

The Clinical Advantage™

UpperBody Cycle

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



Upper Extremity Conditioning For Any Age and Ability Level

A versatile ergometer used in orthopedic rehabilitation,
sports medicine, wellness and home settings.

www.biodex.com/ubc



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

BIODEX
www.biodex.com
1-800-224-6339
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UpperBody Cycle

Progressive Strengthening & Cardiovascular Exercise

FEATURES

- Self-powered, self-charging, cordless capability – use it anywhere!
- Pivoting actuator - accommodates wide range of cycling positions
- Adjustable Crank Length - crank adjusts from 6" to 16" to help control range of motion provided for a variety of arm and upper body exercises.
- Instantaneous retro-cycling
- Up to 600-watt work rate range to accommodate a wide spectrum of ability levels
- 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
- Comfortable rotating seat with seat belt and grab handles - easy wheelchair transfers - belt and handles provide added security
- EZ-Grip™ hand grips allow users to firmly hold onto crank handles

Functional Diversity

The Biodex Upper Body Cycle is a versatile ergometer that can be used in orthopedic rehabilitation, cardiac, sports medicine, wellness, or home settings. It will exercise individuals with limited lower-body function, help enhance mobility and muscle tone in the shoulder, back, neck, wrist, and elbow, and give healthy athletes a grueling workout.

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 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

Wellness

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

Hand/Wrist Cuffs

Those with hand and wrist limitations will find comfort and security of maintaining stable hand position throughout the exercise session. The Hand/Wrist Cuffs allow users with limited or no hand strength or control to enjoy the benefits of upper body exercise.

Full-Function Retro-Cycling

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 achieving target heart rate, and for monitoring high-risk individuals.

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: See website for details.
- Warranty: Two-years parts; one-year labor



950-148 Cycle, Upper Body, Includes: Rotating seat, seat belt and EZ-Grip™ hand grips
Export models available.

- Optional**
- 950-164** Software, Data Collection
- 950-247** Hand/Wrist Cuffs, Small (pair)
- 950-243** Hand/Wrist Cuffs, Medium (pair)
- 950-234** Hand/Wrist Cuffs, Large (pair)



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



Large rotating seat accommodates patients with ambulatory difficulties.



The seat assembly is removable to accommodate wheelchairs.



EZ-Grip™ hand grips allow users to firmly hold onto crank handles.



Optional hand/wrist cuffs allow users with limited or no hand strength or control to enjoy upper body exercise.

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