compass®
Active Exercise Strength Training
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Company information

Manufactured by
proxomed® Medizintechnik GmbH
Daimlerstrasse 6
63755 Alzenau, Germany

Note
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Changes
proxomed reserves the right to change products if in our opinion such measures result in improvements in quality and function. All illustrations in this brochure are only approximate for technical printing reasons; typographical errors may occur.

Tested safety
All machines in the compass series meet the following legal safety standards:
Medical device class I, CE, EN 957-1, EN 957-2. Quality and safety are monitored by TÜV SÜD Product Service GmbH. In accordance with EU regulations, only devices that meet the requirements of the MDD may be sold for medical treatments for humans.

Last revised: 11/2009
Health, fitness and wellness centers as well as rehabilitation clinics play an important role against this background. They are no longer only part of a rehabilitation process after an illness or injury. Today, physiotherapists, athletic trainers and physicians jointly pursue a holistic health approach for patients and health-conscious clients.

The measure of healthy training
A balanced and individually tailored training program has a therapeutic as well as a preventive effect. However, whether the training truly achieves the desired effect depends to a large degree on the correct amount of the individual training components. Only exercises and training activities that are consistently carried out and appropriately adapted will have a positive effect on health.

Holistic concepts and sophisticated products for health
proxomed supports you in the design and optimal implementation of effective training measures for therapy, preventive health care and fitness with intelligent software.

Based on practical experience and expertise, we provide competent advice to health care and fitness centers as well as physiotherapy practices, outpatient rehabilitation centers and hospitals.
Software for your health

The software developed by proxomed has optimized processes in the practice of physiotherapy and fitness training for many years. Our primary focus in this regard has always been the economical, efficient and effective flow of information. With the chip card, proxomed offers a proven system for handling data. The information is supplied in transparent form under the aegis of the proxOS system software.
powerwell zone: The power pack
Muscular balance and muscular strength play major roles in stabilizing your skeleton and joints. proxomed’s powerwell zone program records the values of the primary muscle groups directly on the training machine. These are then transmitted to the therapist’s workstation via the chip card. Based on this data, powerwell zone generates a draft training plan tailored specifically to the patient’s/client’s needs.

powerwell zone and kardiowell® zone:
a dynamic combination for healthy training
Both software modules base their medical-therapeutic approach on the latest scientific research, whereby endurance and strength training are combined in a 2-for-1 package. Preventive, rehabilitative and sports applications can be easily implemented. In addition, the seamless documentation for patients, physicians and payors shows all training progress in transparent form.

Benefits for you
• Uniform administration of patient and client data
• Implementation of a dynamic test procedure
• Creation and storage of test and training programs
• Documentation of test and training results
• Individualized training planning based on the test data
• Historical display of test and training progress
• Training is adapted based on subjectively perceived effort
• Training proposals for different target groups (back fitness, balance training, etc.)
• Freely programmable training template
• Display of the actual training weight

powerwell zone and kardiowell® zone in proxOS: a success story
Nothing is more motivating than visible success. In combination with our new management system proxOS, the data from powerwell zone and kardiowell zone are available for diagnosis, evaluation and further therapeutic measures. Once recorded, they can be displayed on a uniform interface in administrative processes as well as in medical and diagnostic applications. Thus, even better therapeutic results can be obtained in a more efficient and economical manner than ever before.

proxOS facilitates a comprehensive report of the results. All training parameters and values can be documented and processed in accordance with the individual requirements of your practice or clinic. You can thus obtain informative results at a glance, motivate your patients and document the success of the therapy for the payors.

Controlled training
In conjunction with proxomed chip card training, the compass line can be optionally equipped with the powerwell panel. This screen controls the training intensity, the training weight, the appropriate range of motion and the optimal training speed. The number of repetitions and breaks can be monitored. In addition, consistent monitoring of the patient’s heart rate during strength training is possible. Thus, chip card training also enables people with cardiovascular disease to feel safe during training on strength machines.

Benefits for you
• Fast machine configuration via the display settings
• Display of the range of motion
• Separate adjustment of the speed of movement for the concentric/eccentric phases
• Automatic weight recognition
• Graphic and numeric display of individual training sequences

Ask for our proxOS brochures as well!
Healthy exercise: the cure for almost everything

With powerwell zone, you can draw up training programs for a wide range of indication-specific target groups fast and easily. This facilitates smooth implementation of the training process in preventive health care, rehabilitation and fitness.

<table>
<thead>
<tr>
<th>Patients as target groups:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Integrated care</strong></td>
</tr>
<tr>
<td>• Surgery on upper extremities (elbow, hand, shoulder)</td>
</tr>
<tr>
<td>• Surgery on lower extremities (knee replacements, hip replacements)</td>
</tr>
<tr>
<td>• Back pain</td>
</tr>
<tr>
<td>• Cardiac surgery, coronary heart disease (CHD)</td>
</tr>
<tr>
<td>• Neurological illnesses</td>
</tr>
<tr>
<td>• Strokes, hemiparesis, etc.</td>
</tr>
<tr>
<td>• Geriatrics</td>
</tr>
<tr>
<td>• Pulmonary disease (COPD, etc.)</td>
</tr>
<tr>
<td><strong>Disease management programs</strong></td>
</tr>
<tr>
<td>• Diabetes</td>
</tr>
<tr>
<td>• Overweight</td>
</tr>
<tr>
<td>• Osteoporosis</td>
</tr>
<tr>
<td>• Fall prevention</td>
</tr>
<tr>
<td><strong>Prehabilitation programs</strong></td>
</tr>
<tr>
<td>• Geriatrics</td>
</tr>
<tr>
<td>• Medical fitness</td>
</tr>
<tr>
<td>• Health promotion in the workplace</td>
</tr>
</tbody>
</table>

Moreover, powerwell zone also works in a preventive manner to maintain health.

<table>
<thead>
<tr>
<th>Preventive health care</th>
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</thead>
<tbody>
<tr>
<td>• Compensation of muscular imbalances</td>
</tr>
<tr>
<td>• Compensation of declining strength in old age</td>
</tr>
<tr>
<td>• Prevention of postural weaknesses and errors</td>
</tr>
<tr>
<td>• Increase in joint resilience</td>
</tr>
<tr>
<td>• Increase in physical performance</td>
</tr>
<tr>
<td>• Compensation of the calorie imbalance</td>
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</table>

<table>
<thead>
<tr>
<th>Rehabilitation</th>
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<tbody>
<tr>
<td>• Rehabilitation after injuries</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Sports for fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Improvement in overall physical and mental well-being</td>
</tr>
<tr>
<td>• Stress reduction</td>
</tr>
<tr>
<td>• Improved immune defense</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A success story in the field of geriatrics that speaks for itself</th>
</tr>
</thead>
<tbody>
<tr>
<td>At the end of the 1990s, together with its Japanese partner SAKAI, proxomed developed the vision of improving health and quality of life for geriatric patients via an active training concept in the internationally unique joint project &quot;PowerRehabilitation&quot;.</td>
</tr>
</tbody>
</table>

The results were impressive: patients who were already bedridden regained mobility through consistent training. Thus, since 2002 the Japanese government has integrated “PowerRehabilitation” as a permanent component of their nursing care insurance program.
Active training with "PowerRehabilitation" in Japan
Fig. compass Trunk Extension/Flexion with options:
range of motion limiter, additional weights and special upholstery stitching
Our compass line of training machines includes medical devices for every requirement, so that the upper and lower extremities as well as the trunk and back can be trained in a targeted manner. All machines are distinguished by low starting weights and finely graduated weight increments. Thus, they can always be properly configured even for people with limited physical capabilities.

A well-designed range of machines
Like Powerwell Zone, our compass training machine range employs the medical-therapeutic approach. These machines meet the high standards of the Medical Devices Directive. Due to their special features, they can also be used by elderly people or people with physical restrictions.

Sophisticated details such as the adjustable lumbar support cushion (optional), fine load increments using additional weights (optional) and the cam disk technology in single-joint movements make the compass machines useful instruments in your daily work.

Even inexperienced patients or clients can configure each weight training machine without external assistance quickly and safely using our clearly visible Easy Yellow Pins. Thus, compass machines support efficient and economical processes in your practice.

Maximum power even in the smallest spaces.
The combination machines of the compass line offer a very special feature: high performance in even the tightest spaces. These machines facilitate the training of two muscle groups (agonists/antagonists) in sequence, with individually configurable resistance settings for each direction of movement to prevent muscular imbalance. They can be optionally equipped with a chip card unit and software. Thus, Proxomed provides you with an intelligent, space-saving, comprehensive solution for every test and training requirement. Traditional machine workouts are thus transformed into health-oriented all-round training for every target group.

Benefits for you
• Software can be updated at any time
• Special programs for patients, people beginning training and people with health restrictions
• Optional: operation with the chip card
• Tested safety in accordance with the German Medical Devices Act (Medizinproduktgesetz)

Safety is paramount!
All machines of the compass line meet the following legal safety standards:
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Lower extremities

Leg Press

Features
• Backrest can be adjusted at 8 different angles for indication-specific positioning (10° increments)
• Ideal entry thanks to clearance between the foot plate and seat cushion (angled sectioning of the foot plate)
• Continuous single-hand adjustment of both shoulder pads on the upper body via pneumatic spring
• Foot plate can be adjusted to four different positions with adjustment aid
• Variable setting of the start position from the training position
• Quiet, low-wear linear carriage guidance
• Protective paneling
• Training panel on the machine
• Reproducible scaled positioning aids

Options
• powerwell Panel (control unit for chip card training) #10053400
• Continuously adjustable range-of-motion limiter #1010900
• Adjustable lumbar support cushion #10101800
• Balance board #10096200
• Calf training adapter #10108000
• Fine gradations with 4 x 2.0 kg additional weights #10181700

Dimensions

<table>
<thead>
<tr>
<th>Item</th>
<th>Length</th>
<th>Width</th>
<th>Height</th>
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<tbody>
<tr>
<td></td>
<td>228 cm</td>
<td>118 cm</td>
<td>176 cm</td>
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Weight stack 160 kg
Increments 16 x 10 kg
Total weight 512 kg

Fig. Leg Press with 200 kg weight stack (optional) and special upholstery stitching (optional), Item No. 10111900

Top: Continuous single-hand adjustment of the shoulder pads
Center: Continuously adjustable starting position
Bottom: Balance board and Calf training adapter (options)
Leg Extension/Curl

Features
- Setting of the start position in 10° increments
- Continuous adjustment of seat depth via pneumatic spring
- Continuously adjustable thigh stabilizer for fine adjustment of the knee joint on the rotation axis for proper axial training
- Continuously adjustable and rotatable thigh stabilizer for leg flexion
- Continuous length adjustment of the lever bar at the knee
- Protective paneling
- Training panel on the machine
- Reproducible scaled positioning aids

Options
- powerwell Panel (control unit for chip card training) #10053400
- Continuously adjustable range-of-motion limiter #10101900
- Adjustable lumbar support cushion #10101800
- Fine increments with 4 x 1.0 kg additional weights #10181600

Dimensions
<table>
<thead>
<tr>
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<th>Length</th>
<th>Width</th>
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<tbody>
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<td></td>
<td>129 cm</td>
<td>115 cm</td>
<td>166 cm</td>
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Weight stack 80 kg
Increments 16 x 5.0 kg
Total weight 273 kg

Item #10089500

Fig. Leg Extension/Curl with optional range of motion limiter, additional weights and special upholstery stitching

Top: Adjustable thigh stabilizer
Center: Setting the start position
Bottom: Adjustable thigh stabilizer
Leg Extension

Features
• Setting of the start position in 10° increments
• Continuous adjustment of seat depth via pneumatic spring
• Continuously adjustable thigh stabilizer for fine adjustment of the knee joint on the rotation axis for proper axial training
• Continuous length adjustment of the lever bar at the knee
• Protective paneling
• Training panel on the machine
• Reproducible scaled positioning aids

Options
• powerwell Panel (control unit for chip card training) #10053400
• Continuously adjustable range-of-motion limiter #10101900
• Adjustable lumbar support cushion #10101800
• Fine increments with 4 x 1.0 kg additional weights #10181600

Dimensions
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<th>Length</th>
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<tbody>
<tr>
<td>128 cm</td>
<td>115 cm</td>
<td>166 cm</td>
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Weight stack: 80 kg
Increments: 16 x 5.0 kg
Total weight: 232 kg

Item: #10089200

Seated Leg Curl

Features
• Setting of the start position in 10° increments
• Continuous adjustment of seat depth via pneumatic spring
• Continuously adjustable thigh stabilizer for fine adjustment of the knee joint on the rotation axis for proper axial training
• Continuously adjustable and rotatable thigh stabilization
• Continuous length adjustment of the lever bar at the knee
• Protective paneling
• Training panel on the machine
• Reproducible scaled positioning aids

Options
• powerwell Panel (control unit for chip card training) #10053400
• Continuously adjustable range-of-motion limiter #10101900
• Adjustable lumbar support cushion #10101800
• Fine increments with 4 x 1.0 kg additional weights #10181600

Dimensions
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<th>Length</th>
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<td>128 cm</td>
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Weight stack: 80 kg
Increments: 16 x 5.0 kg
Total weight: 243 kg

Item: #10089300
Ab-/Adduction

Features
- Setting of the start position in 10° increments
- Training with open and closed chain
- Continuously adjustable backrest angle via pneumatic spring
- Boarding assistance via rotatable external lever
- Continuous length adjustment of the footrest
- Pivotable thigh pad to support the respective direction of movement
- Protective paneling
- Training panel on the machine
- Reproducible scaled positioning aids

Options
- powerwell Panel (control unit for chip card training) #10053400
- Continuously adjustable range-of-motion limiter #10101900
- Adjustable lumbar support cushion #10101800
- Additional knee stabilizer pad #10108100
- Fine increments with 4 x 1.0 kg additional weights #10181600

Dimensions

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<td>140 cm</td>
<td>166 cm</td>
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Weight stack 80 kg
Increments 16 x 5.0 kg
Total weight 298 kg

Item | #10090000

Fig. Ab-/Adduction with optional range of motion limiter, additional weights and special upholstery stitching

Option: Additional knee stabilizer pad
Item No. 10108100
Multi Hip

Features

- Setting of the start position in 10° increments
- Training positioning in ab-/adduction as well as hip extension and flexion in a standing position
- Height-adjustable foot plate for adjustment of the rotation axis
- Continuously adjustable pelvic stabilizer pads on both sides
- Length adjustment of the lever bar
- Grip bar for upper body stabilization
- Protective paneling
- Training panel on the machine
- Reproducible scaled positioning aids

Options

- powerwell Panel (control unit for chip card training) #10053400
- Continuously adjustable range-of-motion limiter #10101900
- Fine increments with 4 x 2.0 kg additional weights #10181700

Dimensions

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<td>Width</td>
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<tr>
<td>Height</td>
<td>174 cm</td>
</tr>
</tbody>
</table>

Weight stack

- 80 kg
- 8 x 10.0 kg
- Total weight 267 kg

Top: Adjustment of the starting position
Center: Pelvic stabilizer pad
Bottom: Height-adjustable foot plate
Hip Extension

**Features**
- Adjustment of the upper body pad
- Grips and forearm rest for upper body stabilization
- Foot plate with heel limiter
- Protective paneling
- Training panel on the machine
- Reproducible scaled positioning aids

**Options**
- powerwell Panel (control unit for chip card training) #10053400
- Continuously adjustable range of motion limiter #10101900
- Fine increments with 4 x 1.0 kg additional weights #10181600

**Dimensions**

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<th>Length</th>
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<th>Height</th>
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<td>166 cm</td>
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<table>
<thead>
<tr>
<th></th>
<th>Weight stack</th>
<th>Increments</th>
<th>Total weight</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>80 kg</td>
<td>16 x 5.0 kg</td>
<td>186 kg</td>
</tr>
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| Item   | #10089900    |

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SmartPanel

Ease of use, functionality and technical performance: the SmartPanel includes numerous advantages in a single device, with only one objective – to improve the quality of your training.

The SmartPanel is based on the latest technology: it is equipped with a rugged color touch screen and a 1.6 GHz Intel processor. It offers manifold possibilities e.g. the biofeedback function, which reflects training progress in performance by curves and diagrams, an easily understandable help menu, language selection and a remote maintenance.

The SmartPanel can be ideally combined with our proxOS software and supports the comprehensive functions for the analysis and further processing of the training results.

| Item   | #10169900    |

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Fig. Hip Extension with optional range of motion limiter, additional weights and special upholstery stitching

Item #10089900
Trunk Extension/Flexion

**Features**
- Setting of the start position in 10° increments
- Continuous seat height adjustment via pneumatic spring for adjustment of the rotation axis
- Height adjustment of the pelvic stabilizer pad for fine adjustment of the sitting position
- Depth adjustment of the pelvic stabilizer pad for fine adjustment of the rotation axis
- Adjustable foot plate (full foot plate)
- Individually adjustable lever bar length
- Protective paneling
- Training panel on the machine
- Reproducible scaled positioning aids

**Options**
- powerwell Panel (control unit for chip card training) #10053400
- Continuously adjustable range-of-motion limiter #10101900
- Fine increments with 4 x 1.0 kg additional weights #10181600
- Stabilization belt (ZAT) #10108200

**Dimensions**
- Length 145 cm
- Width 104 cm
- Height 166 cm

- Weight stack 80 kg
- Increments 16 x 5.0 kg
- Total weight 254 kg

**Item** #10092100
Back Extension

**Features**

- Setting of the start position in 10° increments
- Continuous seat height adjustment via pneumatic spring for adjustment of the rotation axis
- Height adjustment of the pelvic stabilizer pad for fine adjustment of the sitting position
- Depth adjustment of the pelvic stabilizer pad for fine adjustment of the rotation axis
- Adjustable foot plate (full foot plate)
- Individually adjustable lever bar length
- Protective paneling
- Training panel on the machine
- Reproducible scaled positioning aids

**Options**

- powerwell Panel (control unit for chip card training) #10053400
- Continuously adjustable range of motion limiter #10101900
- Fine increments with 4 x 1.0 kg additional weights #10181600
- Stabilization belt (ZAT) #10108200

**Dimensions**

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<td>Length</td>
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<td></td>
</tr>
<tr>
<td>Height</td>
<td>166 cm</td>
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**Weight stack** 80 kg
**Increments** 16 x 5.0 kg
**Total weight** 254 kg
**Item** #10092000

Trunk Flexion

**Features**

- Adjustment of the start position in 10° increments
- Continuous seat height adjustment via pneumatic spring for adjustment of the rotation axis
- Height adjustment of the pelvic stabilizer pad for fine adjustment of the sitting position
- Depth adjustment of the pelvic stabilizer pad for fine adjustment of the rotation axis
- Adjustable foot plate (full foot plate)
- Individually adjustable lever bar length
- Protective paneling
- Training panel on the machine
- Reproducible scaled positioning aids

**Options**

- powerwell Panel (control unit for chip card training) #10053400
- Continuously adjustable range-of-motion limiter #10101900
- Fine increments with 4 x 1.0 kg additional weights #10181600
- Stabilization belt (ZAT) #10108200

**Dimensions**

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<tbody>
<tr>
<td>Length</td>
<td>145 cm</td>
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<tr>
<td>Height</td>
<td>166 cm</td>
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</table>

**Weight stack** 80 kg
**Increments** 16 x 5.0 kg
**Total weight** 254 kg
**Item** #10091900
Trunk Rotation

Features
- Setting of the start position in 10° increments
- Height-adjustable training arm – lockable
- Continuously adjustable (via pneumatic spring) and lockable shoulder supports with hand grip - can be folded up for boarding
- Two continuously adjustable lateral pelvic stabilizers
- Adjustable back support for rotation axis adjustment
- Knee fixation in V-form for optimal stabilization
- Adjustable footrest
- Protective paneling
- Training panel on the machine
- Reproducible scaled positioning aids

Options
- powerwell Panel (control unit for chip card training) #10053400
- Continuously adjustable range-of-motion limiter #10101900
- Fine increments with 4 x 1.0 kg additional weights #10181600

Dimensions
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<td>Increments</td>
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<tr>
<td>Total weight</td>
<td>275 kg</td>
<td></td>
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</tr>
</tbody>
</table>

Fig. Trunk Rotation with optional range of motion limiter, additional weights and special upholstery stitching
Lateral Flexion

Features
- Setting of the start position in 10° increments
- Continuous seat height adjustment via pneumatic spring for adjustment of the rotation axis
- Continuous adjustment of the upper arm pad
- Foot supports on both sides
- Protective paneling
- Training panel on the machine
- Reproducible scaled positioning aids

Options
- powerwell Panel (control unit for chip card training) #10053400
- Continuously adjustable range-of-motion limiter #10101900
- Fine increments with 4 x 1.0 kg additional weights #10181600

Dimensions
<table>
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<th>Item</th>
<th>Length</th>
<th>Width</th>
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<tbody>
<tr>
<td>Dimensions</td>
<td>144 cm</td>
<td>104 cm</td>
<td>166 cm</td>
</tr>
</tbody>
</table>

Weight stack:
- 80 kg
- Increments: 16 x 5.0 kg
- Total weight: 145 kg

Item: #10092300

Fig. Lateral Flexion with optional range of motion limiter, additional weights and special upholstery stitching
Upper extremities

Chest Press/Rowing Machine

**Features**
- Variable adjustment of the starting position from the sitting position on both sides
- Single-arm, double-arm, alternating training
- Seat height adjustment via pneumatic spring
- Contralateral stabilization training
- Double foot rest
- Protective paneling
- Training panel on the machine
- Reproducible scaled positioning aids

**Options**
- powerwell Panel (control unit for chip card training) #10053400
- Continuously adjustable range-of-motion limiter #10101900
- Fine increments with 4 x 1.0 kg additional weights #10181600

**Dimensions**
- Length 149 cm
- Width 147 cm
- Height 166 cm

**Weight stack**
- 100 kg
- 20 x 5.0 kg
- Total weight 274 kg

**Item** #10145400

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Top: Starting position can be variably adjusted on both sides  
Center: Single-arm, double-arm and alternating training  
Bottom: Double foot rest
Rowing Machine

Features
- Single-arm, double-arm and alternating training
- Seat height adjustment via pneumatic spring
- Horizontal adjustment of the chest stabilizer pad
- Rotatable handles for varying the exercises
- Protective paneling
- Training panel on the machine
- Reproducible scaled positioning aids

Options
- powerwell Panel (control unit for chip card training) #10053400
- Continuously adjustable range-of-motion limiter #10101900
- Adjustable lumbar support cushion #10181600
- Fine increments with 4 x 2.0 kg additional weights #10181700

Dimensions
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<td>#10091000</td>
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Weight stack 80 kg
Increments 8 x 10.0 kg
Total weight 197 kg

Fig. Rowing Machine with optional range of motion limiter, additional weights and special upholstery stitching

Chest Press

Features
- Single-arm, double-arm and alternating training
- Seat height adjustment via pneumatic spring
- Boarding assistance via foot plate
- Protective paneling
- Training panel on the machine
- Reproducible scaled positioning aids

Options
- powerwell Panel (control unit for chip card training) #10053400
- Continuously adjustable range-of-motion limiter #10101900
- Adjustable lumbar support cushion #10181600
- Fine increments with 4 x 1.0 kg additional weights #10181600

Dimensions
<table>
<thead>
<tr>
<th>Item</th>
<th>Length</th>
<th>Width</th>
<th>Height</th>
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</thead>
<tbody>
<tr>
<td>#10090900</td>
<td>165 cm</td>
<td>167 cm</td>
<td>166 cm</td>
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Weight stack 80 kg
Increments 16 x 5.0 kg
Total weight 250 kg

Fig. Chest Press with optional range of motion limiter, additional weights and special upholstery stitching
Features
• Setting of the start position in 10° increments
• Seat height adjustment via pneumatic spring
• Single- or double-arm training
• Flexible grip holds for exercise variations
• Protective paneling
• Training panel on the machine
• Reproducible scaled positioning aids

Options
• powerwell Panel (control unit for chip card training) #10053400
• Continuously adjustable range-of-motion limiter #10101900
• Adjustable lumbar support cushion #10101800
• Fine increments with 4 x 2.0 kg additional weights #10181700
• Stabilization belt (ZAT) #10108200

Dimensions

<table>
<thead>
<tr>
<th>Item</th>
<th>Length</th>
<th>Width</th>
<th>Height</th>
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</thead>
<tbody>
<tr>
<td>#10090500</td>
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<td>145 cm</td>
<td>176 cm</td>
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</table>

Weight stack 80 kg
Increments 8 x 10.0 kg
Total weight 313 kg

Fig. Pulldown/Dip with optional range of motion limiter, additional weights and special upholstery stitching

Continuous seat height adjustment

Adjustment of the starting position
Pulldown

Features
• Setting of the start position in 10° increments
• Seat height adjustment via pneumatic spring
• Single- or double-arm training
• Flexible grip holds for exercise variations
• Protective paneling
• Training panel on the machine
• Reproducible scaled positioning aids

Options
• powerwell Panel (control unit for chip card training) #10053400
• Continuously adjustable range-of-motion limiter #10101900
• Adjustable lumbar support cushion #10101800
• Fine increments with 4 x 2.0 kg additional weights #10181700
• Stabilization belt (ZAT) #10108200

Dimensions
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<th>145 cm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Width</td>
<td>145 cm</td>
</tr>
<tr>
<td>Height</td>
<td>176 cm</td>
</tr>
</tbody>
</table>

Weight stack 80 kg
Increments 8 x 10.0 kg
Total weight 298 kg

Item #10090300

Fig. Pulldown with optional range of motion limiter, additional weights and special upholstery stitching

Dip

Features
• Setting of the start position in 10° increments
• Seat height adjustment via pneumatic spring
• Single- or double-arm training
• Flexible grip holds for exercise variations
• Protective paneling
• Training panel on the machine
• Reproducible scaled positioning aids

Options
• powerwell Panel (control unit for chip card training) #10053400
• Continuously adjustable range-of-motion limiter #10101900
• Adjustable lumbar support cushion #10101800
• Fine increments with 4 x 2.0 kg additional weights #10181700
• Stabilization belt (ZAT) #10108200

Dimensions
<table>
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<tr>
<th>Length</th>
<th>145 cm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Width</td>
<td>145 cm</td>
</tr>
<tr>
<td>Height</td>
<td>176 cm</td>
</tr>
</tbody>
</table>

Weight stack 80 kg
Increments 8 x 10.0 kg
Total weight 298 kg

Item #10090400

Fig. Dip with optional range of motion limiter, additional weights and special upholstery stitching
Butterfly/Butterfly Reverse

**Features**
- Setting of the start position in 10° increments on both sides
- Seat height adjustment via pneumatic spring
- Continuously adjustable lever arm length on both sides
- Single- or double-arm exercise
- Protective paneling
- Training panel on the machine
- Reproducible scaled positioning aids

**Options**
- Powerwell Panel (control unit for chip card training) #10053400
- Continuously adjustable range-of-motion limiter #10101900
- Adjustable lumbar support cushion #10101800
- Fine increments with 4 x 1.0 kg additional weights #10181600
- Continuously adjustable grips for arm stabilization while exercising #10108300

**Dimensions**
- Length: 129 cm
- Width: 98 cm
- Height: 176 cm

**Weight stack**
- Increments: 80 kg
- Total weight: 240 kg

**Item** #10090800

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Top: Adjustable lever arm length
Center: Adjustment of the starting position
Bottom: Grips for arm stabilization (option)
Then the implementation of the HealthCare Circle is the right solution for you.

For many years there have been machine circles with various concepts on the market, whereby the requirements for training from a health-oriented standpoint have become increasingly important in view of the changing target groups. Here the focus is on implementing the different requirements in a customer-oriented manner in biomechanics and optimized training programs. The circle combines whole-body training at the highest healthy level on training machines built in accordance with the toughest quality standards - and all of this is based on scientifically based training methods. An integral component is the training on chip-card-controlled, combination cardio and weight training machines equipped with a visual biofeedback system. Thus, training in a group becomes a positive experience and guarantees the economic success of your investment.

Optimal training output with minimal personnel - this is only one central element of the HealthCare Circle, which represents an effective training instrument with benefits for both you and your clients.

Is the health of your clients particularly important to you? Are you searching for an economical, efficient, practical and authentic solution?