



Run Delta-Kinetic™ Trainer

- Accommodative resistance – allows for complex, functional movement
- Optimize force and power thru full range of motion
- Accurately assess, track progression & motivate through measurement
- Versatile – allows multi-directional movement at range of speeds/loads
- Ideal for performance training, fitness, and rehabilitation

The first product featuring OHM's innovative Delta-Kinetic™ technology, the Run trainer represents a significant advance in resisted functional movement, assessment, and optimization. Its ability to accommodate variable force application through complex, ground-based movement makes it ideally suited for performance training, general fitness, active aging, and rehabilitation.

The OHM Run enables athletes of any age or fitness level to work against fixed-speed or fixed-load resistance forward, backward or laterally in the horizontal plane. This provides a training experience similar, but biomechanically superior to traditional sled pushes/pulls or bungee or band-resisted exercise, and enables users to optimize force and power, while maintaining proper gait, through full range of motion.

The Run can be used with OHM's specially designed Power Harness vest, which provides spinal stability and security, while allowing full freedom of motion, or with GRIP handle(s) or a bar for distal or off-axis loading to maximize core engagement.

The Run allows for dynamic, resisted movement at speeds ranging from .1 - 10 MPH or loads ranging from 10-100 lbs, and can track force and power output over defined time or distance intervals.



PERFORMANCE ANALYTICS

In developing technology capable of accommodating/countering variable force application during movement, OHM also created the means to measure it. The OHM Performance Tracking System™ (PTS) accurately and consistently measures peak and average force and power at each point within range of motion, establishing a new standard in performance analytics. Assess, monitor progress, and optimize performance with the OHM Run Delta-Kinetic™ Trainer.

PRODUCT SPECS

Resistance Range/Mode:

Fixed Speed – 0-200 lbs
Fixed Load – 10-100 lbs

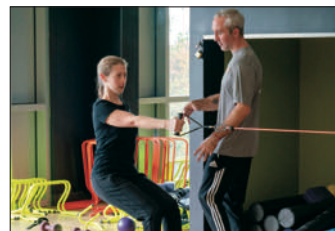
Speed Range/Mode:

Fixed Speed – .1 - 10.0 MPH
Fixed Load – unlimited

Size (w x d x h facing unit):

Wall Mount – 22.5" x 10" x 60"
Floor Mount – 22.5" x 30" x 58"
Unit Weight (approx): 100 lbs

**Note – Unit requires wall or floor mount (sold separately) or other secure anchoring system*



ROOTED IN SCIENCE – PHYSICS OF MOTION

OHM Delta-Kinetic™ resistance is a revolutionary advance in exercise and rehabilitation science. Its technology is grounded in the complex physics of motion and force production, and engineered

to allow for natural, dynamic, ground-based resisted movement that truly defines functional training. By eliminating the inertial resistance of weight, OHM enables users to apply maximal force, or back off instantaneously, to minimize injury risk and optimize output through full range of

motion. The physical experience is unlike conventional resistance modalities, yet entirely natural/familiar, making it ideal for applications from performance training to rehabilitation. You will notice the difference immediately – OHM feels right, because OHM feels real.

OHM Run Connectivity Products



POWER HARNESS

Developed with a sports equipment/tactical wear design firm to meet the unique demands of the OHM Run functional trainer, the Power Harness is the product of extensive field testing, thoughtful design and our commitment to optimized performance. The Power Harness features a bonded exoskeleton system engineered to distribute forces generated by even the strongest of athletes in motion. Meanwhile, its adjustable stability waist belt and multiple, climbing gear grade attachment points and hardware ensure a comfortable fit for most body types and provide a sense of strength and freedom unmatched by any product we know of on the market today.

PRODUCT SPECS

Bonded exoskeleton construction
Heavy-duty connection points & hardware – high peak load capacity

Adjustable chest and stability waist belt

Sizes:

- M (34-40")
- L (40"-44")
- XL (44"-48")
- XXL (48"-56")



GRIP

The durable GRIP is a simple, but highly versatile means of engagement with OHM Delta-Kinetic™ resistance. From pushing and pulling to off-axis loading and resisted internal and external rotational exercise, the GRIP enables targeted muscle and rich core activation.

BAR

The BAR provides a more stable form of bi-lateral engagement with OHM Delta-Kinetic™ resistance than the GRIP handles, enhancing user confidence, while allowing for light to maximal loading in symmetrical, off-axis, or complex rotational movement patterns.

QUICK-FLIP BRIDLE

Used with two GRIP handles or a bar for bilateral resistance, or the OHM Power Harness™, the Quick-Flip Bridle allows for load distribution through 180-degrees of pushing, pulling or lateral movement and easy directional transition for a full 360-degrees of dynamic, highly functional resistance training.

