

nethos

MEDICAL TRAINING DEVICES



FOCUS OPEN 2023
Special Mention

nethos®

The nethos® training equipment series consists of hydraulic combination devices (medical device Class I), which provide a safer and joint-friendly training for patients in physio-therapy and rehabilitation.

Due to the concentric/concentric innovative hydraulic system, the movement can be stopped at any point, so that the person exercising is not subjected to any undesirable pressure or tension.

The reduced design language is not only a defining design element, but also finds its functional continuation in biomechanically optimal movement sequences with maximum reduced operating complexity.

Less but better.



principle

The simple ergonomics of the nethos user interface follows the focus on the essentials. Resistance, movement speed and number of repetitions are perfectly visualised and offer an incomparable training experience.

Aluminium and glass serve as high-quality interaction points between user and device. The materials used create an exclusive training ambience and at the same time meet the increased hygiene requirements.



Resistance controller:

The desired resistance is set independently for both directions of movement by means of the ergonomically shaped control dial.



Repetition counter:

The smart repetition counter in steps of 5 allows unrestricted concentration on the execution of the exercise.



Speed Compiler

The simple „traffic light system“ visualises the optimal training speed and increases the quality of movement.

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BUTTERFLY PRESS-BACK

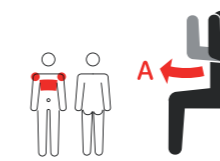
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The novel Push Adjustment System (PAS) allows for quick and convenient adjustment of the arm fixation. The Butterfly / Press-Back thus enables an axially correct training experience with a high feel-good factor.

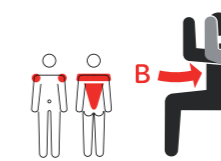
- Combination device with separate adjustable resistances for both directions of movement via the nethos user interface
- Safe and quiet training: the exercising person is not exposed to any, undesired push or pull forces at the end of the movement.
- Easy and comfortable adjustment from seated position.
- Start position user defined.

Dimensions (LxWxH): 142 x 112 x 145 cm

Total weight: 159 kg



Butterfly



Press-Back



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ABDOMINAL BACK

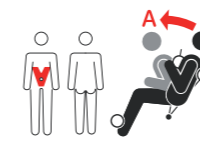
nethos 03

The anatomical shaping and biomechanically optimal arrangement of the upholstery elements enables even sensitive patients to train painfree. The innovative upper body fixation, specifically targets the abdominal and back muscles.

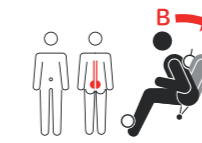
- Combination device with separate adjustable resistances for both directions of movement via the nethos user interface
- Safe and quiet training: the exercising person is not exposed to any, undesired push or pull forces at the end of the movement.
- Easy and comfortable adjustment from seated position.
- Start position user defined.

Dimensions (LxWxH): 144x78x154cm

Total weight: 160 kg



Ab Trainer



Back Trainer



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LEG CURL
LEG EXTENSION

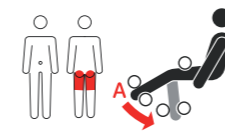
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e 04

The unique patent-pending leg fixation with the NSF technology provides an excellent training. The free running leg fixation completely eliminates the shear force in the knee, which traditionally arise when changing the training direction.

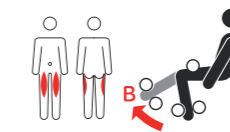
- Combination device with separate adjustable resistances for both directions of movement via the nethos user interface
- Safe and quiet training: the exercising person is not exposed to any, undesired push or pull forces at the end of the movement.
- Easy and comfortable adjustment from seated position.
- Start position user defined.

Dimensions (LxWxH): 154x107x143cm

Total weight: 181 kg



Leg Curl



Leg Extension



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ROTATION TRAINER

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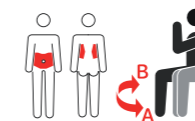
The nethos rotation trainer is a training device for building up the rotatory back muscles synergistically with the oblique abdominal muscles.

It is particularly effective at developing the autochthonous back muscles. The lower body is rotated in the device while the upper body remains fixed.

- Combination device with separate adjustable resistances for both directions of movement via the nethos user interface
- Safe and quiet training: the exercising person is not exposed to any, undesired push or pull forces at the end of the movement.
- Easy and comfortable adjustment from seated position.
- Start position user defined

Dimensions (LxWxH): 160 x 67 x 183 cm

Total weight: 229 kg



Rotation trainer



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SHOULDER TRAINER

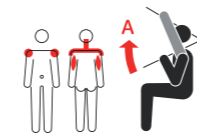
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In hardly any other device can the user feel the smooth running and the perfection in the reversal point of the nethos® hydraulic resistance as well as in the shoulder press. The fine adjustment options and the multi-grip maximise the training experience.

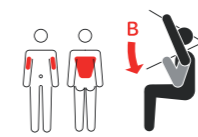
- Combination device with separate adjustable resistances for both directions of movement via the nethos user interface
- Safe and quiet training: the exercising person is not exposed to any, undesired push or pull forces at the end of the movement.
- Multi-grip for an optimal training position
- Start position user defined.

Dimensions (LxWxH): 142x105x188 cm

Total weight: 130 kg



Shoulder Press Trainer



Down Trainer



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ROW TRAINER CHEST TRAINER

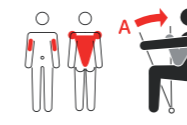
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The row / chest trainer offers a very harmonious sequence of movements. The sensitive resistance setting and the Multi-Step footrest allow perfect positioning.

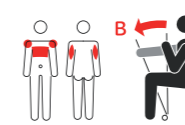
- Combination device with separate adjustable resistances for both directions of movement via the nethos user interface
- Safe and quiet training: the exercising person is not exposed to any, undesired push or pull forces at the end of the movement.
- Optimal training position for all body sizes thanks to the Multi-Step foot support
- Easy and comfortable adjustment from seated position.

Dimensions (LxWxH): 142x95x137 cm

Total weight: 141 kg



Rowing



Chest Press



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ABDUCTION
ADDUCTION

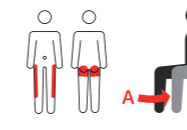
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The innovative Anti-Force-Adjustment (AFA) eliminates pressure on the knee area while the easily adjustable backrest allows training in a seated to semi-recumbent position.

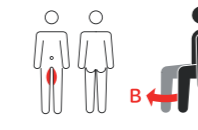
- Combination device with separately adjustable resistances for both directions of motion via the nethos user interface
- Safe and quiet training: the exercising person is not exposed to any, undesired push or pull forces at the end of the movement.
- Excellent biomechanics thanks to multiple adjustable leg pads
- Easy and comfortable adjustment from seated position.

Dimensions (LxWxH): 142x152x126 cm

Total weight: 144 kg



Abduction



Adduction



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TRAINING PLANNING AND CONTROL SOFTWARE



The optionally available aktivSYSTEM offers paperless and efficient training organisation. Training plans and medical histories are created digitally and a screen integrated into the training device guides the user through the training using biofeedback and documents the results automatically.

Equipment variants:

- Login via PIN or RFID chip (supports all modern RFID variants)
- Personalised training plans
- Medical history module
- Creation of training plans with functional exercises (optionally available)
- Trainer control via tablet / mobile phone
- W-Lan networking



design

nethos





quality



With over 60 years of experience, we focus on design and production of physiotherapeutic devices and products.

With German engineering, modern design and smart solutions, we are your professional partner in physiotherapy.

Our products are produced in our factories in Germany and enjoy a high reputation and recognition worldwide.

Our innovative technology guarantees efficient therapy and creates a unique training experience.

 Winner of the international design award „FOCUS OPEN 2023 Special Mention“



color

Upholstery colors selectable from the series Skai Pandora Plus, guarantee the highest level of comfort and durability.





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