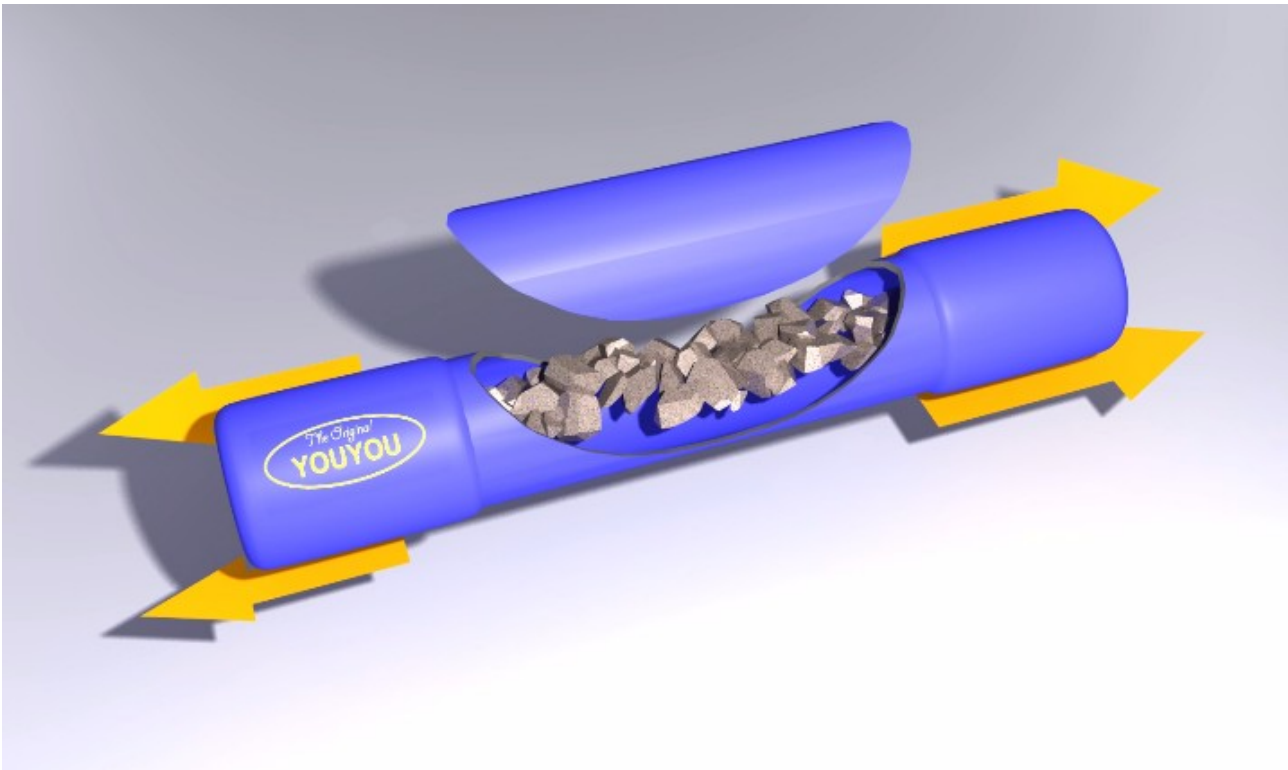


YouYou® : makes fit simple !



YouYou Concept is an effective technique for stimulating cardiovascular system as well as exercising the body's musculature with a high level of intensity.

What's this object ??

The **YouYou-TRAINER®** is partially filled with mini stones (granit) that are freely moving inside. So, as you imagine, when the exerciser is doing back and forth rythmic movements the inside is not moving exactly at the same time as the outside (hull held in the hands). This time-delayed mass transfer has for effect :

- to reduce the stress on the joints (return mouvement begins with quasi no additional weight) and increasing the load on muscles and connective tissues during the accelerating phase of the movement.

- to break the help brought by the elastic energy returned by muscular structures

Aditionally

The shock of the inside mass against the caps triggers a contraction of the whole muscular chain involved in the movement.

In this way, our tool has indeed been developped to use the myotatic reflex for physical training purposes, that's why we called this technique « myoreactive training ».

Myoreactive training is a new kind of physical exercising based on the use of the myotatic reflex.

(The myotatic reflex (or stretch reflex) is a unintentional muscle contraction in response to a fast stretch of its structure.)

The mass inside fulfills its role when the **YouYou-TRAINER®** is propelled forward and back with energy, harnessing the user's own momentum to create a powerful resistance to its movement.

When the stones end their course after the reverse of direction and hit the caps, the shock generates a sudden stretch of muscle spindles in the synergistic muscles effectors. The (protective) response of the body is a very fast and deep contraction. The intensity of this shock, and of the muscular reaction associated with, depends on the power exerted by the exerciser which makes « **YouYou training** » an auto-adaptative technique that perfectly suits for everyone, whatever his physical abilities level : professional sportsmen as well as senior citizens.



Myoreactive Training triggers a series of benefits & responses:

- The rustle issued by the **YouYou-TRAINER®** intuitively encourages the exerciser to perform well-balanced and dynamic movements
- Co-contraction of the stabilizing and fixers muscles protects joints
- Co-contraction of large muscular chains raises calories consumption and so fat burning
- Intensively stimulates and strengthens connective tissues

- All muscle-fibers are simultaneously requested (unlike conventional training)
- Increased blood flow and oxygenation of quasi all muscles in the upper body
- Activate deep muscles like those that support the spine and sheathe the viscera
- Constant proprioceptive and auditory feedback facilitates the acquisition of the technique
- Improve proprioceptive's reflex and regulate muscular tone
- Forces activation and strengthening of large muscles in upper body
- Consistent high levels of intensity can be maintained for all the duration of the workout due to the auto adaptative kind of stimulation
- Raises heart rate by 20-25 beats per minute even when walking
- Instantaneous adjustment of the myoreactive's shock
- Sollicits equally agonists and antagonists muscles and so naturally rebalanced muscle tone
- Reactive walk improve the global efficiency of the lower limbs wich automatically adjusts to the movements of the arms (supports, pelvic stability, amplitude, posterior thigh)

Myoreactive's **YouYou-TRAINER®** comes with specifically studied movements

A training suggestion, based on specifically studied movements with an intensity scale, complete the offer of the concept. To stay in line with our vision of physical fitness, we made it simple and fun so that everyone can easily, safely and efficently make the best use of myoreactive training with the YouYou's.



YOUYOU™ TRAINING

LE V

- Paumes de mains vers le haut,
- Buste droit et rigide,
- Inspirez en montant et en écartant les bras.

répétitions

10
15
25
50

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YOUYOU™ TRAINING

ROBOT

- Coudes verrouillés sur une légère Flexion,
- Emmener les bras loin en arrière,
- Ne pas descendre les mains plus bas que le front,
- Respirer en rythme sur les mouvements.

répétitions

10
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ouYouConcept.com

YOUYOU™ TRAINING

MARCHE RÉACTIVE

MOUVEMENT DE BALANCIER POUR LES BRAS

De préférence en extérieur, mais possibilité de marcher / trotter sur place.

- Coudes bloqués,
- Mouvement d'épaule, et non de coude,
- Poitrine sortie, buste droit,
- Allez aussi loin derrière que devant.

Minutes

5
10
25
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