

FAQ's

What is FreeMotion®?

FreeMotion® should be looked at in respect to individual kinesiology (the study of motion). Human motion involves pushing, pulling, squatting, rotating, stepping, lunging, bending and balancing in a 3-dimensional world. FreeMotion® allows the user to define their own movement patterns based on their own needs and goals. Traditional, fixed-isolated equipment (with single plane movements), is designed to fit the body of the average user, however not all of your members fit that average body-type. FreeMotion® equipment can accommodate virtually any movement pattern with a wide range of motion performed by almost every body type.

Why was FreeMotion® designed?

FreeMotion® equipment is designed to increase your performance in daily activities and sports performance. By adding resistance to these movement patterns, you can effectively train the specific muscles to enhance that activity. While fixed-isolated equipment is designed to enhance strength in specific muscles, this strength has little carry-over to everyday life as we rarely perform these types of isolated movements.

Is FreeMotion® safe to use?

YES. It is essential to recognize that if a machine prevents any joint from moving, there will be a rise in stress on nearby joints. For instance, the fixed-isolated seated bicep machine tends to immobilize the shoulder joint, so that larger stress is placed on the elbow joint and musculature. FreeMotion® equipment allows the user to move naturally, based on their abilities and differences in limb lengths and joints.

What is the advantage of the FreeMotion® swivel pulley system?

The FreeMotion® swivel pulley system allows the user to engage in multiplanar, multi-joint movement patterns. Because the pulleys are able to articulate, they can follow the natural path of the cable created by the user. This swivel system provides the user the ability to target specific muscles and recruit the muscles being used to stabilize and balance the body. The development of stabilizer muscles improves muscle balance, agility, posture, joint function, strength in various planes, and increases caloric expenditure for fat loss goals. Ultimately making you feel better due to overall musculoskeletal efficiency. This system allows for true whole body training.

What is the advantage of asymmetrical training?

Most movements in life are asymmetrical. Think of how we open and close doors and get in and out of cars. Integrating unilateral movement into your training is easy with FreeMotion® equipment and because the cable/pulley design allows to train at the speed of life, which is never constant.

Can all populations use FreeMotion® equipment?

The answer is YES! The fact that different populations are entering gyms today creates a need for versatile equipment. Humans display a wide variety of fitness levels and enjoy many forms of physical activity. Individuals have different goals, needs, wants and levels of physical capacity. FreeMotion® machines are specifically constructed to provide challenge for many users: active aging, youth, deconditioned, elite athletes and rehabilitation.

How do users know how to perform the movement?

FreeMotion® equipment is designed to be intuitive, so users can get on and go. With little to no adjustments necessary, users can simply grasp the handles and begin training. Ideal posture is important for any type of exercise and is defined as the position where the entire body functions most efficiently. In ideal posture the skeletal system supports our weight, the muscles work optimally, and the joints move in complete range of motion.

How does FreeMotion equipment compare to traditional equipment when it comes to results?

The table below gives a great overview of the superior benefits of FreeMotion Fitness equipment.

BENEFITS	TRADITIONAL EQUIPMENT	FREEMOTION® FITNESS
Postural Training	No	Yes
Balance Training	No	Yes
Recruitment of Stabilizing Muscles	No	Yes
Allows for 3-dimensional Training	No	Yes
Burns Calories	Yes	Yes, more than traditional*
Allows for Asymmetrical Training	Limited	Yes**
Engages the Core	No	Yes
Allows for Multi-planar /Multi-joint training	No	Yes
Coordination Training	No	Yes
Machine Adjustments	2-4	0-1
Life/Sport Specific Movement Patterns	No	Yes
Population usage	Limited	Everyone
Variety of Exercises	Limited	Many per machine
Time Efficient	Limited	Yes
Grip Adjustment	No	Yes
Bodybuilding	Yes	Yes
Individual Visual Feedback	Minimal	Yes
Rehabilitation	Limited	Yes
Functional Development	No	Yes
Ground Foot Position	Limited	Complete line
Stand/Sit Variation	No	Yes

*Since FreeMotion equipment activates more muscles you burn more calories.

**FreeMotion allows for the user to define the movement pattern not the machine.

Below is just a few pictures of the different machines and exercises that can be performed on the new equipment.

Pictures on cover are FreeMotion® Chest



FreeMotion® Row



Leg Extension



FreeMotion® Calf



FreeMotion® Lift



FreeMotion® Incline Trainer



Seated Row



Abdominal



Fly/ Rear Delt



Dear Member -

We are all very excited about the arrival of our new strength circuit and want the transition to be as smooth as possible for everyone. The new equipment will be a mix of both traditional fixed equipment and FreeMotion® pieces. Inside we have listed some of the most frequently asked questions regarding FreeMotion® equipment and what to expect, along with some pictures of some of the new pieces.

To assist members we will be scheduling group orientations for anyone interested; keep an eye out for more information on dates and times. In the meantime please do not hesitate to ask any questions you may have regarding the new equipment. Thank you in advance for your patience and understanding during the installation.

Kenosha YMCA Staff

HAPPY EXERCISING!!

MISSION: *To put Christian principles into practice through programs that build healthy spirit, mind and body for all.*

At the Kenosha YMCA, you will not be turned away for membership or programs because of your inability to pay. We offer scholarships to families and individuals who would benefit from participating in a YMCA program or membership but find it to be financially challenging. Visit our Member Service Desk for further details.



YMCA

We build strong kids,
strong families, strong communities.

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**More about
FreeMotion®
equipment.**



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