

optibody

The device is ideal for active work of the upper extremities and can be used for both endurance training and mobilization after joint injuries in the arm and shoulder area. The large adjustment range of the drive unit of 40 cm allows for excellent positioning of the axle height, both for training in a standing and sitting position. The movement itself can be performed forwards and backwards. The standard length-adjustable crank can be switched to synchronous movement (hand bike). The asynchronous movement is ideal for mobilizing the shoulder joint and rotator cuff as well as for regular cardiovascular training. The synchronous movement is preferred for muscle building and is of course also the optimal training for wheelchair users. Ergonomics are further optimized by special handles that do not become uncomfortable even with higher resistance or longer sessions.

- Speed-dependent quick start program
- Speed-independent watt program
- Speed-independent pulse program
- Polar® auto connection (5 kHz & Bluetooth® Low Energy), backward compatible and ANT+
- Capacitive 7" touch display
- Mains-independent operation
- Training possible while standing or sitting
- Forward and backward movement
- V-crank can be set asynchronously or synchronously
- Power range: 15–500 watts, speed-independent.
- Speed range: 15–140 rpm
- Max. user weight: 150 kg
- Various options available

