DLS

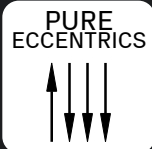## DYNAMIC LOAD SYSTEM

The DLS is the very first invention to create a dynamic resistance curve in free weight training for standard Olympic barbells and can be used in any existing power rack.
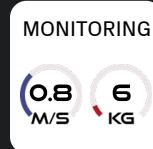
It has been developed by athletes for the most natural feeling. Imagine a weight plate which can change its resistance in milliseconds.

PURE ECCENTRICS

Overload the concentric or eccentric phase. Benefit from increased neural adaptions and stimulate higher muscle growth. More intelligent trainings scheduling On- and Off-Season.

MONITORING

0.8 M/S   6 KG

Through monitoring the DLS has capabilities for velocity based training. The loading range varies from 6-100 kg total. It should be used as add-on to normal weight plates.
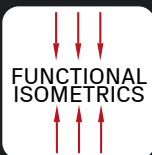
FUNCTIONAL ISOMETRICS

Isometric training methods which can be used for sticking point training as well as automated central nervous system activation during sets.

STRENGTH

ROM dependent resistance as ascending, descending and bell-shaped resistance curves as well as isokinetic training methods.

HYPERTROPHIE

Drop sets and weight can be adjusted. The DLS automatically recognizes an athlete's failure and can switch off the resistance to allow the athlete to do more reps.

MAXIMIZE YOUR RESULTS IN WEIGHT TRAINING!