



N3

hamstrings
strengthening

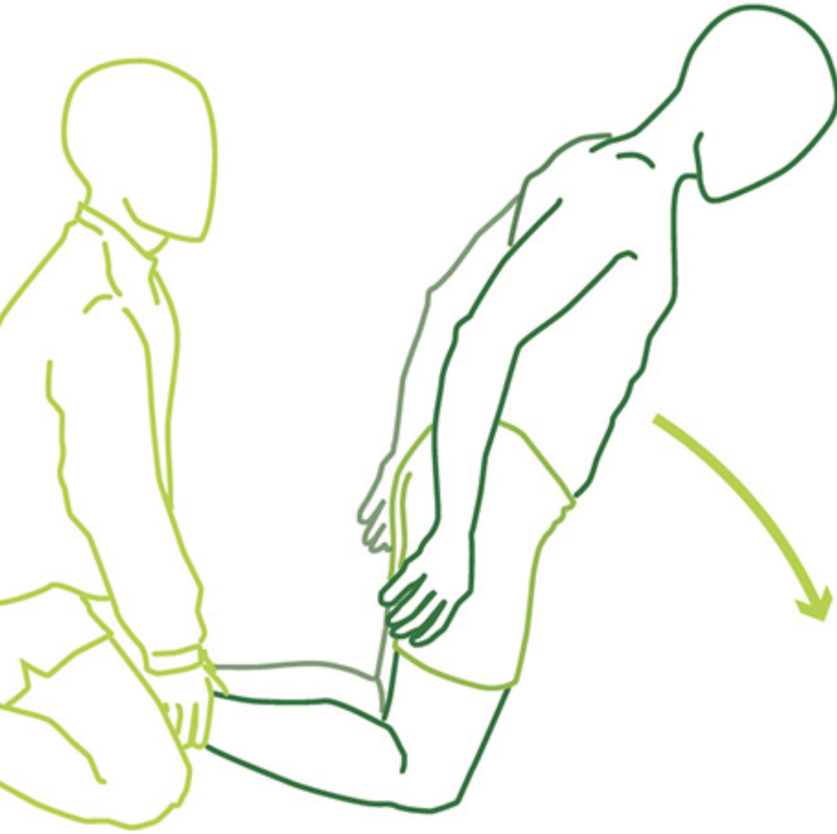


KIKKO HEALTH

Proud Partners of EasyTech

TRAINING & PREVENTION

N3 is a portable device designed to facilitate Nordic Hamstring exercise & to measure eccentric and isometric knee flexors strength.



According to the last surveys in at least two-thirds of knee flexors injuries could be avoided by increasing the eccentric strength of hamstrings.

The Nordic Hamstring Exercise, colloquially known as “Nordic” or “NHE” is an eccentric strengthening exercise of the posterior muscles of the thigh.

From a kneeling position and with ankles secured, the subject performs a forward falling action controlling the fall by activating the muscles.



**Nordic Hamstring Exercise
has been included in the FIFA
11+Program Part 3**



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USE

Eccentric mode

With the ankles secured in the appropriate ankle device, in a kneeling position over a padded cushion for knee support, lower yourself as much as you can resisting the fall against the ground for as long as possible before placing your hands on the floor.



Isometric mode

With the ankles secured in the appropriate ankle device lying on the padded board, support yourself with your hands or forearms on the ground and push with the ankles upward.



THE NORDIC HAMSTRING EXERCISE: ADVANTAGES

1

Allows greater muscle activation.



2

Generates a significant increase in peak force in eccentric mode.



3

Causes a modification of the force-length relationship useful to avoid micro-injuries from eccentric, fast and intense stress.



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AUTONOMOUS TRAINING

With N3 it is possible to train independently in the gym and or on the field, to run correctly the Nordic Hamstring exercise and to measure the strength of the hamstring muscles monitoring the progress thanks to a dedicated monitor for visual biofeedback.



Tablet app

The user interface of the ACTIVE software version allows a quick reading and an easy analytical interpretation of the performance parameters of an individual athlete and the team.

- Real time visual feedback
- Measurement of maximum peak force and work performed
- Percentage difference between the right and left leg

Data can be archived and consulted at any time making it possible to continuously monitor the progress of athletes and the effectiveness of the training.

- Single user and / or team profile
- Type of exercise (eccentric or isometric)
- Accessing and consulting the data acquired over a period of time from one day up to a year
- Distinction between right and left side



DEVICE TRANSPORT



Compactness

N3 is designed to be folded up and easily carried with the supplied trolley-bag, so as to facilitate its use in the most different training areas.



Portability

The reduced weight of the device and its foldable bar allow easy hand transport.



OPERATIONAL CONFIGURATION

TRAINING

Basic version



TEST, EVALUATION AND TRAINING

Active version

Includes the device provided with sensors, tablet with the App installed, and a tripod for the tablet.



Easy, intuitive,
immediate.



TECHNICAL FEATURES



Overall dimensions	Operational: length x width x height = 1050 x 520 x 280 mm Transport: length x width x height = 600 x 520 x 280 mm
Weight	12,40 Kg
Supply	4.5 V – 3 AA alkaline batteries
Temperature	Room temperature: [+10 /+ 40] °C Transport and storage temperature: [-10 /+ 50] °
Relative humidity	[30 / 75] % with no condensation
Tablet features	Android operating system ver. 7.0 (or higher) RAM 2GB (or more) Bluetooth 4.0 (or more) 10.1 "LCD Display 1280x800 resolution
Software features	Android App for real-time visual feedback Measurement of strength and work Local Database for archiving personal data, tests and exercises Consultation by single user or/and team Trend analysis Bluetooth Low Energy (BLE) communication
Optional	Trolley bag

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Back to motion

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