

For over 25 years Shapemaster have led the power assisted exercise market. With their revolutionary and unique Vitality Range and Multimaster their equipment has become essential for every rehabilitation or wellness facility who are committed to achieving optimum results for their clients.

## Vitality Range



### Chest and legs:

Vertical row, chest press, leg press. Exercises the chest, shoulders, arms, legs, abdominals, upper back buttocks and hips including all core stabilizers. Works the heart and lungs.



### Torso rotation:

Upper and lower torso rotation twisting to activate the internal and external obliques, erector spinae, annulus and multifidus. Exercises the lower back, abdominals and



### Flys and Thighs:

Upper body performs an upright fly targeting the pectorals and a rowing type exercise for the shoulder muscles, especially targeting posterior deltoid. Simultaneously legs are performing abductor and adductors. Great for the core.



### Abdominal Crunch:

Multifunctional machine working abdominals, lower back, whilst mobilizing knee and hip joints and buttocks. Rectus abdominis contracts during the sit up motion. Back extension follows the sit up targeting erector spinae.



### Seated Climber:

Alternate lateral pull down and shoulder press targets the upper body concentrating on the deltoids. Also focuses on the larger muscle groups of the upper back, mainly the latissimus dorsi, whilst incorporating another leg press. Great cardio-vascular exercise.



### Side Bend Stepper:

Moves many muscle groups in the upper and lower body, including buttocks, shoulders, back, arms, chest legs and core stabilizers, rectus abdominis, external and internal obliques and erector spinae. Great cardio-vascular exercise.

### Key benefits:

- No pain, muscle strain or fatigue whilst achieving optimal ROM and muscle tone.
- 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, and endurance.
- Helps people suffering from conditions such as MS, Parkinson's, ME, MD, and 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.
- Fun, effective, social and relaxing to use in an exercise center.
- Dynamic, versatile and powerful in a therapeutic environment.

*Oklahoma State University independent report on the Easytone Range, 2009, showed an improvement of 33% balance, 26-50% strength and 22% mobility for 70+ year olds, after exercising on the machines just 2x per week for 10 weeks.*

### 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.
- Orthopedic or bariatric pre and post operative toning and strengthening.
- Neurological, Geriatric, Cardiovascular, Oncology Burns or Amputee, Brain Trauma, COPD, and Clinical Depression.
- Designed in a human performance laboratory to maximize exercise potential.
- The machines govern the range of motion so that there is no strain, but allows the contraction of the muscle at maximal force through full range of motion.
- Provides more exercise in less time by exercising opposing muscles in the same routine.
- Support cushions to give proper support anatomical alignment, and ROM.
- 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.