

Gym Nano

Portable Smart Resistance System



SPEEDIANCE

Product appearance and details may vary from the final mass-production unit.

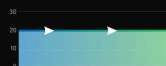
SPEEDIANCE

OWN IT.

Performance Modes

Sled | Ski | Rowing | Hyrox Simulation

Resistance Modes



Standard



Eccentric



Chain



Fixed Speed

5.1m Cable

Extended cable travel

6.4m/s Cable Speed

Built for
explosive movement.

SPEEDIANCE

Gym Nano

Portable Smart Resistance System

28 29 **30** 31 32

KG TOTAL

III

Up to
220 lbs / 100kg

1 lb Precision
Adjustments

Pull From Every Angle

More angles.
More ways to Train.

Multiple Mounts

Adapts to
different training
setups.

8.2 kg Compact Design

Hand-carry
ready

Pro-Grade Resistance

Up to **220 lbs / 100 kg**

digital resistance with direct-drive motors.

1 lb / 0.45 kg

adjustments for precise training control.



4 Resistance Modes

For strength, power, control, and recovery.

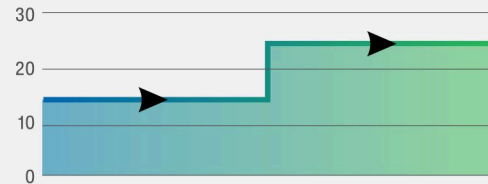
Standard Mode

Offers a resistance that corresponds to your chosen weight to guarantee a consistency throughout your workout.



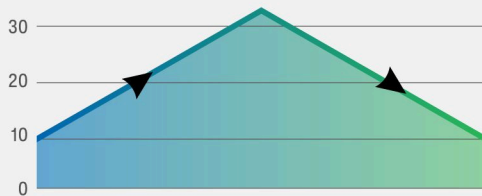
Eccentric Mode

Isolates the negative movement phase of a workout and increases the resistance when you return to the starting position.



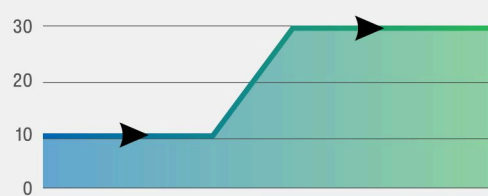
Chain Mode

The weight is gradually increased as you approach the top end, providing a unique challenge to your workout.



Fixed Speed Mode

Provides a constant speed or resistance during movement, ideal for a stable pace and safe rehab training.



Performance Modes

Specialized training modes for more ways to build strength, power, and conditioning.

Sled Mode

Simulates sled push-and-pull resistance to build drive power, acceleration, and full-body conditioning.

Ski Mode

Ski-erg style resistance for powerful pulls, core control, and sustained conditioning.

Rowing Mode

Delivers smooth rowing-style resistance to train back, legs, core, and cardiovascular endurance.

HYROX Simulation

Take on every HYROX station, building strength, endurance, and pacing needed for competition day.

 Skiing	 Sled Push	 Sled Pull	 Burpee Broad Jump	 Rowing	 Farmers Carry	 Sandbag Lunges	 Wall Balls
1000 M	50 M 152 Kg	50 M 152 Kg	50 M	1000 M	200 M 24 Kg	200 M 24 Kg	100 Reps 6 Kg

Isometric Strength Test

Know your strength before you train



Peak Force

Your maximum force output during the test.

RFD

How fast you generate force.

Asymmetry

Left-right force differences for better balance awareness.

Impulse

Total force produced over time.

Mean Force

Average force output across the hold.



Longer Cable. Faster Pulls.

Extended cable travel and high-speed output for longer rangers, faster pulls, and explosive movement.

5.1 m / 16.7ft

Extended range for bigger movements, longer pulls, and freer full-body training.

6.4 m/s / 21ft/s

High-speed cable output for sprint-style drills, explosive pulls, and dynamic training.

Abrasion-Resistant Cable

Tested for 100,000 cycles under maximum-load fatigue tension to ensure lasting durability.

Versatile mounting options

Adapt to different training spaces, setups, and training goals.



Knob Quick-Release Rack Mount

For secure rack attachment

Magnetic Quick-Release Rack Mount 3*3

For 3×3 rack systems

Sliding Rack Mount

For adjustable rack positioning

Magnetic Quick-Release Rack Mount 2*2

For 2×2 rack systems

Move Freely From Every Angle

Designed for imni-directional cable movement. Train without being locked into a fixed cable line.

Built for Multi-Angle Training



Rotational Control

Simulates real swing and topspin movement to build rotational control.



Acceleration Power

Supports acceleration drills and explosive power training.



**Compact.
Ultra-Portable.
Easy to Carry.**

8.2kg

120 × 159 × 375 mm

Compact enough to fit into a
carry-on suitcase.

Longer Battery. More Pulls.

Up to 18 workouts on a full charge.

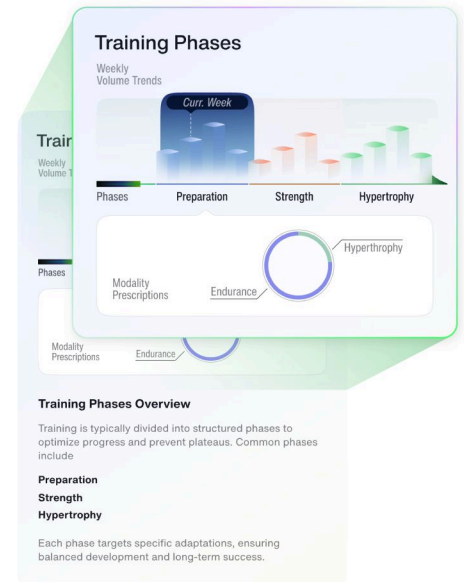
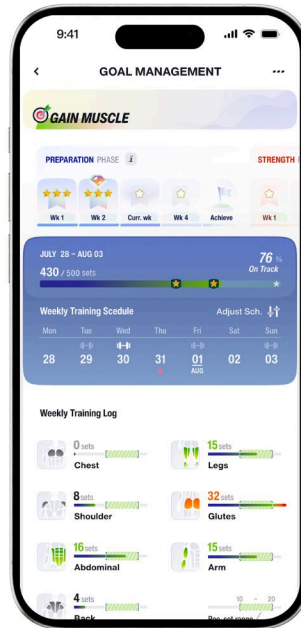
Based on 12 sets x 8 reps at 66 lbs / 30 kg resistance.

Built to keep up with longer, high-resistance training sessions.



Dynamic Data Insights For Your Progress

Gain insights into consumption, output, motion capacity, and more. Track workout records, intensity levels, muscle group readiness, and more.



Product Specifications

Gym Nano

Dimensions	120*159*375 mm / 4.7*6.3*14.8 in
Weight	18.1 lbs / 8.2 kg
Cable Length	5.1 m / 16.7 ft
Screen	4.0 inch, 720*720
ROM	128 GB
Digital Weight	220 lbs / 100 kg
WiFi	Wi-Fi 6, 2.4GHz / 5GHz dual-band
Bluetooth 5.4 connectivity	

Version Comparison

	Gym Nano Fixed-Mount Pack	Gym Nano Slide-Mount Pack	Gym Nano Essential Accessory Pack	Gym Nano Advanced Accessory Pack
Speediance Knob Quick-Release Rack Mount	1	/	/	/
Speediance Sliding Rack Mount	/	1	/	/
Speediance Travel Case	1	1	/	/
Speediance Adapter Clip	1	1	/	/
65w Power Adapter	1	1	/	/
USB-C Charging Cable (1.5m)	1	1	/	/
Speediance Screen Protector for Gym Nano	1	1	/	/
Speediance Handle for Gym Nano	1	1	/	/
Speediance Tricep Rope for Gym Nano	/	/	1	1
Speediance Exercise Belt for Gym Nano	/	/	1	1
Speediance Ankle Straps for Gym Nano	/	/	1	1
Speediance Extension Strap for Gym Nano	/	/	1	1
Speediance Bluetooth Ring	/	/	/	1
Speediance Magnetic Quick-Release Rack Mount-A	/	/	/	/
Speediance Magnetic Quick-Release Rack Mount-B	/	/	/	/
Speediance Sled Pull Rope	/	/	/	/

SPEEDIANCE

Speediance is here to inspire everyone to achieve their best through innovative products, personalized services, and an empowering community. We are dedicated to making world-class training accessible to everyone, anytime, anywhere, fostering a healthier and more connected world.



Scan Here For Full Story

Email: hello@speediance.co.uk