

The Multimaster is one of the most popular and successful powered machines in the Shapemaster Range. This is because of its incredible versatility to accommodate people with little or no mobility, assisting and progressing strength, flexibility and mobility development to being used for exercises incorporating Pilates in the routine for more advanced users.

## Multimaster

### Key benefits:

- No pain, muscle strain or fatigue whilst achieving optimal ROM and muscle tone.
- Hoist accessible.
- Wheelchair friendly.
- Ergonomically designed for support and comfort.
- All major body parts can be exercised on the same machine.
- Improves circulation, helps control blood pressure, blood sugar and cholesterol, raises metabolism, helps sleep and digestion.
- Non-threatening, comfortable, safe, no impact, supportive, easily accessible,.
- Suitable for people who lack, strength, endurance.
- Helps people suffering from conditions such as Stroke, heart and lung rehabilitation, MS, Parkinson's, ME, MD, Fibromyalgia improve and control their condition.
- Provides a full body workout but exercise and ROM is easily individually tailored to suit strength and ability.
- Builds confidence and ability.
- Improves balance, flexibility and mobility.

### Safety features include:

- Quick release shut off.
- Warning signals.
- Slow ramping up start and stopping.
- Advance time settings

### Key features:

- Small on space big on rehabilitation and wellness.
- Programmable controls for choice of movement and time.
- Neurological, Geriatric, Cardiovascular, Oncology Burns or Amputee, Brain Trauma, COPD, and Clinical Depression.
- Designed in a human performance laboratory to maximize exercise potential.
- Extremely effective where repeated regular movements are required.
- Accommodates three types of exercise, passive, passive supported, and active resisted.
- Vibration can be used to help relaxation.
- Provides more exercise in less time by exercising opposing muscles in the same routine.
- Orthopedically designed upholstery, available in 50 colors, with logo embroidery as standard is flame retardant and urine and MRSA resistant.
- Ultra quiet and reliable German transmission systems are sealed or self lubricating requiring no maintenance for a lifetime.



### Full body vibration

This is a relaxing but stimulating program that everyone enjoys and feels benefit from. Is calming to sufferers from dementia.

### Hipster

The movement of the machine paddles gently facilitates hip and buttock movement. The exerciser can be gently put through alternate prone hip extensions, or by pushing down on the paddles learn to control and tone legs. Swim kicks. Scissors, double arm pullovers, backstroke swimming, starfish and modified saw are all exercise that can be done using the paddles.

### Glute massage

The unique movement of this part of the machine can help to strengthen the stomach and hips while mobilizing the buttocks with a gentle massage action. Stomach and pelvic exercises can be incorporated as can a waist twist for more advanced user.

### Assisted chest lift

The very relaxing and comfortable movement of this upper back pad encourages deep breathing. By incorporating Pilates movements, toe taps, table top, foot peddle, toe dips deep abdominals will be engaged.

### Shoulder press and pull down

Alternate lateral pull down and shoulder press targets the upper body concentrating on the deltoids. Rom is improved gradually using Therabands. Also focuses on the larger muscle groups of the upper back and the abdominals.

### Seated rower

The rowing action is a vertical row and chest press. Helps to improve upper body mobility and flexibility. Leg squats can be performed by utilizing this action with reverse body position.