

TENDO Unit

Your intelligent weight training!

If you're not measuring, you are simply guessing and risking a true athletic potential to be wasted!

Velocity Based Training, Power Training and more ...



Get reliable feedback about athletic performances and be sure your training is effective, competitive and fun.

Use Tendo Unit for Velocity Based Training, Power Training, regular testing sessions for progress tracking and identification of athlete's weaknesses, rehabilitation monitoring, fatigue detection and load adjustment based on daily fluctuations. Or, just simply use TENDO Unit to boost athletes' motivation and speed up adaptation processes. In the 21st century, it is time to stop guessing and let the data guide you to your success.

TENDO Unit is comprised of two parts:

- **microcomputer unit** - for immediate feedback
- **sensor unit** - in a form of a linear positioning transducer, which has been scientifically proven to be a valid and a reliable tool for providing instantaneous feedback to promote performance improvements.

TENDO Unit has been helping top athletes to achieve their true potential for over 23 years! Join the Tendo Team and let the technology get your athletic performance to the next level as never before.

Learn more » www.tendosport.com/products/tendo-unit/overview

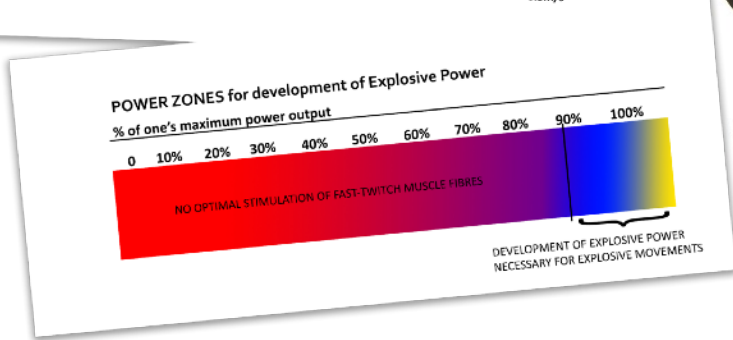
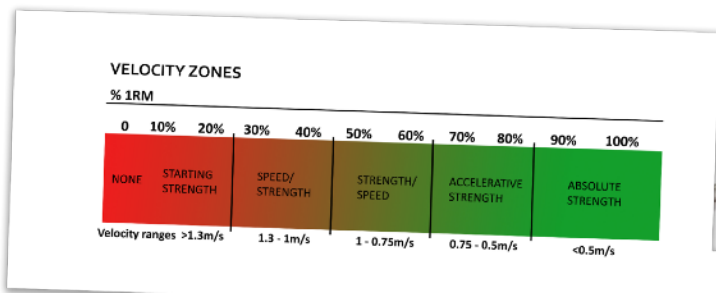


Highlights

- Be sure you're training for a specific trait that is transferable to your sport and compatible with your goals (Velocity Based Training, Power Training and more)
- **NEW! Velocity Based Training Mode.** Set your Target Velocity and easily reach your specific training goal
- Make athletes motivated on every training day. Set instant competitive environment
- Speed up adaptation processes and get desired results faster than ever by maximising athletes effort on every rep
- Optimise training loads on every training day to match athletes' readiness and prevent overtraining and injuries
- Know when the reps are no longer effective and when it's the time to terminate the exercise set
- Prevent fatigue and injuries
- Test the efficiency of training programs. Have objective data to show the progress
- Identify strengths and weaknesses of athletes and choose the best of the best for your team.
- Maximise rehabilitation effects. Monitor asymmetries. Correct muscular weaknesses and imbalances.
- Only valid and reliable data of research quality



- Easy to set up and operate. Designed for everyday use. **NEW!** magnetic fastening, for quick attachment to tripod or metal rack
- **NEW!** iButton reader, to automatise your training and testing data collection. Work with loads of athletes with ease!
- **NEW!** Enter load in kg or lbs
- Build to last. Perform Olympic lifts with confidence
- Not just for barbell exercises. Bodyweight exercise, free weight exercises, machine exercises, vertical jumps and more.



What TENDO Unit measures and calculates:

- **Average Power, Partial Average Power, and Peak Power** = for Power Training
- **Peak Velocity** = for Olympic lift exercises
- **Average Velocity** = for Velocity Based Training
- **Peak Force** = for Rate of Force Development
- **Eccentric Average Velocity** = for different training goals
- **Recovery time** = for Endurance Training
- **Rest time** between reps or sets
- % value of the best repetition on each rep
- Number of repetitions

What's in the box:

- Microcomputer Unit
- Sensor Unit
- Data cable
- Tripod with Magnet fastening
- Rechargeable Batteries (4 pieces of AA size, type NiMH)
- Built-in Battery Charger
- AC/DC Power Supply Adapter
- Carrier Bag
- iButton Reader for automatic identification of athletes via iButton chips in Tendo Power Analyser Computer Software
- User's manual



Standard vs WL. Which one to choose?

Both Tendo Unit and Tendo Unit - WL measure and calculate the same parameters.

However, Tendo Unit and Tendo Unit - WL use different Sensor Units. Unlike the Tendo Unit sensor, Tendo Unit - WL sensor has extra sensor protection against dropping the barbell. The sensor protection is, therefore, making the WL sensor more durable and suitable for Olympic lift exercises.

The Tendo Unit - WL also offers a possibility to attach the sensor unit string safely on a special waist belt and measure leg's power and velocity without positive influences of the back extension, i.e. it gives you the possibility to use the Tendo JumpMat.

This makes Tendo Unit - WL more versatile but bigger in size in comparison with standard Tendo Unit.