



CE

# *itensic* Trainer

Type: s-effect

## Instructions





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# 1 General information

## 1.1 Information about the instructions

These instructions contain important information about the safe use of the *itensic* s-effect trainer. They must be stored such that the personal trainers and users have access at all times.

The instructions must be read before starting erecting and using the trainer. They must be kept in a clean, complete and legible condition throughout the use phase.

These documents are only valid for the trainer type described herein and are not subject to the manufacturer's change service.

The focus of these instructions is on the safe use of the trainer. These instructions do not include a comprehensive technical description. The manufacturer is not liable for damage caused by the incorrect use, mishandling or insufficient knowledge of the instructions.

## 1.2 Copyright

These instructions may not be reproduced or disseminated, whether in part or in full, without the express consent of the manufacturer. This also applies to saving them on other media.

This document may not be used apart from the intended purpose. Forwarding to third parties without the express consent of the manufacturer is not permitted.

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Violations shall result in a requirement to pay compensation.



### 1.3 Sales / Service / Manufacturer

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### 1.4 Labels on the trainer

There is a nameplate on the trainer with the following symbol:



The trainer-specific type, serial number, year of manufacture, additional maximum weight and the maximum user weight are stated on the nameplate.

### 1.5 Technical data

Footprint	approx. 1.243 x 992 mm
Height, complete trainer	approx. 1,294 mm
Total weight of the trainer	approx. 130 kg
weight of the lower section	approx. 60 kg
weight of the upper section	approx. 70 kg
average intensity of use:	320 days / year; 10 hrs / day



## 2 Description of the trainer

### 2.1 Use and active principle

The *itensic* trainer has been designed for an innovative training concept for physiotherapy treatment of patients and other interested persons. The concept of the treatments possible with this trainer has been developed by a physio and manual therapist.

*itensic* stands for targeted and medically well-founded training that strengthens the back and stomach simultaneously from the inside.

The principle of the trainer comprises in the bodyweight of the user generating a centre of gravity on the seat of the trainer, which has to be balanced using muscle power. To this end the seat of the trainer, which is moved in a straight line, can be set at various downward angles. By using the muscle groups being worked, the user then moves on the seat alternately to the lower position and then pushes themselves back up.

The user's own bodyweight acts as the training weight. The forced straight-line movement of the training movements ensures that only the intended muscle groups really are targeted. As other muscle groups do not have to be used as balance, all the movement energy is used for the strengthening muscles.

As a result of the movements, the lower back is stabilised almost completely and training is therefore possible without risk of injury.

### 2.2 Place in the itensic line

Use of the *s*-effect trainer can be combined with two other trainers (*f*-effect and *b*-effect). All three trainers allow the targeted training of the deep musculature in the area of the lower back. The difference lies in the seating position in relation to the possible movements made and thus the effect on different muscle groups.

*itensic f*-effect ("Front") stimulates the lower stomach muscles *Musculus obliquus externus* (external abdominal oblique muscle) and *Musculus obliquus internus* (internal abdominal oblique muscle), as well as the lower section of the *rectus abdominis*. Unlike with other devices, the hip flexors cannot be used to compensate.

*itensic s*-effect ("Side") is devoted to the *Musculus transversus abdominis* (transverse abdominal muscle). Unlike with other devices, the hip abductors cannot be used to compensate.

*itensic b*-effect ("Back") trains the deep back muscles, in particular the *Musculus multifidus* (multifidus muscle). Unlike with other devices, the hip extensors cannot be used to compensate.



## 2.3 Safety-relevant features

Based on the applicable regulations, the *itensic* trainer is assigned to Class I according to the Medical Device Directive 93/42/EEC.

Each trainer comprises a stable welded construction, which has been structurally calculated and designed according to the expected loads.

The footprint has a diameter of 1,200 mm. This guarantees that the centre of gravity of the occupied trainer excludes a risk of tipping in every seat position and irrespective of the weight of the user. The trainer does not have to be fixed or otherwise secured to the floor. In order to prevent the risk of sliding, the access surfaces of the trainer are fitted with an aluminium bulb plate.

The entire construction is powder-coated in order to prevent corrosion damage. The seat and other contact surfaces of the trainer are upholstered and fitted with an easy-to-clean faux leather that, like the rest of the trainer, can be easily disinfected without causing subsequent dangers for touching skin areas.



### 3 Erecting and assembling the trainer

The trainer is shipped fully assembled. Only the adjustable feet are enclosed with the trainer and have to be screwed into the underside of the stand into the threaded plates.

The device has six height-adjustable feet with a rubber surface on the base. As a result, the trainer can be adjusted to the floor at the place of use and

the height-adjustable feet have to be aligned after positioning so that the trainer stands horizontally and is secure without tipping.

The weight is stated in the technical data. If necessary, appropriate equipment must be used for suspending the load when assembling the trainer in order to prevent danger

When erecting the trainer, safe access and compliance with the prescribed rescue and emergency routes must be ensured.



## 4 Equipment on the trainer

### 4.1 Setting the degree of difficulty

The degree of difficulty of the training depends on the angle of the seat position. Depending on the fitness of the user, the trainer can be adjusted from easy to difficult loads. To select the degree of difficulty, the angle of the guides for the seat in the trainer has to be changed.

To do this, pull back a sprung bolt (handle) by hand, which is then reinserted into the hole in the lock after setting the desired angle. (see figure 1).

The various positions of the lock are marked on the trainer with capital letters and a dash.

The s-effect trainer has 5 settings: A, B, C, D, E, (figure 1)



Figure 1: Setting the degree of difficulty



## 4.2 Setting the height of the body support

The position of the side-mounted body support can be adjusted to the size of the user.

To do this, pull back each sprung bolt (handle), which is then reinserted into the hole in the lock after reaching the desired position. (see figure 2)



Figure 2: Setting the side-mounted body support



## 5 Using the trainer

### 5.1 Safety information when using the trainer



Use of the trainer by a patient or by other persons is only permitted after sufficient instruction by a trained personal trainer!



When giving instruction, it must be explained in particular that sufficient body tension or force must be applied to the trainer before releasing the movements so that the locking bolts can be released. The training person must be know how the trainer can be restored to a safe condition with the locking bolts after completing the exercises.



Users must be supported appropriately when making the correct settings to the trainer. The set degree of difficulty must correspond to the user's fitness level. If in doubt regarding the permitted load for the user, always start with the setting at the smallest load!



Before starting the training, the trainer has to be adjusted correctly to the user's size by setting the side-mounted body support

### 5.2 Using the seat lock

When not in use, the seat position is secured by a lock. When the user has sat down and the settings for the degree of difficulty and the chest and back supports have been adjusted correctly (see figure 2), the locking can be released with a lever (see figure 3). Only then can the seat be moved.

The lever can only be moved when body force is actively applied upwards, against gravity. Otherwise, the seat remains locked. This prevents the seat position moving uncontrolled and unchecked to the limit stop in the trainer if the movable axis is released while the user is not prepared, which can result in injuries.



**Lever for locking the seat**

Figure 3: Lever for moving the locking bolt

### 5.3 Increasing the training load

To increase the training loads, additional weights up to 50 kg can be placed on the appropriate holder (see figure 4).



Figure 4: Pin for additional weights and setting the movement limit

### 5.4 Safely ending the use

To end the exercise, the lever is returned to the desired end position and the lock is locked. There must be an audible click as it locks.



## 6 Maintenance

The bearings of the moving parts of the trainer are maintenance-free. The trainer must be cleaned regularly and checked that it is in good working order and that the screw connections are tight.

If damage is found, expert repairs must immediately be made.

The spare parts and worn parts used must correspond to the specified technical requirements.



Typically, only original spare parts meet the requirements for expert repair of the trainer. If the trainer is damaged as a result of unsuitable parts being used, the manufacturer shall not accept liability!

When making repairs, please ensure that structural features of the trainer are not changed so that safety is diminished.

Only suitable, non-aggressive cleaning agents may be used when cleaning the trainer.

## 7 Disposal and recycling

No materials have been used in the construction of the trainer, for which special disposal processes are specified.

If the trainer is decommissioned after the end of its useful life, the national laws and provisions for disposal applicable at this time must be observed.

When disposing of the cleaning materials used, the requirements of the product descriptions and safety information, which must be provided by the suppliers, must be observed.