

h/p/cosmos senior fitness

h/p/cosmos mercury 4.0



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h/p/cosmos sports & medical / germany
http://www.h-p-cosmos.com
mailto:hp@cosmos.com
Training-Part: Scotland
Datum: 14.06.2002
Zeit: 16:25
Mode: manual

Name: _____
Notiz: _____

Zeit      Distanz  Geschwindigkeit  Steigung  Herzfrequenz
hh:mm:ss km      km/h              %          1/min
00:00:00  0.000    0.0               0.0        089
00:00:05  0.001    1.2               0.0        089
00:00:10  0.007    7.8               0.0        087
00:00:15  0.022    10.0              0.0        105
00:00:20  0.035    10.0              0.0        114
00:00:25  0.049    10.0              0.0        122
00:00:30  0.063    10.0              0.0        124
00:00:35  0.077    10.0              0.0        129
00:00:40  0.091    10.0              0.0        130
00:00:45  0.104    10.0              0.0        133
00:00:50  0.118    10.0              0.0        133
00:01:05  0.132    10.0              0.0        134
00:01:50  0.146    10.0              1.0        127
00:02:05  0.159    10.0              1.0        133
00:02:10  0.173    10.0              1.0        139
00:02:15  0.187    10.0              1.0        141
00:02:20  0.201    10.0              1.0        140
00:02:25  0.214    10.0              1.0        142
00:02:30  0.227    10.0              1.0        144
00:02:35  0.241    10.0              1.0        144
00:02:40  0.254    10.0              1.0        144
00:02:45  0.268    10.0              1.0        145
00:02:50  0.282    10.0              1.0        145
00:02:55  0.295    10.0              1.0        145
00:03:00  0.309    10.0              1.0        145
00:03:05  0.323    10.0              1.0        145
00:03:10  0.337    10.0              1.0        145
00:03:15  0.350    10.0              1.0        145
00:03:20  0.364    10.0              1.0        145
00:03:25  0.378    10.0              1.0        145
00:03:30  0.392    10.0              1.0        145
    
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sports

[Illustration non-binding]

pos.	order number	product description	price
01	cos0C197080000	Running machine h/p/cosmos mercury 4.0 Running surface 150 x 50 cm, Speed 0 ... 22 km/h, Elevation 0 ... 24 %, Drive motor 2.2 kW, Interface port COM1 for PC or printer, incl. software h/p/cosmos para control for remote control and supervision	
02	cos00097010035	Interface connection cable RS232, 10 m	
03	cos00098060044	h/p/cosmos arm support, adjustable in height and width	
04	cos10106	h/p/cosmos additional keyboard for arm support and for remote control, 6 keys, 2 m cable	
05	cos10107	h/p/cosmos additional stop-button for arm support, right hand	
06	cos11020	Bottle holder for handrail	
07	cos14954	h/p/cosmos satellite print - printer-Set for direct documentation without PC, incl. laser printer, RS232 converter with cable, printer trolley	
08	cos00097010017	Transport in cardboard box (assembled or part-assembled), installation & instruction included	
System h/p/cosmos senior fitness			

E & OE. Subject to alterations without prior notice. System- and Software-training as well as workshops on request. Special accessories and custom made running machines for special applications on request. Manufacturer: h/p/cosmos sports & medical gmbh, Am Sportplatz 8, DE 83365 Nussdorf-Traunstein / Germany, phone + 49 / 8669 / 86 42 0, fax + 49 / 8669 / 86 42 49
sales@h-p-cosmos.com www.h-p-cosmos.com

running machine:	h/p/cosmos mercury 4.0 treadmill ergometer) with user terminal (display & keyboard) stand-alone & remote control via RS232.
applications:	running for sports & fitness, not for medical use
running surface:	length 150 cm / 59.05", width 50 cm / 19.68", access height 18 cm - special size on request - shock load reduction for the joints - belt surface with non slippery material - max. permissible load: 200kg (440 lbs)
speed range:	0 ... 22.0 km/h / 0...6.1 m/sec. / 0...13.6 mph) special speed up to 30 km/h on request
acceleration:	7 levels (in 3...131 sec. from 0 to max. speed) also for deceleration
elevation:	0 ... 24 % (0 ...1 3.5°) adjustable electr., resolution 0.1% (-24%...+24% when using the reverse belt rotation) special elevation on request, electronic motor break system prevents from accelerating when running at max. elevation
running direction:	switch for reversing running belt direction, (option extra charge) safety-harness required for reverse
motor system:	2.2 kW (3.0 HP) 3phase A.C. motor (maintenance free)
power transmission:	Poly-V-Belt drive (very quiet operation)
safety systems:	CE, IEC EN 60335-1 (VDE 0700); IEC EN 60601-1-2 (EMC approval); IEC EN 60601-1-4 VDE 0701; EN 957-1; EN 957-2; EN 957-6; emergency-stop-switch
display (resolutions):	6 LCD displays, 4 LED for operation mode, 20 LEDs: display of units, profile no, steps, etc. speed (0.1 km/h or m/sec or m/min or mph), time (00:00) in hours, minutes & seconds, elevation (0.1 %/ °) distance (1 meter ... 999.9 km or miles), METS (1 MET) program step/number,energy (1kJ/ kcal), fitness index (1) power (1 Watt), heart rate (1 bpm/beat per minute)
heartrate monitoring:	POLAR wireless, 1-channel receiver, ECG-accurate, measuring and display beat to beat
heartrate control:	automatic control of speed and elevation according to programmed target heart rate („cardio mode“)
interface digital:	1x RS232 COM1 incl. PC-, CosCom-, Blood-Pressure-Monitor-, ECG-, Ergospirometry- & series printer protocol (optional 2nd RS232 interface COM2: extra charge)
programs:	20 programs / profiles - 6 exercise profiles (scalable, 131 variations) - 10 test profiles (UKK Walktest, Cooper, Conconi, Graded Test etc.) - 4 free defineable profiles, 10 steps each
free PC software:	h/p/cosmos para control for display & remote control.
software:	h/p/cosmos para graphics & para analysis. (option extra charge) PC software for monitoring, recording & control
colour of frame:	grey aluminium RAL 9007 (powder coated), other colours available on request
handrails:	steel tube handrails on both sides, open shape to the front, frontbar handle available
voltage supply:	220/240 Volt, 50/60 cycles (Hz), 1 phase AC, 15 Amps special voltage supply available on request
size of frame:	length 210 cm / 82.67", width 82 cm / 32.28", height 136 cm / 53.53"
weight:	approx. 190 kg / 420 lbs

E & OE. Subject to alterations without prior notice. Further details & accessories on request.

Authorised h/p/cosmos dealer