

PlyoDyne® PRO ONE and PRO WALL

ENGINEERED MOVEMENT

Controlled, adjustable movement training for professional and private environments.



PRO ONE

AVAILABLE AS S OR M CONFIGURATION



PRO WALL

AVAILABLE AS S OR M CONFIGURATION

THE SYSTEM

PlyoDyne® PRO creates a defined and reproducible movement-training environment. The handle moves along the exercise shaft, while the shaft rotates and tilts through the flexible joint. Direction, movement range, support, added weight and speed can be adjusted to suit the user and the training objective.

3 coordinated movements

Slide · rotate · tilt

25 g precision

Progressive load adjustment

2 installation formats

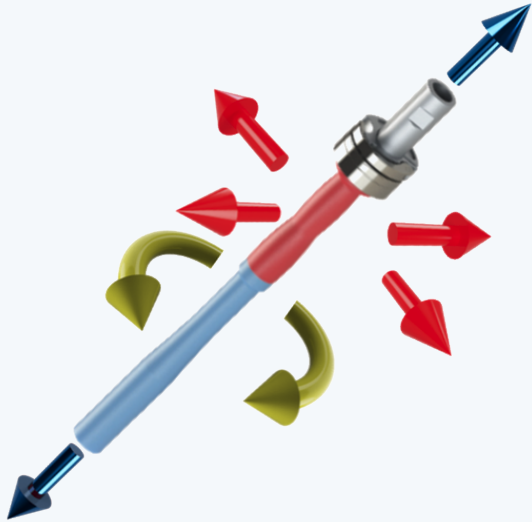
Freestanding or wall-mounted

S or M configuration

Weighted + lightweight options

HOW IT WORKS

One system. Three coordinated movements.



Movement principle

The arrows show the three movement possibilities that operate together in one PlyoDyne system.

Blue - Slide

The handle moves axially along the shaft.

Green - Rotate

The handle and shaft rotate together as one keyed assembly.

Red - Tilt

The shaft tilts in multiple directions through the flexible joint.

The available tilt can be left free, limited or supported by adjusting the Range Control Ring.

ADJUSTABLE COMPONENTS

Range Control Ring

Normally kept fully lowered for unrestricted shaft tilt. Raised positions can limit or support shaft tilt when professionally recommended.

Axial movement extender

Provides additional usable handle travel while reducing the exposed shaft length and ceiling-height requirement.

Height-adjustable support handles

The support-handle assembly moves vertically together and is secured at the selected height.

Integrated weight storage

Keeps unused weights organised, accessible and off the surrounding floor area.

Passive Safety Holder

Keeps the training handle securely parked when the system is not in use.

Precisely adjustable load

The removable weights allow adjustment from 25 g up to the full supplied combination.

Defined external variables. Individual movement solutions.

PlyoDyne® structures direction, range, support, added mass and speed. It does not prescribe a single correct movement pattern or provide diagnosis.

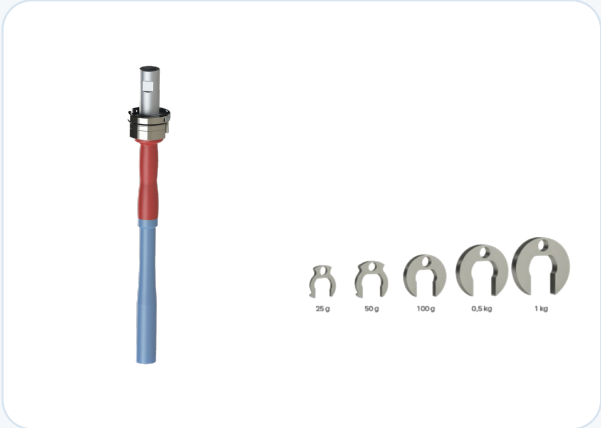
CHOOSE THE CONFIGURATION

One movement system. Two configurations.

Both configurations use the same PlyoDyne® PRO movement principle. M adds both a lightweight handle and a lightweight exercise shaft.

S

Weighted-handle configuration



Includes

- 1 weighted handle
- Standard 2,410 mm exercise shaft
- Complete removable weight set
- Smallest added-weight increment: 25 g

S provides the standard shaft and weighted-handle configuration for progressively adjustable added mass and inertia.

M

Weighted + lightweight configuration



Includes

- Everything supplied with S
- 1 additional lightweight handle
- 1 lightweight 2,410 mm shaft - 1.9 kg
- Same complete removable weight set

M adds a lightweight handle and hollow aluminium shaft while retaining the complete S configuration.

CONFIGURATION COMPARISON

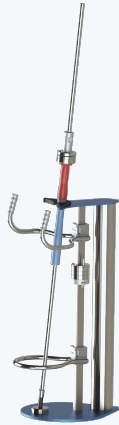
FEATURE	S	M
Weighted handle	Yes	Yes
Lightweight handle	-	Yes
Standard exercise shaft	Yes	Yes
Lightweight 1.9 kg shaft	-	Yes
Complete 4.975 kg weight set	Yes	Yes
Smallest added-weight increment	25 g	25 g

Important: S and M use the same PRO ONE or PRO WALL main structure and movement principle. M retains the complete S configuration and adds the lightweight handle and lightweight shaft.

CHOOSE THE INSTALLATION

The same movement principle. Two installation formats.

PRO ONE and PRO WALL use the same mechanism and are both available in S or M configurations. The difference is how the system is positioned and installed.



PlyoDyne® PRO ONE - FREESTANDING

525 W × 650.6 L × 2,415 H mm - 58.3 kg



PlyoDyne® PRO WALL - WALL-MOUNTED

630 W × 390 wall-to-tip × 2,458 H mm - 43.9 kg

TECHNICAL SPECIFICATIONS

FEATURE	PRO ONE	PRO WALL
Installation format	Freestanding	Wall-mounted
Installation	Stable, level floor	Suitable load-bearing wall
Overall width	525 mm	630 mm
Main dimensional reference	650.6 mm base-plate length	390 mm wall to base-plate tip
Joint-centre reference	550.6 mm from base-plate end	380 mm from wall
Installed height	2,415 mm	2,458 mm
Total assembled weight	58.3 kg	43.9 kg
Minimum ceiling height	2.50 m	2.50 m
Available as S or M	Yes	Yes

PRO ONE SETUP

Place on a stable, level floor. Install the selected exercise shaft and handle, store unused weights in the integrated holder, and complete the pre-use checks.

PRO WALL INSTALLATION

Mount securely to a suitable load-bearing wall using all six fixing positions. After the wall unit is secured, install the selected shaft and handle and complete the stability and function checks.

DELIVERY AND INSTALLATION

Delivered largely assembled. Completed on site.

The main equipment is delivered pre-assembled. Final positioning, shaft and handle fitting, and weight placement are completed at the customer location.

TWO MAIN SHIPPING UNITS

Package 1 - Main equipment and accessories

Pre-assembled PRO ONE or PRO WALL main unit, weighted handle, lightweight handle when M is selected, complete weight set, associated components and documentation.

Package 2 - Exercise shaft(s)

Standard 2,410 mm exercise shaft. M also includes the 2,410 mm lightweight hollow aluminium shaft (1.9 kg), with protective packaging and connection components.

PACKAGING OPTIONS

Seaworthy export cartons

Used where increased protection against handling, moisture and international transport conditions is required.

Palletised shipment

Used where palletised road freight or consolidated freight is the most appropriate transport method.

FINAL SETUP

PRO ONE - Position and complete

Place on a stable, level floor. Install the selected shaft and handle. Store unused weights in the integrated holder. Complete the pre-use checks.

PRO WALL - Fix securely and complete

Verify a suitable load-bearing wall. Use all six fixing positions with substrate-appropriate fixings. Secure the wall unit, then install the selected shaft and handle and complete the final stability and function check.

B2B DELIVERY

Standard commercial delivery is Ex Works (EXW) - Netherlands, unless otherwise agreed.

B2C DELIVERY

Delivery method, packaging, transport cost and expected delivery time are confirmed before the order is concluded.

LEAD TIME

Depends on stock, configuration, packaging requirements, destination and transport method.

CARE, SUPPORT AND ORDERING

Built for long-term use. Supported when needed.

Correct cleaning, inspection and maintenance help preserve the movement quality and safe operation of the equipment.



Do not apply oil, grease, silicone spray, PTFE spray or any other lubricant to the shaft, handle, guide surfaces or dry-running bearings.

Lubricants can damage or impair the dry-running bearings.

Important: Damage caused by incorrect cleaning or the use of prohibited lubricants may not be covered by warranty. Applicable statutory consumer rights remain unaffected.

ONLY lubrication exception: the ball bearing in the flexible joint may be lubricated when necessary with a suitable ball-bearing lubricant.

ROUTINE CARE

CLEAN REGULARLY

- Use a damp cloth with water only.
- Keep shaft, handles, clamps and adjustment areas free from dust.
- Do not use abrasive cleaners, solvents or aggressive chemicals.

INSPECT BEFORE USE

- Confirm the equipment is stable.
- Check the ring, support handles and weight clamp.
- Lift the handle out of the Passive Safety Holder.
- Keep the movement area clear.

SERVICE SUPPORT

- Stop using damaged or unusually moving equipment.
- Do not fit unauthorised components.
- Contact iQQuip with product type, serial number and photographs.

WARRANTY AND DOCUMENTATION

B2B and B2C warranty

Warranty terms follow applicable local regulations and are not extended unless otherwise agreed by iQQuip in writing. Applicable statutory rights remain unaffected.

Operating and installation instructions

The released Operating, Installation and Safety Manual provides the current instructions for PRO ONE and PRO WALL, S and M configurations.

Quotation on request

Pricing is confirmed according to PRO ONE or PRO WALL, S or M configuration, destination and delivery arrangement.

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