



PANATTA KIDS SYSTEM

THE MOTIVATION BEHIND THE PROJECT

Children between the ages of 6 and 10 are most affected by the sedentary lifestyle we lead today. According to certain statistics, in the first two years of primary school the incidence of weakness in the muscles supporting the spine (the cause of alate shoulders, curved spine and scoliosis) is as high as 70%. At this age 20% of young people are affected by obesity and one can observe a reduction in the ability to move, especially in the case of physical activities which require speed, muscular strength and general endurance.

There are several reasons for this, but certainly the lack of parks and playing fields in our cities and the fact that they have nowhere to play outside mean that during the course of the day children have few opportunities or stimuli to move and spend most of their time sitting (often with bad posture) at a school desk or in front of the television or a computer.

This means that children may unconsciously become accustomed to moving incorrectly and assume the wrong posture when performing everyday tasks (for example while moving something heavy, pushing an object in front of them or bending down to pick something up), thus putting excessive strain on muscles and bone structure.

It is therefore particularly important to provide very young children with the stimuli to move that today's lifestyle tends to deny them.

Children who take regular physical exercise show considerable improvement in cardiovascular and respiratory capacity and have better muscle tone and nervous reflexes compared to children leading more sedentary lives.

Obviously the correct approach is vital and unless the proposed physical exercise is suitable for the child's psycho-physical characteristics and period of growth, it will not be very effective and may result in overstraining.

PANATTA SPORT, one of the world's leading fitness equipment designers and manufacturers, has launched the "PROGETTO KIDS" and created a series of initiatives aimed at catering for the needs of young children.

The invaluable experience of a team of experts including doctors, instructors, educators and psychologists has contributed towards reaching the following aims:

- 1 - giving young children the opportunity to move and practice sport;
- 2 - respecting the sensitive phases and growth of the child;
- 3 - instilling a new sporting culture in the child and surrounding environment.

This is the mission of the KIDS PROJECT!

Dr. Antonio Maone
Scientific Advisor "Progetto Kids"

HOW THE “PROGETTO KIDS” IS STRUCTURED

- KIDS CORNER: The space
- KIDS SYSTEM:
 - 1- The equipment and machines specially designed for children
 - 2- The Maone Method: a method of training while playing
 - 3- Kids Instructor: a new professional figure with a new preparatory training course.
- KIDS EDUCATIONAL: A new sporting culture

KIDS CORNER: The space

The KIDS CORNER has been created to give young children the opportunity of moving. It is an area equipped to encourage children to move freely by means of games and other stimuli suitable for improving their performance.

Very few fitness centres and indoor sports facilities have an area reserved for young children able to satisfy their need to move.

Creation of the Kids Corner in such an environment aims to provide a fun area for children and to ensure that they have suitable opportunities to move and the correct stimuli to do so.

Although natural green areas - where children can climb trees rather than a climbing frame or jump and roll on the grass instead of an exercise mat - are always preferable, a well-equipped indoor area like the KIDS CORNER can become an important alternative to open spaces which are not always available.

Thanks to its modular structure, the Kids Corner can be adapted to any space. Having a lay-out of the available space during the design phase makes it possible to create a Kids Corner for any environment.

KIDS SYSTEM

1 - The equipment and machines specially designed for children

The machines have been specially designed to favour interaction with the child. The names of imaginary characters given to the machines, their appealing appearance and bright colours evoke the reassuring figures of large puppets in the child's mind and the child sees them as new playmates. The harmonious design and rounded forms of the machines enable them to be used by young children in complete safety. The movements carried out are the same as those which occur most frequently in the daily lives of very young children.

The collaboration of important research institutes (Rizzoli Institute of Orthopaedics, Institute of Sports Medicine and the Faculty of Motion Science of the University of Bologna) has made it possible to devise a series of biomechanical solutions so that:

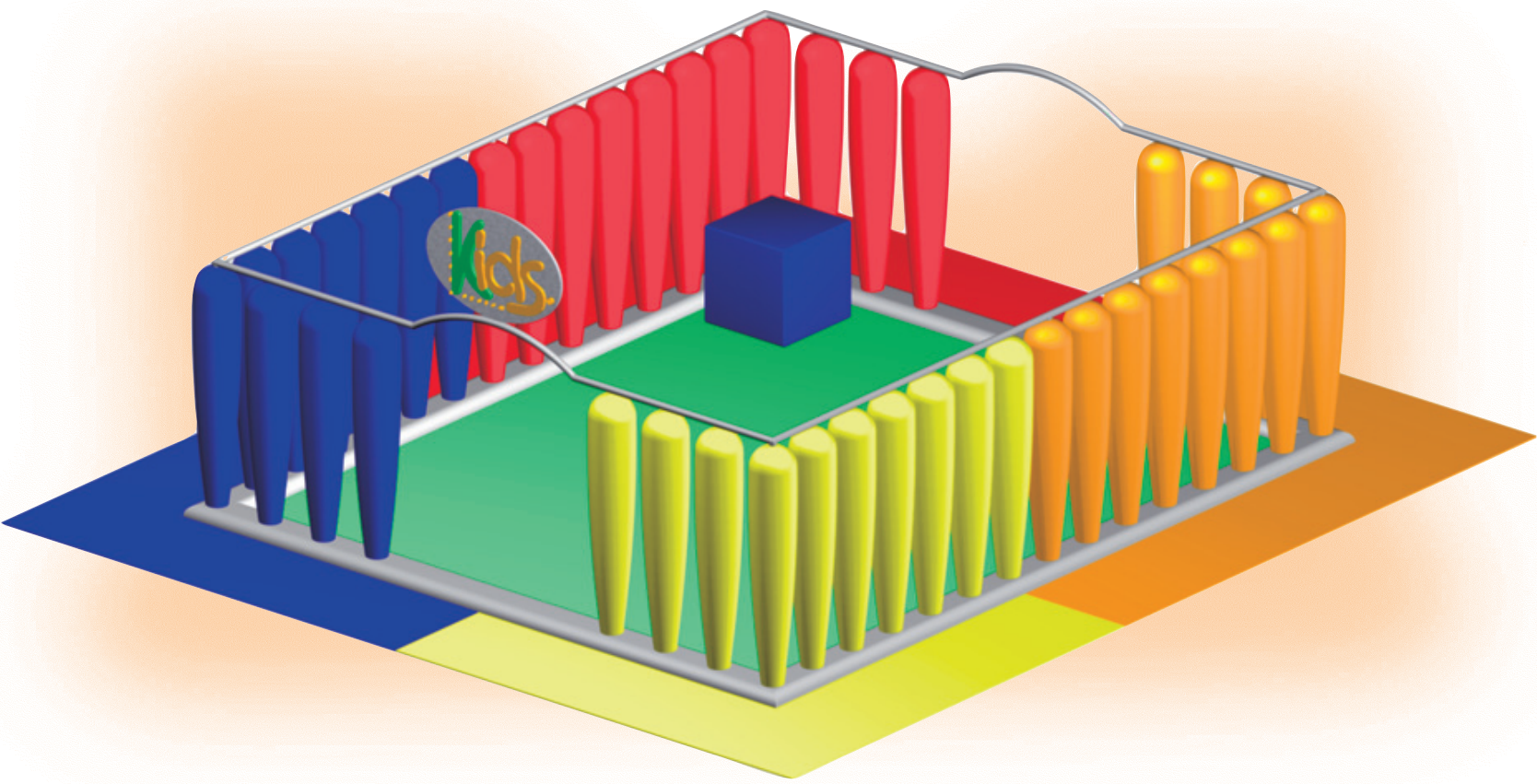
- the child maintains the correct posture throughout each movement;
- joints and tendons are not subjected to any strain in excess of normal joint excursion:
- the child's neuromotor capacity and ability to coordinate is improved by memorizing the correct execution of the movement itself while carrying out the exercises.

The loads used while performing the movements do not put any strain on the child's spine, muscles or tendons; more generally speaking, during the exercises carried out on the “Kids Machines” the involvement of the motor apparatus is very complex along dynamic muscle chains and always well below maximum exertion.

The Kids Machines circuit is equipped with a manual tool that facilitates the rapid removal of each machine. The floor can be freed of all equipment in just a few minutes to be used for other types of games.







KIDS CORNER

2 - The Maone Method: a method of training while playing

Training with the "Kids Machines" enables children to memorize the correct execution of the movements involved, accustoming them to maintain the right posture in everyday life. In order to enable children to develop their ability to move to the full, any physical exercise for this purpose at this age should never be generic or without precise aims – hence the necessity to provide a suitable training method.

The "Maone © Method", devised by Dr. Antonio Maone (a specialist in the field of Sports Medicine and expert in training young children), is a system particularly suited for training boys and girls in the pre-pubescent age group (6 – 12 years old) in that it is based on the principles of versatility typical of training methods for young people.

It involves a play circuit which alternates various combinations of exercises on the "Kids Machines" and other exercises along the external perimeter of the Kids Corner. Using the various types of equipment set out along the differently coloured tracks the child is stimulated to develop the ability to coordinate his or her movements.

In this way through play the child is given the greatest possible number of situations for further development of these skills as a whole, whilst respecting his/her biological age and stage of physical growth.

3 - Kids Instructor: a new professional figure with a new preparatory training course

The Kids system requires qualified personnel with a sound knowledge of both the biological aspects of the evolutive years and

KIDS CORNER

of modern methods for training young children.

It is vital that those operating in this field attend regular refresher courses aimed at personalizing training as far as possible and this need has given birth to the modular Kids Instructor courses. The aim of these courses is to widen knowledge concerning training children during the evolutive years, taking physiological, technical and commercial aspects into account.

Each level of the Kids Instructor courses is divided into various study sessions: physiology of the evolutive years (functional aspect), methodology (technical aspect) and sales and marketing. Ideal candidates for these training courses are instructors, trainers, primary school teachers and people employed in sports facilities for young children – preferably with a P.E. College diploma or similar qualification.

KIDS EDUCATIONAL: A new sporting culture

Kids Educational is the most innovative aspect of the "Progetto Kids" and Panatta Sport is well aware that dealing with children means that it is necessary to assume the role of EDUCATOR with all its moral implications. Kids Educational organizes various initiatives and supplies associated sports centres and Kids Instructors with all the materials necessary to create a new sporting culture among young people (and people in general) directed towards well-being, sportsmanship, a love of nature and respect for the environment. Some of the proposed initiatives include promotional materials, educational gadgets, informative pamphlets, collaboration with local institutions and guided visits to parks and nature reserves.

tommy

machine



oscar

machine



ART. 1 KD 1

Weight: kg 97
Standard
Weight stack: kg 25
Dimensions: width cm 85
length cm 180
height cm 150



ART. 1 KD 2

Weight: kg 85
Standard
Weight stack: kg 25
Dimensions: width cm 85
length cm 180
height cm 150



leonard

machine



caesar

machine



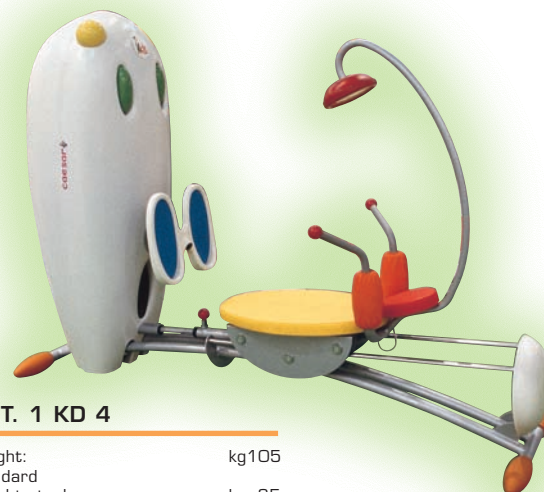
ART. 1 KD 3

Weight: kg 95
Standard
Weight stack: kg 25
Dimensions: width cm 85
length cm 185
height cm 150



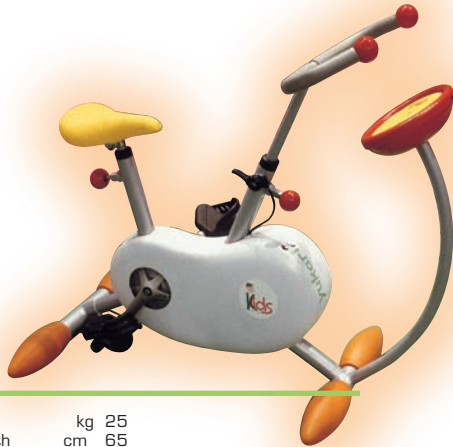
ART. 1 KD 4

Weight: kg 105
Standard
Weight stack: kg 25
Dimensions: width cm 75
length cm 220
height cm 150



yukari[®]

bike



ART. 1 KD 5

Weight: kg 25
 Dimensions: width cm 65
 length cm 100
 height cm 63 minimum
 cm 95 handlebars at max. height
 cm 85 saddle at maximum height

buck[®]

runner



ART. 1 KD 6

Weight: kg 50
 Dimensions: width cm 70
 length cm 170
 height cm 110

peter[®]

climber

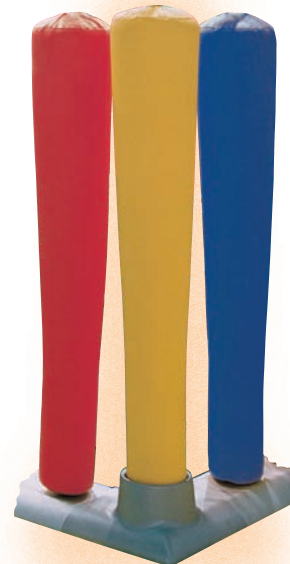


ART. 1 KD 7

Weight: kg 70
 Dimensions: width cm 110
 length cm 110
 height cm 182

ork&dork[®]

punchball



ART. 1 KD 8

Weight: kg 5
 Dimensions: diameter cm 30
 height cm 150

tommy

machine



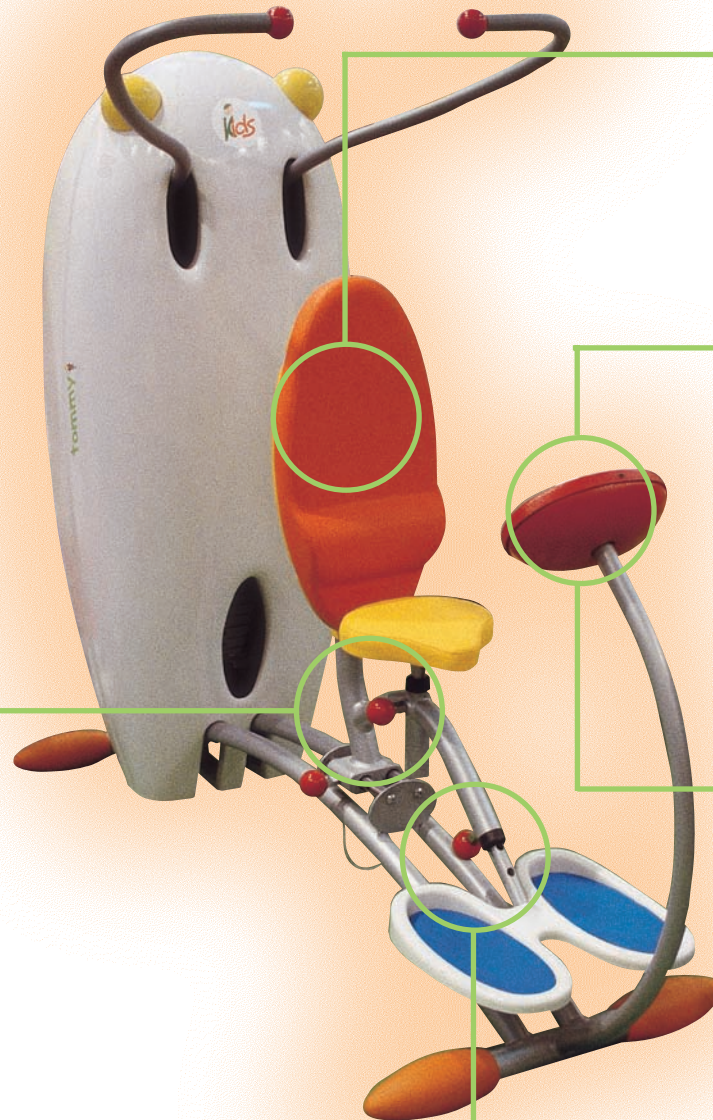
ERGONOMIC SEAT
AND BACKREST

COMPUTER WITH
LUMINOUS DISPLAY

ADJUSTABLE SEAT

REPETITION COUNTER DISPLAY

ADJUSTABLE FOOTBOARD



tommy

machine



ERGONOMIC SEAT AND BACKREST

which respect the physiological curves of the spine. Sensors inside the backrest signal the exercise position and enable the child to maintain the correct posture throughout the movement.

ADJUSTABLE SEAT

The seat can be moved backwards and forwards to avoid straining the arm joints and tendons beyond the normal degree of excursion

ADJUSTABLE FOOTBOARD

The footboards can be adjusted obliquely to ensure that further developed children are also able to assume a position respecting the correct angle between the femur and the tibia.

COMPUTER WITH LUMINOUS DISPLAY

The immediate visual impact enables children to interact with the machine.

- The flashing lights on the display and intermittent acoustic signal inform the child that his or her back is not in the correct position or the movements are not being carried out correctly.

- The contemporaneous lighting up of the luminous, yellow bulbs on the machine call the instructor's attention.

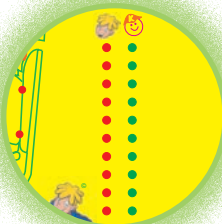
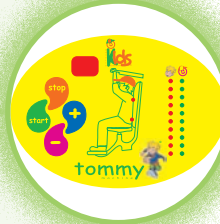
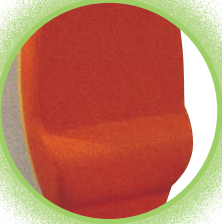
The double row of LED (green for the machine and red for the child) help the child to memorize and maintain the correct exercise rhythm thus improving coordination of the movement itself.

REPETITION COUNTER DISPLAY

An access key enables the instructor to programme a suitable number of repetitions. The double row of red and green LED goes out to indicate the pause after a series of repetitions.

The machine reproduces the movement of bending and extending the arms downwards, e.g. when reaching up and pulling something down from a shelf. There are two independent levers instead of a single horizontal bar so that the movement can also be carried out using one arm at a time. This makes it possible to correct any imbalance in muscular development and to stabilize the position of the shoulder blades.

The machine is fitted with an autonomous power supply system.



oscar[®]

machine



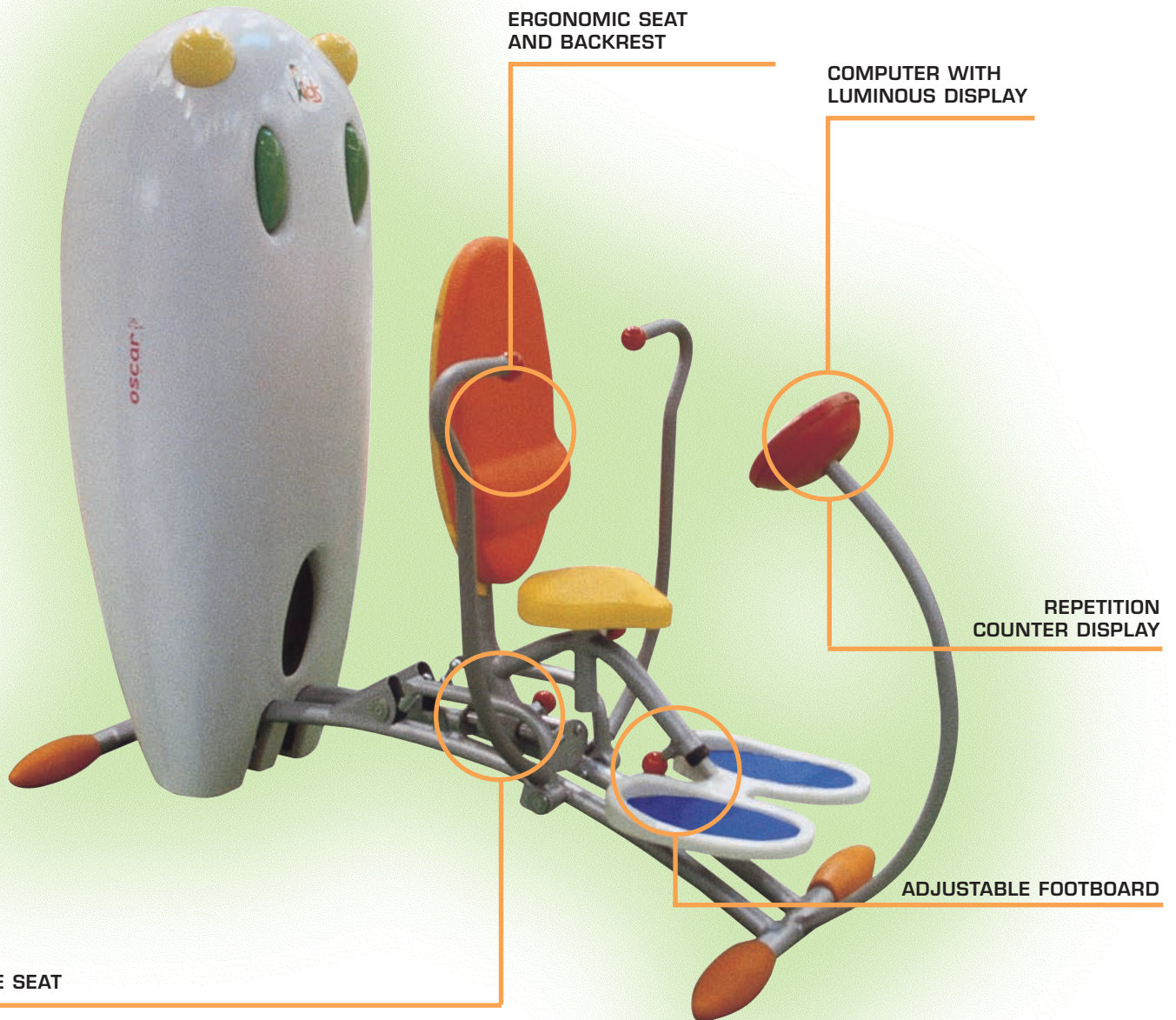
ERGONOMIC SEAT
AND BACKREST

COMPUTER WITH
LUMINOUS DISPLAY

REPETITION
COUNTER DISPLAY

ADJUSTABLE FOOTBOARD

ADJUSTABLE SEAT





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ADJUSTABLE FOOTBOARD

The footboards can be adjusted obliquely to ensure that further developed children are also able to assume a position respecting the correct angle between the femur and the tibia. They can also be moved back and forth to ensure that the child's legs are always in the correct position.

COMPUTER WITH LUMINOUS DISPLAY

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REPETITION COUNTER DISPLAY

An access key enables the instructor to programme a suitable number of repetitions. The double row of red and green LED goes out to indicate the pause after a series of repetitions.

The machine reproduces a very frequent movement in the life of a child, i.e. pushing an object in front of him or herself. It helps the child to coordinate the movements of bending and extending the arms with the movement of the front of the body correctly.

The presence of two independent levers makes it possible to carry out the movements using one arm at a time.

The machine is fitted with an autonomous power supply system.

leonard

machine



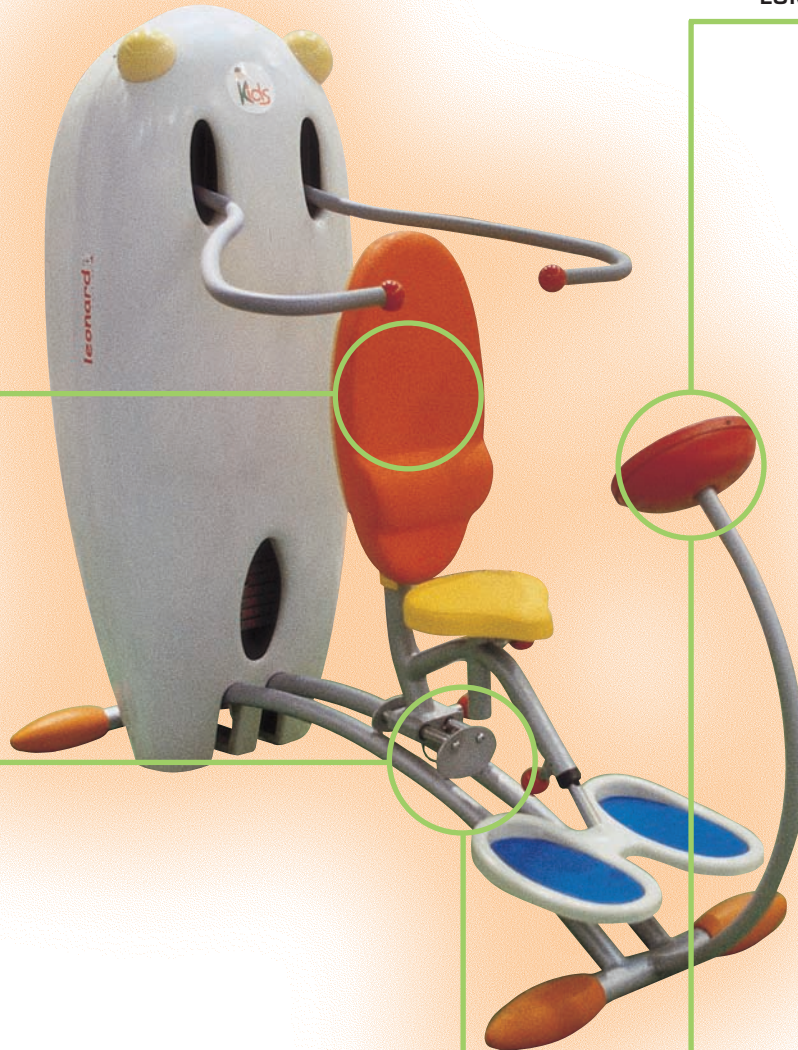
ERGONOMIC SEAT
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ADJUSTABLE SEAT

ADJUSTABLE FOOTBOARD

REPETITION COUNTER DISPLAY



leonard

machine



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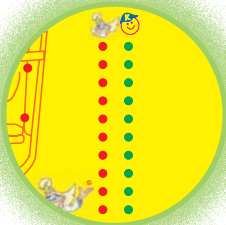
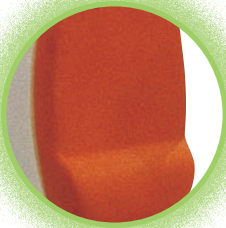
- The flashing lights on the display and intermittent acoustic signal inform the child that his or her back is not in the correct position or the movements are not being carried out correctly.
- The contemporaneous lighting up of the luminous, yellow bulbs on the machine call the instructor's attention.

The double row of LED (green for the machine and red for the child) help the child to memorize and maintain the correct exercise rhythm thus improving coordination of the movement itself.

REPETITION COUNTER DISPLAY

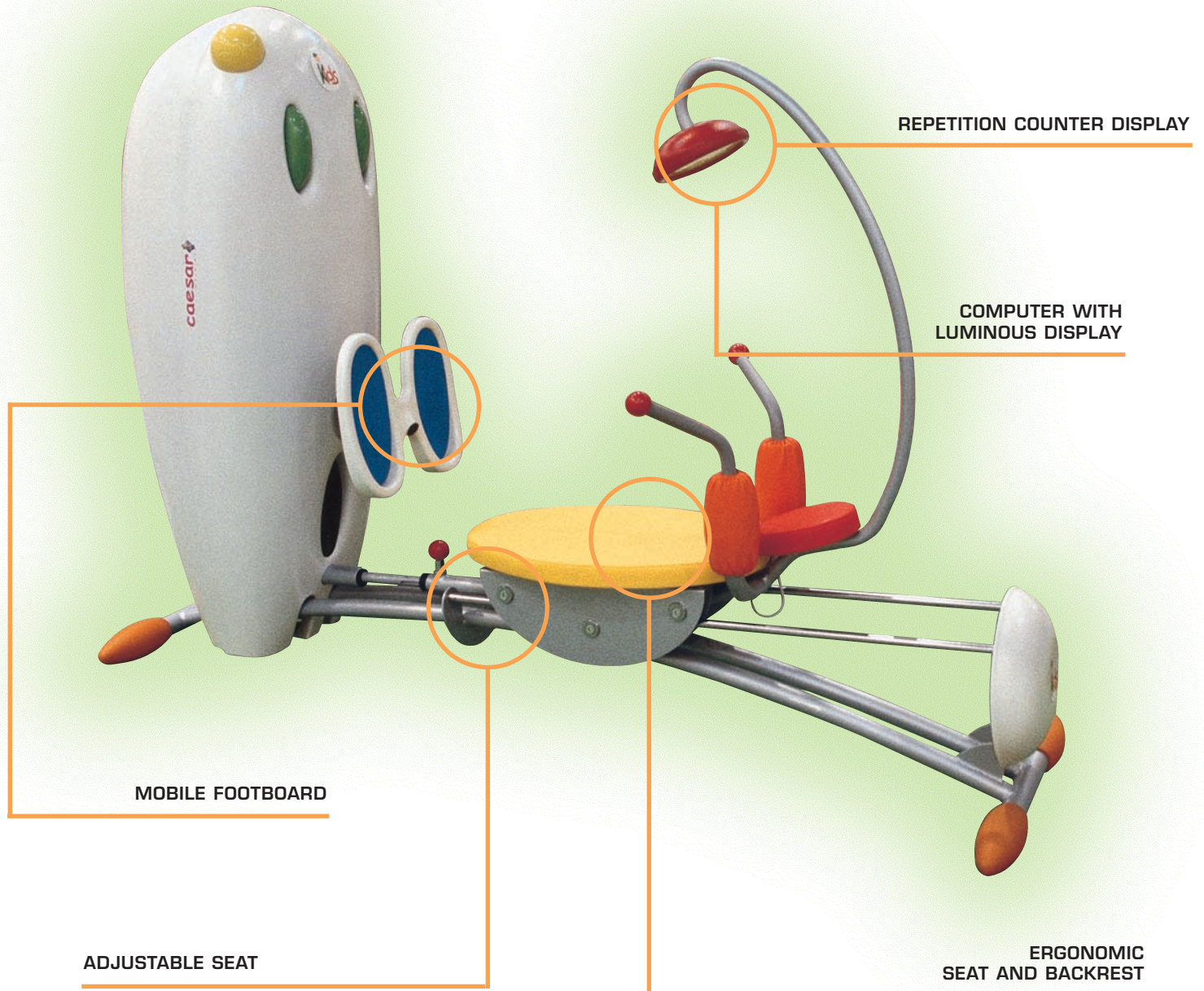
An access key enables the instructor to programme a suitable number of repetitions. The double row of red and green LED goes out to indicate the pause after a series of repetitions.

This machine has been created to reproduce the movements of bending and extending the arms upwards and movements involving the shoulder blades (such as reaching up to put something on a shelf). There are two independent levers which enable the movements to be carried out using one arm at a time and this makes it possible to correct any asymmetry of the shoulder blades. The machine is fitted with an autonomous power supply system.



caesar[®]

machine



caesar[®] machine



This machine is particularly useful for overweight children and helps them to coordinate the movement of bending and extending their legs without putting excessive strain on the spine. The mobile footboard stimulates the ceptivity of the ankles throughout the movement. The machine is fitted with an autonomous power supply system.

ERGONOMIC SEAT AND BACKREST

which respect the physiological curves of the spine. Sensors inside the backrest signal the exercise position and enable the child to maintain the correct posture throughout the movement.

ADJUSTABLE SEAT

The seat can be moved backwards and forwards to ensure that the child's legs are always in the correct position.

MOBILE FOOTBOARD

This mechanism stimulates the ceptivity of the tibia – tarsus joint throughout the movement of bending and extending the lower limbs.

COMPUTER WITH LUMINOUS DISPLAY

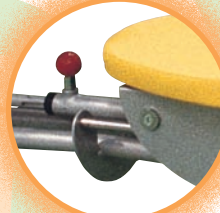
The immediate visual impact enables children to interact with the machine.

- The flashing lights on the display and intermittent acoustic signal inform the child that his or her back is not in the correct position or the movements are not being carried out correctly.
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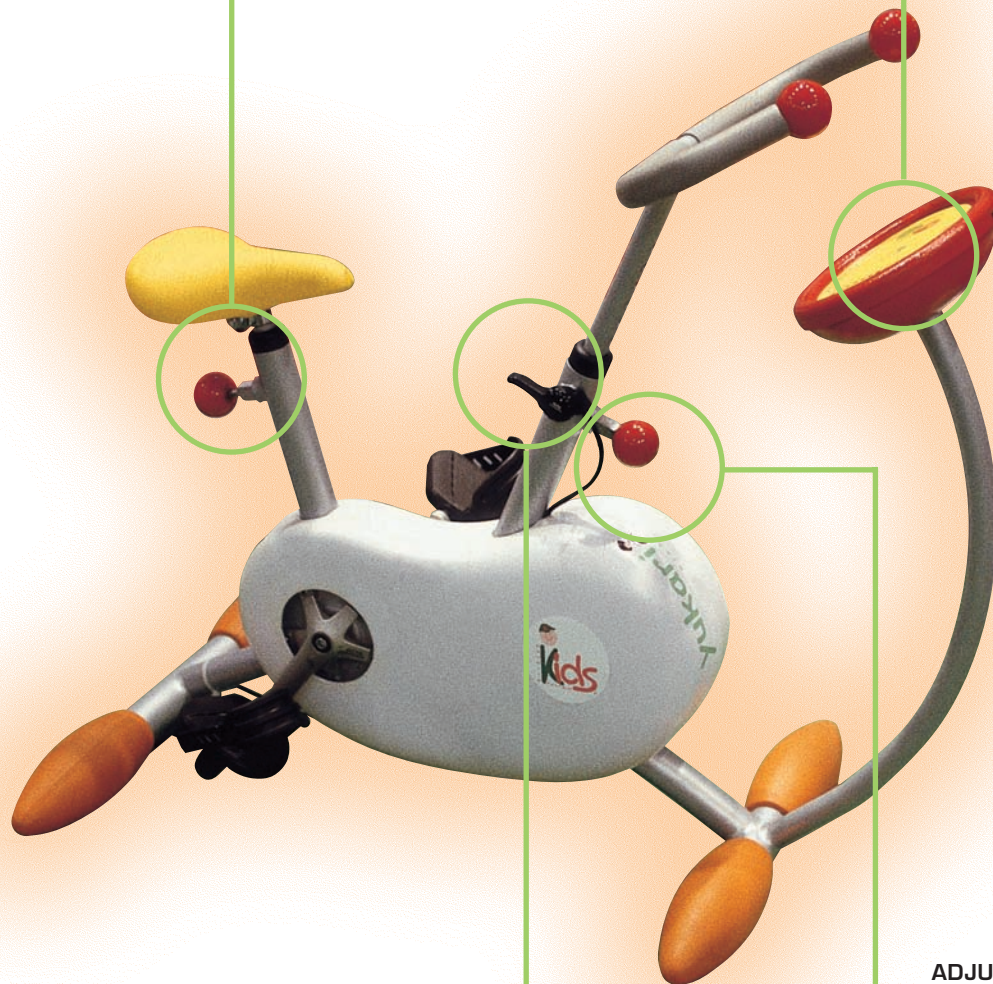
yukari[©]

b i k e



ADJUSTABLE SADDLE

COMPUTER WITH
LUMINOUS DISPLAY



ADJUSTABLE
RESISTANCE

ADJUSTABLE HANDLEBARS

yukari[®]

b i k e



This machine teaches the child how to pedal correctly (depending on the size of the child). The display regulates the correct effort intensity while pedalling in order to avoid excessive strain on the tendons in the child's legs. The machine is fitted with an autonomous power supply system.

ADJUSTABLE SADDLE

The saddle height can be adjusted to ensure the correct position of the child's legs.

ADJUSTABLE HANDLEBARS

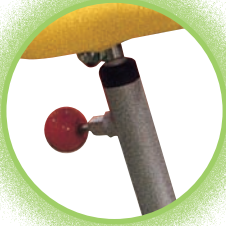
The handle bars are fully adjustable to ensure that the upper body is always in the correct position.

ADJUSTABLE RESISTANCE

Knob for adjusting the resistance when pedaling

COMPUTER WITH LUMINOUS DISPLAY

The immediate visual impact enables the child to interact with the machine. The double row of LED (green for the machine and red for the child) help the child to memorize and maintain the correct rhythm while pedalling, thus improving coordination of the movement itself.



buck[®]

runner

COMPUTER WITH
LUMINOUS DISPLAY

ERGONOMIC HANDRAIL



EMERGENCY STOP CORD



COMPUTER WITH LUMINOUS DISPLAY

The immediate visual impact enables children to interact with the machine.

- There are three programmes with preset speeds and standard exercise duration for the three different age groups (6, 8 and 10 years).
- The speed can be adjusted within the set range for each age group.

EMERGENCY STOP CORD

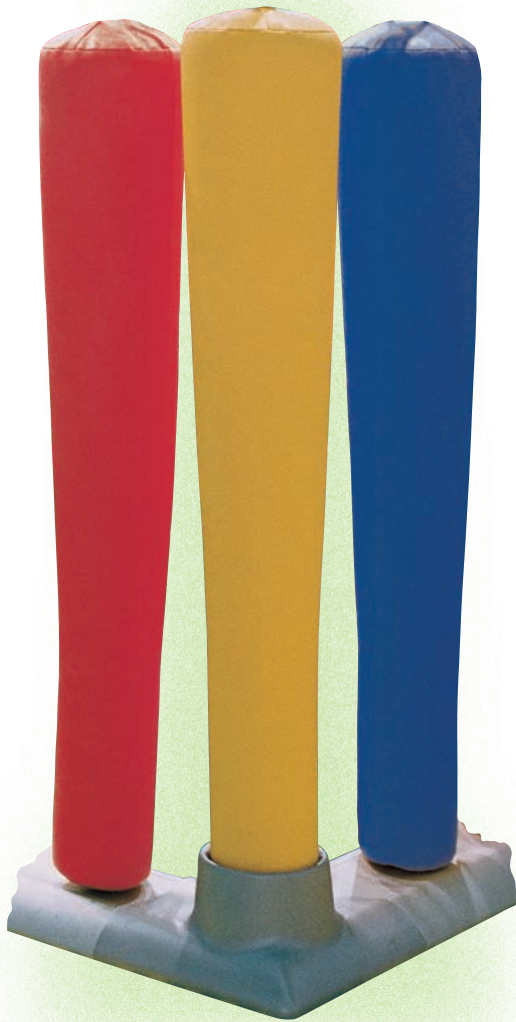
This device brings the machine to a halt if the child is in difficulty

ERGONOMIC HANDRAIL

This enables the child to keep his or her balance in the case of necessity.

This is not a treadmill in the traditional sense of the word, but rather an instrument for improving coordination of the child's strides while walking and running. The machine has a 1.25 hp engine with an electrical input of 950 watt/h. The speed ranges from 0 to 12 km/h. The belt is self-lubricating. The machine is fitted with an autonomous power supply system.

peter
climber



ork&dork
punchball



peter
climber



This piece of equipment makes it possible to carry out various exercises requiring coordinated use of the arms and legs in traction and thrusting movements.

The climbing frame is made of solid beechwood with a nylon net (15 mm mesh) and complies with the strictest safety regulations.



ART. 1 KD 9 CUBE

With two practical compartments the cube is extremely useful for storing the materials used for the external circuit in the Kids Corner. The cube is made of laminated wood and is foam padded to absorb impact. It is covered with imitation leather to facilitate cleaning and has wheels so that it can be moved about easily. The door opens when pushed.

A fun object for encouraging children to move and release pent up energy in complete freedom and safety, without having to follow biomechanical schemes. The punchball helps children to develop and improve coordination while playing.

ork&dork
punchball



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