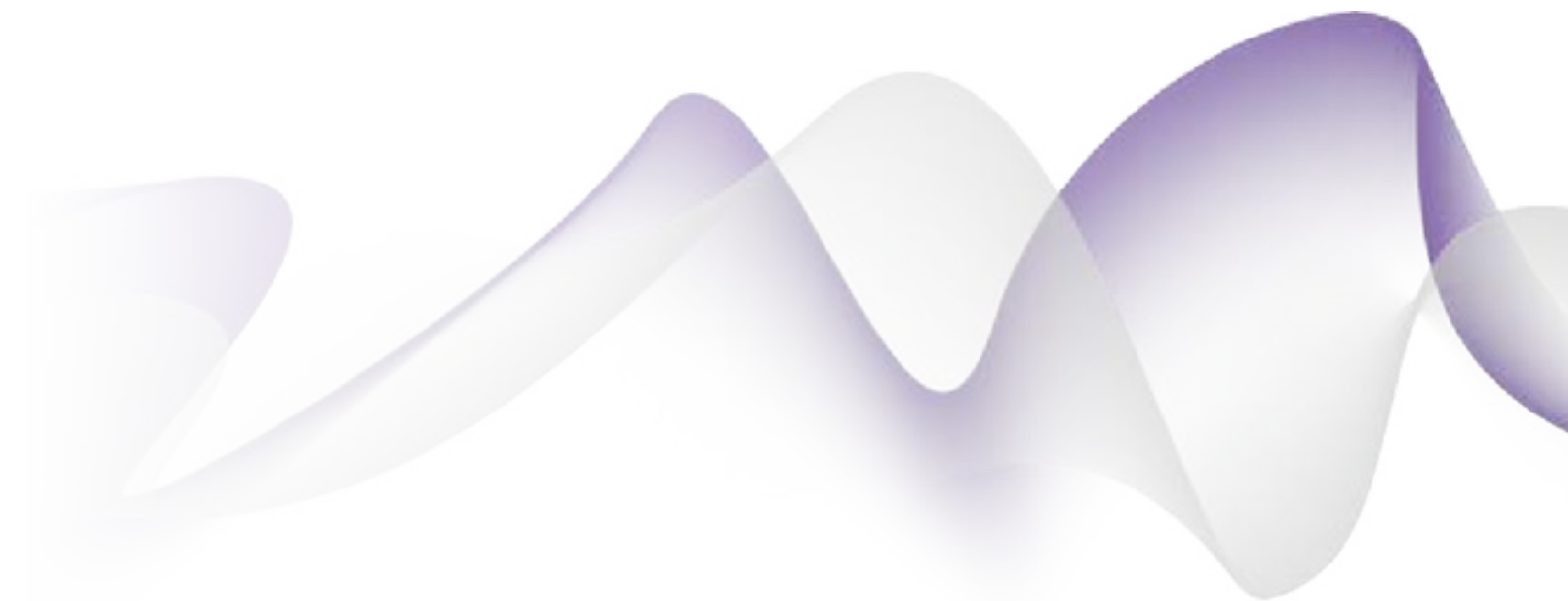


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DATA SHEET

CHEST & LEGS



The Chest & Legs machine assists flexion and extension of all four limbs.

The ability to move easily from sitting to standing is important for functional independence and requires strength within the extensor muscles groups. The push down action of the legs will strengthen the thigh and buttock muscles. The rowing action of the arms will strengthen the arm and shoulder muscles.

Can be used with the alignment aid.

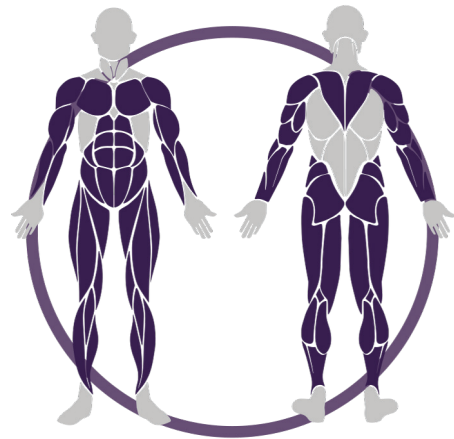
List Price €11,000

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Offer valid to 28th February 2025

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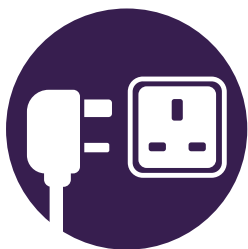
Targeted areas:

Chest, Shoulders, Arms, Legs, Abdominals, Upper Back, Glutes, Hips.

Technical Specifications



4.3" touch screen console offering both manual and programme options



Power assisted
(plug and play installation)



Dimensions:

W108cm x L130cm x H153cm



Weight:

90kg



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant
ABS plastic



Covers:

Flame retardant vinyl and
resistant to bacteria and
moisture EN 1021-&2

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CROSS CYCLE



The Cross Cycle promotes lower limb movement, and flexion and extension of the upper limbs. This exercise will promote strengthening of the thigh and shoulder muscles and improves aerobic fitness.

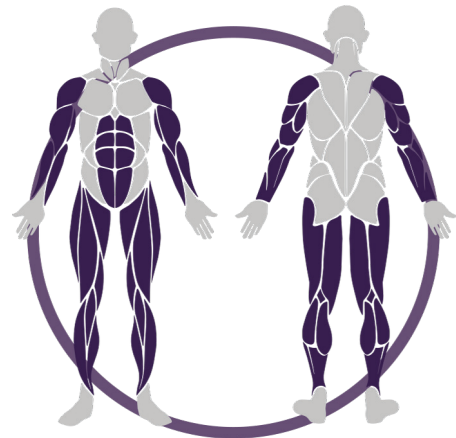
List Price €12,500

This offer ~~€12,500~~ 10% off €11,250

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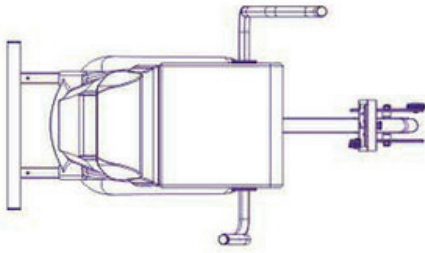
Telephone 0874828028



Targeted areas:

Abdominals, Upper & Lower Arm, Legs.

Technical Specifications



4.3" touch screen console offering both manual and programme options



Power assisted (plug and play installation)



Dimensions:

W70cm x D140cm x H130cm



Weight:

90kg



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps per Table

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant ABS plastic



Covers:

Flame retardant vinyl and resistant to bacteria and moisture EN 1021-&2

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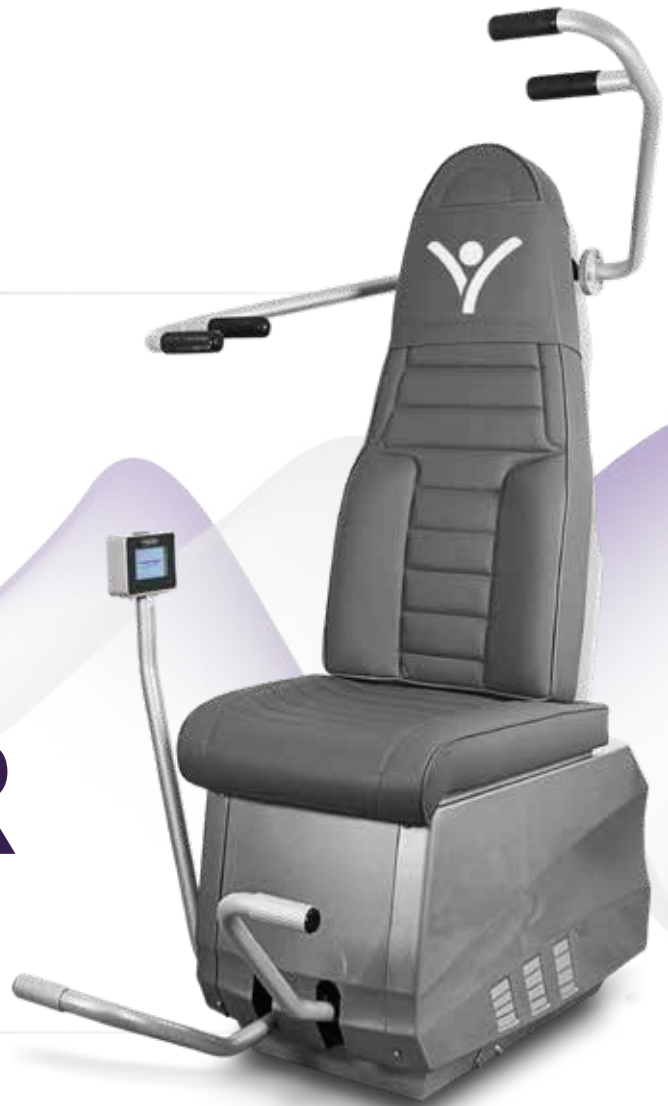
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SEATED CLIMBER



Cardiovascular machine which exercises both the upper and lower extremity, helping to shape and strengthen the deltoids, larger muscle groups of the upper back. Also helps to improve posture.

Can be used with the Shapemaster alignment cushion.

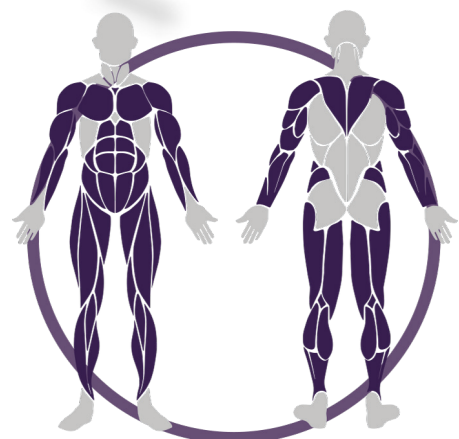
List Price €11,000

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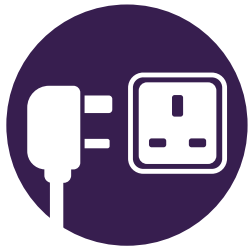
Targeted areas:

Shoulders, Arms, Legs, Abdominals,
Upper Back, Waist.

Technical Specifications



4.3" touch screen console offering both manual and programme options



Power assisted
(plug and play installation)



Dimensions:

W111cm x L125cm x H172cm



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant

ABS plastic



Covers:

Flame retardant vinyl and resistant to bacteria and moisture EN 1021-&2

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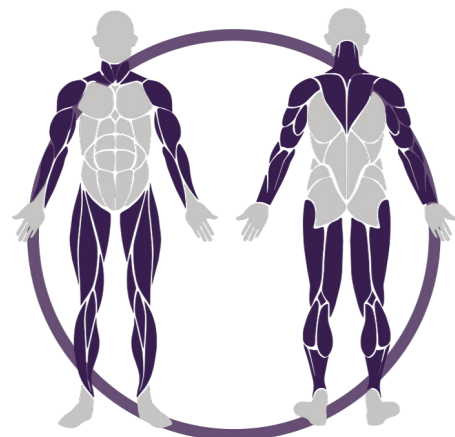
TRICEP DIP & LEG CURL

An advanced multifunctional machine combining eight different functions that exercise six different body parts. Upper body functions include an arm curl and bicep extension combination for the front of the upper arm. A change of grip gives a reverse curl and tricep pushdown for the back of the upper arms. An upright row and reverse row for the trapezius and neck muscles is also possible as is a leg extension for the quadriceps and a leg curl for the hamstrings. The leg curl is particularly effective at tightening the gluteal muscles of the hip. Combined functions develop shape and strength in the arms, legs and shoulders, improves posture by working the rhomboidus muscles and improve joint mobility in the shoulders, elbows and knees.

Features include:

- Dual function of upper and lower extremity
- Upright design for easy access and optimum utilisation of Space Power assisted (plug and play installation)
- Choice of 4.3" or 7" touch screen console offering both manual or programme options

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Includes FREE Delivery, Installation and Training.
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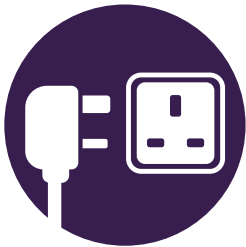
Targeted areas:

Neck, Upper & Lower Arms, Shoulders, Legs, Knees.

Technical Specifications



4.3" touch screen console offering both manual and programme options



Power assisted
(plug and play installation)



Dimensions:

W95cm x D120cm x H132cm



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps per table

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant
ABS plastic



Covers:

Flame retardant vinyl and
resistant to bacteria and
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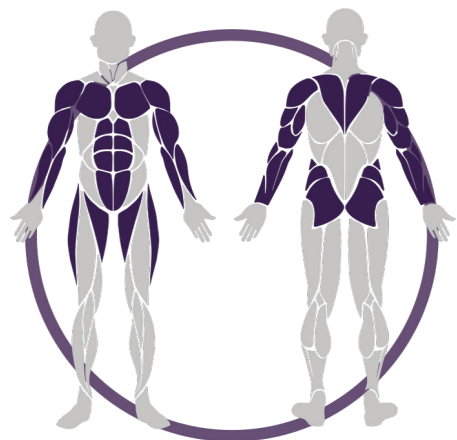
FLYS & THIGHS



Firms inner and outer thighs, helps improve and shape the chest and shoulder areas and increases mobility in the hip and shoulder joints.

Upper body performs an upright fly exercise targeting the pectorals, and the shoulder muscles. Simultaneously legs are performing exercises for both abductor and adductors, toning hips and thighs.

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Telephone 0874828028



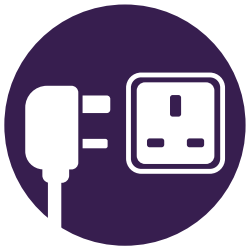
Targeted areas:

Upper Back, Abdominals, Shoulders, Chest, Arms,
Glutes, Hips, Inner and Outer Thighs.

Technical Specifications



4.3" touch screen console offering both manual and programme options



Power assisted
(plug and play installation)



Dimensions:

W130cm x L119cm x 153cm



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant
ABS plastic



Covers:

Flame retardant vinyl and
resistant to bacteria and
moisture EN 1021-&2

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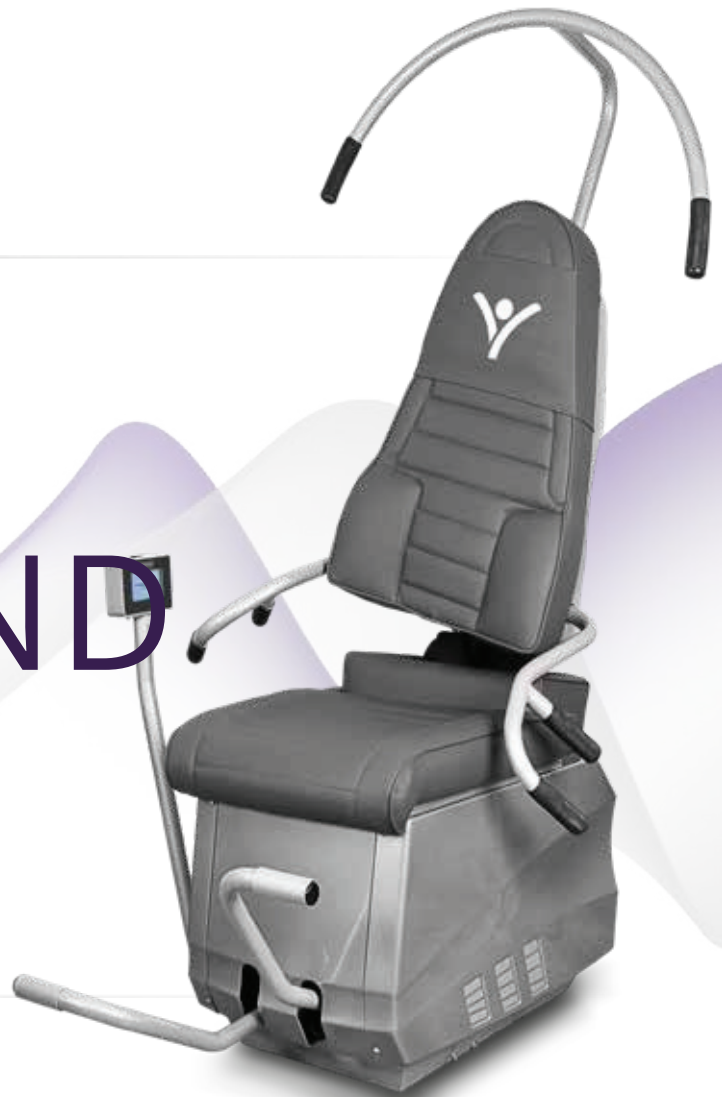
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SIDE BEND STEPPER



Exercise for major muscle groups (both upper and lower extremity), works the heart and lungs helping to raise energy levels and increase oxygen supply to the cells. Helps to improve coordination.

Can be used with the Shapemaster alignment cushion.

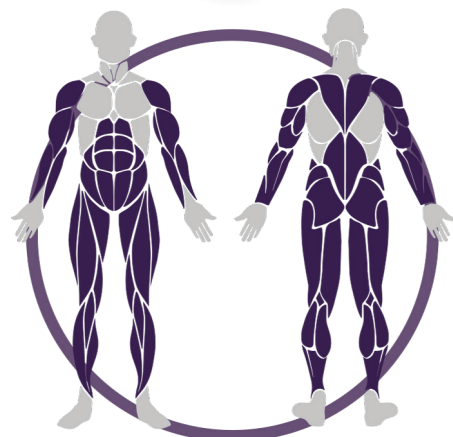
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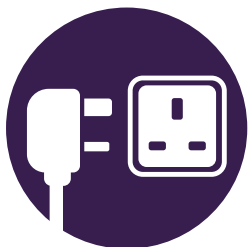
Targeted areas:

Waist, Hips, Abdominals, Arms, Shoulders, Legs, Glutes, Lower Back.

Technical Specifications



4.3" touch screen console offering both manual and programme options



Power assisted
(plug and play installation)



Dimensions:

W114cm x L125cm x H147cm



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant
ABS plastic



Covers:

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ROTARY TORSO



Assisted movement/ exercise of the obliques and erector spinae muscles for strengthening of the waist, abdominals and lower back.

Features include:

- Dual function of upper extremity (torso twist right to left hand trunk rotations)
- Upright design for easy access and space effectiveness
- Power assisted (plug and play installation)
- Standard 4.3" touch screen
- console unit with manual and programme options
- Available in a wide range of colours

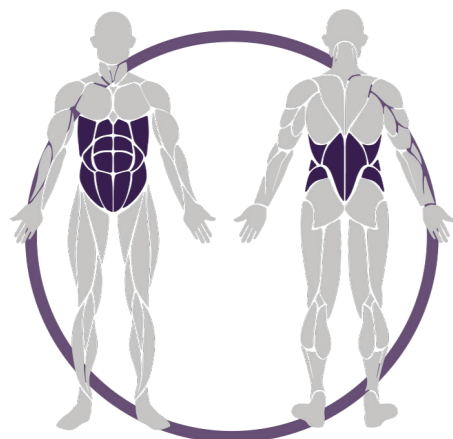
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Telephone 0874828028



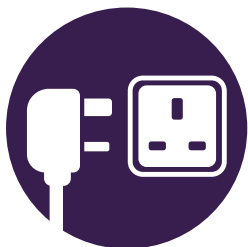
Targeted areas:

Obliques, Waist, Abdominal,
Rectus Abdominus, Lower Back.

Technical Specifications



4.3" touch screen console offering both manual and programme options



Power assisted
(plug and play installation)



Dimensions:

W116cm x D118cm x H119cm



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps per Table

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant
ABS plastic



Covers:

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moisture EN 1021-&2

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AB PULLOVER

Provides intensive hip and buttock exercise whilst stretching and strengthening the pectoral and intercostal chest muscles also tightening and toning the triceps.

The unique lower body action strengthens and firms the gluteal muscles.

Stretching the pectoralis medius muscle on the upper chest can effectively correct shoulder droop and will firm, lift and expand the chest. This will increase the vital capacity of the lungs enabling more oxygen to be processed. Hip joint mobility and upper and lower posture is also improved.

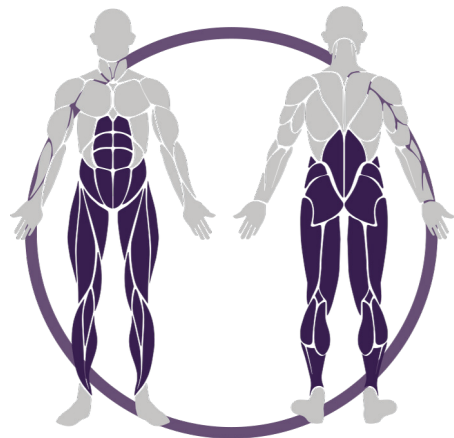
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Offer valid to 28th February 2025

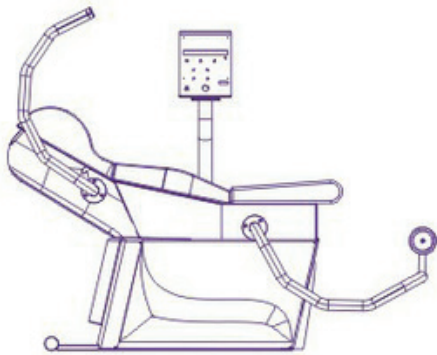
Telephone 0874828028



Targeted areas:

Abdominals, Lower Back, Glutes, Hips, Legs, Waist.

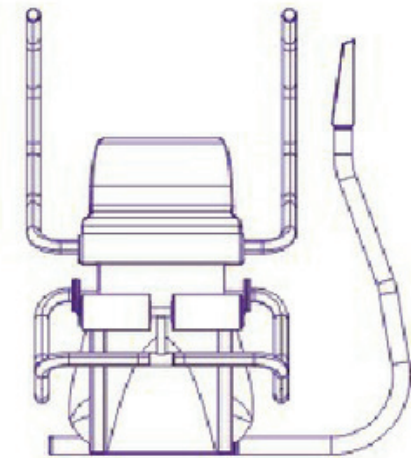
Technical Specifications



4.3" touch screen console offering both manual and programme options



Power assisted (plug and play installation)



Dimensions:

W95cm x D170cm x H130cm



Weight:

90kg



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps per Table

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant ABS plastic



Covers:

Flame retardant vinyl and resistant to bacteria and moisture EN 1021-&2

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DATA SHEET

TUMMY CRUNCH



Multifunctional machine which exercises the abdominals and lower back whilst mobilising both hip and knee joint and glutes.

Features include:

- Dual function of upper extremity and lower extremity
- Upright design for easy access and space effectiveness
- Power assisted (plug and play installation)
- Standard 4.3" touch screen console unit with manual and programme options
- Available in a range of colours

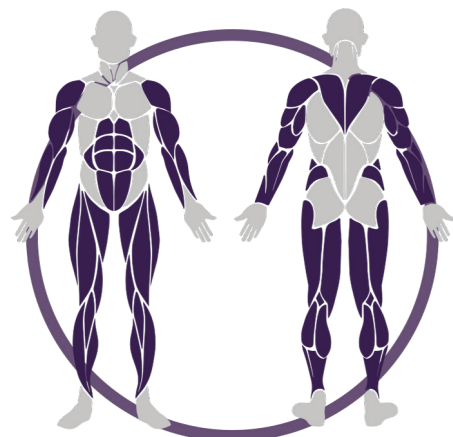
List Price €11,000

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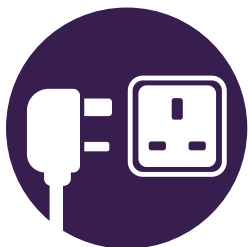
Targeted areas:

Shoulders, Arms, Legs, Abdominals,
Upper Back, Waist.

Technical Specifications



4.3" touch screen console offering both manual and programme options



Power assisted
(plug and play installation)



Dimensions:

W105cm x D102cm x H124cm



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps per table

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant
ABS plastic



Covers:

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SIDE FLEXOR

The Waist Away is a superb exercise for the oblique muscles. Creating a narrow waistline plus firming and flattening of the abdominal wall.

The internal and external obliques are diagonal muscles which lie underneath the Rectus Abdominus. These muscles are responsible for twisting actions. The erector spinae muscles are also involved so strengthening the lower back. This unique exercise combination will provide fast results creating a slim waist and firm flat abdominals.

Features include:

- Dual function of both upper & lower extremity
- Power assisted (plug and play installation)
- Standard 4.3" touch screen console unit with manual
- and programme options
- Available in a wide range of colours

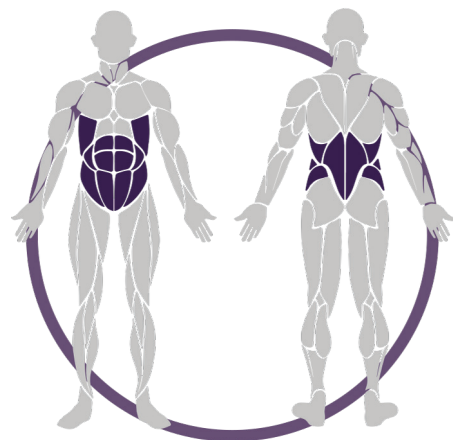
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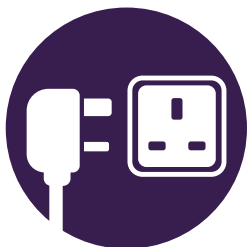
Targeted areas:

Waist, Obliques, Abdominal,
Rectus Abdominus, Lower Back.

Technical Specifications



4.3" touch screen console offering both manual and programme options



Power assisted
(plug and play installation)



Dimensions:

W150cm x D192cm x H70cm



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps per table

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant
ABS plastic



Covers:

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HIPSTER

This is a great exercise for the hips and glutes facilitating the movement known as Swim Kicks.

The exerciser is gently put through alternate prone hip extensions, this will also provide a gentle lower back exercise. Perform this exercise whilst squeezing glutes together, lie on stomach and support head on crossed arm.

Features include:

- Dual function of both upper & lower extremity
- Power assisted (plug and play installation)
- Standard 4.3" touch screen console unit with manual
- and programme options
- Available in a wide range of colours

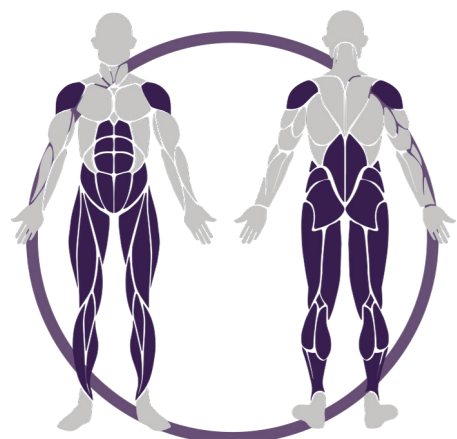
List Price €11,000

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Offer valid to 28th February 2025

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Targeted areas:

Waist, Hips, Abdominals, Arms,
Shoulders, Legs, Glutes, Lower Back.

Technical Specifications



4.3" touch screen console offering both manual and programme options



Power assisted
(plug and play installation)



Dimensions:

W88cm x D195cm x H130cm



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps per table

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant
ABS plastic



Covers:

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RELAXER

It is important to cool down gradually at the end of an exercise session. The purpose of a cool down is to allow your heart rate and systolic blood pressure to gradually decrease so that your body can adjust back to normal activity levels.

List Price €11,000

This offer ~~€11,000~~ 10% off €9,900

Includes FREE Delivery, Installation and Training.

Offer valid to 28th February 2025

Telephone 0874828028

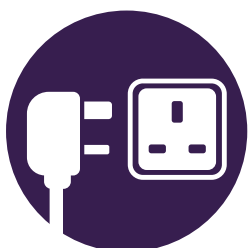
During exercise, your muscles produce chemicals such as lactic acid which can cause delayed discomfort if not gently flushed through the circulatory system. The gradual reduction in activity at the end of a work out will allow the circulatory system to gradually redirect the blood flow away from the muscles and back towards the major organs. This reduces the risk of feeling dizzy or stiff following exercise.

The Relaxer offers vibratory stimulation which promotes relaxation at the end of an exercise session. Several physiological benefits are associated with vibration therapy. Research studies indicate that it can increase bone density, improve standing balance, reduce pain and decrease stiffness. These physiological responses will benefit the symptoms associated with long term conditions and the ageing process.

Technical Specifications



4.3" touch screen console offering both manual and programme options



Power assisted
(plug and play installation)



Dimensions:

W94cm x L173cm x H95cm



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant
ABS plastic



Covers:

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DATA SHEET

ACCESS RANGE
**ROTARY
TORSO**



The Rotary Torso assists in the rotation of the upper body (above the waist) and shoulders. Rotation of the trunk is one of the first movements to decline as part of the ageing process. This is further accelerated in people with neurological changes.

Reduced upper body rotation can lead to back pain and stiffness. The Rotary Torso helps minimise these changes and exercises muscles weakened by repetitive wheelchair propulsion, and the lateral flexion of the spine and can also improve balance within a person's chair by improving core strength.

List Price €11,000

This offer ~~€11,000~~ 10% off €9,900

Includes FREE Delivery, Installation and Training.

Offer valid to 28th February 2025

Telephone 0874828028

Features include:

- Two possible exercise positions – one in front of the user, the other above their head
- Easy access for various wheelchair models
- Standard 4.3" touch screen
- Console unit with manual and programme options
- Rotatable/moveable console for improved access to machine

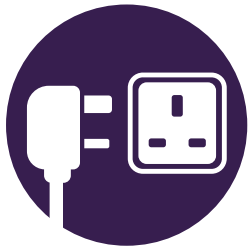
Targeted areas:

Shoulders, Abdominals, Lower and Mid Back.

Technical Specifications



4.3" touch screen console offering both manual and programme options



Power assisted
(plug and play installation)



Dimensions:

W60cm x L120cm x H135cm



Weight:

90kg



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps per machine

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant
ABS plastic



Covers:

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ACCESS RANGE

TRICEP DIP

The Tricep Dip machine strengthens the muscles of the upper arm. During the push down phase of the upper limb movement, the triceps muscle will be activated.

This muscle is important for reaching activities and helping to reposition and move around within a wheelchair, as well as helping increase strength for wheelchair propulsion. During the pull up phase of the upper limb movement, the biceps muscle is used. This muscle group is very important for lifting and carrying activities. In addition, the torso flexion motion of the exercise can also help build strength in that area of the body.

List Price €11,000

This offer ~~€11,000~~ 10% off €9,900

Includes FREE Delivery, Installation and Training.

Offer valid to 28th February 2025

Telephone 0874828028

Features include:

- Easy access for various wheelchair models
- Standard 4.3" touch screen
- Console unit with manual and programme options
- Rotatable/moveable console for improved access to machine

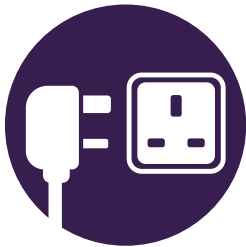
Targeted areas:

Triceps & Biceps

Technical Specifications



4.3" touch screen console offering both manual and programme options



Power assisted (plug and play installation)



Dimensions:

W60cm x L120cm x H70cm



Weight:

90kg



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps per machine

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant ABS plastic



Covers:

Flame retardant vinyl and resistant to bacteria and moisture EN 1021-&2

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