

# PHILIPS

Recumbent stepper

ReCare



PTE7000MS



## Total-body exercise that's easy on the joints

### Minimize impact

The 7.0 S's semi-recumbent position helps eliminate stress on hips, knees and ankles. The upper body exercise program helps build patients' strength and achieve symmetrical balance, even for users with lower body limitations.

#### **Accommodating to a variety of users**

- Get on and off easily with the rotating seat
- Relieve lower-body stress on the semi-recumbent seat

#### **Accommodating for users of varying heights**

- Adjust handles forward and backward
- Adjust the seat horizontally and recline

#### **Equal range and resistance for arms and legs**

- The resistance is equal for arms and legs
- The step ranges from 1 to 12.5 inches

#### **Innovative programs**

- Download all your workout data on display
- The console measures symmetry imbalances on both sides

#### **Option for upper body only exercise**

- Rotate handles for comfortable hand position

# Highlights

## 1:1 Linear resistance

This stepper offers 1:1 resistance, which allows a stronger arm or leg to help train another arm or leg. Equal resistance is beneficial for a variety of users, including those with a wide range of motion or those with imbalance between left and right legs or arms.

## Accommodating handgrips



In addition to adjustable length, the handles also swivel in accordance to natural wrist movement. Soft, textured coating offers a secure grip.

## Adjustable handgrips



The accommodating handles are adjustable in length to fit a variety of users. Handle positioning is easily secured for legs-only, arms-only, or total-body workout.

## Adjustable seat



For the best body positioning and workout comfort, the padded seat adjusts forward and backward and also reclines.

## Console



The console displays essential, real-time performance feedback, while streaming patients' workout data to a PC. Windows display time, speed, step length, step count, watts, calories, METs, heart rate, resistance level, symmetry, and power. Programs include manual, hill, plateau, interval, facility, HR, and symmetry.

## Rotatable seat



Clinicians can comfortably place patients on the stepper by rotating the seat for the best positioning. The seat swivels 360 degrees.

Combined with a low step-over height, people with limited lower body range of motion can safely and independently get on and off the stepper.

## Semi-recumbent design

Highly versatile, the semi-recumbent design relieves stress on joints while providing a challenging workout. The seat fits nearly any patient from the elderly with mobility issues to the recreational athlete recovering from an injury.

## Step range



The step depth ranges from 1 to 12.5 inches, which allows for shallower step as well far-reaching steps. If one foot pushes its pedal forward, the other pedal will come towards the user for the same distance that it is pushed forward.

## Symmetry program

With the Symmetry program, clinicians can gauge a patient's progress in building both left and right body strength. Users will gain confidence as they see their progress indicated by the program, whether they want to rehabilitate an injury or simply train for better strength.

# Specifications

## Compliance

**Certifications:** CAN/CSA-C22.2 No. 60601-1:14, ANSI/AAMI, ES60601-1:2005+A2 (R2012) +A1, IEC 60601-1-2:2014, EN 60601-1-2:2015, IEC 60601-1:2015+A1:2012, EN 60601-1:2006, +A1:2013, +A12:2014, EN ISO 20957:2013, MDD 93/42/EEC Class Im,, NB: 0123

## Max user weight

lbs: 440

kg: 200

## Net weight

lbs: 258

kg: 117

## Overall dimensions

inches: 67x35x48

cm: 170x89x122

## Power AC

**Volts:** AC 100-240V

## CSAFE

**Yes:** -

## Drive train

**Heavy-duty:** 8 groove poly-V belt, with spring-loaded idlers

## Fan

**Yes:** -

## Hand pulse

**Yes:** -

## Programs

**include:** Custom, Hill, HR, Interval, Manual, Plateau, Symmetry

## Resistance

**level:** 1 to 20

**type:** Magnetic resistance system

## Start resistance

**watts:** 5

## Work range

**watts:** 5 to 750

## Speed range

**steps/minute:** 10 to 210

