



TRAINER SYSTEM

2024 CATALOG

*Innovative training and
rehabilitation systems for
personel or corporate use*



Made in
Türkiye

ABOUT US

Founded in 2016, Aos Trainer System is dedicated to developing equipment that enhances the athletic performance of athletes. We focus our hearts, minds, bodies, and souls on this goal.

As the first and only company in Turkey in its field, we develop and produce innovative isoinertial training systems, modern physiotherapy, and rehabilitation equipment entirely with local resources.

We are proud to serve athletes, sports scientists, sports physiotherapists, sports doctors, and sports clubs worldwide.

We trust our experience and expertise to meet the necessary quality standards in our products. With our after-sales services and warranty policy, we ensure everyone benefits the most from Aos Trainer System equipment.

We are delighted to contribute to the world of sports and commit to continuing this mission in the future.

What is Isoinertial Training?

The term isoinertial is used in exercise training. It refers to a resistance that provides constant inertia throughout the exercise, offering steady resistance and maximum muscle strength at every angle. Inertia, in this context, is the resistance applied against varying speeds

How did it emerge?

Isoinertial training emerged in the 1980s when it was observed that astronauts experienced muscle strength loss and decreased bone-mineral density during space travel. Through years of research and studies, isoinertial training was developed into a highly beneficial muscle training method. A system was developed using flywheels and belts, applying a controllable movement mechanism independent of gravity.

Now..

Today, isoinertial training applications in our country are implemented with the 'Useful Model Patented' technology developed by AOS Trainer System's expert doctors, physiotherapists, engineers, mechanical experts, and many other professionals, following all current scientific studies. This technology is now much more portable, space-saving, and functional, produced entirely locally.

What is Eccentric Contraction?

When the resistance applied to the muscle exceeds the force produced by the muscle, the muscle lengthens while contracting. This is known as eccentric contraction.

A Historical Overview

In exercise physiology, strength training has focused on Isometric and Concentric contractions for a long time. The first studies on eccentric contraction began in the 1800s with the observation that a stretched muscle could generate more force than a shortened muscle. With the studies developed, the muscle contracting in the eccentric phase needs less energy compared to the contracting in the concentric phase. It has been determined.

"Eccentric Exercise" is the ability to generate more power with less energy.

Eccentric Exercise Modalities, which have become very popular in recent years, have gained a very important place in performance enhancement and injury prevention strength or conditioning training

ECO PRO

Professional Training

DISTRUPTIVE TECHNOLOGY

SAFE TRAINING



QUALITY IN MATERIALS



PRECISE DETAILS

USER CENTRED DESIGN

2 YEAR

Mechanic System
GUARANTEE

• Catalog • 2024



What is AOS Eco Pro?

AOS Eco Pro is a device designed with reliable technology. It is an integrated tool planned with smart training systems for upper and lower extremity and core exercises.

Where is AOS Eco Pro use ?

It is used in gyms and clinics for high-performance athletes and patients.

Why AOS Eco Pro? What are its differences?

User-Friendly Design

Lightweight, Easy to Carry

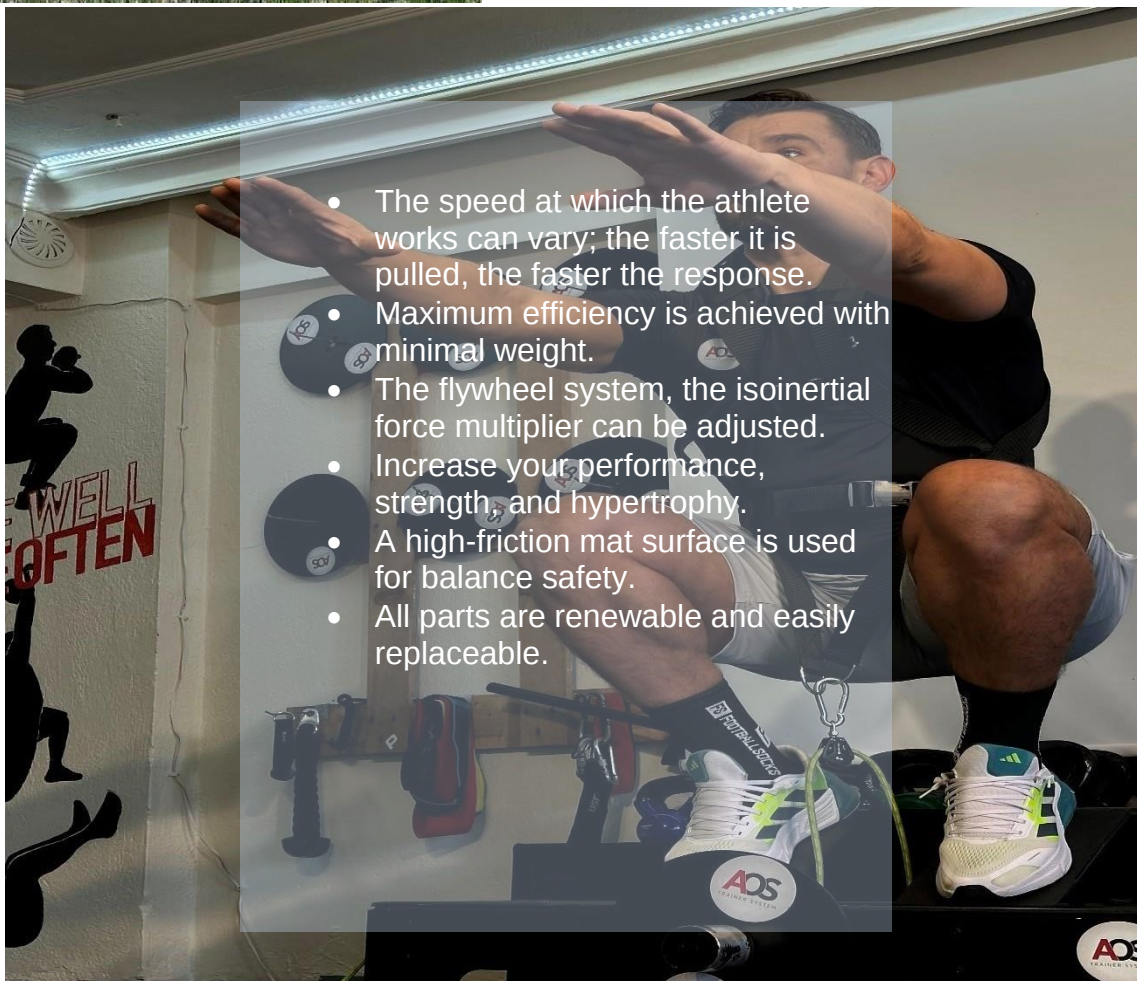
Compact, Easy to Store

Quiet Operation

Quick Setup and Use

Adjustable Straps

Variable Resistance



What is the difference between conventional (concentric) exercise and AOS Eco Pro exercises?

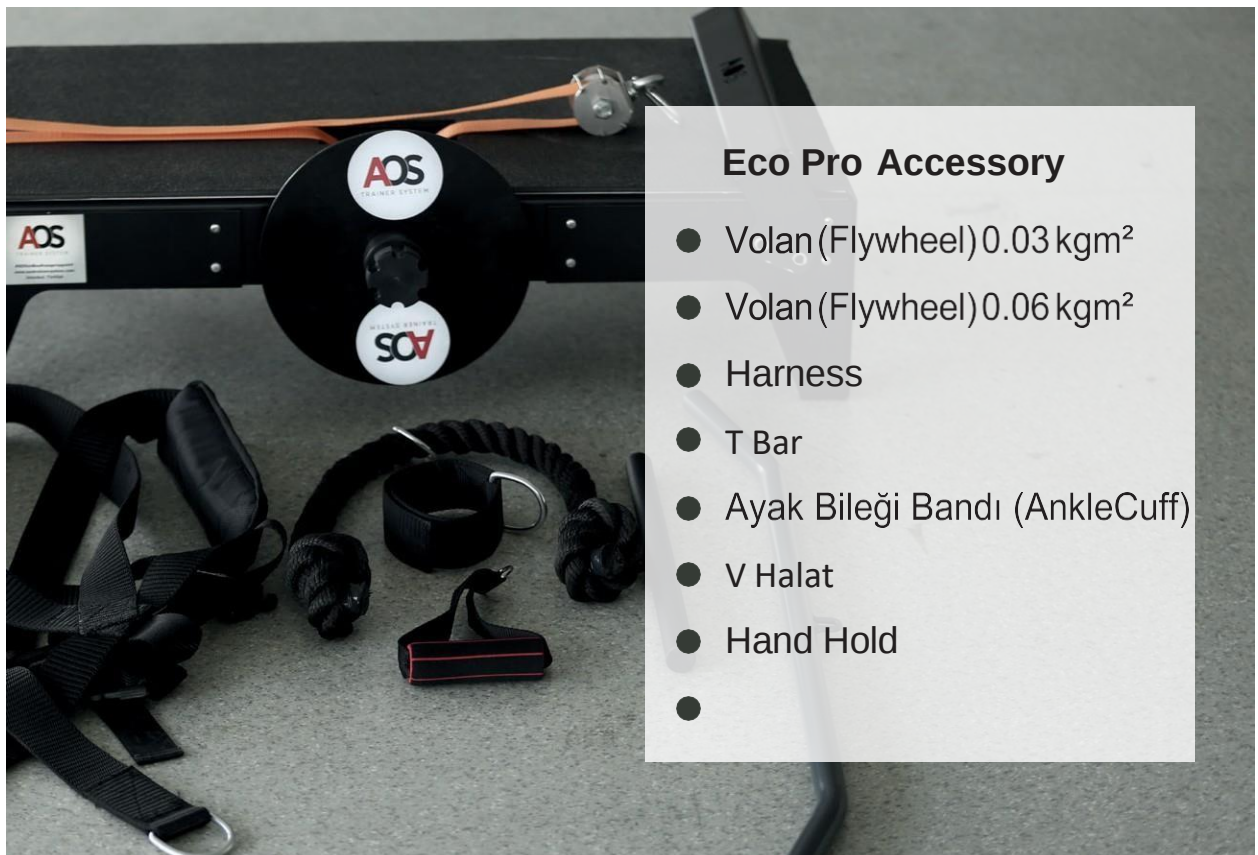
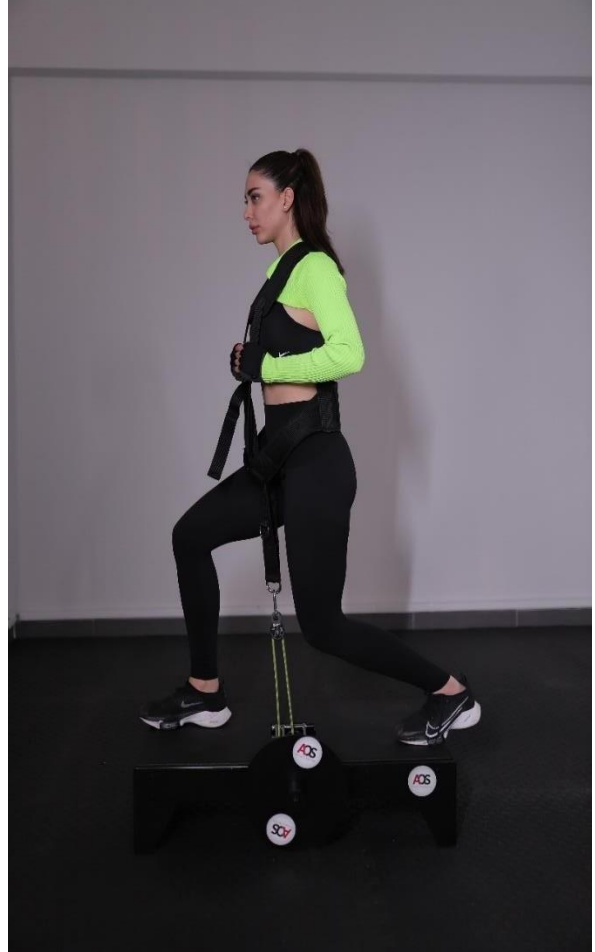
The more resistance the isoinertial system is pulled, the more back resistance it develops..

All the acceleration you create in the concentric phase returns eccentrically..

It's gain is higher than concentric training..

It has been proven that eccentric exercise increases the sprint speed of football players more than concentric training.. (Askling 2003)

High-force injuries can be prevented.



Eco Pro Accessory

- Volan (Flywheel) 0.03 kgm²
- Volan (Flywheel) 0.06 kgm²
- Harness
- T Bar
- Ayak Bileği Bandı (AnkleCuff)
- V Halat
- Hand Hold
-

D PULLEY

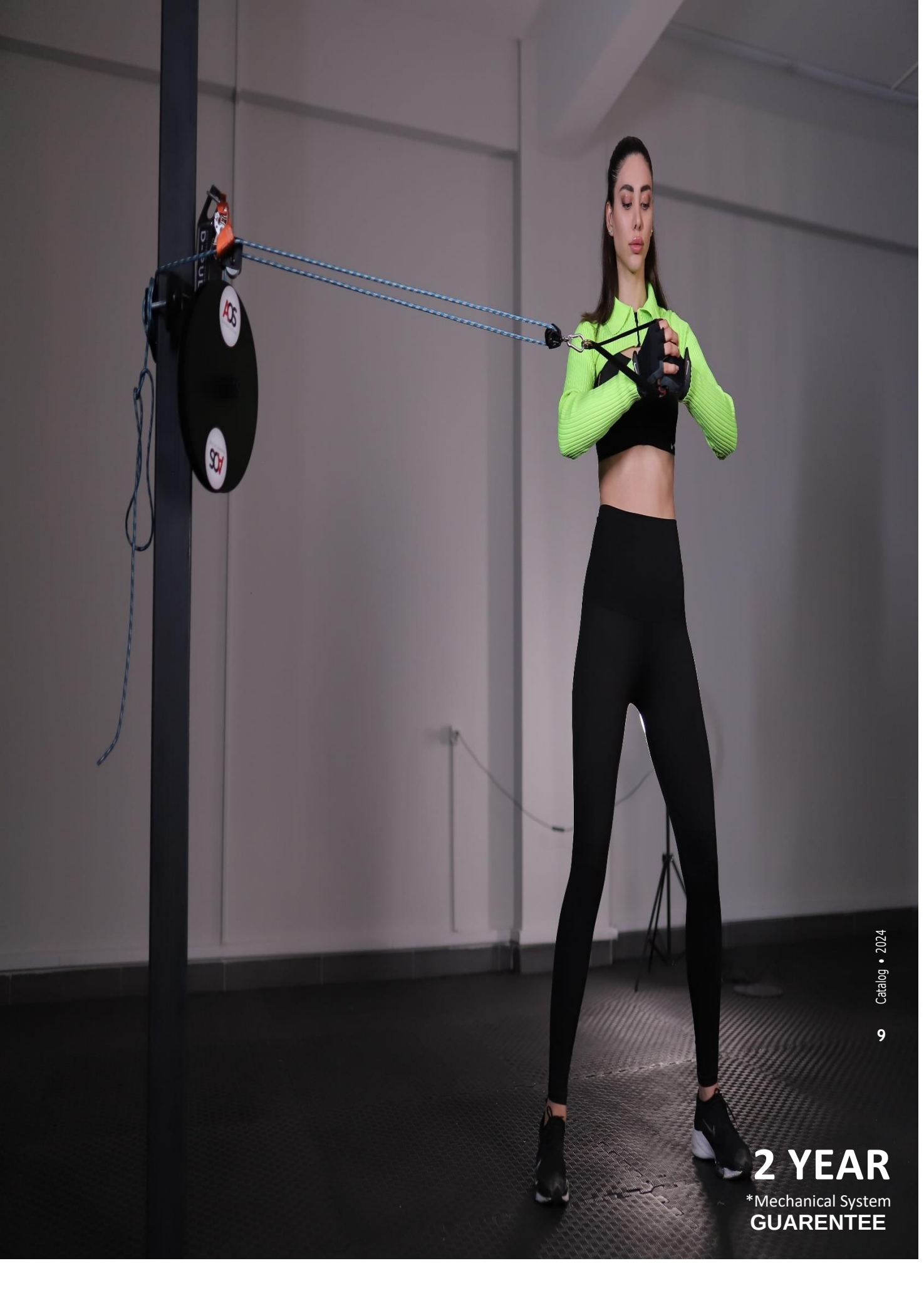


DIFFERENT TECHNOLOGY



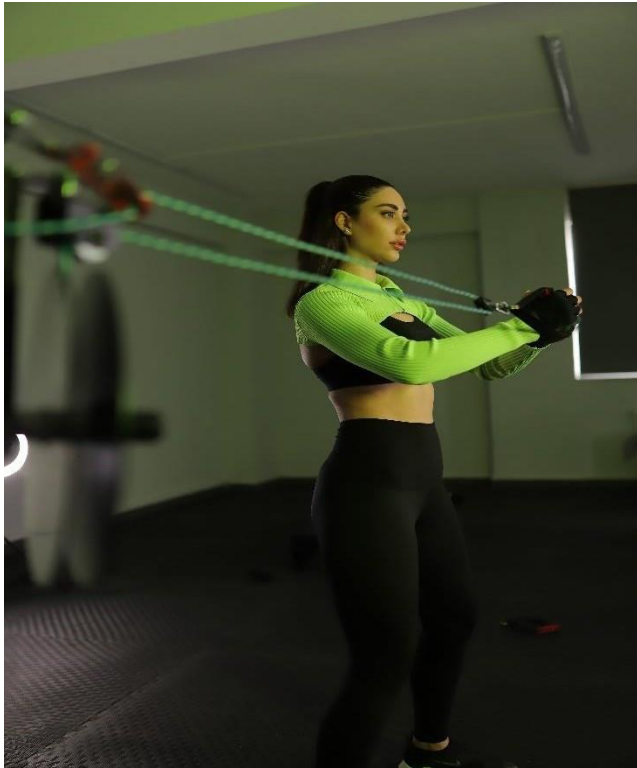
SAFE TRAINING





2 YEAR

*Mechanical System
GUARENTEE



What is AOS D PULLEY?

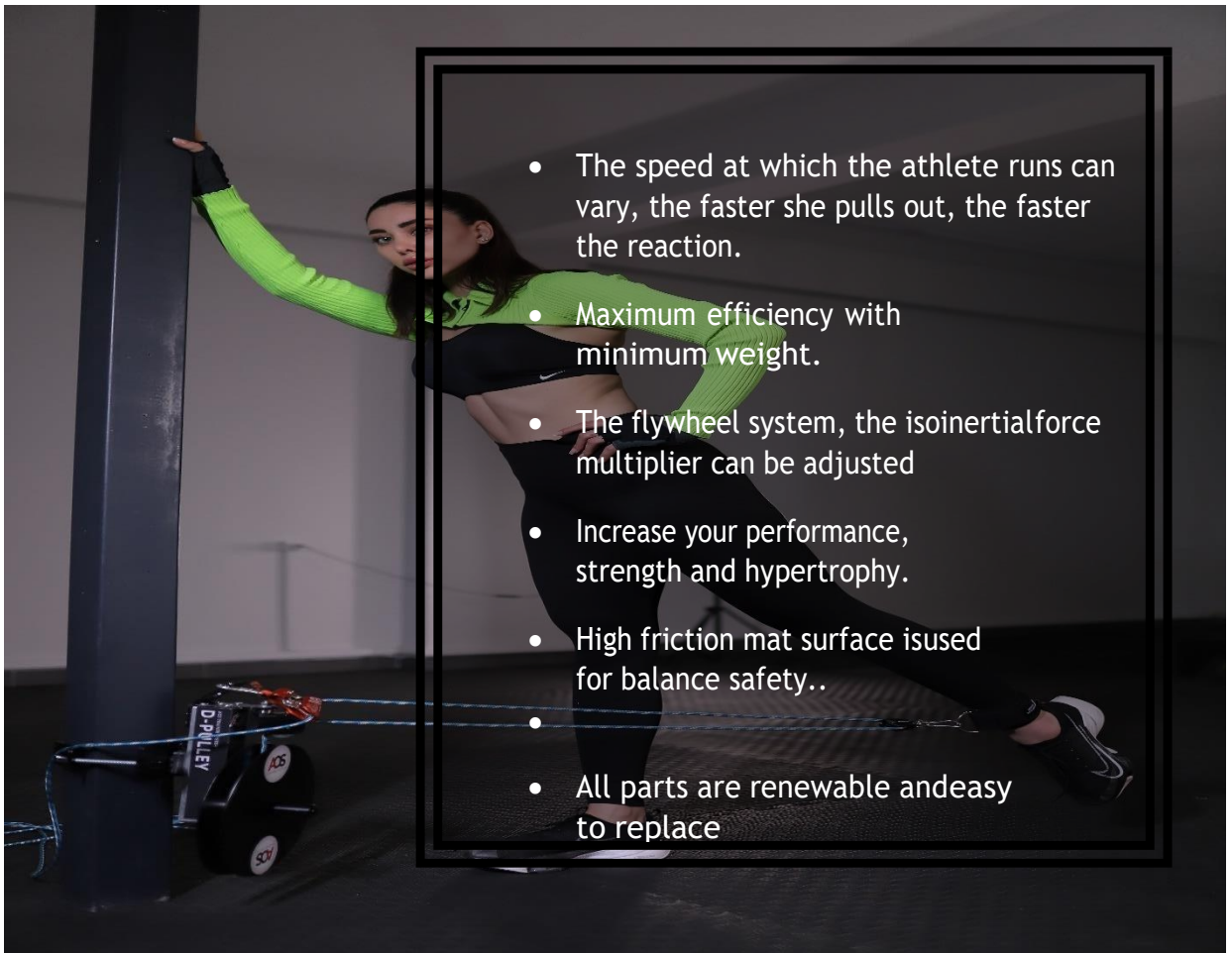
It is a device designed on reliable technology within the AOS Trainer System, and it is a planned tool for the smart training system in upper / lower extremity and core exercises that can work integrated with our other products.

Where is AOS D PULLEY use?

It is used on high-performance athletes and patients in gyms and clinics.

Why AOS D PULLEY ?What are differences ?

- User-Friendly Design
- Lightweight, Easy to Carry
- Compact, Easy to Store
- Quiet Operation
- Quick Setup and Use
- Adjustable Straps
- Variable Resistance



- The speed at which the athlete runs can vary, the faster she pulls out, the faster the reaction.
- Maximum efficiency with minimum weight.
- The flywheel system, the isoinertial force multiplier can be adjusted
- Increase your performance, strength and hypertrophy.
- High friction mat surface is used for balance safety..
- All parts are renewable and easy to replace

What is the difference between conventional (concentric) exercise and AOS Eco Pro exercises?

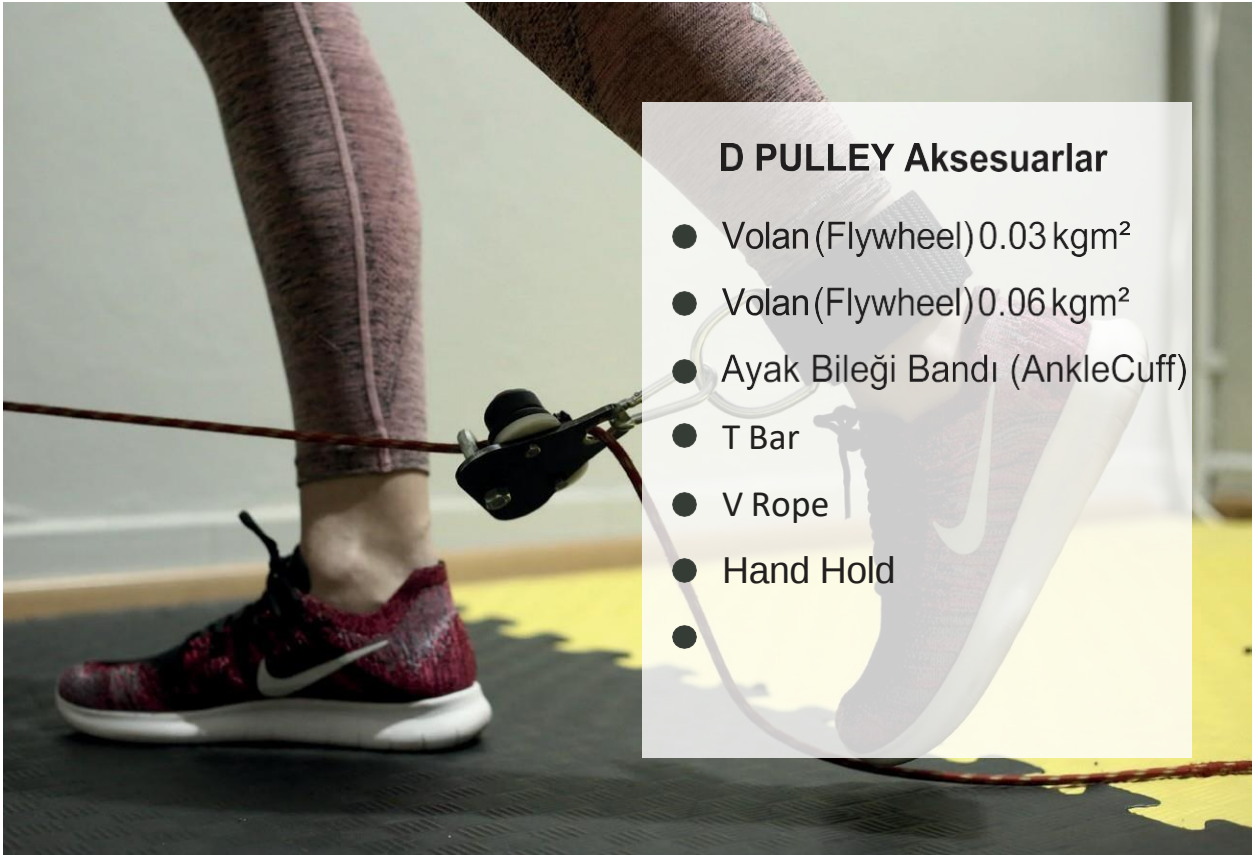
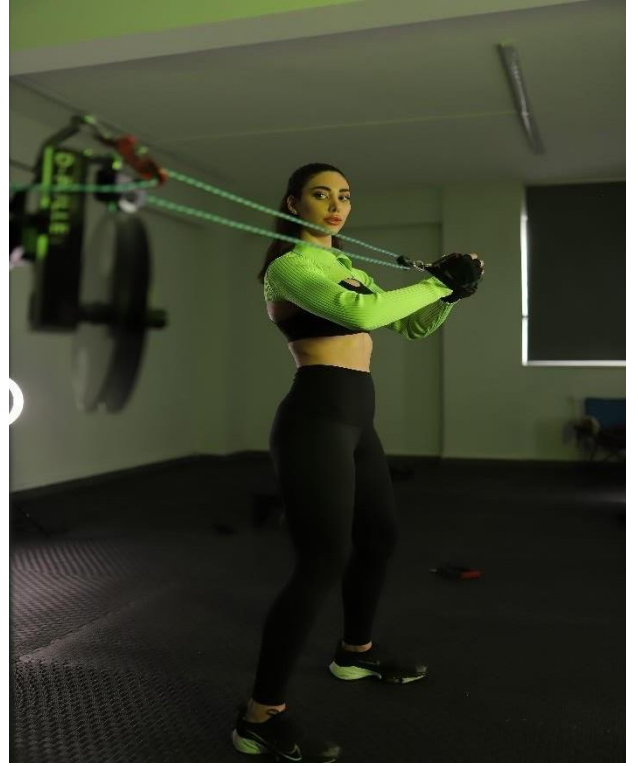
The more resistance the isoinertial system is pulled, the more back resistance it develops..

All the acceleration you create in the concentric phase returns eccentrically..

It's gain is higher than concentric training..

It has been proven that eccentric exercise increases the sprint speed of football players more than concentric training.. (Askling 2003)

High-force injuries can be prevented



D PULLEY Aksesuarlar

- Volan (Flywheel) 0.03 kgm²
- Volan (Flywheel) 0.06 kgm²
- Ayak Bileği Bandı (AnkleCuff)
- T Bar
- V Rope
- Hand Hold
-

HIGHPORT

Freedom in Training

WIDE TRAINING OPPORTUNITIES

USER-FOCUSED DESIGN



TECHNOLOGY THAT MAKES A
DIFFERENCE

MODULAR DESIGN

LIGHTWEIGHT BUT DURABLE
COMPOSITE MATERIAL

2 YEARS

Mechanical system

GUARANTEE

• Catalog • 2023

AOS HighPort

What is AOS Highport ?

It is a device designed on reliable technology within the AOS Trainer System, and it is a planned tool for the smart training system in upper / lower extremity and core exercises that can work integrated with our other products.

Where is AOS Highport use?

Spor salonlarında, kliniklerde veya ev içerisinde antrenmandan en üst düzeyde verim sağlamak veya iyileşme aşamasındaki hastalarda iyileşmeyi hızlı ve etkin bir şekilde sağlamak için kullanılmaktadır.

Why AOS Highport ?What are the differences ?

User friendly design

Easy installation

Quiet operation

adjustable strap

variable resistor

- The speed at which the athlete runs can vary, the faster she/he pulls out, the faster the reaction.
- Maximum efficiency with minimum weight.
- Thanks to the flywheel system, the iso inertia force multiplier can be adjusted.
- Increase your performance, strength and hypertrophy.
- High friction mat surface is used for balance safety.
- All parts are renewable and easily replaceable.

Well with conventional (concentric) exercise

What is the difference between "AOS HighPort" exercises?

It also works as your muscles grow in length.

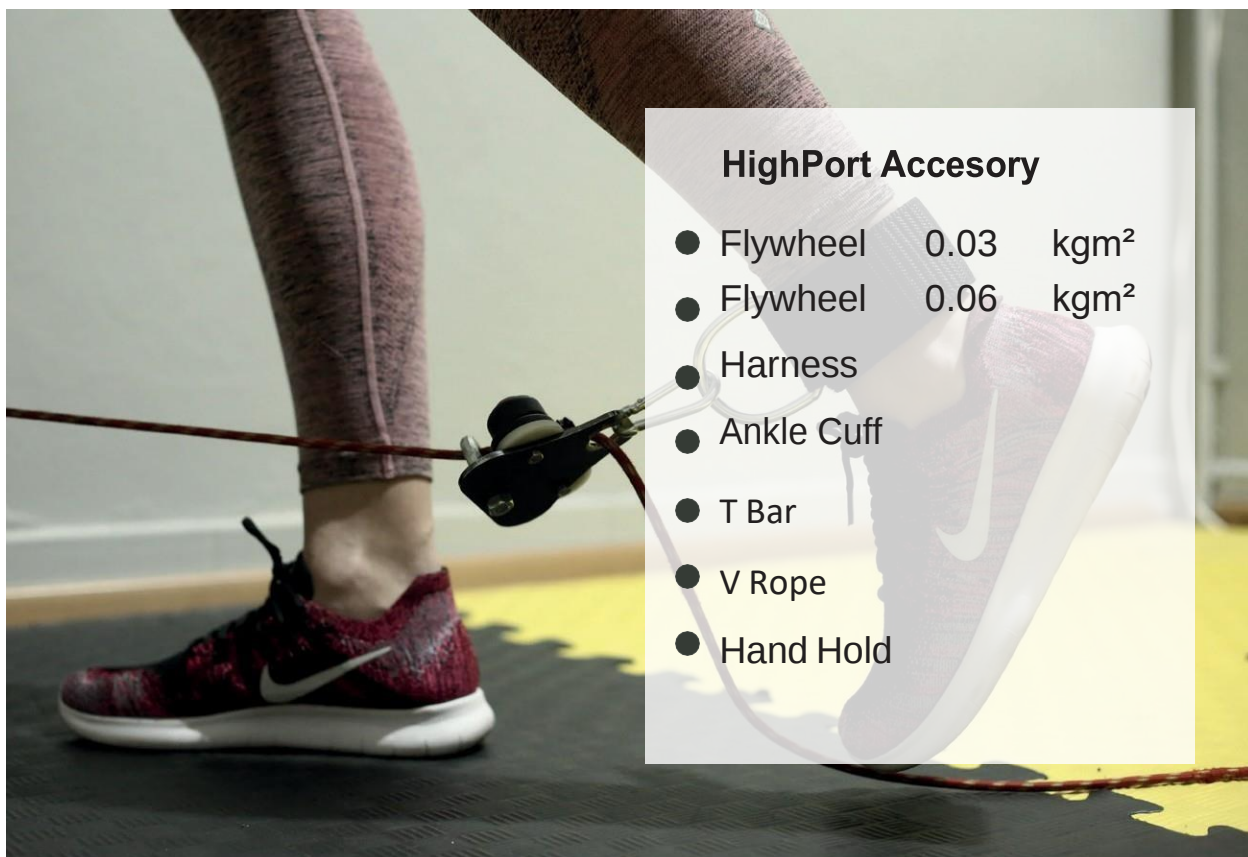
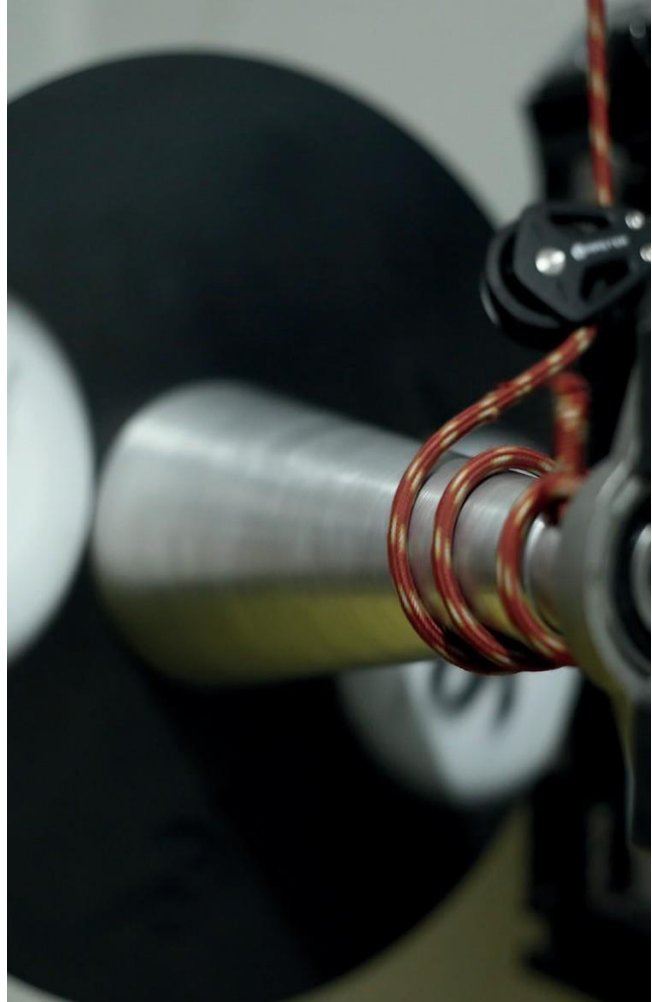
The more resistance the isoinertial system is pulled, the more back resistance it develops.

All the acceleration you create in the concentric phase returns eccentrically.

Its gain is higher than concentric training.

It has been proven that eccentric exercise increases the sprint speed of soccer players more than concentric exercise. (Askling et al. 2003)

Injuries due to high forces can be prevented.



HighPort Accesory

- Flywheel 0.03 kgm²
- Flywheel 0.06 kgm²
- Harness
- Ankle Cuff
- T Bar
- V Rope
- Hand Hold

TOWER SYSTEM

Freedom in Training

ADJUSTABLE HEIGHT

USER-FOCUSED DESIGN



MODULE DESIGN

**ADJUSTABLE
HANGER TOOLS**





AOS Tower System

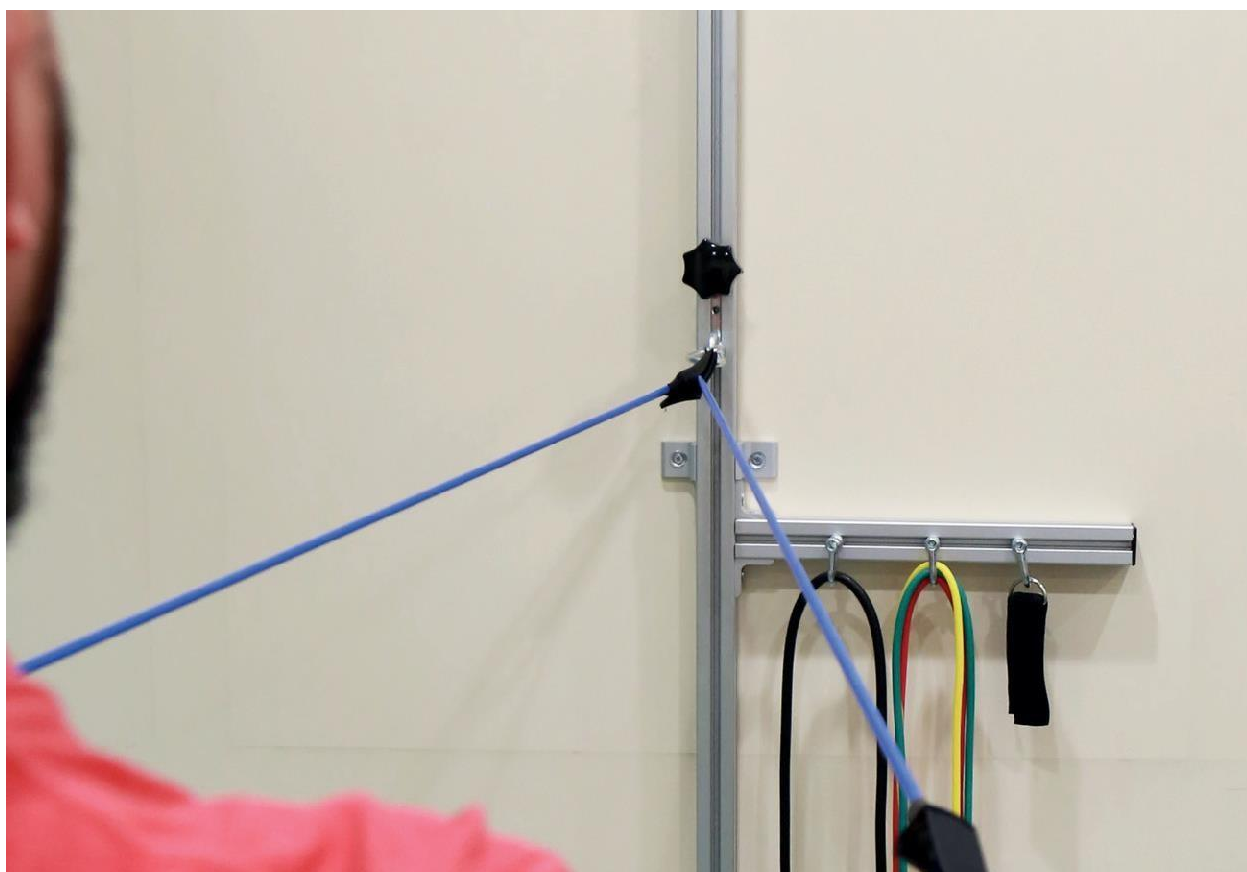
What is AOS Tower System ?

The Tower System, which we have prepared for flexible use and versatile resistance training, can be easily mounted on the wall at home, gym or treatment centers and becomes ready for use. Maximum mobility for the user

The system provides the opportunity to work at different heights and angles. It saves you from the crowd of a lot of equipment by saving space.

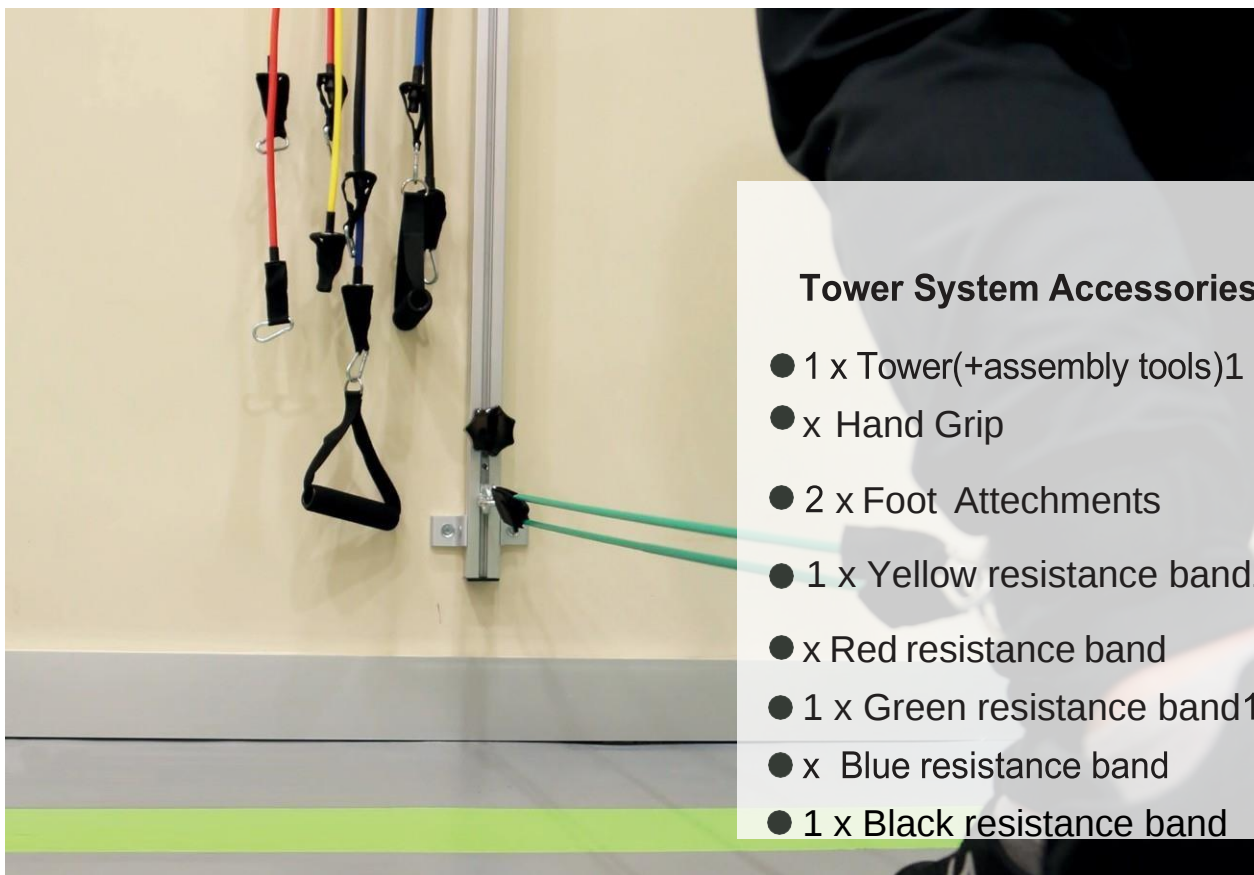
Where is AOS Tower System use ?

It can be used instead of many training equipment in gyms, clinics or at home. It has the opportunity to work integrated with our other systems. It is used to provide the highest level of efficiency from the training or to provide rapid and effective recovery in patients in the recovery phase.



Why AOS Tower System?

- User friendly design
Easy installation, small footprint
Quiet operation
- Full body work
- Providing high efficiency



Tower System Accessories

- 1 x Tower(+assembly tools)1
- x Hand Grip
- 2 x Foot Attechments
- 1 x Yellow resistance band1
- x Red resistance band
- 1 x Green resistance band1
- x Blue resistance band
- 1 x Black resistance band

PROPOiNT

BALANCE AND COORDINATION

WIDE APPLICATIONS

USER-FRIENDLY DESIGN



TECHNOLOGY

TARGET IMAGES

ERGONOMIC
ACCESSORIES

2 YEARS
Outstanding Service
WARRANTY

AOS PropPoint

What is AOS PROPPPOINT ?

The Aos Proppoint device is a visual feedback stimulus system that requires coordination and balance, designed to be used primarily for the development of proprioception sense in the rehabilitation of athletes and patients.

By using it in the treatment program, the person's neuromuscular control is regained. In this way, joint movement and position sense is relearned through neural connections and repetitive injuries are prevented.

What is the working principle of AosPROPPPOINT ?

By using existing motor learning principles, one's proprioceptive senses are studied, thus facilitating the brain coding of the spatial positions of the joints.

Which exercises are used?

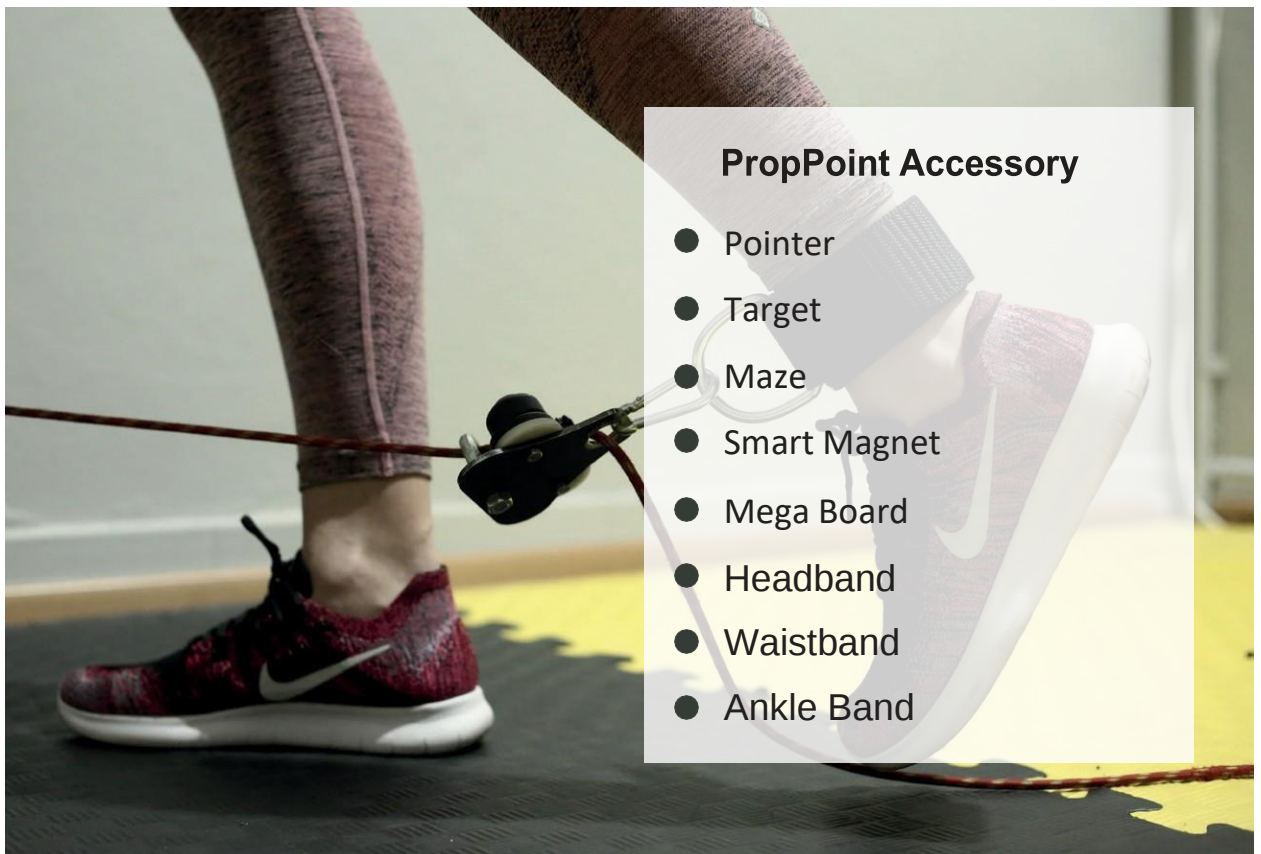
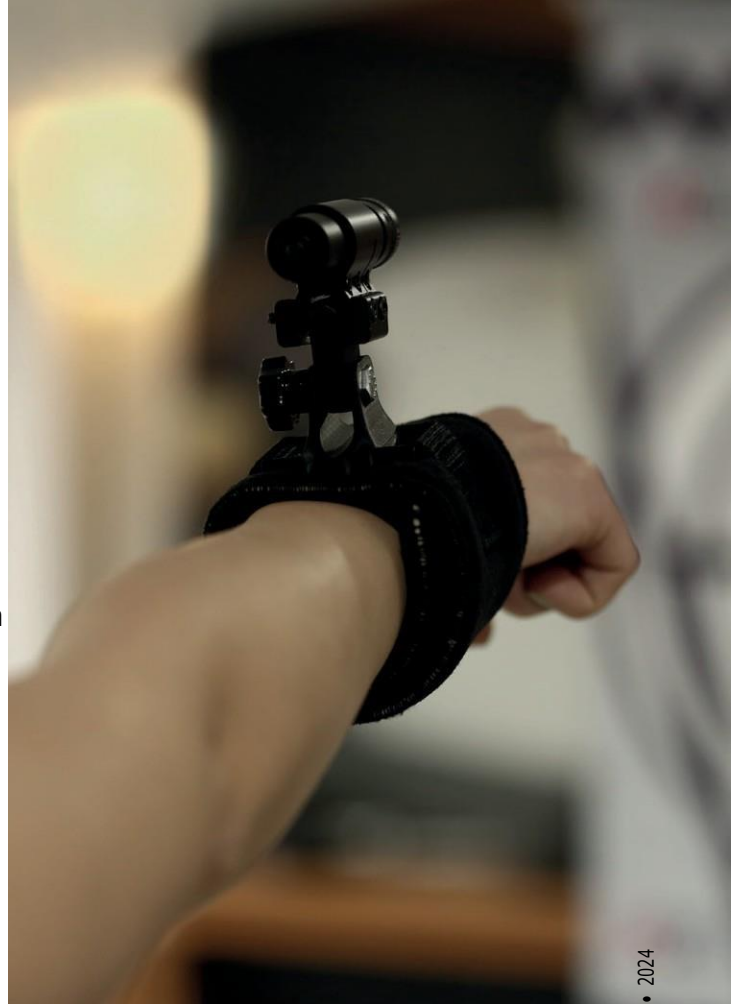
- Requiring cervical fine motor control exercises
- Stabilization exercises
- Controlled difficult isolated exercises
- Requires sensorimotor control exercises Sensory motor control exercises that require
- Exercises aimed at regaining joint range of motion
- Exercises for postural training
- It is used in balance and coordination exercises..

Aos PropPoint can be used in a variety of patient and training methods.

- In all orthopedic injuries with loss of joint position sense and movement dysfunction
- Whiplash neck injury
- Vertigo
- Chronic neck pain
- Rotator cuff tears
- Shoulder joint instability
- Patellofemoral pain
- ACL injury
- Postop knee rehabilitation
- chronic low back pain
- Recurrent ankle sprains

What are the gains with the AOS PropPoint device?

- ✓ Providing self-control in exercise with instant follow-up Targeted uncompensated movement training
- ✓ Working out the range of motion of the joint in different planes
- ✓ Ensuring active and conscious participation in rehabilitation through the use of visual stimuli
- ✓ Staying motivated throughout rehabilitation
- ✓ Instant identification of one's bodily position perception and easier learning with visual feedback
- ✓ Comfortable, durable and easy to use, it allows users to recognize movement errors during exercise and correct themselves. It can be easily used in working environments with its portable feature.





AOSTRAINERSYSTEM

WWW.AOSTRAINERSYSTEM.COM