

# NATURAL BIOMECHANICS - LOW IMPACT

## E9 ELLIPTICAL TRAINER

Patients at any athletic level from beginner to professional will find physical benefits and rehabilitative functionality on a Landice.

The E9 offers one of the only fitness units that enables both upper and lower body exercise capabilities. Patients can stand upright on the frame's stationary footpads and perform an isolated workout to strengthen the upper body. This back-and-forth motion is considered a preferable position as opposed to a seated rotational movement.

For the lower body, the center-drive technology replicates the biomechanics of walking or running. The E9 provides a low impact alternative to treadmills.

The elliptical also features an accessible, safe, stable and patient-friendly exercise platform. Users can easily grab the side rails, step-up and safely start a workout. The pedals will move only when the patient engages the upper body handrails and/or foot pedals.



## E9 ELLIPTICAL FEATURES

|                           |   |                      |  |
|---------------------------|---|----------------------|--|
| <b>User Capacity</b>      | 226.79 kg. (500 lbs.)                                   | <b>Stride Length</b> | Adjustable 43.18 cm - 58.42 cm (17" - 23")       |
| <b>Active Footprint</b>   | 88.9 x 193.04 x 170.18 cm (35" W x 76" L x 67" H)       | <b>Drive System</b>  | Center Drive                                     |
| <b>Physical Footprint</b> | 88.9 x 172.72 x 170.18 cm (35" W x 68" L x 67" H)       | <b>Flywheel</b>      | 27.94 cm (11" diameter, 9.07 kg. (20 lbs.))      |
| <b>Power</b>              | 110 VAC, 60Hz, 15A<br>220 VAC, 60Hz, 15A (optional)     | <b>Panels</b>        | Pro, Pro Sports, Cardio, Executive               |
| <b>Handrails</b>          | 5.08 cm (2") Medical-Grade Side Rails                   | <b>Pedals</b>        | 5.08 cm (2") Spacing with Orthopedic Gel Inserts |
| <b>Warranty*</b>          | 5 years parts/2 years wear items/90-day high-wear items |                      |  |

\*Ellipticals are covered by the Club warranty which offers coverage for usage of more than 5-hours per day.

The Landice E9 is available in 4 control panel styles: Executive, Cardio, Pro Sports, and Pro. For more information on these consoles, please visit us at Landice.com.

Landice engineers, assembles and tests the finest specialty fitness equipment on the market and is one of the only manufacturers to do so in the USA. Landice has been recognized repeatedly by leading consumer rating publications as having the world's finest treadmills and ellipticals.

Visit us at [www.landice.com](http://www.landice.com) for additional options and complete warranty information.

# SPORTS/PHYSICAL THERAPY & REHABILITATION

## REHABILITATION TREADMILLS - ELLIPTICALS - BIKES



The Landice line of rehabilitation products provides the very best in functional usage and reliability. From reversing treadmills to low-impact ellipticals and easy-to-start self-powered bikes, Landice fitness equipment provides the perfect tools to assist a wide variety of patients in their recovery and rehabilitation.



## REHABILITATION EQUIPMENT

- L7 / L8 Rehab Treadmills
- E9 Ellipticals
- R9 / U9 Recumbent & Upright Bikes



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www.bodytastic.com.au



## THE ROAD TO RECOVERY STARTS HERE

### L7 & L8 REHAB TREADMILLS

Made with the finest materials, the L7 and L8 Rehabilitation Treadmills provide the best and safest support for all your rehabilitative programs. With a low step-up height, zero starting speed, 300 micro-amp isolation leakage kit and extended parallel medical handrails, these treadmills are ideal for any physical therapy and sports conditioning center. A number of unique options are also available, such as a reversing treadbelt for downhill walking, 100 micro-amp hospital isolation leakage kit, and an orthopedic suspension system. For a complete list of options please visit us at Landice.com.

### TREADMILL FRAME COMPARISON

Solid aluminum construction - rust-free and durable

|                         | L8   | L7   |
|-------------------------|--|--|
| <b>User Capacity</b>    | 226.8 kgs. (500 lbs.)  | 181.4 kgs. (400 lbs.)  |
| <b>Equipment Weight</b> | 138.35 kgs. (305 lbs.)                                       | 120.20 kgs. (265 lbs.)                                       |
| <b>Dimensions</b>       | 88.90 cm x 210.82 x 154.94 (35" W x 83" L x 61" H)           | 88.90 cm x 193.04 x 149.86 (35" W x 76" L x 59" H)           |
| <b>Running Surface</b>  | 55.88 cm x 160.02 cm (22" W x 63" L)                         | 50.80 cm x 147.32 cm (20" W x 58" L)                         |
| <b>Power</b>            | 110 VAC, 50/60Hz, 15A (opt.)<br>220 VAC, 50/60Hz, 15A (std.) | 110 VAC, 50/60Hz, 15A (opt.)<br>220 VAC, 50/60Hz, 15A (std.) |
| <b>Rollers</b>          | 8.89 cm 9.98 kgs.<br>3 1/2" 22 lbs.                          | 6.35 cm 6.35 kgs.<br>2 1/2" 14 lbs.                          |
| <b>Step-up Height</b>   | 19.05 cm (7 1/2")  | 13.97 cm (5 1/2")  |
| <b>Speed</b>            | 0.8 to 17.7 kph<br>(0.1 to 12 mph)                           | 0.8 to 17.7 kph<br>(0.1 to 12 mph)                           |
| <b>Incline</b>          | 0% to 15%  | 0% to 15%  |
| <b>Drive System</b>     | 4 HP Continuous Duty Motor                                   | 4 HP Continuous Duty Motor                                   |
| <b>Deck</b>             | 2.54 cm (1") - Reversible                                    | 2.54 cm (1") - Reversible                                    |
| <b>Control Panel</b>    | Rehabilitation   | Rehabilitation   |
| <b>Warranty*</b>        | 5 yrs. parts/2 yrs. wear items/<br>90-day high-wear items    | 5 yrs. parts/2 yrs. wear items/<br>90-day high-wear items    |

\*Treadmills are covered by the LTD warranty which offers coverage for usage of less than 5 hours per day.



## COMFORTABLE AND SAFE REHAB

### BIKE SPECIFICATIONS

|                          | R9   | U9  |
|--------------------------|--|---|
| <b>Frame Type</b>        | Step-through recumbent with low step-over height   | Upright   |
| <b>Pedal Type</b>        | Self-balanced pedals with adjustable straps  | Self-balanced pedals with adjustable straps                                   |
| <b>Seat Adjustment</b>   | Forward/backwards with 15 settings   | Up/down with 12 settings  |
| <b>Flywheel Weight</b>   | 6.8 kg (15 lbs.)   | 6.8 kg (15 lbs.)  |
| <b>Resistance System</b> | Eddy current magnetic braking system   | Eddy current magnetic braking system  |
| <b>Resistance Range</b>  | 1-20   | 1-20  |
| <b>Handlebar</b>         | Console grip bars, seat grips with contact heart-rate monitoring and resistance controls | Racing style handlebars with contact heart-rate and resistance controls       |
| <b>Display</b>           | LED with multiple feedback windows   | LED with multiple feedback windows  |
| <b>Heart Rate</b>        | Contact heart rate for heart rate control/<br>wireless chest-strap (optional)            | Contact heart rate for heart rate control/<br>wireless chest-strap (optional) |
| <b>Accessories</b>       | Water bottle holder, reading rack, accessory tray  | Water bottle holder, reading rack, accessory tray                             |
| <b>Cooling Fan</b>       | 3 speeds   | 3 speeds  |
| <b>Power Requirement</b> | Self-powered   | Self-powered  |
| <b>Transport Wheels</b>  | Yes  | Yes   |
| <b>Levelers</b>          | Yes  | Yes   |
| <b>Assembled Weight</b>  | 92.9 kg (205 lbs.)   | 72.1 kg (159 lbs.)  |
| <b>Dimensions</b>        | 166.98 x 64.28 x 132.58 cm (65.74" L x 25.31" W x 52.20" H)                              | 113.18 x 62.78 x 147.59 cm (44.56" L x 24.72" W x 58.11" H)                   |
| <b>Max User Weight</b>   | 158.75 kg (350 lbs.)   | 158.75 kg (350 lbs.)  |
| <b>Warranty*</b>         | 5 yrs. parts/2 yrs. wear items/90-day high-wear items                                    | 5 yrs. parts/2 yrs. wear items/90-day high-wear items                         |

\*Bikes are covered by the Club warranty which offers coverage for usage of more than 5-hours per day.

### R9 / U9 BIKES

The Landice R9 & U9 bikes offer a comfortable and safe rehabilitation option. The wide step-through design on the R9 allows for easy access along with superior back support. The U9 offers well-cushioned seating with adjustable height levels to support a personalized lower-body rehabilitation regimen.



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