



KIKKO HEALTH

HUMAC BIKE™

BIKE YOUR STRENGTH BACK

At CSMi we believe a bike is more than a warm-up device. A bike is the ideal strengthening tool for physical therapy and that is why we created the **HUMAC BIKE**.



THE HUMAC BIKE

The **HUMAC BIKE** uses **Isokinetic resistance** (constant speed / accommodating load). Fitness bikes use Isotonic resistance (variable speed / constant load). In physical therapy, for strength, Isokinetic resistance is superior to Isotonic resistance:

Using **Isokinetic resistance**, once at the preset speed, pedaling harder increases the load, not the speed. This is an ideal means of generating functional, accommodating muscle contractions the minute the patient's treatment begins.

With **Isokinetic resistance**, each side's resistance accommodates to that limb's output versus having to be set to the weaker side. Each side simultaneously receive a maximum strength training benefit.

ISOKINETIC RESISTANCE

The **HUMAC Bike** brings **isokinetic resistance** capability into a streamlined, clinic-friendly solution suitable for both rehabilitation and performance development.

- Seat height is adjusted with one knob
- A soft, **comfortable seat**
- **Adjustable** length **crank arms** accommodate limited ROM
- 1inch step over for **easy mounting** and **dismounting**
- **Self-powered**. Eliminates power cord and need to place by an outlet
- **Whisper quiet**

For more information contact Kikko Health on:

sales@kikkohealth.com

www.kikkohealth.com

Kikko Health are the exclusive UK & Ireland distributor of the CMSi Humac Bike. Engineered in Germany and backed by a 5-year parts warranty, this high-quality isokinetic resistance bike is the ideal addition to your performance or rehabilitation environment.

