

# Innovation Award

(of the century)

## for the resistance system

# WATER

## in a strength training machine



As far back as 30 years ago I was among those who experimented with WATER as a resistance system. In 1998, I even sent a letter titled “The one million Dollar Idea” to the big equipment manufacturers telling them that I had designed a concept for an innovative resistance technology which would make the manufacturer who included it in their product line very successful. The Nautilus CEO of the time was the only one who agreed to meet me at that year’s FIBO. But of course, without any guarantees, I was not prepared to let the cat out of the bag, which is why I didn’t become a millionaire.

At the beginning of 2010 I received a letter from an Austrian engineer (see following pages 46 and 47) who told me that he had found an interesting resistance solution for a multi press, i.e.

a multi-purpose training station – not a stack of weights, nor air nor current – but WATER!

Brilliant, my idea exactly. Of course there are manufacturers who have been using water as a natural means of resistance very successfully in the cardio equipment sector – but a strength-training device or even a strength-training machine using water?

So without delay I got into my car and went to test the machine – which goes by the name of TRAINING BULL – on site. Fantastic, ingenious; only superlatives come to mind for describing this form of training using water as a means of resistance.

Of course, being able to set the infinitely variable adjustment to one milligram isn’t exactly going to

turn it into a revolutionary solution just yet – manufacturers who use current or air as means of resistance can do that too. The really incredible thing that you have never ever experienced throughout your training life is this: When carrying out bench presses with extended arms, you see more and more weight, i.e. gram by gram of water flow into the containers at your side, allowing you to test your true limit – this is truly cool! Egon Bauer, the brilliant engineer behind the machine, has integrated a mechanism directly into the bar whereby the PLUS or MINUS resistance can be invariably adjusted during training. This comes in addition to adjustment of the PLUS and MINUS water settings using the foot pedal which is admittedly not always easy, so this feature is again super cool!



**This Certificate of Innovation is Awarded to**

**TRAINING BULL**

*from Uttendorf - Salzburg, Austria*

**for its uniquely effective WATER resistance system in the  
Strength Equipment of the Year 2010**



Chief Editor & Publisher

  
Jean-Pierre L. Schupp



The physiotherapist, personal trainer or coach can of course adjust the foot pedal as well, influencing training from outside in an optimum manner – perfectly coached training is possible here too.

Without any ifs and buts whatsoever, specialist magazine FITNESS TRIBUNE's editorial staff confers upon the TRAINING BULL multipress from Uttendorf near Salzburg not simply the 2010 Innovation Award, but the

**"Innovation Award of the Century for its uniquely effective WATER resistance system in a strength training machine"!**

I told engineer Bauer and his financier that TRAINING BULL and RED BULL would form an ideal basis for future co-operation, since having a multi-purpose training station "only" for use at home or in the sports club (or possibly also in the gym) would actually be quite a waste. A complete professional equipment line is what needs to be marketed now – and this could, for example, be funded by the owner of RED BULL without any problems!

There would also be savings on freight costs because sending tons of steel and cast iron around the world doesn't make sense in view of ever increasing transportation costs. And let's not forget carbon neutrality!

The only point I could criticise (if fault needs to be found) is that a stronger, i.e. faster, pump will be required, in particular in view of the professional stations to be built in future. Currently the TB machine takes a minute to accelerate from 0.001 grams to 120kg (with no upper limit!). Which is no problem if used at home, but for professional gyms this is clearly too slow!

However, this is a minor thing – because people, who think they have trained everywhere and feel they know it all, absolutely MUST experience this very special form of training! Only people who have been carrying out "high intensity strength training" for many years professionally, will understand this. In other words, owners of a roadster who have never pushed

the speedometer to its upper limit won't understand what I'm saying.

Incidentally the latest research reports on "muscle training" clearly point to "high intensity" strength training, since this is the one single condition that is absolutely necessary for carrying important messenger substances and hormones from the muscles, which are so vital for the rest of our bodies and our organs. But more on this in a future FT issue on the topic "The muscle – a Fountain of Youth for our Body" (for further information see the link on page 12 of this issue).

I can only recommend TRAINING BULL to every gym operator whose members know what professional training is all about. Success is guaranteed. No member will quit the gym if they can work out on the TRAINING BULL multipress! For more information: [www.trainingbull.at](http://www.trainingbull.at)

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