

# THE ENABLER

## What is the Enabler?

The Enabler is a motorized exercise chair with whisper quiet transition and provides slow, gentle movement of the arms and legs. The user can put as little or as much effort into the exercise as they feel comfortable with by gradually building up strength as they progress, the user benefits from regular exercise in ways that would be impossible using conventional equipment.

## Power Assisted

The secret of the Enabler is that, unlike conventional equipment, it does not rely exclusively on muscle power. Instead, with a motor and gearbox, controlled by microchip technology, the Enabler machines work the muscles rather than the other way around. With the smooth quiet movements that motorized performance brings to exercise, users can exercise confidently. The result is that almost anyone and everyone can exercise regardless of their physical condition and within their own normal and often limited functional range of movement. We seek assistance for many things in life, why not exercise?



### Functional Range

As part of the ageing process, a person's functional range of movement may diminish. Indeed, this is likely to happen at any age when muscles and joints are not regularly stretched. In normal use a limb is rarely fully extended, and even more rarely would it be fully extended against resistance. There is a good physiological argument therefore to strengthen muscles to perform efficiently throughout their functional range whilst avoiding maximally stretched positions that risk injury. This is particularly true the older we get.

### Cardiovascular Exercise

Now it is possible to safely combine resistance and cardio-vascular exercise using the Enabler machines. The exerciser can work the cardio-respiratory system at the same time as their musculature. Compound, double positive movements are a highly efficient way of working many large muscle groups at the same time, creating an aerobic demand on the heart and lungs to provide more oxygen to the muscles.

### Compound Movements

The Enabler is designed to be triple action. This allows a number of different body parts, joints and muscles to be exercised simultaneously. These 'compound movements' simulate real life where vast numbers of different body parts function simultaneously, in harmony with each other. Compound movements are also an effective method of burning fat and improving body composition.

### The Benefits of Power Assistance

Power assisted exercise is really three exercise systems in one. With the Enabler, the prime benefits of conventional resistance, passive and cardio-vascular machines are brought together into one unique exercise concept - delivering the most complete physical conditioning program available today.

## The Enabler

### Key features:

- Power assisted for ease of use
- Adjustable seating for various limb lengths
- Hoist accessible
- Three speed settings
- Accommodates aerobic & anaerobic exercise
- Wheelchair friendly
- Ergonomically designed seated position for maximum comfort
- Accommodates three exercise types - passive, passive assisted and active resisted
- Equal resistance can be applied throughout the movement
- Concentric or eccentric work (or both) can be performed
- Accommodates users with low levels of conditioning
- Accommodates high intensity exercise
- All major body parts can be exercised

### Safety features include:

- Stall feature
- Emergency stop system
- Warning signals
- Slow ramping up on start and stopping
- Advance time setting

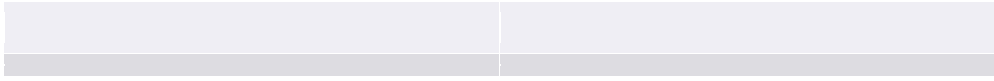
### Optional features include:

- Swivel seat for ease of use
- Drop arms
- Restrain harness

### And the Benefits:

- Minimise the effects of ageing
- Extend active life
- Develop and maintain strength and balance
- Promote rest and relaxation
- Maintain and improve movement of joints
- Improve quality of life
- Alleviate symptoms of depression
- Build confidence and self esteem
- Prevent muscle atrophy
- Develop stronger bones
- Improve circulation and core temperature
- Improve mobility
- Improve the cardiovascular system
- Improve the digestive system
- Reduce weight and increase metabolic rate
- Reduce elevated blood pressure





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