Multimaster Pilates
Home Exercise & Rehabilitation

POWER ASSISTED EXERCISE

Product Guide
About Shapemaster

Shapemaster are a UK manufacturer of power assisted exercise equipment suitable for people who feel uncomfortable within a traditional gym environment such as the over 50s and seniors, disabled, those living with lack of mobility and elderly residents living in a care home environment. Our equipment is also being used to manage and rehabilitate those living with conditions such as MS, Fibromyalgia and Post-Stroke.

Our Equipment

Unlike conventional exercise equipment, Shapemaster’s range of exercise equipment does not rely exclusively on muscle power but by an electronic power system enabling users to work passively or actively, depending on their ability. As the user does not have to provide the motive force, they do not have to overcome inertia in order to use the equipment, so it is a perfect choice for anyone coming back to exercise after periods of rest or inactivity, including the elderly or those with mobility issues.

This product guide brings together both the seated and recumbent range equipment which are designed to provide safe exercise to all the major muscle groups and will help to re-train muscle patterns, whilst at the same time stimulating the muscles for improved circulation.

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Multimaster Pilates

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

The Multimaster Pilates brings together both the features & benefits of both our ‘Recumbent’ and ‘Seated’ range of equipment.

Promoting a vibrotherapy plate which helps elivate muscle fatigue and pain associated with conditions such as MS, Fibromyalgia and chronic fatigue syndrome.

Exercises the major muscle groups (both upper and lower extremity), works the heart and lungs helping to raise energy levels and increase oxygen supply to the cells. Helps to improve co-ordination.

Can be used with the Shapemaster Leg Abductor Cushion.

**Features Include:**

- Vibrotherapy for therapeutic management of muscle fatigue
- Dual function of both upper and lower extremity
- Power assisted (plug and play installation)
- Multi speed settings
- Available in a wide range of colours
Optimum Benefits (evidence & testimony)

A study conducted by the Oklahoma State University showed that by exercising on Shapemaster equipment just twice a week resulted in:

- 34% increased leg strength
- 30% increased arm strength
- 50% improved muscle strength
- 22% increased mobility & agility
- 33% increased balance

“The results have been fantastic, not just the physical benefits for patients but the emotional ones as well. I can’t believe the difference Shapemaster has made to so many people”.
Wendy Edge, Director, Brain & Spinal Injury Clinic (BASIC)

“Shapemaster offers a viable solution for exercise which is beneficial, therapeutic and is enjoyable and easy to administer”.
Penny Townsend, Physiotherapist Kirklees Council
Multiple Exercise Options

Seated rowing / chest press exercise

Lateral pull/overhead row down exercise

Glute massage & exercise

Hip & waist/leg press exercise

Vibrotherapy massage exercise for back buttocks & legs

Upper body/ abdominal exercise

Hip rotary torso/ leg stretch exercise

Hip flexion / lower back exercise
# TECHNICAL SPECIFICATION

## DIMENSIONS

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<tr>
<th>Easyton Range</th>
<th>Width (cms)</th>
<th>Length (cms)</th>
<th>Height (cms)</th>
<th>Weight (kg)</th>
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<td>125</td>
<td>147</td>
<td>98</td>
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<td>Fly’s n Thighs</td>
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<td>119</td>
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<td>Tummy Crunch</td>
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<td>Seated Climber</td>
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<td>Chest n Leg Press</td>
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<td>Multimaster</td>
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## ELECTRICAL SPECIFICATION

- **Voltage:** 220V/240V (110V – USA)
- **Amps:** 3 Amps per Table
- **Plug Cable Length:** 1.5 metre

## UPHOLSTERY

- **Side Panels:** High Impact Resistant ABS Plastic
- **Covers:** Flame Retardant Vinyl, Antimicrobial & Urine Resistant to EN 1021 - & 2