

## h/p/cosmos discovery 4.0

### ladder ergometer



According to the grip technique and position, different muscle groups can be worked. Through a shoulder height grip the upper-body coordination and grip will primarily be trained whilst the main effort will be concentrated in the leg muscles. When grip is at head height or on the rungs above the head, the effort can be concentrated upon the upper body with the intensity dependent upon the effort.

A firm hold to the side rails or upper handles spreads the effort between the upper and lower body.

#### The advantages

Upright posture position allows for training of the back and upper body muscles. Muscle toning and endurance training for gluteus and quadricep muscles.

Improved grip strength and coordination.



Individual adjustable loading. Physical load can be automatically adjusted through heart rate training using the POLAR Heart Rate Measurement system.

Interface for computer incl. coscom protocol and other physical load control equipment. Thus allowing visualisation, management and analysis of training using software h/p/cosmos para graphics.

Safe to use as the equipment responds to the user's effort and body weight.

Speed	0 - 40 m/s
Angle of gradient	75°
Mains connection	220 - 240 V - 10 A, 50 - 60 Hz
Rung width	45.0 cm
Rung interval	25.4 cm
Useable (productive height of climb)	235.0 cm
Total dimensions H x W x D	247 x 93 x 100 cm
Weight	approx. 300 kg / 663 lbs

ladder ergometer:	h/p/cosmos discovery 4.0 standard version for sports & fitness purpose
height of climb:	235 cm max., useable (productive)
rung interval:	25.4 cm / 10.0 inches
rung width:	49.5 cm / 19.5 inches
angle of gradient:	75°
speed range:	1.0 - 40.0 meter/min., resolution 0.1 m/min
acceleration:	7 levels (3 ... 131 sec. from 0 to max.) manual or preprogramming for each single program step
deceleration:	7 levels (3 ... 131 sec. from 0 to max.) manual or preprogramming for each single progr. step
brake system:	3 phase AC motor (CE-mark, no maintenance)
motor capacity:	0.75 kW
power transmission:	chain system
max. subject weight:	max. 140 kg / 308 lbs, min. 20 kg / 44 lbs
safety systems:	CE & EMC, safety check for sports devices according to VDE 0700/0701, light barriers, automatic-stop, handrails on both sides and at the top
heartrate monitoring:	POLAR wireless, 1-channel-receiver, ECG-accurate measurement beat-to-beat
physical load control:	automatic control of speed according to target heart rate
display:	6 LCD Displays for Speed, Distance, Time, Gradient, Program-No. & Step, Energy Consumption, Wattage, Heart Rate (Pulse)
interface:	digital: RS 232 (V 24) incl. PC-, CosCom-, and series interface protocol
programs:	10 facilities total incl. test-programs, interval graded tests, etc. 4 facilities free programmable with up to 10 steps
software:	h/p/cosmos para control for remote control and supervision Optional, extra charge: h/p/cosmos para graphics incl. Export to HRCT, Export PA 7000, Export POLAR and Export ASCII PC software for online monitoring and recording of speed, heart rate, distance and time
colour of frame:	Grey-Aluminium RAL 9007 (powder-coated)
voltage supply:	220/240 Volt, 50/60 cycles (Hz), 1 phase AC, 16A (special voltage supply available on request)
size of frame:	Width 90 cm / 35.43 inch, Depth 101 cm / 39.76 inch Height 247 cm / 97.23 inch)

E & OE. Subject to alterations without prior notice.

System- and software training as well as workshops on request. Special accessories or special applications on request.

**Manufacturer:**

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