



The expert for cardiological rehabilitation



PRODUCTS



Welcome to cardiowise – Your expert for cardiological rehabilitation

We are pleased about your interest in our business and products. For more than four decades **ERGO-FIT** is known as an allround supplier in the fitness and therapy field. We bring all our experience, innovative capacity and values to our products, but the main characteristic feature we attach great importance to is quality.

Now, we have bundled this know-how in the **cardiowise GmbH** – a further milestone in the company history. Thereby, we convince through innovative products and concepts in the field of ergometry, cardiological rehabilitation, sports medicine, sports science, and prevention.

Have a look at the following pages and find out for yourself.




Michael Resch, Managing Director

Cardiowise by ERGO-FIT – Quality Made in Germany

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Made in Germany, that's what we stand for. Learn anything about our family business:
For more than 70 years we live our passion.

PRODUCTS

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Our stationary training equipment is built for medical therapy. With its intuitive handling and cutting edge technology it meets most stringent demands.

SYSTEM

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XRCISE CARE offers an unprecedented variety for individual and effective training control in cardiac rehabilitation.



CARDIOWISE

by ERGO-FIT





OVER 70 YEARS OF ERGO-FIT WITH PRODUCTION IN GERMANY

“At ERGO-FIT we are no philosophers. We are practical, clever craftsmen, technicians, scientists and economists that work together to reach a common goal.”

Michael Resch, Managing Director ERGO-FIT

“100 % made in Germany” that is our philosophy at ERGO-FIT. Because the traditional family business set itself a clear goal already at its foundation stage: to create new standards in the industry. How did we get there? Uncompromising quality. To ensure such quality, the company manufactures all cardio and strength workout equipment completely in Germany. This also applies for the

required individual components. As far as possible, they are manufactured directly at our production sites in Pirmasens, Germany. The result is a vertical level of manufacturing that is not easy to find elsewhere. This, combined with a unique understanding of customer needs and future developments, makes ERGO-FIT the Specialists in medical fitness training in Germany.



ERGO-FIT in Pirmasens: Here on 9.000m², innovative fitness equipment of unique

MADE IN GERMANY



Step by step, the apprentices learn how to handle the materials in the ERGO-FIT training workshop

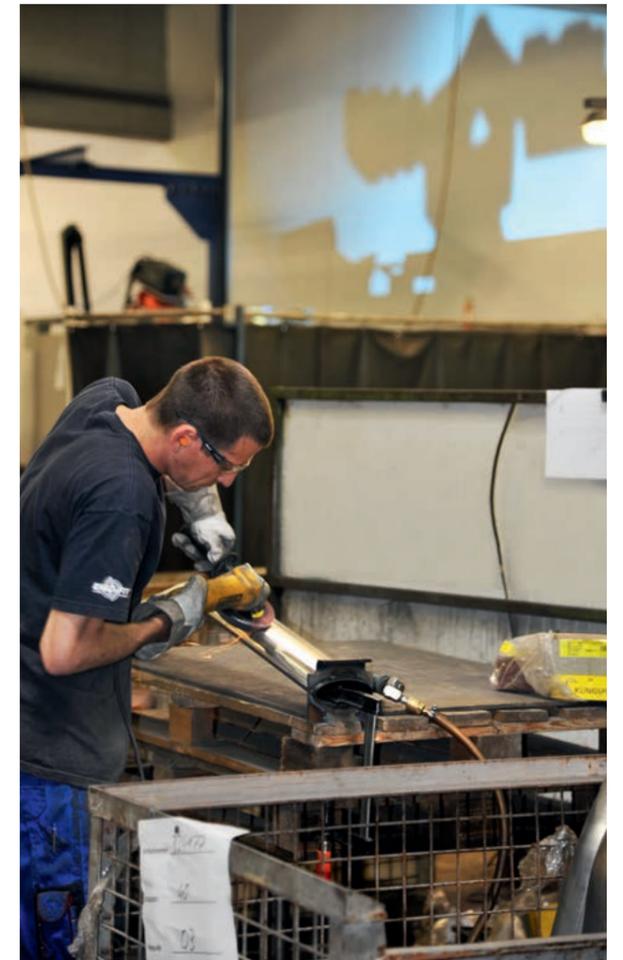


From the raw material to the ready-to-use machine

But there are even more factors that guarantee the ERGO-FIT quality. For example, after we first receive your order, all machines are customized to meet your special needs. We always guarantee that: The cardio and strength equipment is shipped to you completely assembled by our own fleet. The machines are set up at their final location and are ready for use. Our own field service and the internal service team guarantee for perfect customer support throughout the life cycle of the machine.

Another factor for consequent quality assurance is the internal training of young people to become part of our business administration and technical department. This is our way at ERGO-FIT to address our social responsibility.

The ERGO-FIT quality management system is DIN EN ISO 13485 certified.



“Made in Germany” quality is created: Craftsmanship that guarantees for outstanding quality



FROM INNOVATION TO STANDARD



1973: The first ERGO-FIT exercise bike

The Willi Resch KG was founded in 1947. It specialized in manufacturing machines for shoe production. At the beginning of the 1970s, the company started looking for new future markets. Since the former managing director Hans Resch was involved with sports and medicine, the company focused on the opportunities associated with cardio training. In 1973 the Willi Resch

KG presented its first exercise bike for therapeutic use. Thanks to the unprecedented quality, it soon became a success. Thanks to the unprecedented quality, it soon became a success. In 1981, the next milestone followed: The company presented the first in the world ergometer with eddy current brake. Today this system has become a standard for exercise bikes. Thanks to continuous research and development, the company, now called ERGO-FIT, has found its way not only into the therapeutic sector, but also into the fitness industry.

Today, ERGO-FIT is a recognized specialist in medical fitness training. We offer cardio and strength

machines, training systems and individual concepts for tailor-made health training. All products are characterized by high reliability, easy operation, first-class quality and precise measurement.

ERGO-FIT is also a certified manufacturer of medical products. These are of particular interest for customers from the physiotherapy industry, as well as for hospitals and rehabilitation centers. Our innovative pulling resistance system of our subsidiary – *ivo Trainer* – on the other hand, is also used in performance sports.

To focus all its expertise ERGO-FIT has founded *cardiowise GmbH*, a company that specializes on cardiac rehabilitation.



Full-service quality management system
Medical devices
• EN ISO 13485
• Directive 93/42/EEC, Annex II

Intensive testing: all products are thoroughly tested before shipment



Processing of materials – superior craftsmanship and high precision

Secure packaging – another important quality assurance factor at ERGO-FIT

THE ERGO-FIT STORY

- 1947** The basis of our success: Foundation of the Willi Resch KG, a marketing and distribution company for machines for the shoe production. Later on, the company produced its own machines.

- 1973** Reaction to the crisis in the shoe production industry: Development of the first bicycle ergometer for the medical field and subsequently – for the fitness industry.

- 1981** A new standard is born: ERGO-FIT builds the world's first Eddy Current Brake, thus creating a standard that was adopted by all other manufacturers and that is still applicable today. Ergo-Fit uses the Eddy Current Brake symbol as company logo.

- 1990/1991** Groundbreaking innovation in the fitness industry: ERGO-FIT develops a line of cardio equipment that enable heart rate controlled workout.

- 1995** Innovation for the workout control: Thanks to the new ERGO-FIT chip card system the workout can now be controlled across multiple devices.

- 2002** ERGO-FIT becomes a full-range supplier: The POWER LINE series gets its own strength workout line.

- 2004** New product offering: ERGO-FIT introduces its new workout and documentation software Vitality System 5.0. It can be used with ERGO-FIT devices as well as with products of other manufacturers.

- 2006** New versatile strength workout equipment: The new POWER LINE 4000 offers minimal footprint and best value for money.

- 2007** ERGO-FIT launches CARDIO LINE 400, a new product line for therapeutic and home use.

- 2008** A back circuit workout system is introduced: ERGO-FIT collaborates with Prof. Dr. Dr. h.c. Schmidtbleicher to develop the TORSO LINE for an effective workout of the trunk muscles.

- 2009** Introduction of CARDIO LINE 4000: ERGO-FIT launches a new generation of cardio devices.

- 2009** Introduction of a circuit workout system with refinancing concept: The ERGO-FIT Vitality Circuit combines chip card workout and smart refinancing.

- 2010** In cooperation with the Fraunhofer Institute for Software and System Engineering ERGO-FIT develops a data interface for the different health sectors.

- 2014** Establishment of the subsidiary company – *cardiowise GmbH* – an expert in cardiac rehabilitation.

- 2016** ERGO-FIT presents the *IVO Trainer* – an innovative pulling resistance system for training and therapy

- 2017** ERGO-FIT celebrates its 70th anniversary





PRODUCTS





XRCISE LINE MED



CARDIOWISE XRCISE LINE MED

40 years of experience for the next generation of cardio equipment

In 1973, ERGO-FIT presented the first exercise bike for health training. Just a few years later, the company with its headquarters in Pirmasens (Germany) set new standards with the first exercise bike using Eddy Current Brakes. Today, this solution is used throughout the industry. Since that time, ERGO-FIT has worked hard to continuously improve its cardio equipment.

The intention behind that: to provide both trainers and exercisers with healthy and effective fitness equipment. One example of this is the **XRCISE LINE MED**, especially engineered for cardiowise: it meets the highest demands and is best suited for daily commercial use. It features the first-class craftsmanship, creative innovations, simple operation and stunning details.

All products comply with the directives for commercial use and in consideration of the medical devices directive 93/42/EEC.



Easy operation: XRCISE LINE MED WITH GRAPHIC DISPLAY

- 5-key-cockpit with clearly arranged display
- Quick Start/Stop key – a maximum of two keys are needed to start or stop the workout
- Blood pressure measurement with only one key
- consistent menu navigation

XRCISE LINE MED advantages at a glance:

- Easy operation on all devices using a 5-key-cockpit
- Silent devices for a stress-free workout
- low initial workout load for therapeutical purposes
- suitable for people with high body weight
- long lasting low-maintenance devices



FEATURES OF XRCISE LINE MED

Integrated measurement of blood pressure and oxygen saturation

It is a proven fact: Physical activity and a targeted workout help to reduce cardiovascular mortality and should therefore be part of the rehabilitation therapy for patients with heart diseases.

A dedicated workout complements any drug therapy. But duration and intensity of the workout should be individually adapted. For this purpose **XRCISE LINE MED** offers two supporting features.



BLOOD PRESSURE:

- auscultatory measurement of the blood pressure values
- Indication of the systolic and diastolic value as well as pulse value in the display
- blood pressure measurement with only one keypress
- modular blood pressure system: You can switch between different machines with one blood pressure unit
- specific cuff with adjustable konik for an optimal fit
- light and flexible PU-twin hose

OXYGEN SATURATION:

- non-invasive measurement of the arterial oxygen saturation by finger clip (pulse oxymetry)
- additional pulse rate control
- continued measurement of saturation and indication of values in the display





XRCISE LINE MED CIRCLE



XRCISE CIRCLE MED – UPPER BODY ERGOMETER

The **XRCISE CIRCLE MED** provides a comprehensive upper body workout while strengthening the cardio-vascular system. Exercises can be performed with forward or backward movement. This prevents an imbalanced workout of the muscles.

The **XRCISE CIRCLE MED** can be used in the seated position as well as in the standing position, or while sitting on a stability ball. For alternative workout positions, the seat is just folded forward. The device does not have to be substantially modified. Thanks to this setting, the upper body ergometer can be easily used by persons sitting in a wheelchair.

The convenient details of this unique cardio device are the result of cooperation with the Manfred-Sauer-Stiftung. This foundation supports the disabled, and its knowledge and suggestions helped to optimize the design of the **XRCISE CIRCLE MED**. Besides the foldable seat, the convenient ball handles were also developed based on one of the foundation's suggestions. They were initially used by professional handbikers



The upper body ergometer provides an efficient upper body and cardio workout



Technical Specifications

Display parameters	WATT, I/MIN, TIME, PULSE, SPO ₂
Workout programs	MANUAL, CARDIO, PROFILES
Interfaces	RS232
Activation	rpm-independent
Standards and Directives	Please contact us to get more details about all relevant standards and directives
Dimensions (L/W/H cm)	165,5/63,5/152
Weight	approx. 107 kg
RPM	20 – 120 rpm
Performance Range	15 – 400 W
Increments	5 W
Accuracy	15 % to 200 W, from 200 W 10 % (in clockwise rotation)
Max. user weight	200 kg
Specific equipment	POLAR-transmitter (1 channel with ECG accuracy)
Adjustments possible	length of crank handles, diagonal/parallel handle position, height adjustable revolving unit



XRCISE LINE MED CROSS



XRCISE CROSS MED – ELLIPTICAL TRAINER

Running regularly is the best way to actively improve cardio-vascular fitness. However, the stress of impact on the joints often leads to significant problems. This is especially the case for people with a higher body weight. Here, the elliptical trainer is a good option.

The elliptical trainer XRCISE CROSS MED from **cardiowise** provides a gentle cardio workout. The XRCISE CROSS MED uses a front fly-wheel which results in a long, flat, and angled elliptical movement.



The XRCISE CROSS MED features spacious foot platforms with straps for easy mounting and a safe and comfortable workout.



Technical Specifications

Display parameters	WATT, I/MIN, TIME, PULSE, BP SYS, BP DIA, SPO ₂
Workout programs	MANUAL, CARDIO, PROFILES
Interfaces	RS232
Activation	rpm-dependend
Standards and Directives	Please contact us to get more details about all relevant standards and directives
Dimensions (L/W/H cm)	205/67/170
Weight	approx. 147 kg
RPM	15 – 200 Steps /min
Performance Range	15 – 200 Levels
Increments	Increments of 5
Accuracy	–
Max. user weight	150 kg
Specific equipment	POLAR-transmitter (1 channel with ECG accuracy)
Adjustments possible	Safety stop System, Workout with forward and reverse motion



XRCISE LINE MED CYCLE



XRCISE CYCLE MED – EXERCISE BIKE

The new **XRCISE CYCLE MED** is the result of four decades of research, development, and craftsmanship, as was the the **ERGO-FIT** innovation that became the international standard – the Eddy Current Brake.

It's the smart details that make the **XRCISE CYCLE MED** the perfect device for use in the health sector: The step-through design makes it easier for persons with knee or hip problems to get on the device. A low initial training level of 15 watts allows for a low impact workout. That means that even beginners can perform an effective workout without exhausting themselves.

The seats of the **XRCISE CYCLE MED** can be adjusted horizontally and vertically so that every patient will find the right seat position. Vertical adjustment is supported by an electrical engine. Adjustable crank arms for the exercise bike are optional. The cockpit can be horizontally rotated by 180 degrees so the therapist can conveniently monitor the training. A separate display for the user continuously shows the correct cadence.



*Attention to detail:
The step-through design is the healthy fitness solution for senior users or persons with knee and hip problems.*

Technical Specifications

Display parameters	WATT, I/MIN, TIME, PULSE, BP SYS, BP DIA, SPO ₂
Workout programs	MANUAL, CARDIO, PROFILES, WHO-PROFILE, ECG CHOICE
Interfaces	RS232
Activation	rpm-independent
Standards and Directives	Please contact us to get more details about all relevant standards and directives
Dimensions (L/W/H cm)	128/62/146
Weight	approx. 60 kg
RPM	20 – 130 rpm
Performance Range	15 – 1100 W
Increments	5 W
Accuracy	5% DIN VDE 0750-238
Max. user weight	200 kg
Specific equipment	Blood pressure measurement, SPO ₂ -measurement, POLAR-transmitter (1 channel with ECG accuracy)
Adjustments possible	step-through design, horizontal seat adjustment, seat height adjustment by motorization, handlebar turnable 360°, control panel can be rotated 180°, patient display



XRCISE LINE MED MIX



XRCISE MIX MED – ELLIPTICAL TRAINER

The innovative elliptical trainer enables a workout in a semi-reclined position which is especially gentle to the joints and vertebrae. The unique workout position reduces the pressure on the intervertebral lumbar disks by up to 61%. You will see measurable workout results even at a low workload and heart rate. Thus, the **XRCISE MIX MED** provides a very gentle training solution.

This device is suited for patients with constraints that make it necessary to start a health-oriented fitness workout very slowly. The **XRCISE MIX MED** is the perfect workout solution for obese exercisers and exercisers with knee and hip problems.



Tailored, stress-free workouts with the MIX solution.



Technical Specifications

Display parameters	WATT, I/MIN, TIME, PULSE, BP SYS, BP DIA, SPO ₂
Workout programs	MANUAL, CARDIO, PROFILES
Interfaces	RS232
Activation	rpm-dependent + rpm-independent
Standards and Directives	Please contact us to get more details about all relevant standards and directives
Dimensions (L/W/H cm)	200/100,5/166
Weight	approx. 131 kg
RPM	20 – 120 rpm
Performance Range	25 – 400 W (on CARDIO), 1 – 29 Levels (on MANUAL)
Increments	–
Accuracy	–
Max. user weight	150 kg
Specific equipment	Blood pressure measurement, SPO ₂ -measurement, POLAR-transmitter (1 channel with ECG accuracy)
Adjustments possible	Workout with forward and reverse motion, seat height adjustment by motorization, Neck support



XRCISE LINE MED STAIR



XRCISE STAIR MED – STEPPER

Many studies have shown that climbing stairs is a healthy way of improving your fitness level. However, not many people practice this effective, low-cost fitness approach.

The stepper **XRCISE STAIR MED** from cardiowise is a popular classic. It provides an intensive low-impact workout for people of all ages, helping to sustainably improve cardio vascular fitness. Regular fitness training tones thighs, calves and glutes. Large, continuous safety grips provide stable positioning and support.



“The Stair is a compact workout device that simulates healthy, everyday stair climbing. The Stair is my favorite device to improve cardio-vascular fitness”.



Technical Specifications

Display parameters	WATT, I/MIN, TIME, PULSE, BP SYS, BP DIA, SPO ₂
Workout programs	MANUAL, CARDIO, PROFILES
Interfaces	RS232
Activation	speed controlled
Standards and Directives	Please contact us to get more details about all relevant standards and directives
Dimensions (L/W/H cm)	110/77/181
Weight	approx. 93 kg
RPM	15 – 155 Steps /min
Performance Range	15 – 155 Levels
Increments	Increments of 5
Accuracy	–
Max. user weight	200 kg
Specific equipment	SPO ₂ -measurement, POLAR-transmitter (1 channel with ECG accuracy)
Adjustments possible	–



XRCISE LINE MED RUNNER



XRCISE RUNNER MED – TRADEMILL

As with all other cardio devices from cardiowise it is the details that make our treadmills the perfect workout equipment: with a very low entry (19 cm), they are ideally suited for patients with knee problems, and thanks to the low initial speed of 0.2 km/h, they can be used for therapeutic purposes. The continuous handrails provide the utmost safety. The proven deck and belt system absorbs the high impacts and reduces the stress on the affected joints. The result? A comfortable running experience and a lowimpact cardio workout.

The adjustable incline simulates uphill running with an incline between 0 % and +20 %. With its maximum speed of 25 km/h, the **XRCISE RUNNER MED** also meets the expectations of the most ambitious exercisers.

The **cardiowise** treadmills are long-lasting, low-maintenance devices.



Safety first: An emergency stop button and an integrated safety clip make sure that in the case of an emergency, the treadmill comes to an immediate stop.



Technical Specifications

Display parameters	DIST, KM/H, STEIGUNG, TIME, PULSE, SPO ₂
Workout programs	MANUAL, CARDIO, PROFILES
Interfaces	RS232
Activation	speed controlled
Standards and Directives	Please contact us to get more details about all relevant standards and directives
Dimensions (L/W/H cm)	210 / 82 / 140
Weight	approx. 178 kg
RPM	-
Performance Range	0,2 – 25 km/h
Increments	0,1 k/mh
Accuracy	-
Max. user weight	200 kg
Specific equipment	SPO ₂ -meassurement, POLAR-transmitter (1 channel with ECG accuracy)
Adjustments possible	Adjustable Incline (0 % to 20 %), Safety cord, emergency stop function, optional long handrail available, noise emission < 70 dB (A)



XRCISE LINE MED RECUMBENT



XRCISE RECUMBENT MED – RECUMBENT BIKE

Step-through design and a low initial load of 15 watts: these two features make the **XRCISE RECUMBENT MED** an ideal solution for any health-oriented workout program.

The recumbent exercise bike with a maximum user weight of 200 kilograms is an interesting alternative to the traditional exercise bike. The ergonomic backrest and the adjustable seat reduce the stress on the spine. The smooth motion and the proven cardiowise Eddy Current brake provide a gentle, comfortable cardio workout.



*Comfortable workout:
The exerciser's recumbent
position can be easily
adjusted.*



Technical Specifications

Display parameters	WATT, I/MIN, TIME, PULSE, BP SYS, BP DIA, SPO ₂
Workout programs	MANUAL, CARDIO, PROFILES
Interfaces	RS232
Activation	rpm-dependent
Standards and Directives	Please contact us to get more details about all relevant standards and directives
Dimensions (L/W/H cm)	160/54/125
Weight	approx. 79 kg
RPM	20 – 120 U/min
Performance Range	15 – 600 W
Increments	5 W
Accuracy	5% to 400 W, from 400 W 10%
Max. user weight	200 kg
Specific equipment	Blood pressure measurement, SPO ₂ -measurement, POLAR-transmitter (1 channel with ECG accuracy)
Adjustments possible	step-through design, adjustable seat position



CARDIOWISE XRCISE STRESS ECHO MED

The multifunctional bed for examination and ergometry

The multifunctional **XRCISE STRESS ECHO MED** is the combination of an adjustable examination table and a tiltable ergometer. It allows for non-invasive cardiological diagnostics and all conventional ultrasonic examinations.

The latest knowledge in sports medicine was taken into account when developing **XRCISE STRESS ECHO MED** and special attention was devoted to a high technical standard and customer friendly ease of use.

The **XRCISE STRESS ECHO MED** complies with the directives for commercial use and in consideration of the medical devices directive 93/42/EEC.

YOUR ADVANTAGES

- Cockpit with only 5 keys for simple handling
- Space saving because it may also be used as an examination couch without ergometer
- Continuously tiltable in 2 levels via remote control
- Fully electronic eddy current brake
- Special table for mechanical stress echocardiography by tiltable ergometer
- Suitable for connection of ECG equipment for documentation
- The patient may easily control himself by rotation speed display at eye level
- Removable pad on the left side for optimal positioning of an ultrasonic scanner head
- Integrated blood pressure measurement and measurement of the arterial oxygen saturation



Easy operation: XRCISE STRESS ECHO MED WITH GRAPHIC DISPLAY

- 5-key-cockpit with clearly arranged display
- Quick Start/Stop key – a maximum of two keys are needed to start or stop the workout
- Blood pressure measurement with only one key
- consistent menu navigation

FEATURES OF XRCISE LINE MED

Integrated measurement of blood pressure and oxygen saturation

It is a proven fact: Physical activity and a targeted workout help to reduce cardiovascular mortality and should therefore be part of the rehabilitation therapy for patients with heart diseases.

A dedicated workout complements any drug therapy. But duration and intensity of the workout should be individually adapted. For this purpose **XRCISE LINE MED** offers two supporting features.



BLOOD PRESSURE:

- auscultatory measurement of the blood pressure values
- Indication of the systolic and diastolic value as well as pulse value in the display
- blood pressure measurement with only one keypress
- modular blood pressure system: You can switch between different machines with one blood pressure unit
- specific cuff with adjustable konik for an optimal fit
- light and flexible PU-twin hose

OXYGEN SATURATION:

- non-invasive measurement of the arterial oxygen saturation by finger clip (pulse oxymetry)
- additional pulse rate control
- continued measurement of saturation and indication of values in the display



Choose your style: 5 DIFFERENT UPHOLSTERY COLOR-DESIGNS

Die **XRCISE STRESS ECHO** is available in the upholstery colors atoll, schiefer, granit, limone, mohn and lima – adding the option to design each facility individually.



atoll

schiefer

black

limone

mohn



XRCISE STRESS ECHO MED STRESS ECHO

XRCISE STRESS ECHO MED – MULTIFUNCIONAL BED

The space-efficient design of the **XRCISE STRESS ECHO MED** meets the demands of today's health facilities, who moreover appreciate unique mobility, great variability, perfect quality and highest technical precision.



Variable and space-efficient; turn the ergometer to use the table as examination couch



Technical Specifications

Display parameters	WATT, I/MIN, TIME, PULSE, BP SYS, BP DIA, SPO ₂
Workout programs	MANUAL, PROFILE, WHO-Profil
Interfaces	RS232
Table top (L/W/H in cm)	190 / 78 / 78
Activation	rpm-independent
Standards and Directives	Please contact us to get more details about all relevant standards and directives
Length (in cm)	ergometer lowered: 205 cm; ergometer lowered and shoulder pad at maximum height: 214 cm, ergometer raised: 190 cm
Width (in cm)	Cockpit lowered (without hip support): 90 cm, Cockpit raised: 110 cm
Height (in cm)	with speed indicator 132 cm; above transverse axis (45°): 170 cm
Weight	approx. 206 kg
RPM	20 – 120 U/min
Performance Range	15 – 600 W
Increments	5 W
Accuracy	±5 % DIN VDE 750-238
Max. user weight	200 kg
Specific equipment	Blood pressure measurement, SPO ₂ -measurement, arm rest
Adjustments possible	Seat high/Seat, shoulder support, hip support, folding side pad, pedals
Adjusting range	Hip support: horizontal lengthwise 25 cm, horizontal transverse 17 cm Shoulder support: 31,5 cm; Seat: 25 cm horizontal; Pedal spacing: 36 to 42 cm; Inseam length: 69 to 94 cm
Tiltable bed	Tilting range 45° over the longitudinal or the transverse axis combined inclination of the longitudinal and transverse axis: max. 30° about the transverse axis and 45° about the longitudinal axis



SYSTEM





SYSTEM XRCISE CARE



THE CARDIOWISE XRCISE CARE – New degrees of freedom in cardiac rehabilitation

The **XRCISE CARE** offers an unrepresented variety for an individual and effective training control in cardiac rehabilitation.

Numerous features for training documentation and analysis as well as the automatic test-based creation of exercises support therapists in their everyday work and help them to improve their results.



MODULAR AND EXPANDABLE

Up to 24 patients can be monitored and controlled from one PC, regardless of whether training is taking place on cardio equipment, strength training equipment, or for free training. All cardio devices are connected to the **XRCISE CARE** software. Depending on the training method, the load is adjusted automatically at all times in order to avoid excessive stress on the patient.

Furthermore, the modularity of the **XRCISE CARE** system means that many existing devices in a facility are compatible and don't need to be replaced



LOGICAL AND INNOVATIVE

All relevant information for a patient, such as the heart rate, ECG, blood pressure, oxygen saturation, and the load or speed are shown as an overview.

The split screen technology means that the ECG and the heart rate are always visible, no matter what view you use. So it is possible to create new patients, define training sessions, or perform analyses at any time. The zoom mode also provides an even more detailed view.

At one sight – the zoom-in-mode



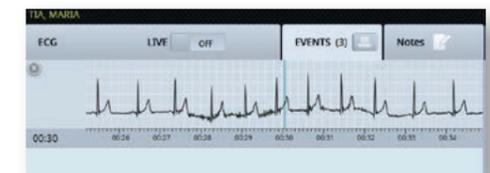
MODERN AND STRUCTURED

Operation of the **XRCISE CARE** software was tailored to the needs of therapists and doctors who work with patients every day. This includes quick and easy allocation of sensors and devices and fast selection of stored training profiles.

Thanks to the wireless monitoring, it is possible to perform multi session trainings. Up to 5 different training units can be selected and completed for a training session.



Multi-Session-Training



ECG event-flagging



SYSTEM XRCISE CARE



BASED ON GUIDELINES AND SPORTS SCIENCE

The most common training methods used today include pulse-controlled and load-controlled training, as well as interval training. The multi level training option of the **XRCISE CARE** system, however, creates new opportunities for managing the training of heart patients. The data from the stress ECG is used to determine individual loading zones on the basis of guidelines for every patient. Just one click lets you specify whether a training should be performed at low, medium, or high intensity. The corresponding heart rate and load are determined automatically. Of course all loading zones can be adjusted individually. This lets you save several intensity levels in a single training unit. So nothing stands in the way of a „high intensity interval training“, for example.

In addition, the saved records can also be used to perform various tests on the ergometer or treadmill. As an example, the results of the steep ramp test are used to automatically create a customized interval training for the subject.

Automatic determination of individual exertion levels

High intensity training
 HR: (51-71 % HR_{max}) → 118 - 129 bpm
 Stress: (50-60 % Max. Load) → 6.3 - 8.2 W
 Middle intensity training
 HR: (36-51 % HR_{max}) → 86 - 115 bpm
 Stress: (27-50 % Max. Load) → 4.4 - 6.3 W
 Low intensity training
 HR: (22-36 % HR_{max}) → 62 - 96 bpm
 Stress: (20-35 % Max. Load) → 2.5 - 4.4 W

STIEPERT, ANTONIA - Multi-Session

ERGOMETER 11 min | FREE 20 min | STRENGTH 30 min | TREADMILL 30 min

Load: 21 | Time: 1 | 21 min | 1 | 1

Training zones: Pulse, Load

New perspectives with multilevel training

At one sight – the split screen shows all values simultaneously. Monitoring and training control with XRCISE CARE

cardiowise XRCISE CARE 5/6/2013 6:38:53 PM

Monitoring

Tia, Maria: 63 bpm, 124/73 mmHg, 99% SpO2, 26 W, 74 m Riding Distance, 6 Energy Consumption, 123 Training Duration

Pendler, Adam: 59 bpm, 125/88 mmHg, 0.0 kcal, 1.6 km/h, 2.7% Fat, 100 RPM

Jenson, Monika: 59 bpm, 115/58 mmHg, 94% SpO2, 10 W, 70 W

Example, Eric: 59 bpm, 118/74 mmHg

Stiepert, Antonia: 59 bpm, 145/89 mmHg

Button, Pia: 60 bpm, 125/66 mmHg, 94% SpO2, 30 W, 50 W

Volante, Mario: 61 bpm, 121/82 mmHg

Bruck, Claus: 65 bpm, 135/89 mmHg, 0.0 kcal, 0.0 km/h, 0.0% Fat, 100 RPM

INTERDISCIPLINARY AND INTERPROFESSIONAL

When it comes to doctors and therapists working together, the patient's treatment progress plays an important role. In this regard, **XRCISE CARE** stands out with a detailed analysis of all training-related data. This ranges from analysis of the individual training session to a progress analysis of a complete training treatment.

Since the system is network-capable, the database can be accessed from different computers.

ROMBA, ALBERTO

OVERVIEW	4/30/2013 9:32 AM	ECG						
Date	Duration (h:mm)	Blood Pressure (mmHg)	Heart Rate (bpm)	Work Load	METs	SpO2 (%)	Calories (kcal)	Distance (km)
10	4/30/2013 9:32 AM	02:00	-/-	66	-	-	-	-
9	4/25/2013 9:22 AM	00:22	-/-	69	-	-	-	-
8	4/20/2013 10:02 AM	01:57	-/-	68	-	-	93	-
7	4/19/2013 3:28 PM	01:23	-/-	80	72 W	3.2	77	0.8
6	4/19/2013 12:59 PM	00:23	-/-	68	-	-	63	-
5	4/19/2013 9:47 AM	01:27	-/-	68	-	-	63	-
4	4/18/2013 1:21 PM	01:48	145/89	68	70 W	4.5	141	3.2
3	4/16/2013 3:07 PM	00:05	187/62	114	187 W	5.0	34	0.9
2	4/16/2013 3:02 PM	00:03	-/-	96	375 W	8.4	37	1.3
1	4/16/2013 12:19 PM	00:23	-/-	68	50 W	3.8	118	2.3

Total view of the training therapy

ROMBA, ALBERTO

OVERVIEW	4/18/2013 1:21 PM	ECG						
Date	Duration (h:mm)	Blood Pressure (mmHg)	Heart Rate (bpm)	Work Load	METs	SpO2 (%)	Calories (kcal)	Distance (km)
4/18/2013 1:21 PM	01:48	145/89	68	70 W	4.5	-	141	3.2

Session Resting Data

Heart Rate (bpm)	Blood Pressure (mmHg)	Weight (kg)	SpO2 (%)	Lactate (mmol/L)	Mood
64	145/89	75.0	-	-	-

Training Block data of a session

Activity	Duration (h:mm)	Blood Pressure (mmHg)	Heart Rate (bpm)	Work Load	METs	SpO2 (%)	Calories (kcal)	Distance (km)
Rowing	00:20	145/89	68	-	-	-	-	-
Ergometer	00:23	-	68	70	4.5	-	141	3.2

Detailed analysis of a training session

NEW DEGREES OF FREEDOM AND MULTI-SESSION-TRAINING

Monitoring can also be performed independently of the cardio devices. Thanks to wireless Bluetooth® technology, the patients can move freely and unrestricted on the training area without a loss of monitoring options.

A sensor with a storage capacity of 1GB is available as an option in order to record the ECG signal and heart rate outside of the training area.

The ECG measurements are made by a multi-function sensor and provides a clear ECG signal for over 14 hours. Depending on the requirements, the ECG is measured either via an elastic chest strap or fast-fix electrodes.



THE SERVICE OF CARDIOWISE

Best training results need reliable support.

And we provide you with such support. You can rely on our broad service network – any time, whatever the problem may be.

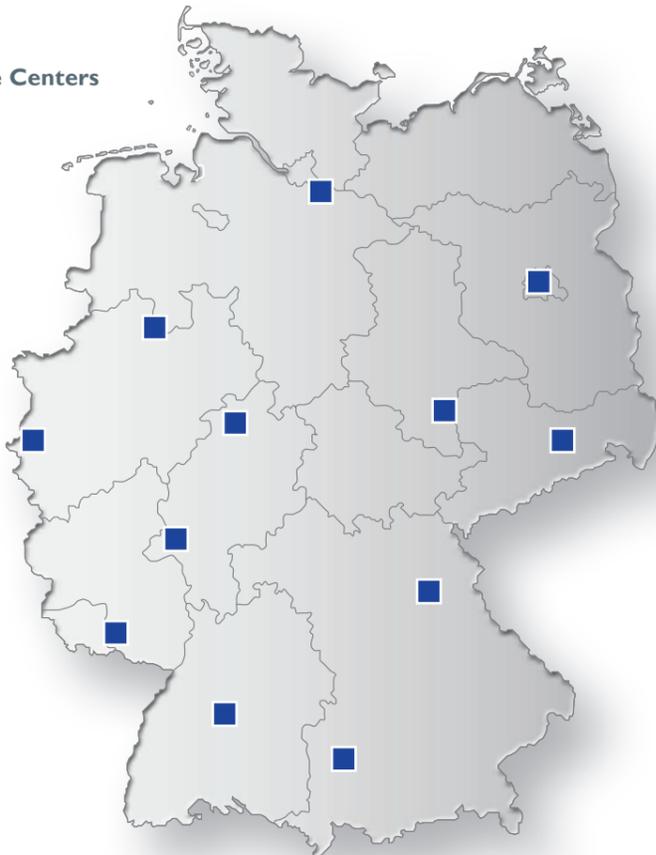
WE ARE THERE FOR YOU

Our Service Team in Pirmasens (Germany) is your first-line support whenever there is a problem with our products. Here we coordinate all **12 service centers in Germany** and help you to solve issues as quickly as possible. Our broad network guarantees that we are there to help you whenever you need us. Because we know that you need to keep downtimes to a minimum.

INTERNATIONAL SERVICE PARTNERS

Of course our international customers can benefit from the same first-class services: Our international Service Partners receive ongoing training on any new products and features and have in-depth technical expertise to offer you the same outstanding support that we provide to our customers in Germany.

**Our Service Centers
in Germany**



The expert for cardiological rehabilitation

cardiowise GmbH

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