

NEW BioStep® 2

Semi-Recumbent Elliptical



**Naturally smooth...
Positively effective!**



The **NEW BioStep 2** ...constant resistance
with simplified display and operation.

Combine the benefits of smooth, elliptical
Cross-training exercise with the comfort, safety and
Stability of semi-recumbent positioning.

Zero joint impact plus biomechanically correct arm,
leg and ankle motion emulates natural walking patterns.

BioStep 2...the obvious choice for cross training

LifeTec Inc.
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NEW BioStep® 2

FEATURES INCLUDE

- Elliptical motion - provides smooth continuous “zero joint impact” exercise
- Self-powered, self-charging, cordless capability - use it anywhere
- 1:1 arm to leg motion - for natural arm swing rhythm
- Pivoting handgrips – provide comfort for patients with forearm or wrist impingements
- Rotating seat to 90° on either side and step-through design - for easy and safe entry and exit
- Optimized seat height - for wheelchair transfers and controlled hip flexion
- Up to 600 watts - to accommodate a wide spectrum of users
- Constant resistance with 20 effort levels - provides greater program options
- Integral contact and Polar® Telemetry compatible heart rate monitoring - to ensure proper training intensity
- Sturdy, well-placed grab handles to facilitate patient transfer
- Large easy-to-use “Quick Start” display - features time, RPM, watts, calories, METs, distance, total steps, heart rate
- Large utility holder - provides a convenient storage place for water bottles and allows for hands-free reading
- Robust design - for heavy institutional uses
- Optional Stabilization Packages - Standard and Advanced



The difference is still in the motion.

WHAT USERS ARE SAYING

“The range of motion for hip, knee and ankle joint helped with gait training, specifically the heel/toe gait and to increase hip and knee flexion. Patients that did not want to do traditional open-chain exercise, DID want to use the BioStep 2. They also exercised longer on the BioStep 2.”

– Robert Madigan
Bellhaven Nursing Home, Brookhaven, NY

APPLICATIONS:

Senior Rehab, Wellness and Fitness Centers, Neurorehabilitation, Cardiac Rehabilitation, Orthopedic/Sports Medicine and more

Pivoting handgrips that pivot with arm motion providing comfort for patients with forearm & wrist impingements.

** Hand Straps and Hand/Wrist Cuffs*

Large, comfortable, supportive seat

Rotating seat

** Seat Belt and Movable Armrests*

Easy-to-reach and use seat adjustments



Step-through design for easy entry and exit optimized seat height for wheelchair transfers and controlled hip flexion

** Foot Straps, Padded Foot Restraints and Pivoting Calf Support*

** Included in Stabilization Kits*

Easy to use with QUICK START display features time, RPM, watts, calories, METS, heart rate, distance and total steps.



If there is one piece of equipment for all your patients...this is it.

NATURALLY SMOOTH... POSITIVELY EFFECTIVE

The elliptical motion of the BioStep 2 is naturally smooth and continuous; very different from the stuttering stop-start motion associated with other recumbent steppers. The step-through frame, simple easy-to-see and use display and comfortable, robust design make the BioStep 2 the obvious choice for cross training.

THE BIODEX BIOSTEP 2 HELPS PATIENTS AND THEIR THERAPISTS ACHIEVE MULTIPLE REHABILITATION OBJECTIVES

If there is one piece of equipment for all your patients... this is it. The BioStep 2's fluid, elliptical motion is forgiving on the knees, ankles, hips and lower back... a natural closed-chain low-impact functional exercise. The BioStep 2 reduces joint impact because the user is not required to lift and strike their feet on the walking surface. By combining lower extremity motion with upper body, the BioStep 2 provides a total body workout in both forward and reverse directions, thereby involving different muscle groups.

IDEAL FOR OLDER ADULTS

Low impact total body exercise is ideal for senior fitness. The low-impact elliptical motion of the BioStep 2 reduces the jarring impact often associated with the stop-start motion so common with other recumbent steppers. The BioStep 2's motion also helps strengthen the muscles important to maintaining function; those muscles specifically associated with mobility, walking and balance.

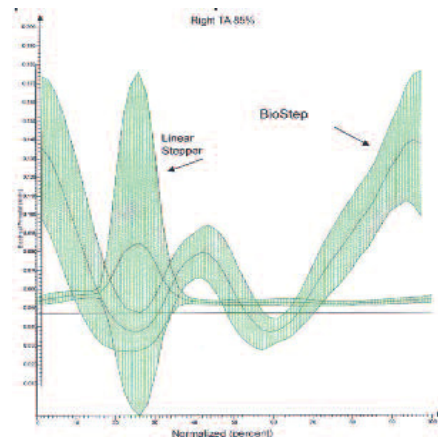
GREAT FOR CARDIAC REHABILITATION

BioStep 2 incorporates both the upper and lower extremities into the cycling motion; patients experience less local muscle fatigue. This allows similar heart rates to be achieved at lower rates of perceived exertion when compared to traditional exercise ergometers. Blood pressures can be checked while the patient continues to exercise by simply releasing one arm while the other three extremities comfortably continue to perform the exercise.

BioStep 2 is ideal for patients who may experience leg claudication during exercise. Patients can easily reduce the effort in the involved leg, while keeping heart rate elevated, by transferring a greater portion of the workload to the non-involved extremities. When the cramping subsides, exercise can be transferred back, proportionately, to all four extremities.

WELLNESS/GENERAL AEROBIC CONDITIONING

If there is one piece of equipment for general aerobic conditioning of your adult population, this is it. BioStep 2 provides a zero impact, safe and comfortable total body workout in both forward and reverse directions.



The BioStep 2 motion and articulating footplates provides significantly more Tibialis Anterior activity throughout all of the range of motion. The Tibialis Anterior is the prime mover for the Dorsiflexion needed to raise the foot during walking. An impaired Tibialis Anterior contributes to foot drop.

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BioStep 2 Stabilization Kits



Patients with Neurological and Musculoskeletal issues commonly present with decreased strength, proprioception and kinesthetic awareness deficiencies or edema. These and other factors add to the challenges of maintaining the upper or lower extremity properly and comfortably on the device during the exercise.

BioStep 2 stabilization solutions tailored for your patient's needs.

Foot Strap



A hook and loop strap that provides a simple solution to maintain a user's foot to the footplate.

Hand Strap



Like the Foot Strap, a hook and loop strap that provides a simple solution to maintain a user's hand to the Pivoting Handgrips.

BioStep Stabilization solutions are offered as:

Basic Stabilization Kit includes, the Foot Strap, Hand Straps, Seat Belt and movable Armrests.

Advanced Stabilization Kit includes all the Basic components, plus the Padded Foot Restraint, Pivoting Calf Support and Hand/Wrist Cuff

Seat Belt



The Seat Belt offers support and security for patients with limited torso control. The Seat Belt securely fits around the lower abdomen of each user and is completely adjustable. The retractable seat belt is there when needed and out of way when not.

Movable Armrest



With the addition of the movable padded armrests, users obtain an added level of comfort and stability when needed. The BioStep 2 can be used with or without the armrests in position. Armrest folds up flush against the side of seat back to provide easy-on and off access.



The Padded Foot Restraint and Pivoting Calf Support

provide a convenient and sure means to stabilize the foot and calf while allowing the ankle to pivot naturally through the range of motion.

Hand/Wrist Cuff



The hand/wrist cuff provides comfortable and secure fixation of the user's hand to the pivoting handgrips throughout the entire upper extremity range of motion. Perfect for users with stroke, head injury, limited strength and other conditions where hand strength and grip control are limited.

SPECIFICATIONS

- Dimensions: 54" l x 28" w x 44" h (137 x 71 x 112 cm)
- Resistance: Constant resistance with 20 effort levels
- Work Rate Range: Up to 600 watts (120 rpm)
- Heart Rate Monitoring: Polar® Telemetry contact handgrip (telemetry compatible)
- Readouts: Time, RPM, watts, calories, METs, heart rate, distance and total steps
- User Capacity: 500 lb (227 kg)
- Weight: 202.5 lb (92 kg)
- Power: Self-Powered; no external power requirement at user work rates over 30 watts and 50 rpms; adapter 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. AC Adapter included.
- Certifications: ETL listed to UL60601-1 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

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