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# Active Passive Trainer

## APT-1<sup>®</sup>



### Advanced Technologies That Move You

The APT-1 combines both **PASSIVE** and **ACTIVE** training by using physical effort in conjunction with the electrical operation of the motor. Offering a wide range of advanced features, the Trainer helps passive users recovering from injury, suffering from muscle atrophy or confined to a wheelchair maintain muscle tone and improves blood circulation and stamina. The Trainer also challenges active users and is extremely helpful for movement rehabilitation, improving strength, stamina and fitness.

# Active Passive Trainer APT-1®

Highly portable, weighing only 10kg/22 lbs the APT-1 can be positioned anywhere. Place it on the floor for lower body exercises or on a table top for upper body workout. Other features include exclusive, easily changeable accessories that enable complete utilization of the APT-1 by users with different and varied physical difficulties.

## APT Features and Benefits:

### Passive Mode

- 5 speeds for passive exercising.
- Auto reverse feature ensures release of seized muscles.
- Upper and lower limb training for passive, disabled users.
- Improve circulation, muscle tone and range of motion. Decrease atrophy, spasms and swelling.
- Normalizes lower extremities muscle tone.

### Clinical Applications:

- Spinal cord injury
- Spina Bifida
- Cerebrovascular Incidence (CVA)
- Cerebral Palsy
- Myopathies
- Congenital Muscular Dystrophy

### Technical Specifications:

Weight	22 lbs	10 kg
Folded dimensions	18x20x6 in	45x50x15 cm
Rotation radius	1.5/3/4.5/6 in	37.5/75/112.5/150 mm
Exercising positions	15°/30°/45°/60°	15°/30°/45°/60°
Rated voltage	18V AC	18V AC
Power supply	100-120V AC 50 Hz	220-240V AC 60 Hz
Rated power	100 VA	100 VA



### Active Mode

- 5 levels of resistance for Active exercising.
- Active training for upper and lower limbs.
- Adjustable crank-arm height and length.
- Improve blood circulation, strength, endurance and muscle-tone.
- Activate rhythmical locomotion patterns.

### Clinical Applications:

- Senior citizens
- Orthopedic pathologies (partial weight bearing)
- Children with motoric disorders
- Post traumatic brain damage
- Parkinson's disease
- Multiple Sclerosis
- Post Polio Syndrome
- Post Cardiac Rehabilitation

### Hi-Lo Technical Specifications:

Packed dimensions	41x28x10 in	104x70x25 cm
Packed weight	86 lbs	39 kg
Base dimensions	40x30 in	100x76 cm
Height	40 in	100 cm
Working height from ground level up to	50 in	125 cm



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