



HEALTH &  
EXPERIENCE

## Dynamic Leg Press

*A completely new fitness device for workouts and rehabilitation training that combines several years of expert experience with state-of-the-art technology.*



### Market novelty

The Dynamic Leg Press is an absolute novelty on the workout and rehabilitation market. It is the ideal solution for professional sports, prevention and rehabilitation by allowing for an effective training of the overall leg and gluteal muscles as well as parts of the core muscles.

The workout concept comprises the following forms of strength training and contraction forms:

#### Strength training

- Strength and muscular endurance
- Muscle cross-section
- Maximal strength
- Anaerobic strength
- Reaction force

#### Contraction forms

- Concentric
- Eccentric
- Isometric

#### Coordination

- Perception and workout
- Motor skills – control and ability to adapt

### Software

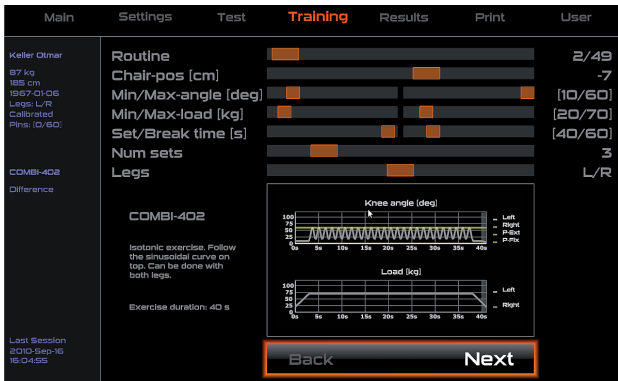
An easy-to-program and -customize training and test software aids users in defining their workout goals consequently. Measured values are illustrated visually, have a motivating impact, foster concentration and increase the direct willingness to perform.

### Performance

The highly dynamic training profiles demonstrate how fast the training device is to react. Strengths of up to 400 kg per leg are built up and broken down again in 1/10 of a second. Each leg can be moved individually.

### Gentle training technology

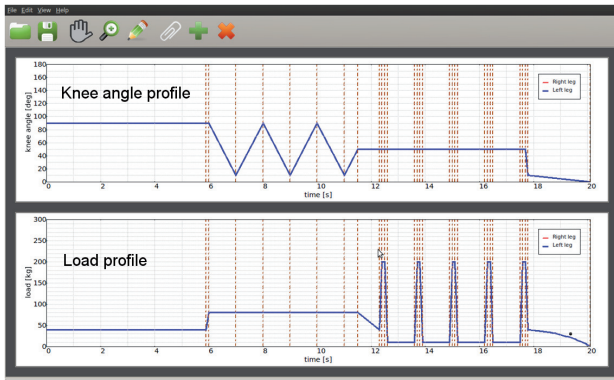
Thanks to the Festo Fluidic Muscle Technology, working out with the Dynamic Leg Press is particularly easy on the joints. This innovative, air-pressure controlled technology replaces strength control by means of traditional weights and resistance.



Desktop



Training evaluation



Training Composer



Games

**Motivation factor**

Working out on the Dynamic Leg Press is fun: Visually animated computer games such as Linux Pinguin or Ski Challenge promote the capacity to react without neglecting the therapeutic or scientific training goals. The physical simulator defines the performance rendered and compensates for any possible deficits.

**Dynamic Leg Press - Make every strength and rehabilitation workout more dynamic than ever!**



Find out for yourself – visit our showroom in Schindellegi

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