



**OUR
METHOD
WORKS**



METHOD

AGON101® is a duo training method called CONNECTIVE TRAINING that combines performance and simplicity.

Designed for professional fitness trainers and used by all, it offers total control of movement. Beyond a new training method, AGON101® is an intuitive and versatile equipment. It is designed with the analysis of human movements and allows all types of training sessions.



EASY



MEDIUM



HARD

HIGH QUALITY MATERIALS

4

1
MOTION CONTROL

2
UNLIMITED CHART OF EXERCISES

3
SMART DESIGN

10 STEPS

01. Plan and record workouts
02. Change of routine: 4-6 weeks
03. Training frequency: 3-5 times a week
04. Average length of sessions: 30-60 minutes
05. Alternate the ratios of the exercises: 3/4 Full body - 1/4 Split routine
06. Work on all components: Resistance, Repetition, Recovery, Speed, Trajectory, Rhythm, Contraction phase, Order of exercises and training
07. Adapt your Diet to your Morphotype, and your Training to your Lifestyle
08. Reinforce the weak points before the strong points
09. Keep training fun and productive by being creative and diligent.
10. Recover well: overcoming pain strengthens the will, not the body



3 PILLARS

1. CHOOSE YOUR LEVEL
2. CHOOSE YOUR EXERCISE
3. CHOOSE YOUR SETUP



INVENTORY



TEAM PACK



SOLO PACK



ROLLY x1



UNIVERSAL STRAP x2



ANKLE LOOP x1



CONNECTOR x1



ROLLY x1



UNIVERSAL STRAP x2



MEDIUM ELASTIC x2



CONNECTOR x4



TACTICAL STRAP x2



COBRA STRAP x2



MANUAL x1



VERSATILE STRAP x1



ANKLE LOOP x1



VERSATILE STRAP x1



MEDIUM+ ELASTIC x2



MANUAL x1

ROLLY

TEAM PACK - SOLO PACK



USER'S GUIDE

1. Open and close the roly with the velcro straps featured on the bag
2. To hang the Rolly, close the male straps on the inside female straps
3. Use the side loop to carry the Rolly
4. Use every one of the pockets to tidy your equipment without over stuffing the compartments
5. Polyester loop to attach connectors

RESTRICTION OF USE

Keep away from cutting, abrasive, corrosive surfaces and excessive heat.

Use the Rolly to store and carry physical training equipment only.

Do not use a damaged Rolly.

SPECIFICATIONS

Bag maximum load capacity: 10 lbs

Maximum load capacity for the polyester loops: 40g

SIZE

Length 690 mm - Width 220 mm

MATERIALS

1680 Oxford and Waterproof PVC.

High resistance polyester straps.

Maximum load capacity: 22,000 lbs

STORAGE

Keep indoors, away from cutting, abrasive, corrosive surfaces and excessive heat.



Video link

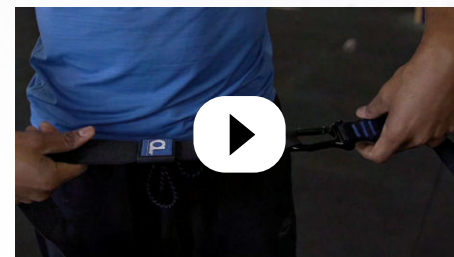
TACTICAL STRAP

TEAM PACK



USER'S GUIDE

1. Ask for advice from a professional fitness trainer before using AGON101® material
2. Choose an assembly in the AGON101® guide book
3. Carefully inspect the tactical strap to spot any sign of damage
4. Connect the tactical strap to the cobra strap by clipping the male part of the carabiner into the female part (you must hear a click)
5. Before you start your training, assess the set up to make sure the assembly is strong



Video link

RESTRICTION OF USE

Keep away from cutting, abrasive, corrosive surfaces and excessive heat.

Use the tactical strap for physical training purposes only and with AGON101® material.

Do not use a damaged tactical strap.

SPECIFICATIONS

Maximum load capacity : 300 lbs.

SIZE

Length 1410 mm - Width 40 mm.

MATERIALS

High resistance polyester strap.
Maximum load capacity: 22,000 lbs

Tactical snap hook:
Aluminium
Maximum load capacity: 1300 lbs

Female cobra tactical snap hook:
Aluminium
Maximum load capacity: 500 lbs

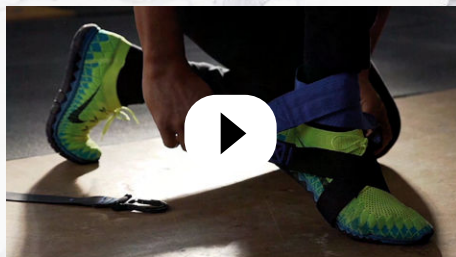
STORAGE

Keep away from cutting, abrasive, corrosive surfaces and excessive heat.



ANKLE LOOP

TEAM PACK



RESTRICTION OF USE

Keep away from cutting, abrasive, corrosive surfaces and excessive heat.

Use the ankle loop for physical training purposes only, and with AGON101® material.

Do not use a damaged ankle loop.

USER'S GUIDE

1. Ask for advice from a professional fitness trainer before using AGON101® material
2. Choose an assembly in the AGON101® guide book
3. Carefully inspect the ankle loop to spot any sign of damage
4. Connect the ankle strap to the AGON101® straps through the provided carabiners
5. Before you start your training, assess the set up to make sure the assembly is strong

SPECIFICATIONS

Maximum load capacity : 300 lbs

SIZE

Size M (4-10) : 53+63mm
Size L (10,5-13) : 60+70mm

MATERIALS

High resistance polyester strap.
Maximum load capacity: 22,000 lbs

Steel rings.

STORAGE

Keep away from cutting, abrasive, corrosive surfaces and excessive heat.



Video link

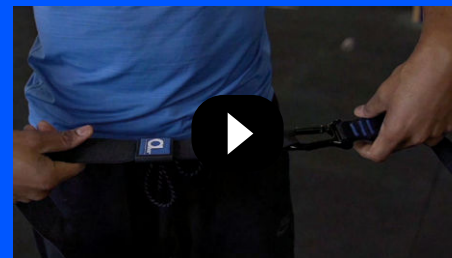
COBRA STRAP

TEAM PACK



USER'S GUIDE

1. Ask for advice from a professional fitness trainer before using AGON101® material
2. Choose an assembly in the AGON101® guide book
3. Carefully inspect the cobra strap to spot any sign of damage
4. Connect the cobra strap to the provided AGON101® tactical strap
5. Before you start your training, assess the set up to make sure the assembly is strong



Video link

COBRA STRAP +

OPTIONAL



RESTRICTION OF USE

Keep away from cutting, abrasive, corrosive surfaces and excessive heat.

Use the cobra strap for physical training purposes only and with AGON101® material.

Do not use a damaged cobra strap.

SPECIFICATIONS

Maximum load capacity : 300 lbs

SIZE

Strap : Length 590 mm - Width 40 mm
Handle : Length 130mm - Diameter 35mm

MATERIALS

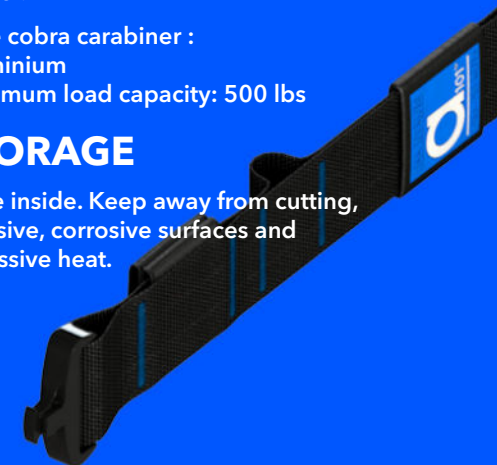
High resistance polyester strap.
Maximum load capacity: 22,000 lbs

Natural, recyclable, weather-resistant rubber.

Male cobra carabiner :
Aluminium
Maximum load capacity: 500 lbs

STORAGE

Store inside. Keep away from cutting, abrasive, corrosive surfaces and excessive heat.



UNIVERSAL STRAP

TEAM PACK - SOLO PACK



RESTRICTION OF USE

Keep away from cutting, abrasive, corrosive surfaces and excessive heat.

Use the universal strap for physical training purposes only.

Do not use a damaged multipurpose strap.

USER'S GUIDE

1. Ask for advice from a professional fitness trainer before using AGON101® material
2. Choose an assembly in the AGON101® guide book
3. Carefully inspect the universal strap to spot any sign of damage
4. Connect the universal strap to the AGON101® straps through the provided carabiners
5. Before you start your training, assess the set up to make sure the assembly is strong

SPECIFICATIONS

Maximum load capacity: 300 lbs

SIZE

Length 590 mm - Width 40 mm
Handle : Length 130mm - Diameter 35mm

MATERIALS

High resistance polyester strap.
Maximum load capacity: 22,000 lbs

STORAGE

Keep away from cutting, abrasive, corrosive surfaces and excessive heat.

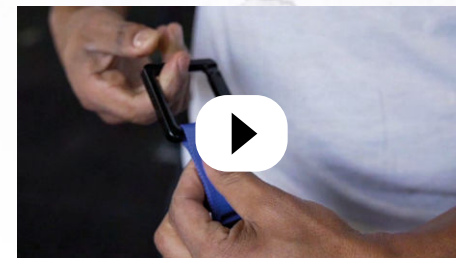
CONNECTOR

TEAM PACK - SOLO PACK



USER'S GUIDE

1. Ask for advice from a professional fitness trainer before using AGON101® material
2. Choose an assembly in the AGON101® guide book
3. Carefully inspect the connector to spot any sign of damage
4. Slip the connector in the provided loops
5. Make sure the connector's finger (the removable part) is completely closed
6. Before you start your training, assess the set up to make sure the assembly is strong



RESTRICTION OF USE

Keep away from corrosive substances.

Use the connector for physical training purposes only.

Do not use a damaged connector.

Use the connector with AGON101® material only.

Do not use the connector for full hanging. This is not rock climbing equipment.

SPECIFICATIONS

Maximum load capacity : 360 lbs

SIZE

Length 58 mm - Width 57 mm - Height 8 mm

MATERIALS

Aluminium

STORAGE

Keep the connectors away from water.



Video link

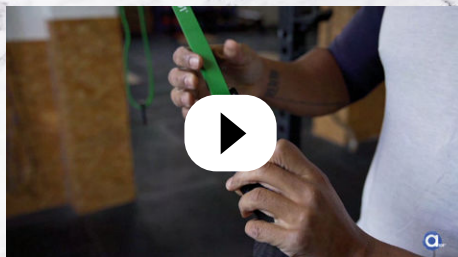


Video link



ELASTIC LIGHT

SOLO PACK



USER'S GUIDE

1. Ask for advice from a professional fitness trainer before using AGON101® material
2. Use the elastic resistance band suited to your level and to the training you chose in the AGON101® book guide
3. Carefully inspect the bands to spot any sign of damage
4. Connect the elastic resistance bands to the AGON101® straps with the carabiners provided
5. Before you start your training, assess the set up to make sure the assembly is strong

RESTRICTION OF USE

Keep away from cutting, abrasive, corrosive surfaces and from heat sources above 45°C.

Use the elastic resistance bands for physical training purposes only.

Do not use a damaged elastic resistance band.

SPECIFICATIONS

15 - 35 lbs resistance

SIZE

Perimeter 2080 mm - Thickness 4,5 mm - Width 19 mm

MATERIALS

Latex (stop using the band in case of allergic reaction and see a doctor)

STORAGE

Keep the resistance band between 5° to 35° Celcius.

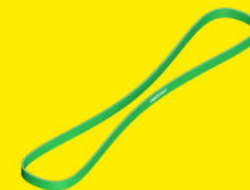


Video link



ELASTIC MEDIUM

SOLO PACK



USER'S GUIDE

1. Ask for advice from a professional fitness trainer before using AGON101® material
2. Use the elastic resistance band suited to your level and to the training you chose in the AGON101® book guide
3. Carefully inspect the bands to spot any sign of damage
4. Connect the elastic resistance bands to the AGON101® straps with the carabiners provided
5. Before you start your training, assess the set up to make sure the assembly is strong

RESTRICTION OF USE

Keep away from cutting, abrasive, corrosive surfaces and from heat sources above 45°C.

Use the elastic resistance bands for physical training purposes only.

Do not use a damaged elastic resistance band.

SPECIFICATIONS

25 - 50 lbs resistance

SIZE

Perimeter 2080 mm - Thickness 4,5 mm - Width 22 mm

MATERIALS

Latex (stop using the band in case of allergic reaction and see a doctor)

STORAGE

Keep the resistance band between 5° to 35° Celcius.

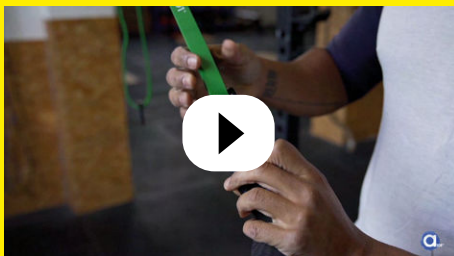
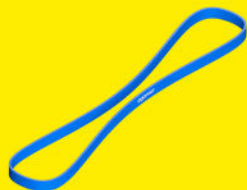


Video link



ELASTIC MEDIUM +

SOLO PACK



USER'S GUIDE

1. Ask for advice from a professional fitness trainer before using AGON101® material
2. Use the elastic resistance band suited to your level and to the training you chose in the AGON101® book guide
3. Carefully inspect the bands to spot any sign of damage
4. Connect the elastic resistance bands to the AGON101® straps with the carabiners provided
5. Before you start your training, assess the set up to make sure the assembly is strong

RESTRICTION OF USE

Keep away from cutting, abrasive, corrosive surfaces and from heat sources above 45°C.

Use the elastic resistance bands for physical training purposes only.

Do not use a damaged elastic resistance band.

SPECIFICATIONS

40 - 65 lbs resistance

SIZE

Perimeter 2080 mm - Thickness 4,5 mm - Width 22 mm

MATERIALS

Latex (stop using the band in case of allergic reaction and see a doctor)

STORAGE

Keep the resistance band between 5° to 35° Celcius.



Video link



VERSATILE STRAP

SOLO PACK



USER'S GUIDE

1. Ask for advice from a professional fitness trainer before using AGON101® material
2. Choose an assembly in the AGON101® guide book
3. Carefully inspect the versatile strap to spot any sign of damage
4. Connect the versatile strap to the AGON101® straps through the provided carabiners
5. Before you start your training, assess the set up to make sure the assembly is strong

RESTRICTION OF USE

Keep away from cutting, abrasive, corrosive surfaces and excessive heat.

Use the versatile strap for physical training purposes only.

Do not use a damaged versatile strap.

SPECIFICATIONS

Maximum load capacity : 300 lbs

SIZE

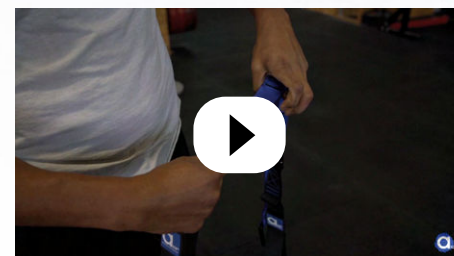
Length 560 mm - Width 40 mm

MATERIALS

High resistance polyester strap.
Maximum load capacity: 22,000 lbs

STORAGE

Keep away from cutting, abrasive, corrosive surfaces and excessive heat.



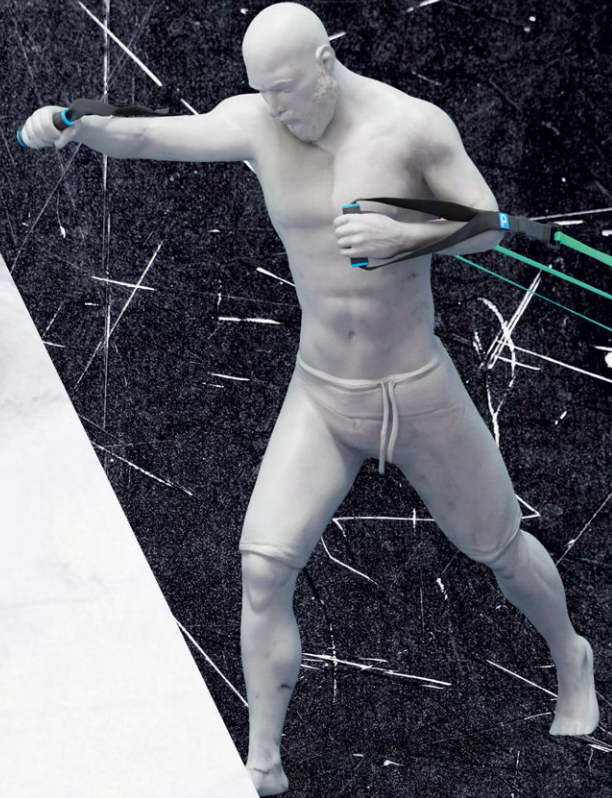
Video link



**SUSPENSION
MODE**



**RESISTANCE
BAND MODE**



**CONNECTIVE
TRAINING
MODE**

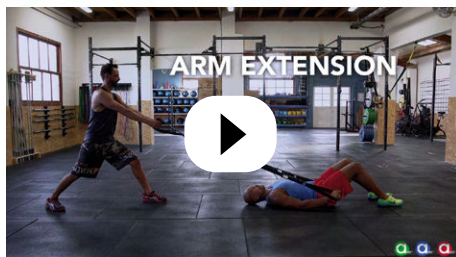




ARM EXTENSION
CONNECTIVE TRAINING MODE



ALTERNATE LAYING BICEPS CURLS
CONNECTIVE TRAINING MODE



DESCRIPTION

Extend your arms and push your hands toward the ground until your arms are fully extended. Return to the starting position under control.

GOAL

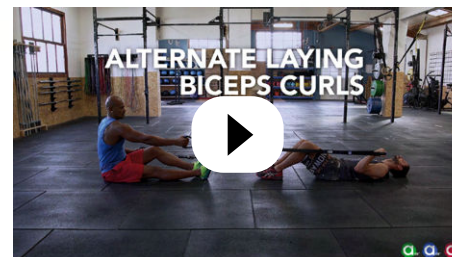
Emphasis on lateral head of triceps.
Builds triceps strength and definition.

COACH'S TIP

Keeping your elbows on the floor allows your arms to track through their natural path of motion. This may help decrease stress on your joints.



Video link



DESCRIPTION

Flex your arms keeping your shoulder blades retracted. Return to the starting position under control.

GOAL

Target the biceps peak.
Prolonged muscle time under tension.

COACH'S TIP

Keeping your elbows, head and shoulder blades on the floor helps isolate the biceps and enforce strict form.



Video link

DUAL ROW



DUAL ROW

CONNECTIVE TRAINING MODE

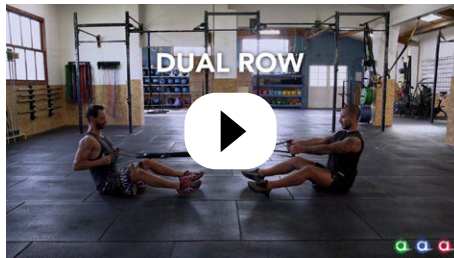


ELASTIC JABS



ELASTIC JABS

RESISTANCE BAND MODE



DUAL ROW



DESCRIPTION

Sit with your back straight. Extend your arms feeling your lats stretch. Pull the weight back into your body until the handles touch your abdomen. Return to the starting position under control.

GOAL

Strengthens the lats, rhomboids, spinal erectors, and biceps.

COACH'S TIP

Bringing your shoulder blades as far back as you can while bring your belly button forward will secure your lower back.



Video link



ELASTIC JABS



DESCRIPTION

Stand in lunge position. Hands up, elbows in, hips between your feet, knees slightly bent, and back heel lifted. ...

Alternatively extend hands forward, rotating palm to face down.

GOAL

Strengthens the chest, triceps, shoulders, and abdominals.

COACH'S TIP

Be sure to keep shoulders pressed down away from ears and elbows tucked in at sides of ribcage. Avoid leaning forward.



Video link

FRONT RAISE



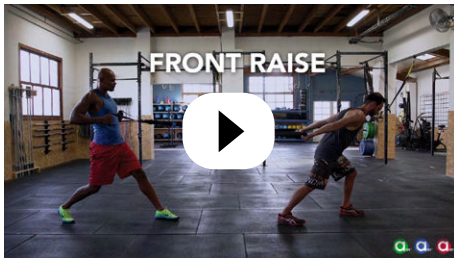
FRONT RAISE
CONNECTIVE TRAINING MODE



LEG ABDUCTION



LEG ABDUCTION
CONNECTIVE TRAINING MODE



GOAL

Encourages healthy shoulder mobility.
Builds shoulder muscle and strength.

COACH'S TIP

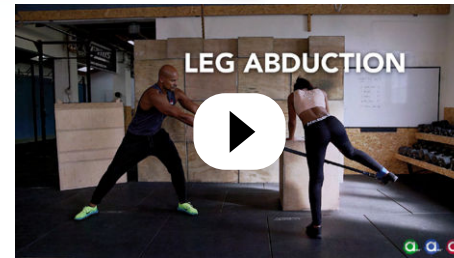
Keep a slight bend in the elbows to reduce the stress on the joints.

DESCRIPTION

In a lunge position, bring your arms upward and palms facing down. Stop when the arms are approximately horizontal to the floor. Return to the starting position under control.



Video link



GOAL

Builds size and strength in the gluteus minimus, gluteus medius, and other outer hip muscles.

COACH'S TIP

Keep a slight bend in the elbows to reduce the stress on the joints.

DESCRIPTION

Stand up straight with your feet shoulder-width apart. Keeping your toes pointed forward, lift one leg straight out without moving your hips. Return to the starting position under control.



Video link

LEG CURL

LEG CURL

CONNECTIVE TRAINING MODE



DESCRIPTION

Start by lying flat on your stomach. Stretch your leg out fully then flex your knees and pull your ankles as close to your buttocks as you can. Return to the starting position under control.

GOAL

Builds size and strength in the hamstrings.

Great accessory movement for a stronger squat and deadlift.

COACH'S TIP

Lift your foot smoothly keeping your hips firmly on the floor.



Video link

BODYWEIGHT CHEST FLY

BODYWEIGHT CHEST FLY

SUSPENSION MODE



DESCRIPTION

Stand up straight with your arms extended and palms facing each other. Straps above your shoulders, lower your body towards the floor and open your extended arms in an arc motion, keeping a slight bend in the elbow. Return to the starting position under control.

GOAL

Stretches the chest muscles under load which lead to greater muscle gain.

Builds chest muscle and strength.

COACH'S TIP

The closer your feet are to the anchor, the more horizontal your body will be to the floor, and the more difficult the exercise will be.



Video link

POSTURAL ASSISTED HACKSQUATS



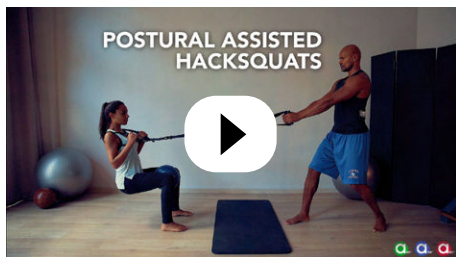
POSTURAL ASSISTED HACKSQUATS
CONNECTIVE TRAINING MODE



UPRIGHT ROW



UPRIGHT ROW
CONNECTIVE TRAINING MODE



GOAL

Adds size and strength to the quads, glutes, and hamstrings.

COACH'S TIP

To keep tension on the quads, keep the knees just shy of lockout.

DESCRIPTION

Stand up straight with your feet shoulder-width apart. Bend your legs slowly and try to make sure your posture remains straight. Go down until the angle between your calves and upper leg is a little under 90°. Return to the starting position under control.



Video link



GOAL

Strengthens the trapezius, shoulders and biceps.

COACH'S TIP

Focus on squeezing your traps as hard as possible while keeping your lower back in a neutral position.

DESCRIPTION

Start by lying flat on your back. Stretch your arms out fully then pull the handles vertically to about neck height. Return to the starting position under control.



Video link

SETUPS

CONNECTIVE TRAINING MODE



3



4



7



8



1



2



5



6



9



10

RESISTANCE BAND MODE



SUSPENSION MODE



ALL AS ONE

info@agon-101.com



www.agon-101.com



WORKOUT

