

## EF-300 ARM / LEG THERAPY MACHINE

The EF-300 is the most versatile of the Ex N' Flex machines. It has been designed to be compact and allows you to work with the upper body limbs as well as the legs.

Adjustable crank arm lengths offer two settings for varying the amplitude of movement. The EF-300 can be easily moved from floor to the table top offering an efficient way to work the arms and shoulders.

The highly accessible control panel offers easy operation, a bio feedback indicator, forward and reverse directions, timer and three speed levels for passive or active training. Security is assured with specially designed footplates and an automatic safety shutdown.

The patented bio feedback indicator provides you with a measurement of the amount of active work being done, as well as measuring the amount of resistance caused by inflexible or contracted limbs.



### ACTIVE MODE

This mode allows you to assist the motor by moving the pedals using your strength. This builds and maintains strength and improves circulation.

#### INCREASES

- Strength and Endurance
- Flexibility
- Circulation
- Energy
- Cardiovascular Efficiency
- Coordination

#### DECREASES

- Spasms and Stiffness
- Edema

### PASSIVE MODE

Legs or arms are rotated by the electrical motor in an orbital motion similar to cycling. This provides daily range of motion and helps prevent atrophy of joints, muscles, tendons and ligaments.

#### Potential Benefits:

- Maintains Flexibility
- Relief of Joint Pain and Stiffness
- Increases Circulation
- Decreases Spasticity
- Decreases Edema



### SPECIFICATIONS

- Arm and Leg Exercise
- Speed - 10 to 28 rpm
- 3 Rotation Speeds
- Forward and Reverse
- Patented BioFeedback Display
- Trip and Total Distance
- Exercise Timer
- Automatic Safety Shutdown
- Long Life Motor
- Canada and U.S. Class 1 Medical Device
- Height - 12"
- Length - 19" / Width - 16.5"
- Weight - 20lbs / 9kg
- Power: 110 or 220 VAC

