



LifeFitness

FITNESS EQUIPMENT FOR
**HOSPITALS
& REHABILITATION**



WE TAKE THE PRESSURE OFF YOU

Outfitting a fitness environment that addresses the diverse and sensitive needs of your users is our ultimate goal. Life Fitness provides safe equipment to improve the health of your patients. Designed for easy access with a wheelchair, our equipment can accommodate your various recovery and rehabilitation requirements.

Let us handle the load. We have the knowledge, equipment and services to help you run a safe and effective fitness environment in your facility. Our products are known around the world for their sophisticated design, superior durability, maximum safety and ease of use.

**LIFE FITNESS,
THE GLOBAL LEADER IN THE
FITNESS INDUSTRY,**
is driven to provide the wellness
solutions that help people develop,
maintain or regain an active and
healthy life.

Our commitment to health started more than 40 years ago when we created the world's first electronic exercise bike. We now have an ever growing portfolio of innovative products that help everyone to reach their personal wellness goals.





LIFE FITNESS HAS A WIDE PORTFOLIO OF FITNESS PRODUCTS THAT ARE INVITING, EASY TO USE, AND PERFECT FOR HOSPITALS & REHABILITATION.



WELLNESS SOLUTIONS	WHY LIFE FITNESS
Step-Through Recumbent Bikes	<ul style="list-style-type: none"> > Easy access and start up > Strengthens leg muscles, improves balance
Elliptical Cross-Trainers	<ul style="list-style-type: none"> > Biomechanically engineered for a smooth, natural feeling motion > Full-body workout greatly improves stability and mobility
Treadmills	<ul style="list-style-type: none"> > FlexDeck® Shock Absorption System reduces stress on the knees and joints by up to 30% > Bolsters general cardiovascular health, which makes walking easier and increases stamina
Dual Adjustable Pulley	<ul style="list-style-type: none"> > Builds balance, stability and power > User-defined paths of motion that allow for an endless variety of exercises
Optima Series Dual Stations	<ul style="list-style-type: none"> > Smooth and natural motion for effective and comfortable strength training > Strength training is another good way to improve balance
Keiser Functional Trainer	<ul style="list-style-type: none"> > Uses pneumatic resistance which eliminates shock loading to connective tissue and joints > Resistance can adjust in 0.1 kg increments, via push-button controls

KEISER®

THE POWER IN HUMAN PERFORMANCE

PNEUMATIC STRENGTH TRAINING FOR CLINICAL PRACTICES

- Ability to change resistance in 0.1kg increments
- Zero starting resistance on most machines
- Zero shock loading to muscles, connective tissue & joints

The mission at Keiser is to help your clients achieve better results, faster and safer than was ever possible. In fact, according to research, your clients - from cardiac rehabilitation patients to athletes - can work harder and start their programs sooner using Keiser equipment. By utilising the power of Keiser's free moving pneumatic technology - pumping air instead of iron - users can safely increase their power output as speed increases. **This allows for intense functional workouts with zero shock load to muscles, connective tissues and joints, making Keiser the perfect equipment choice for hospitals and rehabilitation centres.**

Keiser has a complete range of products from single station Strength pieces to Cardio, to Hybrid Power Racks, and their Infinity Series cable machines, which have the ability to add resistance from as little as 0.1 of a kilogram, giving almost anyone the chance to experience the benefits of strength training with Keiser.

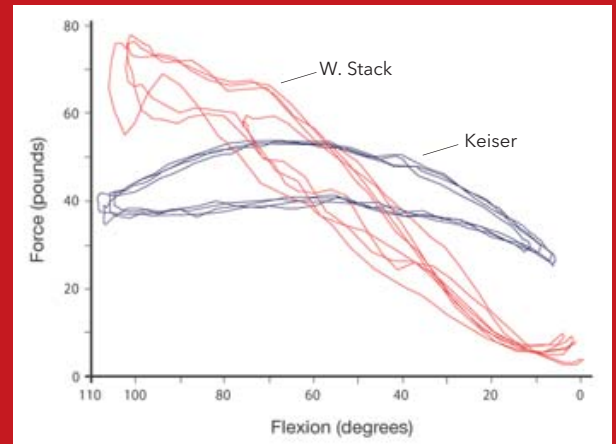


INFINITY
Series

As the name suggests, these multi-functional machines can be used for an unlimited range of exercises - from targeted to sports-specific training. This unique cable line allows users to safely work any muscle group at any angle, at any resistance, and at any speed providing maximum versatility with minimum size.

Why is Keiser Equipment Different?

- Ability to change resistance in 0.1kg increments
- Zero starting resistance on most machines
- Zero shock loading to muscles, connective tissue & joints
- Easy to read digital displays
- Convenient fingertip resistance controls
- Resistance changeable at any time, even during movement
- Constant resistance at any speed, from slow to explosive
- Compact, efficient space saving design
- Easy entry/exit - suits a wide array of users & body types
- Equipment is easy to use and non-intimidating



Keiser Pneumatics vs. Traditional Weight Stacks



POWER Racks

The difference between Keiser Racks and standard racks is the unique hybrid design which combines pneumatic and free weight resistance to emphasize not only strength but also speed and stability training. Keiser Racks are available in several configurations, suiting a variety of spaces.



Air250 **Upper Back**

Keiser's Air250 Upper Back is an effective and efficient exercise for the upper back and incorporates a two-grip hand configuration to allow individuals to do seated row exercises in strict form, but with some variety. This machine also features an adjustable chest cushion, which helps stabilise the exercise posture.



Air350 **Biaxial Chest Press**

The creative engineering of the Air350 Biaxial Chest Press combines two chest movements into one exercise. Converging movement (as you press outward the hands also move inward) takes the chest muscles through a greater range of motion. This increased range of motion, along with the natural strength curve generated by the biaxial movement ensures maximum development of the important muscles of the chest and upper arms. The individual movement of the exercise arm prevents the stronger side from helping out the weaker side. Range of motion adjustments accommodate various body sizes and flexibility.

The 12-piece Air250 strength range uses bilateral movement and includes; **Triceps, Military Press, Arm Curl, Upper Back, Lat Pulldown, Seated Chest Press, Abdominal, Lower Back, Standing Hip, Seated Leg Curl, Leg Extension and Leg Press.**

The 8-piece Air300 strength range use unilateral movement so you can train limbs independently. The range includes; **Hip Abductor, Hip Adductor, Squat, Leg Extension, Runner, Seated Calf, Leg Curl and Leg Press.**

The 3-piece Air 350 strength range features unilateral, bilateral and biaxial movement. It includes; **Biaxial Chest Press, Seated Butterfly and Upper Back.**



Air300 **Leg Press**

The Air300 Leg Press is extremely smooth and is the product of choice for sports applications and the rehabilitation market. The combination of unilateral movement and Keiser's smooth pneumatic technology make it a perfect machine for power training. The fully adjustable seated position protects the lower back by keeping it stabilised, offering a better pre-stretch on the gluteus muscles, which allows them to be more active during the exercise. Easier entry and greater range of motion are achieved through a movable stop to hold the foot plates during entry and exit.



Air300 **Leg Extension**

The Air300 Leg Extension with its unique unilateral movement is a perfect match for rehabilitation and sports specific applications. Keiser's pneumatic technology allows users to adjust resistance in 1kg increments making it ideal for rehabilitation. The additional benefit of the unilateral movement also helps correct strength imbalance.

PARTNERING FOR SUCCESS: RELIABLE SALES & SERVICE SUPPORT

When you consider our extensive experience in the fitness industry, Life Fitness is the only company that can deliver its customers a comprehensive fitness solution. For this reason, we do not consider that our relationship with the customer begins or ends with the sale - it begins with the rigorous testing in our laboratories and continues in the field with a dedicated ongoing service & support regime. Our specialised sales professionals have extensive experience in dealing with leading hospitals and rehabilitation facilities, thus delivering the most comprehensive fitness solution.

We are dedicated towards supplying the "complete solution", starting from the initial project planning, through to attractive finance packages and marketing material to promote your new facility - Life Fitness is truly your experienced fitness partner.

✓ **Tailored Fitness Solutions**

- Comprehensive planning & sales support
- Guaranteed implementation within specific budgets and timings
- Attractive finance & rental options available



✓ **2D & 3D Facility Planning**

- Advice on product selection and arrangement in space
- 2D layout and 3D rendering for a detailed plan that creates a unique environment for your users



✓ **Unmatched Service**

- On-site staff product & maintenance training
- All repairs performed by Life Fitness factory trained technicians
- Optional Lifeguard service contracts available to ensure your equipment is kept in optimal condition



LifeFitness

AUSTRALIAN HOSPITAL & PHYSIO INSTALLATIONS

VIC

ALFRED HEALTH BURNS UNIT - PRAHRAN
ALFRED HOSPITAL - CAULFIELD
ALPHINGTON SPORTS MEDICINE CLINIC - NORTHCOTE
ANGLISS HOSPITAL - REHAB CENTRE
BALLARAT COMMUNITY HEALTH CENTRE
BARWON HEALTH EFM - GEELONG
BELEURA SPORTS & SPINAL CENTRES
BROADMEADOWS HEALTH SERVICE / HOSPITAL
CAULFIELD HOSPITAL
CLAYTON COMMUNITY REHAB CENTRE
COLAC COMMUNITY HEALTH SERVICE
CRANBOURNE COMMUNITY REHAB CENTRE
DANDENONG COMMUNITY REHAB CENTRE
DONVALE REHABILITATION HOSPITAL
EAST WIMMERA HEALTH SERVICES
EPWORTH HOSPITAL EFM - RICHMOND
EPWORTH HOSPITAL - PHYSIO - RICHMOND
GIPPSLAND EXERCISE PHYSIOLOGY
KILMORE PHYSIOTHERAPY - KILMORE
KINETIC PHYSIOTHERAPY - SORRENTO
KINGSTON COMMUNITY REHAB CENTRE
LAKE HEALTH GROUP
LIFECARE PRAHRAN SPORTS MEDICINE
MELBOURNE CITY BATHS PHYSIO - ST KILDA
MONASH MEDICAL CENTRE PHYSIO
MUSCULOSKELETAL THERAPY - WILLIAMSTOWN
NORTH EAST LIFE YARRAWONGA
NORTHERN HOSPITAL- EPPING
PAKENHAM COMMUNITY REHAB CENTRE
PETER JAMES REHAB - BURWOOD
PLATINUM PHYSIO - WINDSOR
PORT PHILLIP COMMUNITY REHABILITATION CENTRE
RINGWOOD EAST PHYSIOTHERAPY CENTRE
ROWVILLE PHYSIOTHERAPY
ROYAL MELBOURNE HOSPITAL
SPRINGVALE COMMUNITY REHAB CENTRE
ST JOHN OF GOD HEALTH CARE - NORTH BALLARAT
ST JOHN OF GOD HOSPITAL - BENDIGO
STRATHDON COMMUNITY - FOREST HILL
ST VINCENTS HOSPITAL - FITZROY
THE NEXT STEP SCI RECOVERY INCORPORATION
WHITEHORSE COMMUNITY HEALTH SERVICE - BOX HILL
WESTEN HOSPITAL - FOOTSCRAY
WILSON PHYSIOTHERAPY GROUP - BALWYN

QLD | NT

ACTIVATE REHABILITATION - KIRWAN
ACTIVE REHABILITATION - HOPE ISLAND

ACTIVE REHABILITATION - MATER
ALLIED REHABILITATION - TOWNSVILLE
CHRYSALIS MEDI SPA - ALTKENVALE
GOLD COAST HOSPITAL
GREENSLOPES PRIVATE HOSPITAL
HEALTH & WELLBEING NORTH WARD
INFOCUS PHYSIO& SPORTSCARE - CLEVELAND
INSTITUTE OF SPORTS & SPINES - CARINA
MACKAY HOSPITAL
PINDARA PHYSIOTHERAPY - BENOWA
QLD HEALTH - PRINCESS ALEXANDRA HOSPITAL
QLD HEALTH - TOWNSVILLE HOSPITAL
QLD KNEE SURGERY CLINIC - BRISBANE
QUANTUM REHAB - MAROOCHYDORE
ROYAL BRISBANE HOSPITAL
SPORTSMED - TOWNSVILLE & HYDE PARK
ST ANDREW WAR MEMORIAL HOSPITAL - SPRING HILL
STANTHORPE HEALTH SERVICE
WESLEY CORPORATE HEALTH - MILTON

NSW

ASPIRE HEALTH & PERFORMANCE SOLUTIONS
BALMAIN HOSPITAL
BATHURST PHYSIO & SPORTS INJURY CARE
BOUNCE REHAB - PYRMONT
CANBERRA HOSPITAL
CONCORD HOSPITAL
DOYLES PHYSIO - PYRMONT
EAST WEST PHYSIO - HUNTERS HILL
EMBRACE HEALTH & WELLNESS - KEARNS
FITTO MANAGE - DEAKIN
GALEN AND GRAY - ALEXANDRIA
GLENROCK COUNTRY PRACTICE - WAGGA WAGGA
HAWKESBURY PHYSIO
HEALTHFIT - MILTON
HYDROFIT - NARELLAN
LADY DAVIDSON HOSPITAL - NORTH TURRAMURRA
LIZ MILLARD PHYSIO - CROWS NEST
MAROUBRA DYNAMIC PHYSIOTHERAPY
NEPEAN HOSPITAL - KATOOMBA
NEWCASTLE AQUATIC CENTRE PHYSIO
PHYSIO AT MAJORS BAY
PHYSIO EXTRA - SARATOGA
PRIMARY PHYSIO CARE - GREENACRE
ROSANNE COUTTS CLINIC - LISMORE
SOUTH WEST PHYSIO - NARELLAN
SYDNEY ADVENTIST HOSPITAL - WAHROONGA
YOUR HEALTH SOLUTIONS - WETHERILL PARK

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WHAT WE LIVE FOR

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