

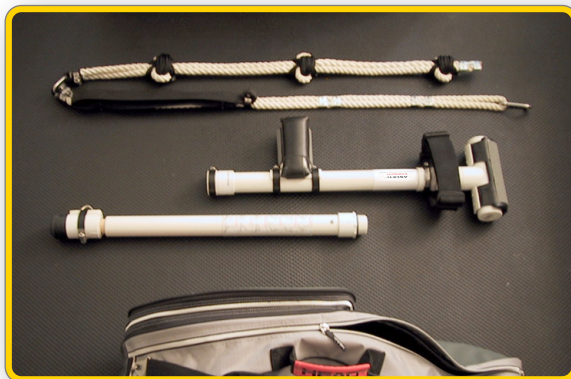
## PROTOTYPE



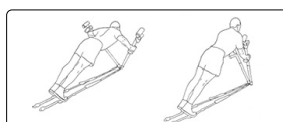
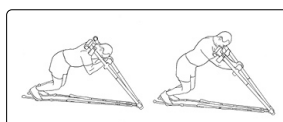
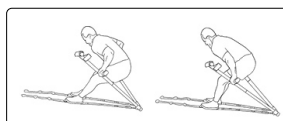
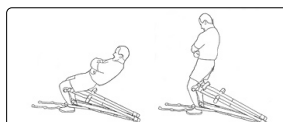
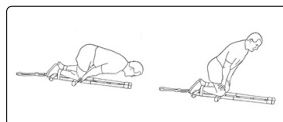
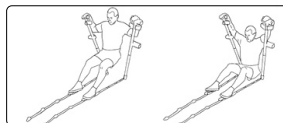
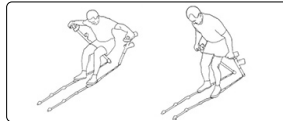
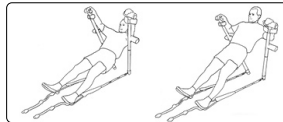
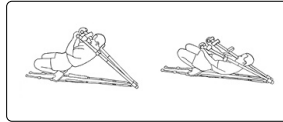
Shown here is one of the two members of the ASCETI™ strength gear. The other member is tacked inside the twenty five inch long tennis bag; appearing on the left of the photo (above).

As it can be seen, the main pole can be disassembled for travel-size compactness. The traction member is detachable to ease storage, repair or replacement.

The overall concept is intended as a lightweight construction; ideal for carrying on outdoor/indoor workouts. The user's own body becomes the weight during the savage training sessions.



## FEATURES



### Isolate muscle groups:

- Deltoids
- Levators
- Pectorals
- Serratus
- Biceps
- Triceps
- Flexor Carpi
- Latissimus
- Teres
- Trapezius
- Rhomboids
- Leg Quadriceps
- Leg Biceps

### Perform exercises equivalent to:

- Preacher curls
- Barbell curls
- Wrist curls
- Cable tricep pressdowns
- Lying tricep extensions
- Upright rows
- Lat pulldowns
- Rows
- Standing lateral cable flies
- Standing cable pulldowns
- Dumbbell flies
- Leg curls
- Leg Extensions

### Overall Weight of device:

- Minimal (less than 10Lb depending on material)

### Compactness:

- Intended for travel size, handheld convenience

### Expected level of experience:

- medium to advanced

### Notable exercise benefits:

- Muscle building
- Power to weight ratio improvement

### Dimensions:

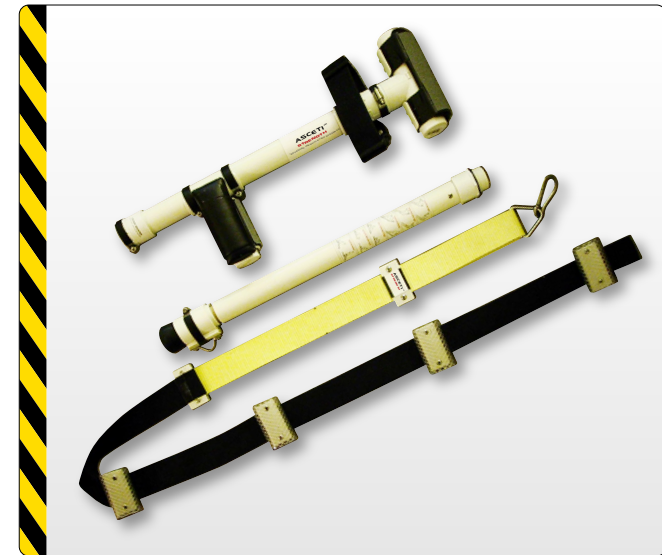
- Reduces to fit in a 25" long sports-bag

### Resistance Type:

- Weightlifting / Gravity

### Resistance Medium/Magnitude

- Operator's own bodyweight [and multiples or fractions of it]



**ASCETI™ STRENGTH**

"ADVANCED WEIGHTLIFTING DYNAMICS"

**ASCETI™** (ă-se/ti). **1.** A gravity interfacing strength system for motor coordination and strength-to-weight ratio development by means of lever, fulcrum and bodyweight interactions; **2.** A gravity aggression instrument in a highly simplified, form. A form practicable for all-terrain use, in any environment, embracing constant physicality as the ultimate state of being.

### CONTACT INFORMATION

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## PHILOSOPHY

### Strength to weight ratio...

Asceti™ is a compact multi-exercise device for weightlifting type of training. It utilizes a person's own bodyweight to the effect of it becoming resistance against any chosen muscle group. May it be a heavyweight professional athlete or a featherweight amateur, the resistance is directly proportional to the operators weight. A heavier athlete would have to overcome the weight of their own muscle working against them.

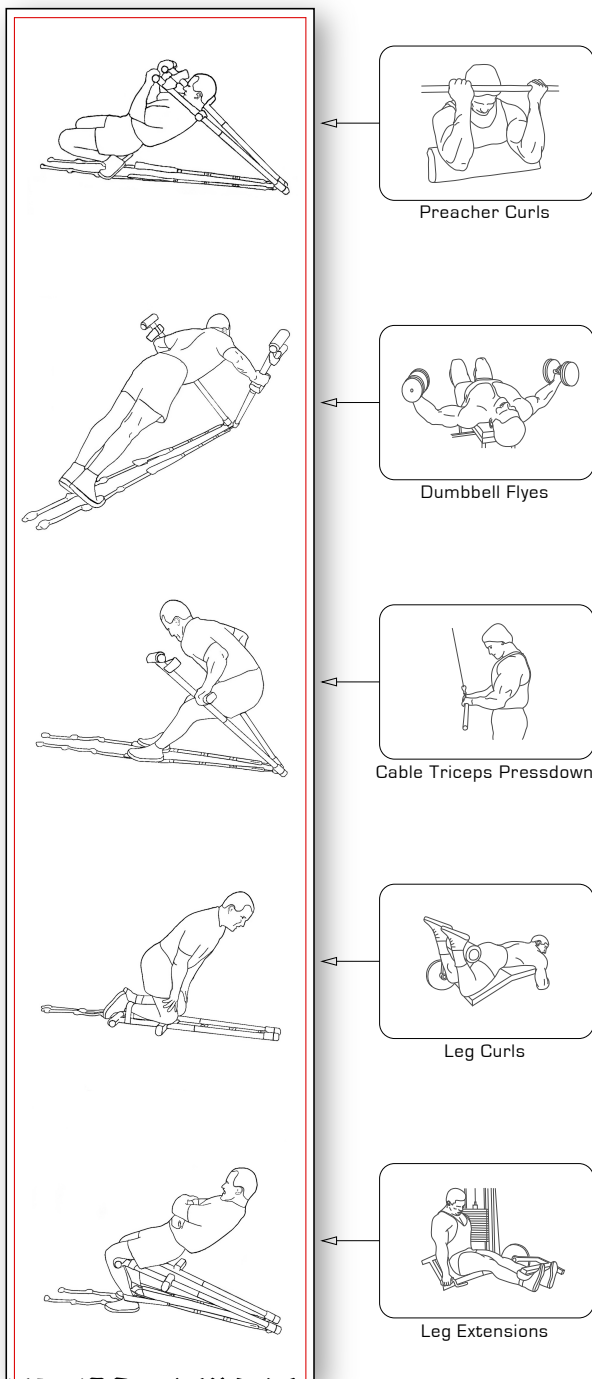
### Efficient application of simple geometric principles

The Asceti™ is literally a geometric simplex. A design conceived and optimized intentionally to possess the most function with the least number of components. A precipitate of training experience along with stubborn and relentless hours of designing and redesigning, to fit a bodybuilder's entire routine in the most simple (im)possible travel-size instrument. Yet, preserving the "feel" of true weightlifting and the effectiveness of raw barbell power.

### In common belief, simple devices have limited potential. We dare ask ... WHY?

With Asceti™ we believe we've come closer than ever to compact completeness. Having a training regime of at least 14 different exercises spanning all major kinesiology joints (muscle groups in shoulder, elbow and knee joints), savage workouts no longer have to be confined in designated areas. Think of it as a health club condensate in your disposal, any time ...any place. Better yet, you may think of it as your own "All Terrain Weightlifting Gear".

## EQUIVALENCE



## PHYSICS

The forces experienced during use of the Asceti™ strength gear originate from the operator's own bodyweight modified by principles of leverage and reverse-leverage.

### For example:

Imagine a beam or pole having a hinged end that pivots about a fixed point (as shown in Fig1). A beam acting as a crane has a weight securely attached at the free end. A rope, or tether (shown as a red horizontal line) holds the crane by connecting the free end of the beam to a secure point P on a wall. When the beam is closer to vertical (say 60 degrees relative to the ground), the tension force experienced by the tether is given by the following equation:

$$\frac{90 \text{ lb}}{T} = \tan 60 \rightarrow \frac{90 \text{ lb}}{\tan 60} = T \rightarrow T = 52 \text{ lb}$$

A person holding the rope at point 'P' will experience a force close to 52 lb of pull.

Now suppose the beam is lowered to form, say, a 30 degree angle with the horizontal. In this new position the strength needed to hold the crane will be:

$$\frac{90 \text{ lb}}{T'} = \tan 30 \rightarrow \frac{90 \text{ lb}}{\tan 30} = T' \rightarrow T' = 156 \text{ lb}$$

Thus, a person holding the rope at point 'P1' will now experience muscle fatigue equivalent to 156 lb of pull.

The original load is still 90 lb and yet larger forces are developed within the system since the physics have strategically aligned to result in "reverse" leverage.

Taking the above physics to the next step, the arrangement of FIG. 2 can be mirrored into two opposing beams as in FIG. 3.

Now imagine that the tension inside the rope is in fact the resistance that builds upon the pectoral muscles of a human operator. Also imagine that the weights on each side of the pole are in fact the percentage of the operator's weight distributed at each arm while holding the poles in the exercise of FIG. 4.

It can be shown that the steeper the poles relative to each other the more difficult the exercise becomes.

Consequently, no matter how savagely strong an athlete may be, the device is capable of delivering forces that can exceed (and thus accommodate) all human capability.

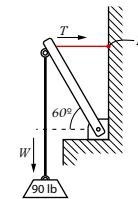


FIG. 1

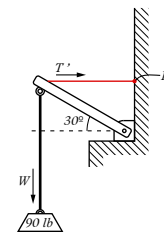


FIG. 2

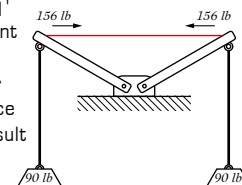


FIG. 3

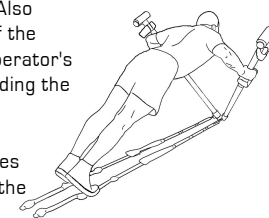


FIG. 4