

"The Clinical Advantage"™

UpperBody Cycle

Self-powered, self charging...use it anywhere



Invaluable for Upper Extremity Rehabilitation and Conditioning

A versatile ergometer that meets the demands of any orthopedic rehabilitation, cardiac, sports medicine, wellness or general conditioning program.

www.biodex.com/ubc



The **Upper Body Cycle** exercises individuals with limited lower-body function.

BIODEX

www.biodex.com
1-800-224-6339

Int'l 631-924-9000

PROGRESSIVE STRENGTHENING & CARDIOVASCULAR EXERCISE

FEATURES:

- Self-powered, self-charging, cordless capability – use it anywhere!
- Pivoting actuator - accommodates wide range of cycling positions
- Instantaneous retro-cycling
- Up to 600-watt work rate range to accommodate a wide spectrum of patients
- Isokinetic Resistance - (speed control) for building strength
- Heart Rate Monitoring – Telemetry compatible to ensure proper training intensity
- Easy-to-use “Quick-Start” control panel – with large buttons
- Large, easy-to-view LED display
- Ergonomically correct for patients from 4'6" to 6'10" tall, and weighing up to 500 lb
- Removable seat for wheelchair or standing access

Uniquely Clinical Pro:

- Large rotating seat with seat belt and grab handles - easier wheelchair transfers - belt and handles provide added security, especially for patients with balance deficiency or palsy
- EZ-Grip™ handgrips allow patients with hand control limitations to hold onto crank handles

Functional Diversity

The Biodex Upper Body Cycle is a versatile ergometer that meets the demands of any orthopedic rehabilitation, cardiac, sports medicine, wellness, or general conditioning program.

Unique Self-Powering System

Use the Upper Body Cycle anywhere. There is no need for AC power at work rates at or above 30 watts and 50 rpms. The battery-supported system maintains all settings and LED displays before and after cycling. The internal battery is automatically recharged when work rates reach or exceed 30 watts and 50 rpms. An AC adapter is provided for extended use at work rates below 30 watts and 50 rpms.

User-Friendly

The “Quick-Start” feature gets your first-time cyclists right into their exercises. Isokinetic (speed control) provides accommodating resistance throughout the cyclist's entire range of motion for the duration of the exercise period. Resistance continuously matches effort, accommodating to variations in the patient's force output due to weakness or pain at specific points in the individual's range of motion, and to fatigue over the course of the cycling period. With a selection of 15 speeds (50 to 120 deg/sec), this resistance mode maximizes strength gains while minimizing the potential for injury.

APPLICATIONS

- Orthopedic
- Sports Medicine and Athletic Training Exercise
- Cardiopulmonary Exercise
- Older Adult Exercise

Full-Function Retro-Cycling

Rehabilitation and conditioning capabilities are expanded by providing bi-directional cycling to alternately work reciprocal muscle groups.

Built for High-Use Environments

The welded heavy-gauge steel frame, epoxy powder-coat finish, and moisture-resistant ABS plastic enclosure, round out a rugged and durable design that will withstand extensive use in the busiest settings. Large wheels make transporting and repositioning easy. Heart rate monitoring by Polar® Telemetry (chest strap) offers a convenient tracking of heart rate without interrupting exercise – useful for protocols utilizing target heart rate, and for monitoring high-risk patients.

SPECIFICATIONS:

- Dimensions: 62" l x 29" w x 72" h (157 x 74 x 183 cm)
- Crank Axis Height: Adjustable from 37" to 58" (94 to 147 cm)
- Resistance: Isokinetic (speed control): 15 speed settings (increments of 5 deg/sec)
- Work Rate Range: Up to 600 watts (120 rpm)
- Speed Control Range: 50 to 120 deg/sec
- Readouts: Time, RPM, watts, calories, METs, heart rate, total work, total cycles
- Heart Rate Monitoring: Telemetry compatible
- Communication: RS232
- Patient Capacity: 500 lb (227 kg)
- Weight: 230 lb (105 kg)
- Power: Self-powered; no external power requirement at user work rates over 30 watts and 50 rpms; 115 VAC adapter (230 VAC available) is provided to power system and charge battery during applications below 30 watts and 50 rpms. Battery automatically recharges at work rates above 30 watts and 50 rpms.
- Certification: ETL listed to UL 60601-1, and CAN/CSA C22.2 No.: 601-1-M90. CE conformity to EN 60601-1, EMC compliance to EN 60601-1-2.
- Warranty: Two-years parts; one-year labor



Removable seat and adjustable head and cranks allow for easy, stable standing exercise.



The seat assembly is removable to accommodate wheelchairs.



EZ-Grip™ handgrips, available on the Clinical Pro, accommodate patients with hand control limitations.



Large rotating seat, available on the Clinical Pro, accommodates patients with ambulatory difficulties.

950-146 Cycle, Upper Body

950-148 Cycle, Upper Body, Clinical Pro
Includes: Large rotating seat and EZ-Grip™ handgrips
Export models available.

Optional
950-164 Software, Data Collection

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