

# REVOLUTIONIZING STRENGTH TRAINING



1080 Motion offers coaches, athletes and rehab professionals the ability to maximize gains and minimize the risks compared to traditional equipment. Instead of weights, 1080's high performance systems utilize electrical rotary motors and advanced algorithms. This is a fully digitalized solution for strength training, speed training, and rehabilitation that brings new levels of efficiency, motivation, customization and safety.



The 1080 Quantum provides options for independently controlling resistance, speed, and inertia in both the concentric (muscle contraction) and eccentric (muscle elongation) phases of a movement.

1080 Sprint features a 90m cable with finely-tuned settings for resistance and assistance, ideal for long, horizontal movements such as sprinting, swimming and skating.

1080MOTION™

# 1080 QUANTUM

1080 Quantum is a cutting edge – yet user-friendly – system for high performance training, testing, rehabilitation, and research.

**VALIDATED BY SCIENTISTS** for professional sports training, the system is proven to be more effective than traditional methods in developing key physical qualities for performance, as well as for rehabilitation:

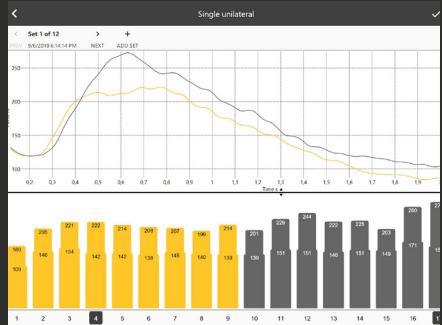
- Up to 3 x eccentric overload training
- Isokinetic training and testing – controlling the speed of movement with automatic individual load adjustment
- Ballistic high-speed training for sports

**USE REAL-TIME FEEDBACK** to enhance precision and motivation during the training session, while our cloud-based data storage allows for follow-up analysis, trend views on progress and the sharing of performance data.

**QUANTUM SYNCRO** consists of two Quantum machines connected with an optional Smith press, providing dual cable action. The resistance of both machines is integrated and controlled via a single display.



- Concentric speed up to 8 m/s, eccentric speed up to 6 m/s
- Independently controlled concentric resistance and eccentric pulling force from 1 kg (2 lbs) up to 300 kg (660 lbs)
- Weight: 180 kg (400 lbs) each column
- Body height: 1.7 m (5.6 ft)
- Max cable travel: 5 m (16 ft)
- Speed, force, power, and acceleration data are sampled at 333 Hz



# 1080 SPRINT™



1080 Sprint is a portable resistance training and testing device for cyclical actions such as sprinting, skating, and swimming, as well as for change of direction movements.

THE SYSTEM USES intelligent, variable resistance technology to provide smooth and controllable resistance and assistance, while measuring power, force, speed and acceleration with a high degree of accuracy.

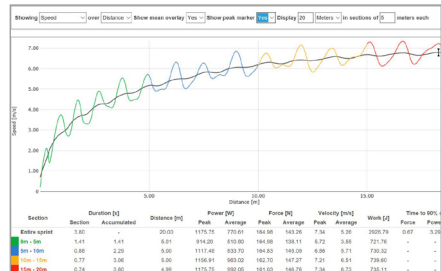
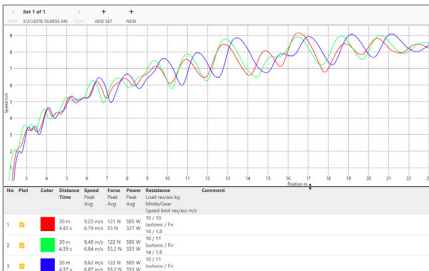
DATA RECORDED by the 1080 Sprint allows coaches and performance professionals to dissect a sprint profile into meaningful pieces of information. How quickly does your running back cover 5 yards?

When does a sprinter reach top speed, and how long can they sustain it?

- Variable resistance over the course of a sprint
- Asymmetry detection
- Finely-tuned assistance and overspeed training
- Change of direction training, which can include overload in the breaking phase
- Light strength and power training (and testing), for functional movements such as rotations



- Length of cord 90m (295ft)
- Resisted and assisted speed up to 14 m/s
- Resistance and assistance up to 30 kg (63 lbs), equivalent of a sled load of approx. 100 kg (210 lbs)
- Weight: 30 kg (63 lbs)
- Dimensions (LxWxH): 1004x330x216 mm (39.5x13.0x8.5")
- Speed, force, power and acceleration data are sampled at 333 Hz



# 1080 MOTION

1080 Motion is a Swedish company serving clients worldwide. Our groundbreaking technology is the product of a unique mix of expertise in sports physiology, physiotherapy, coaching and advanced digital control systems. Our customers include professional teams and athletes across a range of sports, university programs, Olympic training centers, research facilities and rehabilitation clinics.



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1080 Motion



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