



# Bike Reha

The training and  
rehabilitation bike



PARTNER FOR LIFE



# Bike Reha

## The Training bike

The Bike Reha is the ergometer cycle for cardio-respiratory training, rehabilitation and sports training in general. This ergometer cycle is exceptionally well suited for a wide group of patients and clients due to its adjustability, its easy entry and its different test modules.

## The Rehabilitation Bike

The Bike Reha allows for exercising of patients with movement impairments and disabilities. This is due to:

- the low step-through construction,
- the horizontal and vertical adjustability of the saddle,
- the horizontal and vertical adjustability of the handlebars,
- the adjustability of the cranklength (option).

In addition, this ergometercycle is exceptionally well suited for cardiorespiratory restricted patients since it is possible to set an exceedingly low resistance of just 5 Watts.

Use 1 of the 12 hill profiles or use the heart rate to have the Bike Reha select the right intensity to train in one of five pre-programmed HR training zones. The game mode (included as standard) will motivate your patients to train longer without being bored.

# Bike Reha

## Unique "constant torque" mode

With the Bike Reha, overload of the rehabilitating patient is avoided since the "torque" can be kept constant. For ergometer-cycles without torque control, a decrease of the number of rotations per minute (RPM) will result in an increase of resistance. With these ergometers the risk of overload may occur, since the resistance will rise as the patient pedals more slowly. In addition, this is extremely frustrating for the patients, since, when they become tired, the exercise becomes even harder! With the Bike Reha and the constant torque mode, this is avoided. Your patients will be able to rehabilitate in a safe and pleasant way.

## The sports bike

The Bike Reha is interesting for (professional) athletes too. The resistance can be varied from 5 to 400 Watts! The cycle offers the possibility to perform various tests such as the VO<sub>2</sub>-Max test, the 3- and 12-minutes tests and the Steep Ramp Test. This means it is possible to gain insight into various aspects of the condition of the athletes.





## Bike Reha

### EN-Train compatible

The Bike Reha can be controlled from the EN-Train concept so that the entire training can be put together beforehand in a simple way. The exercise protocol and the individual training values of the cycle are automatically set by means of a chipcard. The results are monitored in the software, where progression and regression are incorporated in the training program.

### Easy and well suited for anybody

The Bike Reha is exceptionally easy to operate. With the aid of the EN-Train chipcard everything is automated, but even without it the bike can be operated by anybody! A sophisticated and extensively tested interface ensures that everyone, young or old, can easily get going with this high performance ergometer.

The Bike Reha is indispensable  
to any practice!

## Bike Reha

- Low step-through
- Full colour touchscreen
- Ergonomic design
- Wear-resistant eddy-current brake
- Pulse monitoring by means of Sigma Sport chest-belt and built-in receiver
- Low-noise belt-drive
- Smart-card technology
- Handlebar horizontally and vertically adjustable
- Saddle horizontally and vertically adjustable
- Gaming mode
- HR-trainingzones



# Bike Reha

1413921 Bike Reha



# ORDERING DATA

1413922 Bike Reha incl. adjustable cranks



## Optional accessories

3496160 Adjustable cranks

3496837 Chest belt for heart rate registration



3496160



3496837



# Bike Reha

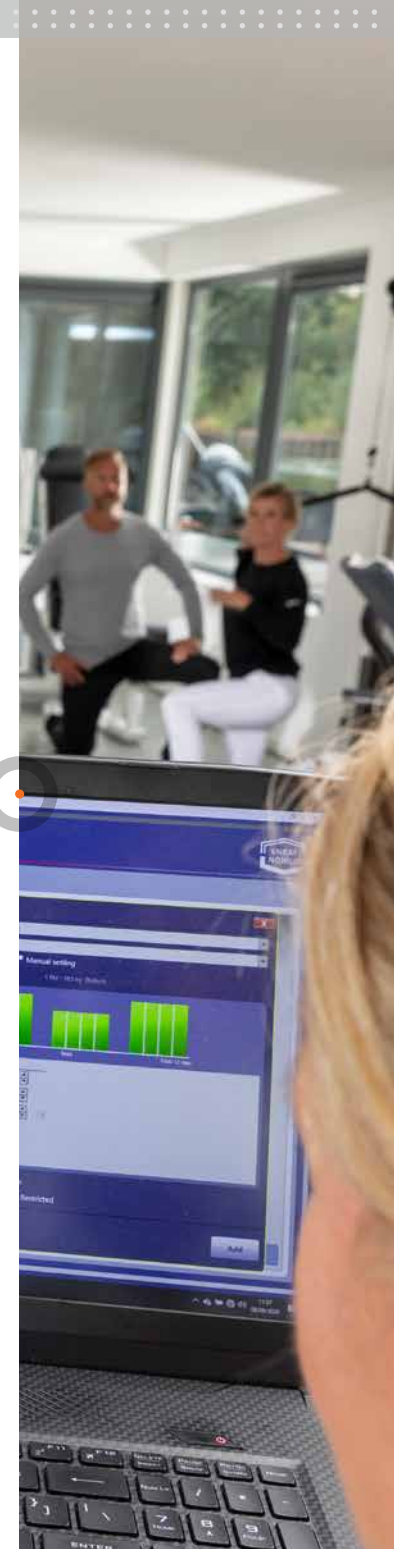
## RELATED PRODUCTS

### EN-Train

The EN-Train concept give you full control over the active rehabilitation process, ensuring optimum treatment at all times. Training schemes can easily be compiled using the training recommendations already preprogrammed in the software.

### Ordering data

1411811 EN-Train installation kit



# Bike Reha

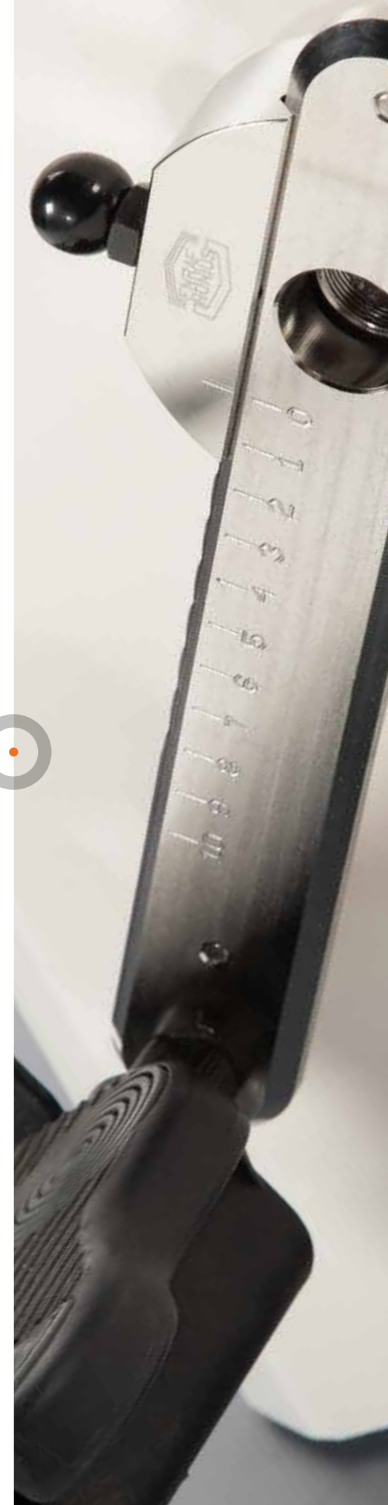
## TECHNICAL SPECIFICATIONS

Mains voltage:	100 – 240 V
Frequency:	50 / 60 Hz
Power consumption:	approx. 40 VA
Braking principle:	process-controlled eddy-current brake
Load:	5 -400 W (resolution: 5 W increments) rpm-independent from 35-110 rpm 6-60 Nm (resolution: 0,5 Nm increments) rpm-independent from 35-110 rpm
Heart rate monitoring:	by means of Sigma Sport chest strap and receiver
Dimensions (lxwxh):	118 x 55 x 115 cm
Weight:	approx. 55 kg
Saddle height (adjustable):	50-110 cm
Steering column height (adjustable):	75 - 115 cm
Length fixed crank:	170 mm
Length adjustable crank:	80 - 180 mm
Max. patient weight:	150 kg

This is a medical device



It complies with all applicable medical regulations. For more details please consult the instructions for use (downloadable via [www.enraf-nonus.com](http://www.enraf-nonus.com)).





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Enraf-Nonius B.V. | Vareseweg 127 | 3047 AT Rotterdam | The Netherlands

[www.enraf-nonus.com](http://www.enraf-nonus.com) | [info@enraf-nonus.nl](mailto:info@enraf-nonus.nl) | + 31 - ( 0 ) 10 20 30 600



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