

# Enabler

DATA SHEET

**Target Areas:** Chest, Shoulders, Arms, Legs, Abdominals, Upper Back, Buttocks, Hips.

Cardiovascular machine which exercises upper and lower body for many muscle groups including the buttocks, shoulders, back, arms, chest, legs and core stabilisers. In addition co-ordination is improved, the heart is strengthened and metabolic rate is increased.

Can be used with the Shapemaster Leg Abductor Cushion.

**Features Include:**

- Dual function of upper extremity (chest press/ vertical row and leg step)
- 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
- Fold away legs with extended footplates secure positioning
- 4 point harness for improved core positioning and safety
- Removable arm for easy access
- Available in a wide range of colours



Removable arm for easy access & transfer



# Technical Specification

Dimensions	
Width	108cm
Length	130cm
Height	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, resistant to moisture and bacteria EN 1021-&2



**easytone** POWER ASSISTED EXERCISE



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