



kinotek

Proven to Drive New Fitness Revenues

A Powerful New Way to Engage Clients

“In just 12 months, we added \$580,000 in brand new revenues.”

Dayton McPherson, Vice President of Fitness (16 Locations) |  Healthtrax

Essential Tool for Fitness Professionals

ELEVATE YOUR ASSESSMENT GAME

Fast, objective movement assessments take your training to the next level. Kinotek helps you identify areas to improve to unlock your client’s full potential.

VISUALS THAT EDUCATE & MOTIVATE

Engage and inspire with powerful 3D visuals and scored reports. Track progress so that your clients stay committed your training program.

KEEP YOUR SCHEDULE FULL + NEW REVENUES

Kinotek isn’t just a better tool—it’s a revenue engine. Learn how Kinotek drives new gym revenues and keeps trainers’ calendars full.

SCORE 65 **Key Findings** Powered by kinotek
 Name: Grace Lively
 Report Date: 01/25/26

Movement(s) Screened: Squat - Overhead Shoulder - Flexion Shoulder - Rotation Lunge - Split SL Lunge - Split BR

Client Goals

- Stay healthy and active as you age so you can keep doing what you enjoy.
- Love staying active with canoeing, woodworking, and hiking.

Limited Shoulder ER ROM
 Limited shoulder rotation and some rounding through the shoulders can affect paddling strength and control when canoeing, and may lead to shoulder fatigue during woodworking.

Limited ROM
 Limited squat depth and overhead mobility suggest tight hips and upper back, which can impact hiking endurance and make lifting or carrying feel harder on your low back.

Hip Drop
 Hip drop on the right side shows some hip stability weakness, which can affect balance and control on uneven hiking terrain.

Potential Areas To Work On

MOBILIZE	STRENGTHEN	MODIFY	MINIMIZE
Upper Body <ul style="list-style-type: none"> Rhomboids Rotator Cuff (External Rotation) Lower Traps Quadratus Lumborum Glute Medius Lower Body <ul style="list-style-type: none"> Deep Intrinsic Core Stabilizers Glute Max Quadriceps Anterior Tibialis 	Upper Body <ul style="list-style-type: none"> Pectoralis Latusimus Dorsi (Lats) Rotator Cuff (Internal Rotation) Quadratus Lumborum Lower Body <ul style="list-style-type: none"> Hip Flexor Complex Calf Complex TFL Adductor Complex 	Upper Body: <ul style="list-style-type: none"> Use incline presses and client's available ROM to reduce shoulder stress. Lower Body: <ul style="list-style-type: none"> Build full-ROM strength with assisted single-leg exercises (front-loaded, suspension supported). 	Upper Body <ul style="list-style-type: none"> Limit heavy or high-volume overhead work until shoulder control improves. Lower Body <ul style="list-style-type: none"> Limit heavy or dynamic single leg work until balance improves.

How Kinetic Fitness Club Can Help

Personal Training **Assisted Stretch** **Recovery**

- Build stronger hips and core to improve balance and stability for hiking and uneven ground.
- Strengthen your shoulder and upper back to support better paddling mechanics and reduce fatigue.
- Improve movement control so lifting, carrying, and daily tasks feel easier on your joints.
- Use foam rolling or massage tools to reduce tightness in the shoulders, hips, and calves between sessions.
- Support faster recovery so mobility gains from training and stretching last longer.
- Decrease lingering stiffness that can pull you back into compensations like hip drop or low back arch.

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Your Own Motion-Capture Station

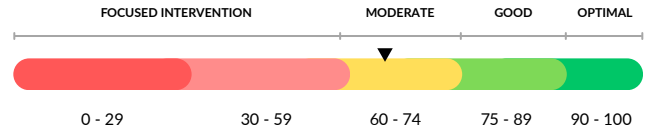
Kinotek slides right into your workflow—easy setup, no downtime. It’s intuitive, fast, and doesn’t require any tech know-how. With simple onboarding, you and your team will be confidently running superior assessments in no time.



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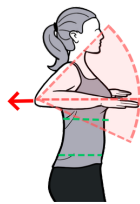


Movement(s) Screened: Squat - Overhead Shoulder - Flexion Shoulder - Rotation Lunge - Split (L) Lunge - Split (R)

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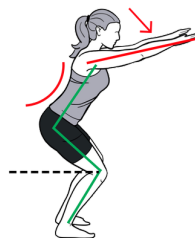
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