.

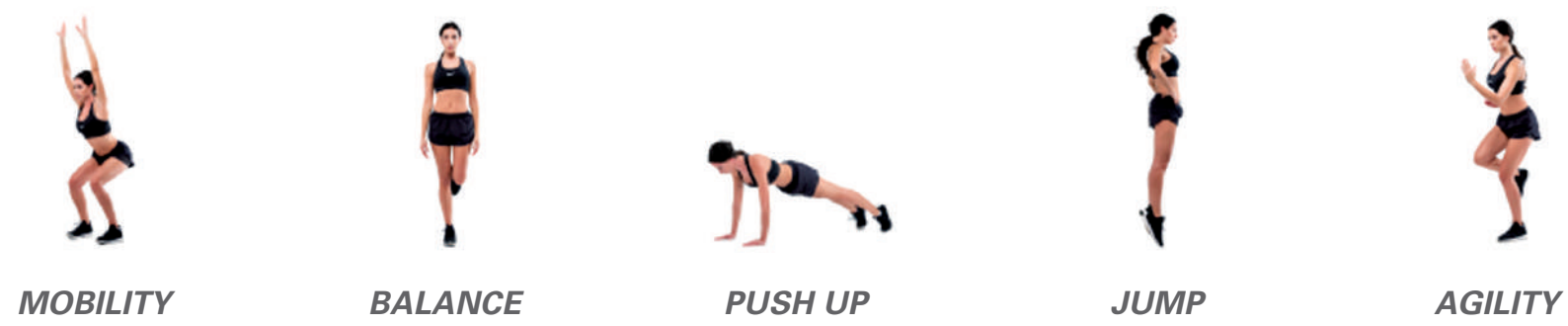




# Fitness Test

For the trainer the **Fitness Test** with D-WALL allows to carefully analyze the strengths and weaknesses of customers both in the drafting of specific plans and in the recovery phase from accidents and retraining.

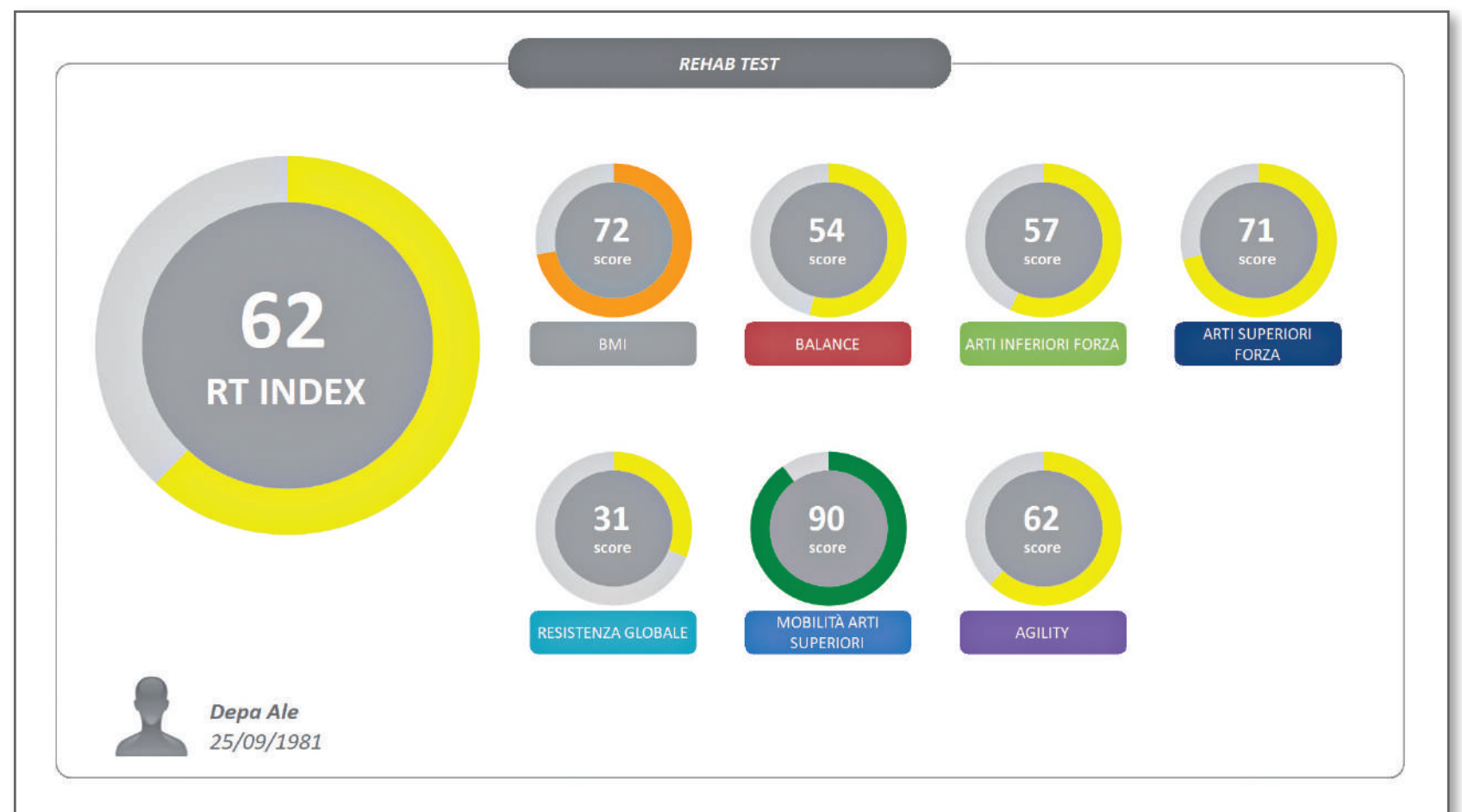
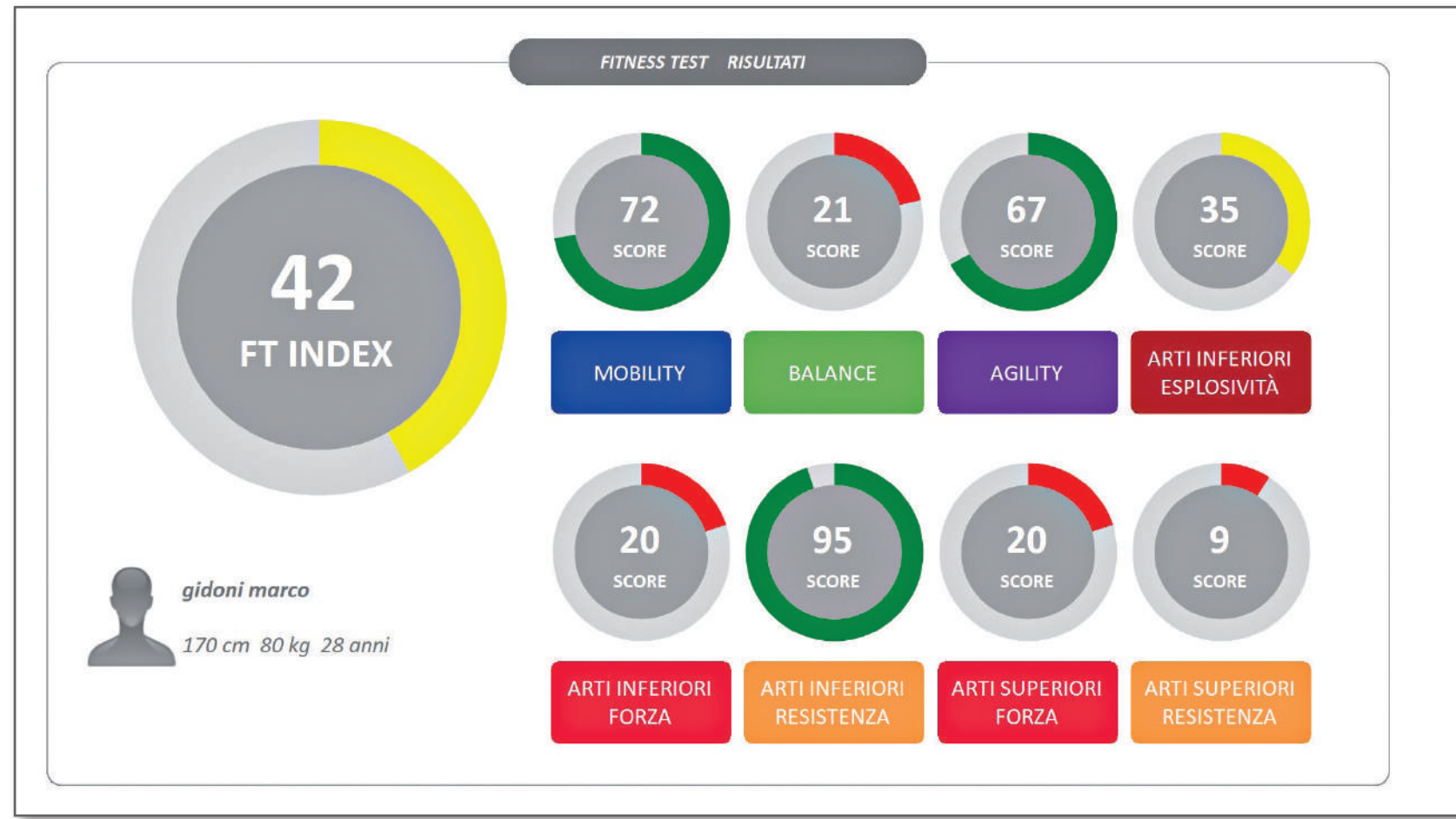
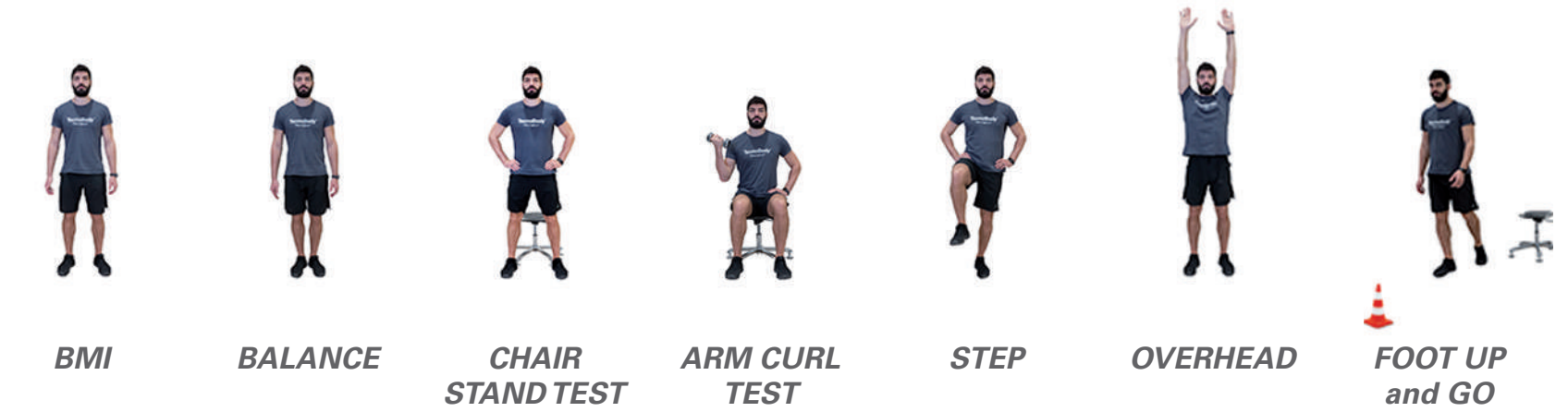
A single analysis allows to check the state of strength, balance, resistance, agility and joint mobility through **five test modules (Overhead Squat, Balance, Push Up, Squat Jump, Agility)** and monitor it checking athletes' progress over time.



# Health Test

A battery of **7 simple and non-invasive tests** lasting **15 minutes** and able to return an analysis of "Functional Fitness" for **adults and Third Age subjects**.

The **Health test** allows the therapist to assess the state of independence in the movement of the patient and to build specific programs to prevent or treat health decline, falling risk and loss of independence.







# Squat Jump Analysis

Through the **Jump Analysis module** it is possible to analyze in real time all the kinematic and dynamic parameters of the jump.

You can evaluate in specific Squat Jump with and without countermovement, with free arms or not.

Through the powerful software you can perform a detailed post analysis frame by frame. Specifically you can assess the **oscillation of the COP** (center of pressure) and the **anatomical degrees** of the motor gesture. An objective improvement of your athlete's quality of movement can be achieved only in this way.





# Posture/Proprioception



## Static assessment

Through the static assessment module the trainer or therapist has the possibility to evaluate the **perception of the space in the static phase** by the user.

During the test the **displacement of the Center of Pressure (CoP)** is evaluated. The various displacements of both the load on the ground and the body to manage the orthostatic balance are thus analyzed. Visual, proprioceptive and vestibular sensory apparatus are put under the magnifying glass



## Dynamic assessment

The assessment of balance in conditions of instability on D-Wall examines the displacements of the person compared to perturbations of the **proprioceptive board**. The user can be tested on D-Wall to verify his abilities of balance management, also controlling the management of his body in space in **conditions of instability**.

Through **dynamic tests** the trainer or therapist can recommend a specific movement path aimed at improving the client's skills.







# Training

←

## LIBRERIA PROGRAMMI

⏻

REHAB
HEALTH
SPORT

**ABILITÀ**

- EQUILIBRIO
- RESISTENZA
- FORZA
- AGILITÀ
- OCCUPAZIONALE
- FUNZIONALE
- MOBILITÀ
- REALTÀ VIRTUALE

**CATEGORIE**

- CUSTOM
- WORKOUT
- DIMAGRIMENTO
- TONIFICAZIONE
- AGILITÀ & CARDIO

↑

↓

↑

↓

	TB57	★	TRAINING FORZA E FUNZIONALE EASY	1	00:17:50
	TB58	★	TRAINING FORZA E FUNZIONALE MEDIUM	1	00:15:20
	TB61	★	TRAINING FORZA E FUNZIONALE HARD	1	00:28:50
	TB63	★	WORKOUT MIX 2	1	00:29:55
	TB64	★	WORKOUT MIX 1	1	00:19:30

The rich library of training programs is organized in **three families, Rehab, Health and Sport**, and allows the trainer to schedule rehabilitation, maintenance and functional training programs by selecting different categories of exercises that refer to different abilities.

From occupational therapy to strength and agility, moving out of strength, balance to many other skills that can be tested with D-WALL, the training modules are **flexible and functional** both for the operator and for the user.



# A Library with hundreds of exercises and programs

The interface is organized into three main columns: ABILITÀ (Ability), CATEGORIE (Categories), and ATTREZZI (Equipment). Below these are exercise thumbnails with titles like 'CURL BICIPITI', 'MILITARY PRESS ALTERNATO', and 'TIRATE AL MENTO'.

REHAB

HEALTH

SPORT

The **versatility of use** of D-WALL is based precisely on the many possibilities and settings that can be selected from the library of exercises and programs.

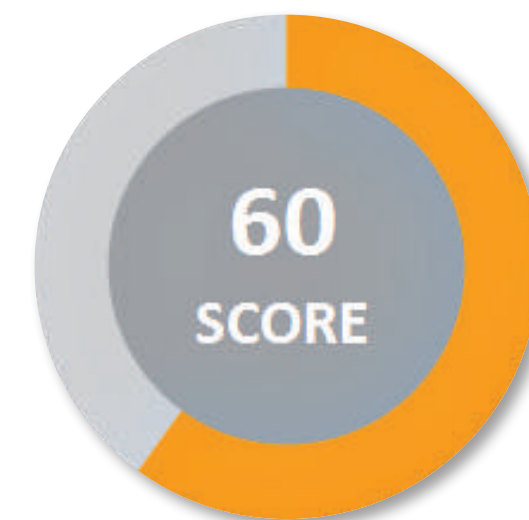
With flexibility and modularity, the trainer can build **customized trainings** on the different needs of the person and change them over time evaluating health status and improvements.

From the choice of the muscular apparatus put into play, to the tools used, every aspect is manageable by **interaction between operator and software**.

# Training and Real-time feedback

The interface displays 'BACK SQUAT' with a video feed of a user performing the exercise. On the left, it shows 'CARICO 50 kg', 'SERIE 0/2', 'RIPETUTE 1/15', and 'TEMPO 01:49'. On the right, there are two control panels: 'CONTROLLO EQUILIBRIO' (Balance Control) and 'CONTROLLO TRONCO' (Trunk Control), both showing error metrics and real-time feedback graphs.

## Training Index Quality



The intrinsic immediacy in the mirror and the functionality of the **integration between software and D-WALL components** returns in real time and constantly a **feedback on the quality** of movement.

This concentration of data is condensed in an accurate and precise analysis which operator and user view and use to **correct the performance** of the exercises.

Every movement is analyzed in **quantity**, but first of all in **quality** and therefore in the correct and best way for each patient or athlete.





## Games / Virtual Reality



EQUILIBRIUM



SKI



FLY



SHOOTING RANGE



FRUIT CUTTER



SHELF



LIBRARY



MOVE

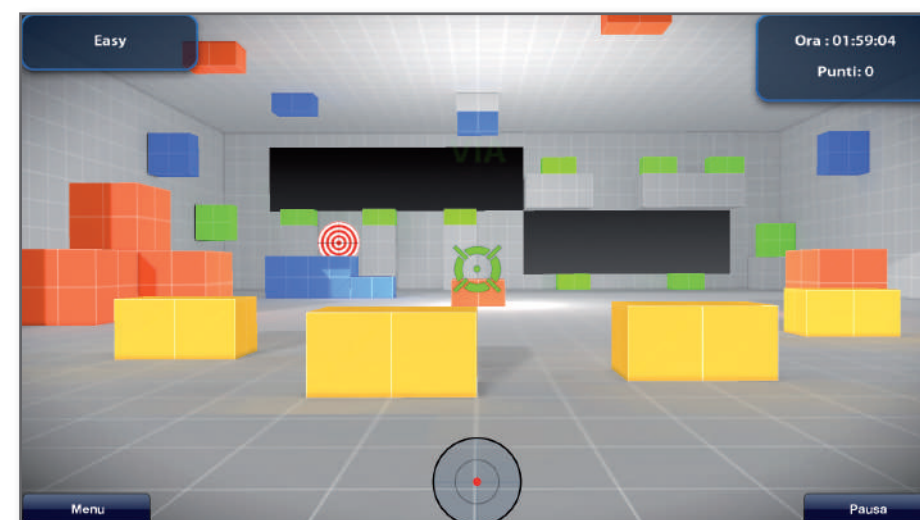
The games library in the D-WALL software guarantees a **high-value training** which is based on scientific data, without neglecting the playful aspect.

The **immersive settings** of this section are functional to make the patient or the sportsman escape with the mind, but at the same time favor concentration on the **coordination** of movements and on the **objective**.

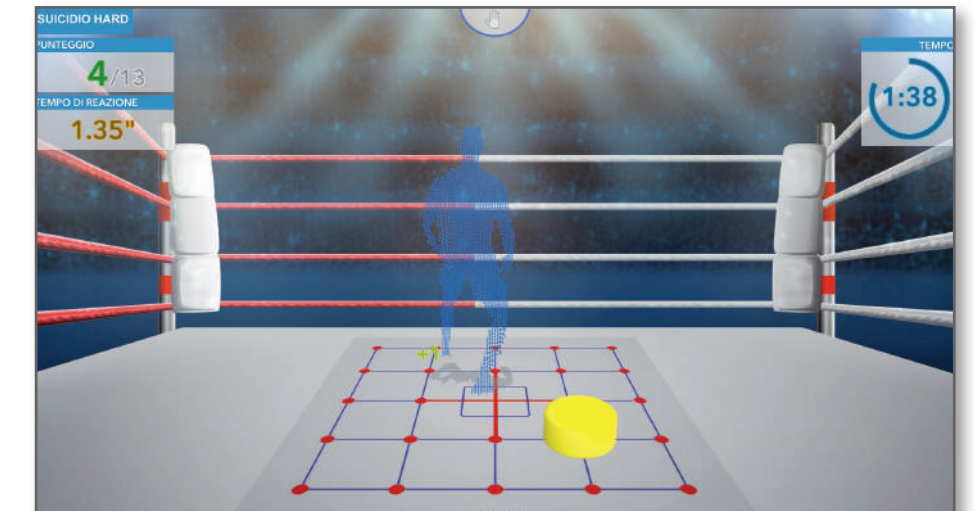
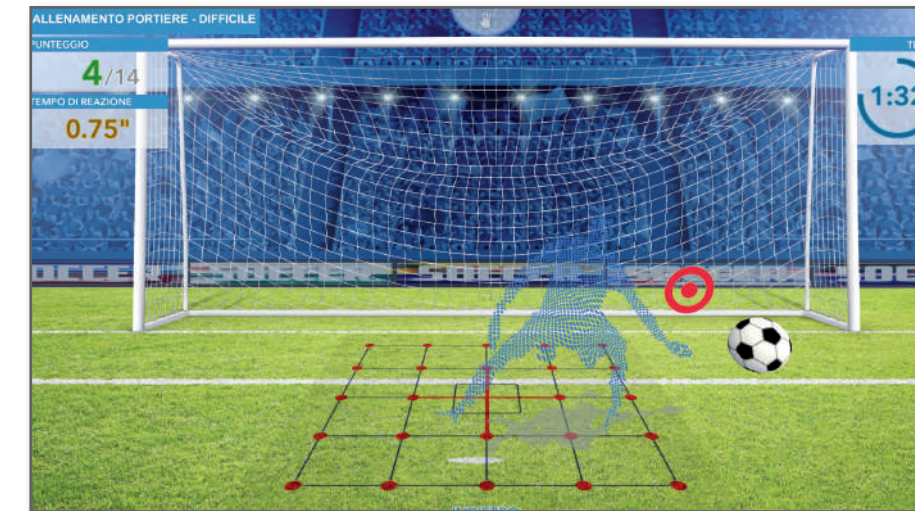


# Games

A range of exer games that train balance, proprioception, agility and responsiveness by combining **functionality of the software** to the same of the **force platform** and accessory kits, for a unique and funny training experience.



# Virtual Reality



Each setting is designed to allow the **immersion** of the training experience and to escape the person from the classic motor re-education or training session with **SKI, Shoot, Fly and Equilibrium**.





# Data-sheet - D-WALL Elite

System specification:	
<ul style="list-style-type: none"> <li>• Dimensions (weights/measures):</li> <li>• WALL area: A 2,4 x L 2,5 x P 0,18 mt.</li> <li>• EARTH area: A 0,30 x L 2,5 x P 3,5 mt.</li> <li>• OPERATING AREA: A 0.30 x L 2.5 x P 2.0 mt.</li> <li>• Total weight: 250 kg</li> <li>• Video Wall 65" 16:9 FULL HD</li> <li>• 15" 16:9 HD Touch Screen Monitor</li> <li>• 3D FULL HD Camera - 30 FPS</li> <li>• Embedded PC CPU: I3-6100U 2.0 GHz;</li> <li>• HD: 1 Tbyte; RAM 4 GByte;</li> <li>• Wireless keyboard</li> <li>• S.O. Windows 10 Multilingual</li> <li>• RFID reader for TecnoBody KEYS</li> </ul>	<ul style="list-style-type: none"> <li>• Contact layer: 5 mm non-slip PVC tiles e anti-slip anti-wear (DIN 51130-2014-02)</li> <li>• Fire resistance EN ISO 11925-2: 2010</li> <li>• Cushioning layer: 30 mm rubber tiles</li> <li>• Resistance EN 13893-3: 2002</li> <li>• Shore A hardness</li> <li>• Flammability in accordance with EN1021-1 EN-1021-2</li> <li>• 230 VAC, 50 Hz power supply</li> <li>• Absorbed Current 3.5 A</li> <li>• Absorbed power 800 W</li> <li>• Conforms to Directive 93/42 / EEC</li> <li>• Conforms to EN60601-1 III edition</li> </ul>



Colors

	D-WALL ELITE Package
Medical certification	✓
Strength Platform (optional)	✓
D-WALL Kits (optional)	✓
	Software Package
Assessment	
Stabilometry (only with the Strength Platform)	✓
Motion Analysis	✓
Health Fitness	✓
Fitness Test (Only with the Strength Platform)	✓
Squat Jump (solo con Piattaforma di Forza)	✓
Training	
REHAB Programs	✓
SPORT PERFORMANCE Programs	✓
HEALTH Programs	✓
Occupational Therapy	
Occupational Therapy Package	✓
Exer-Games	✓

*Software packages*

*Assessment*

*Virtual Reality*

*Training*

*Exer-gaming*

*Report*

*Exer-gaming*

*Virtual Reality*

*3D Anatomical View*

# Data-sheet - D-WALL H-Sport

System specification:	
<ul style="list-style-type: none"> <li>• Dimensions (weights/measures):</li> <li>• WALL area: A 2,4 x L 2,5 x P 0,18 mt.</li> <li>• EARTH area: A 0,30 x L 2,5 x P 3,5 mt.</li> <li>• OPERATING AREA: A 0.30 x L 2.5 x P 2.0 mt.</li> <li>• Total weight: 250 kg</li> <li>• Video Wall 65" 16:9 FULL HD</li> <li>• 15" 16:9 HD Touch Screen Monitor</li> <li>• 3D FULL HD Camera - 30 FPS</li> <li>• Embedded PC CPU: I3-6100U 2.0 GHz;</li> <li>• HD: 1 Tbyte; RAM 4 GByte;</li> <li>• Wireless keyboard</li> <li>• S.O. Windows 10 Multilingual</li> <li>• RFID reader for TecnoBody KEYS</li> </ul>	<ul style="list-style-type: none"> <li>• Contact layer: 5 mm non-slip PVC tiles e anti-slip anti-wear (DIN 51130-2014-02)</li> <li>• Fire resistance EN ISO 11925-2: 2010</li> <li>• Cushioning layer: 30 mm rubber tiles</li> <li>• Resistance EN 13893-3: 2002</li> <li>• Shore A hardness</li> <li>• Flammability in accordance with EN1021-1 EN-1021-2</li> <li>• 230 VAC, 50 Hz power supply</li> <li>• Absorbed Current 3.5 A</li> <li>• Absorbed power 800 W</li> <li>• Conforms to Directive 93/42 / EEC</li> <li>• Conforms to EN60601-1 III edition</li> </ul>



Colors

	D-WALL H-SPORT Package
Medical certification	✓
Strength Platform (optional)	✓
D-WALL Kits (optional)	✓
	Software Package
Assessment	
Stabilometry (only with the Strength Platform)	✓
Motion Analysis	✓
Health Fitness	✓
Fitness Test (Only with the Strength Platform)	✓
Squat Jump (solo con Piattaforma di Forza)	✓
Training	
REHAB Programs	✗
SPORT PERFORMANCE Programs	✓
HEALTH Programs	✓
Occupational Therapy	
Occupational Therapy Package	✗
Exer-Games	✓

## D-WALL Accessories / Optional

*(Color related to the one purchased)*

*Sensorized platform*

*Active Balance Kit*

*D-WALL ProKin Wireless*

*Barbells Kit*

*Dumbbells Kit*

*Bobath balls Kit*

*Kettlebell Kit*

*Exercise balls Kit*

*Fluidballs Kit*





*Rehab Solutions*



# The 3 modern functional rehab phases

1<sup>ST</sup> PHASE  
ACUTE PHASE REHAB



3<sup>RD</sup> PHASE  
MEDICAL FITNESS


2<sup>ND</sup> PHASE  
FUNCTIONAL AND TECHNOLOGICAL REHAB

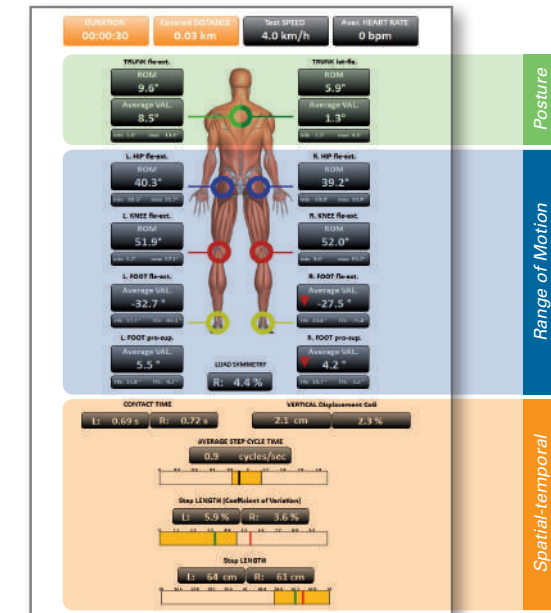


# The 3 main steps

## ASSESSMENT

- OBJECTIVE
- ACCURATE
- REPEATABLE






## 1 ASSESSMENT

Assessment in the rehabilitation field is fundamental to define an **objective starting point** of the patient's status. The evaluation by TecnoBody devices is accurate and objective, therefore **always comparable**. The tests that can be performed by the TecnoBody circuit are multiple and objectify muscle tension, proprioception, balance, strength control, gait and run analysis.

- MOTOR PATTERN RECOVERY
- CONSTANT MONITORING OF SPECIFIC JOINTS R.O.M.
- QUALITY ANALYSIS OF MOTION



## REHABILITATION




## 2 REHABILITATION

After the assessment and the first phase of rehabilitation it is possible to **program specific training** aimed at the needs of the patient. The training performed with the help of **continuous Bio-Feedback** increases concentration levels required and increase effectiveness of the training itself. The execution of a **more conscious training** improves the motor sense of the patient, making the recovery phase more effective. Thanks to the flexible **TecnoBody Management System** you can either create exercises or draw from the library proposed by TecnoBody to associate them and customize them for the customer.

## RECOVERY

- TECHNOLOGICAL AND INSTRUMENTAL RECOVERY
- PATHOLOGY'S SPECIFIC RECOVERY
- INDIVIDUALIZED RECOVERY





## 3 RECOVERY

It is possible to create and customize specific **functional recovery exercises** on TecnoBody devices. The technological and instrumental part will help modulate and speed up the healing process, also depending on the specific pathology.

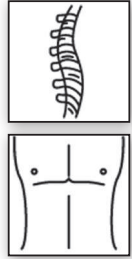


# Anatomic

UPPER LIMBS



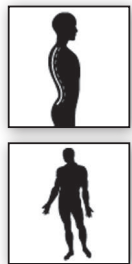
TRUNK-PELVIS



LOWER LIMBS



GENERAL





# The Medical Fitness Gym



At TecnoBody we believe that the **Medical Fitness gym** must have its own **strong and recognizable identity**, completely different from a fitness gym.

At the same time, the new Medical Fitness gym according to the **TecnoBody philosophy** within a Rehab center, must have a connotation of exclusivity, a dedicated service that **technology and innovative method** guarantee in an unprecedented way.

In fact, the customer, after the end of the path as a “patient”, wishes to enroll in a path of maintenance and well-being and leave the “problem”.

The new **Medical Fitness gym** must not have the characteristics of a medical gym, but of a **wellness** area. Light, interiors, layout and every detail must be studied to give a feeling of well-being and serenity.

In this way, the customer will feel safe and secure because he is aware that, if necessary, he will always be able to count on the staff who in the past have helped him to “stand up”.

The **Medical Fitness** center therefore becomes an attractive center not only for patients, who need a quality rehabilitation service out of necessity, but also for new users who today are unlikely to enroll in a classic fitness gym.

In this context, the **APA (Adapted Physical Activity)** finds a natural location. Targeted training such as fall prevention, maintenance, soft gymnastics, postural training will be managed naturally and with extreme sensitivity.

Technology allows the operator to quickly and easily build **customized (Adapted) programs** just as required by the new international guidelines.





*Health Fitness  
Solutions*





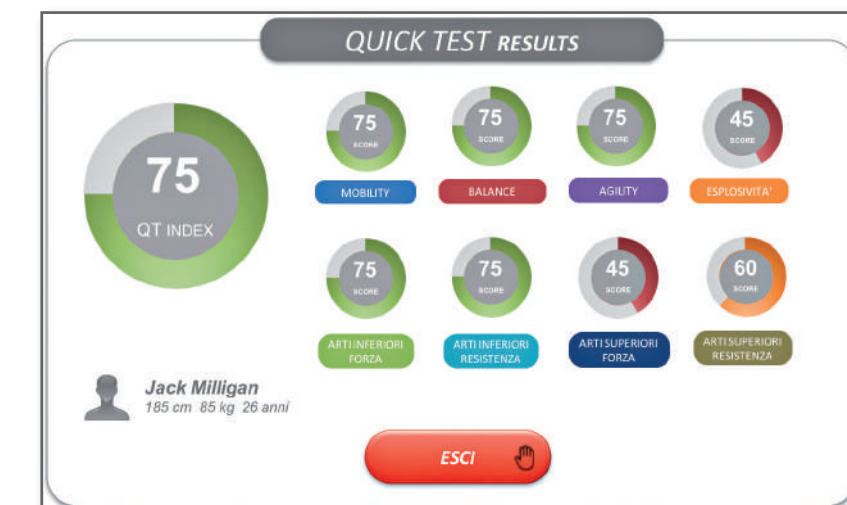
*Digital  
Health Fitness 4.0*





**Health Fitness 4.0** is assessment. We live in the information age and the new client wants to know his path of well-being and to know which is the finish line. We must inform and tell our client how he walks, runs, lifts a weight and controls his posture.

**We can only improve if we know where we start from.**



**Health Fitness 4.0** means **product innovation**. The product has the strength of synthesis because it is real and tangible. And that's how Health Fitness 4.0 for TecnoBody identifies itself in **a new generation of innovative products**. At a glance, the customer and the end user can easily understand that something has changed. With this spirit we have created Walker View, Functional Line and now D-WALL and transformed the classic mirrors, present in fitness and rehabilitation centers around the world, into digital mirrors capable of **evaluating, guiding and "intriguing"** the new user.



# Health Fitness 2.0 Centers



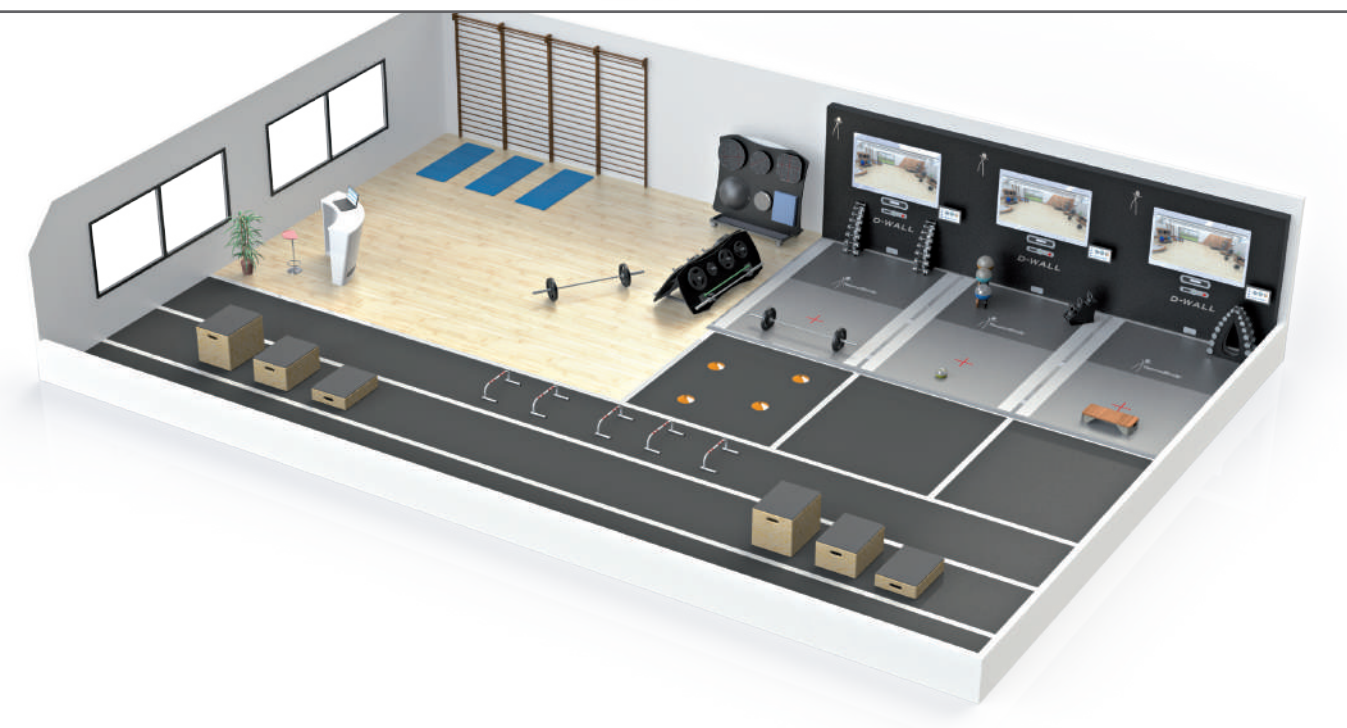
GENERAL



POSTURAL

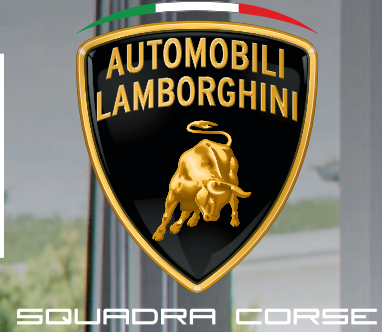


SPORTS





*Beside to Lamborghini  
Squadra Corse to drive  
the best performance on track*





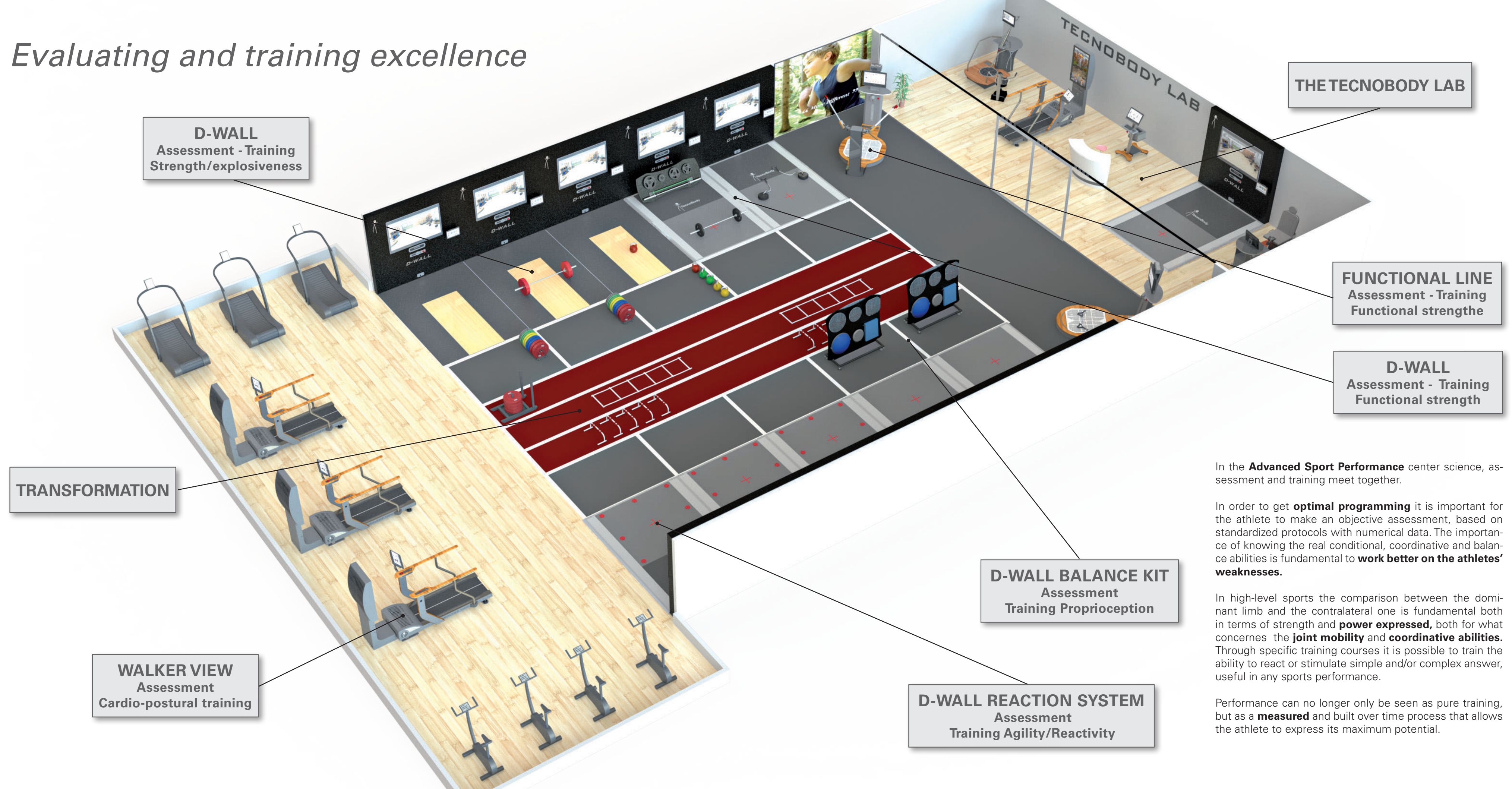


   
PERFORMANCE PARTNER  
ATALANTA B.C. 2019/20

*Advanced Sport  
Performance*



# Evaluating and training excellence



**D-WALL**  
Assessment - Training  
Strength/explosiveness

**THE TECNOBODY LAB**

**FUNCTIONAL LINE**  
Assessment - Training  
Functional strength

**D-WALL**  
Assessment - Training  
Functional strength

**TRANSFORMATION**

**WALKER VIEW**  
Assessment  
Cardio-postural training

**D-WALL BALANCE KIT**  
Assessment  
Training Proprioception

**D-WALL REACTION SYSTEM**  
Assessment  
Training Agility/Reactivity

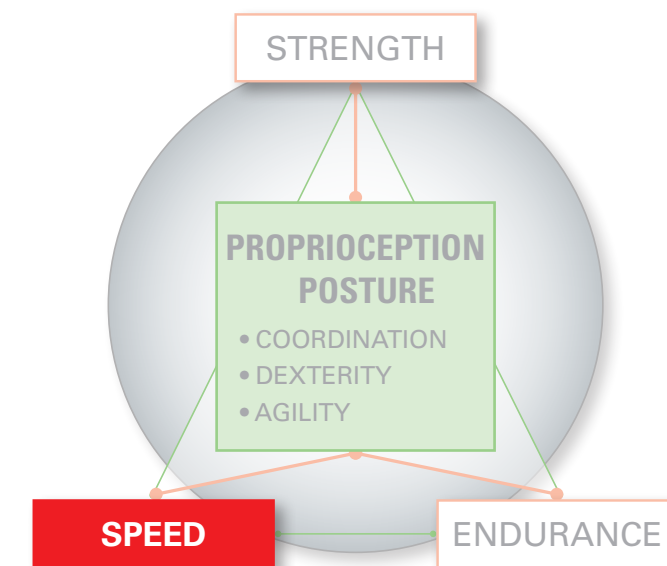
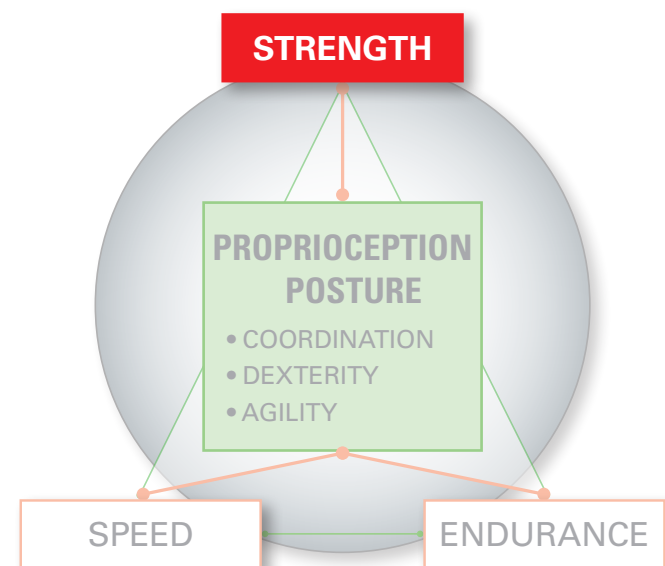
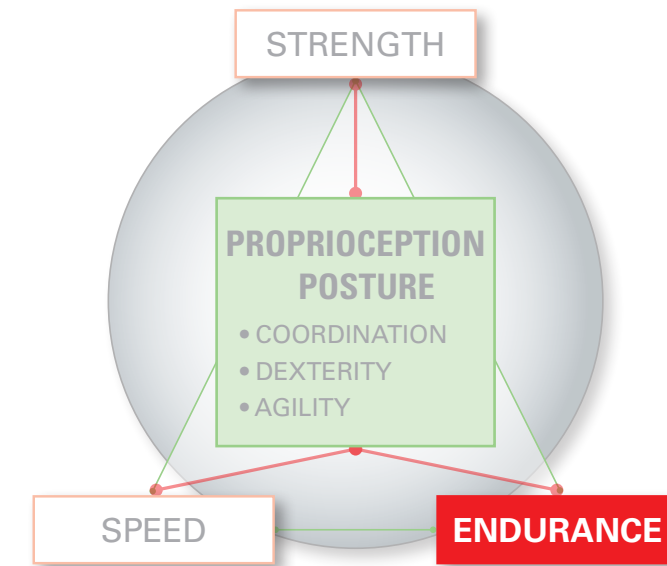
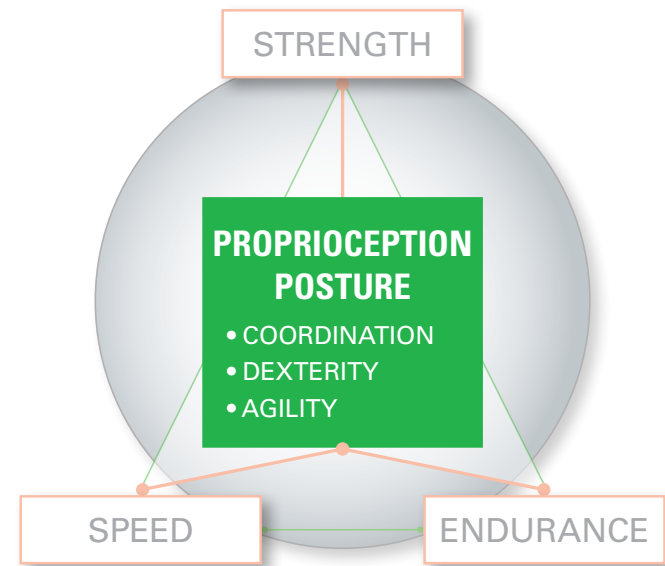
In the **Advanced Sport Performance** center science, assessment and training meet together.

In order to get **optimal programming** it is important for the athlete to make an objective assessment, based on standardized protocols with numerical data. The importance of knowing the real conditional, coordinative and balance abilities is fundamental to **work better on the athletes' weaknesses**.

In high-level sports the comparison between the dominant limb and the contralateral one is fundamental both in terms of strength and **power expressed**, both for what concerns the **joint mobility** and **coordinative abilities**. Through specific training courses it is possible to train the ability to react or stimulate simple and/or complex answer, useful in any sports performance.

Performance can no longer only be seen as pure training, but as a **measured** and built over time process that allows the athlete to express its maximum potential.







# TecnoBody Management System<sup>®</sup>

Assessment / Training / Rehab





# References



*Thanks all the 10.000 clients in Italy and all around the world*



*The most Important Talent?  
Your Determination!*





