

# ENRAF-NONIUS

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# ENRAF-NONIUS

## A story of success

### The company history

More than 80 years ago, in 1925, the First Dutch Röntgen Device Factory (ENRAF) in Rijswijk started developing equipment for röntgen applications and diathermy. The production facility was later moved to the city of Delft, known not only for its world-famous Delft Blue porcelain, but also for its university, which for centuries has produced the country's top engineers and where research has always been a core activity. In 1948 the instrument maker firm Nonius was set up by the founder of Enraf. The company specialised in precision measuring instruments. Enraf, meanwhile, had not stood still, and had started making a name for itself in electro surgery, with, for example, the Curatis.

With participation in Enraf by the English company Evershed & Vignoles (it is by now 1955), the rights to the manufacturing and sale of a very advanced range of electronic measuring and control equipment were acquired. 1965 was an important year, which saw the merger of Enraf and Nonius into Enraf-Nonius and the coming into force of the Dutch Physiotherapists Decree. Physiotherapists, masseurs and specialists were awarded the official status of paramedics, a development that also took place in surrounding countries.

The wide product range of Enraf-Nonius was at that time geared to precision and came to include industrial measuring and control equipment and medical applications. A conspicuous product at that time was the Curamed 401, the first safe and reliable diathermy device for treatment of the locomotor apparatus. During the active seventies, various acquisitions took place and our production site in Brunssum was opened.

Enraf-Nonius was a leading specialist in its field, active in three high technology areas: industrial measuring equipment, röntgen diffraction and medical equipment. The Sonopuls 407 and 417, the Endomed 415 and 422, the Dynapuls 417, 421 and 424 and the Curapuls 418 were developed during this time and became known worldwide.

The Manulekt treatment couches completed the practical product range. The couches were a welcome addition for therapists and eagerly snapped up. After a period of internationalisation and expansion during the nineties, Enraf-Nonius has since 2000 concentrated on the market for physiotherapy and rehabilitation equipment. Enraf-Nonius kept in step with a world in motion and developed into the leading specialist in the field of kinesitherapy. An international network of highly trained, reliable product experts make our products available to motion specialists around the globe. Functionality, reliability and durability are concepts that were associated with Enraf-Nonius products then as they are now. The latest production techniques, workmanship and the company's continuing interest to optimise its products through customer feedback, confirm the company's image of "passion for motion", in which the human being has a central position and is a true *partner for life*.

EN-Projects, a subsidiary of Enraf-Nonius, contributes to the international success and reputation of the company. EN-Projects specialises in Turn Key Medical Equipment and realises large-scale global projects in hospitals and rehabilitation centres. With many years' experience and proven reliability, EN-Projects is a valued partner for international ministries, health and other government bodies. EN-Projects have been realised in Europe, Latin America, Asia and the Middle East, and with its current large-scale schemes EN-Projects is providing an ongoing contribution to the development of physiotherapy in less developed countries.

**Our product catalogues are divided into three sections:**

### Technical physiotherapy equipment

This is characterised by a selection of unsurpassed, contemporary, high technology physiotherapy equipment. A wide assortment of electro and ultrasound therapy, electro stimulation, vacuum therapy, biofeedback, shortwave and microwave therapy, thermotherapy and traction. Special attention has been paid to our new products in the Technical Physiotherapy section. Equipment for top performance and quality!

newcomer in our range, the result of advanced technology combined with user feedback and the expertise of our developers to meet this need. An extremely attractive, safe and stable standard couch that will appeal to everyone. It projects strength, safety and functionality, and comes at an attractive price. The couch that completes the famous Enraf-Nonius treatment couch collection.

### Active rehabilitation and medical fitness

This section provides a complete overview of our products for active and functional rehabilitation and medical fitness products.

the functionality, quality and reliability of this equipment. We also have something new for you in this section: the EN-Motion, a physio treadmill fitted with the latest techno gadgets and unique options.

With our extensive knowledge, customer-orientation and continuous urge to adapt our products to today's customers, using the latest technological developments, Enraf-Nonius also professionally advises on the setup of your exercise area. Our experts will be pleased to offer advice and guidance in creating a contemporary, functional, stylishly designed

with you, to help improve the quality of life of all people. In Rotterdam we do this within R&D, national and international sales and marketing, technical service, the administrative department and EN-Projects. Our logistics team does this every day in Brunssum.



### The treatment couches

The Manumed treatment couches form a comprehensive range of specialist couches with ultimate stability, easy adjustability and total comfort. Couches that can be adapted for every personal requirement. The Manumed treatment couch is used in practices, hospitals and healthcare centres worldwide. We also have a

Products that show that we have blended quality, functionality and design into a whole. Equipment designed with the utmost care, meeting the most stringent requirements of the MDD (Medical Devices Directory). Motion specialists, Olympic athletes, impaired patients, the young, the pregnant, top football clubs and many other users have been convinced of

exercise area using our quality equipment. Enraf-Nonius has always been characterised as a market leader in the world of physiotherapy, with its unprecedented quality equipment. The basis for our unparalleled success formula was established in the past: the coming together of expertise, the delivery of quality and customer-orientation. Enraf-Nonius will continue to work

Enraf-Nonius:

**“Partner for Life”**  
with a  
**“Passion for Motion”**

**EN-Track** **EN-Strength** EN-Dynamic

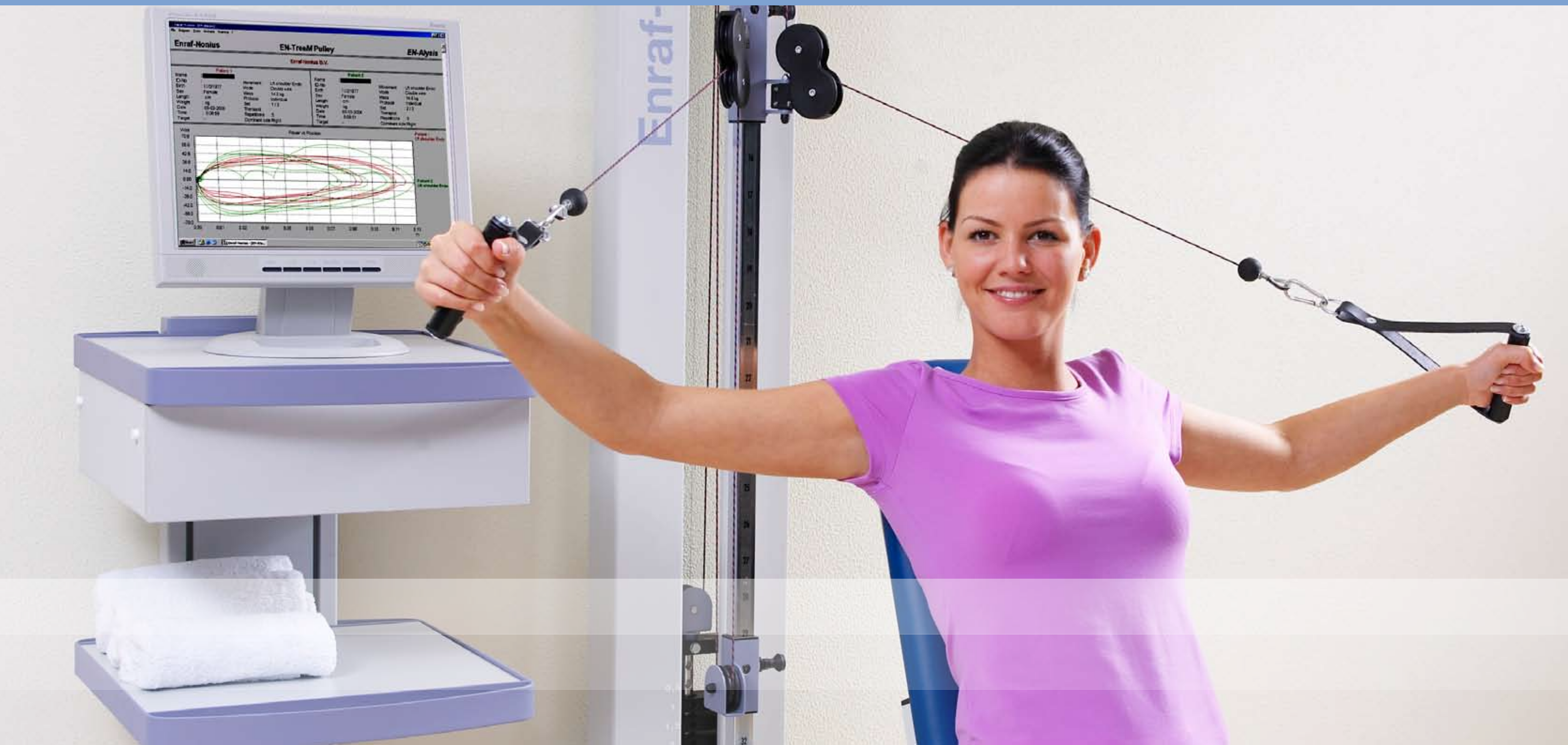
**EN-Cardio** EN-Free EN-Vibe **EN-Tree**

EN-TreeM Bike Reha EN-Mill **EN-Motion**



*Partner for Life*





### The Exercise Room - unrivalled quality equipment

Enraf-Nonius, inspired by its Passion for Motion, has developed an extensive range of products to evaluate and actively treat the human locomotor apparatus. Our products are designed for specific and responsible exercise routines and are based on continuous development. They respond to the needs of the patient and therapist. The ingenious software EN-Track allows the operator to fully supervise a high-quality rehabilitation process.

Exercise is the most effective treatment for cardiovascular, degenerative, post-traumatic and metabolic conditions. EN-Dynamic provides the ideal start for exercising correctly. Young or old, beginner or highly trained athlete, patient or client, everyone can exercise in a safe and optimal way, using the precision of air pressure. EN-Free, controlled by EN-Track, gives free exercises a whole new meaning. Our guiding principles are not only superior quality and functionality, but also optimum safety. Whether it is Enraf-Nonius power or cardio equipment, every piece meets the most stringent requirements of the Medical Devices Directives, a guarantee for medically sound treatment.

We are proud to introduce the unique new treadmill EN-Motion, a perfect example of the latest technological developments, of our passion for motion, our striving to deliver the highest quality products, and not forgetting our passion for design concepts.

Enraf-Nonius has shown yet again that it leads the way for medical fitness with its quality equipment. Overweight, diabetes, high blood pressure, high cholesterol and back pain are just a few of the health problems that cost society and commerce millions of euros in healthcare, absence from work and missed turnover every year. Research has shown that sport is the most effective and cheapest method in resolving these problems. The advanced Enraf-Nonius medical fitness equipment is contributing to tackling these problems, and helping, together with your professional guidance, to move healthier and more motivated clients to a healthier future.

Contemporary exercise rooms with  
**Enraf-Nonius state-of-the-art,**  
medically sound equipment.  
The choice of **professionals.**





The EN-Track concept gives you full control over the active rehabilitation process, ensuring optimum treatment at all times. Training schemes (including MTT, Strength Training, Cardiovascular Training and Freestyle Training Models) can easily be compiled using the training recommendations already pre-programmed in the EN-Track.

Data is collected by the patients themselves and is added to their patient status entirely automatically. The basic concept can be adapted to suit individual needs, thus guaranteeing a personalised but fully automatic monitoring of every patient. Needless to say, the ultimate training goal and the steps selected to achieve it are all fully user-definable. During the training phase, feedback of results is guaranteed.

In EN-Track, there are tests to determine initial values and training protocols linked to these aimed at power, condition, duration, interval or fat burning. On the basis of these tests and objectives, you can plan out a full exercise programme for both patients (medical fitness) and clients (general fitness and well-being). EN-Track makes it possible to have exercise programmes adapted progressively and automatically to the loadability of the user. This adaptation is checked so that overload is avoided. This also makes EN-Track exceptionally well suited to both fitness and medical fitness objectives.

- Quality management of the exercise programme
- Clear insight into patient's progress at all times
- All training principles can be freely interpolated
- Possibility of standardising exercise protocols
- Sensible and logistical training build-up
- Safe training build-up
- No manual record-keeping
- No loose workout forms
- Feedback on all exercises
- Excellent reporting facilities
- Easy-to-use software program

#### ORDERING DATA

**1411801** En-Track installation kit

#### STANDARD ACCESSORIES

**1411751** Operating manual EN-Track installation

#### OPTIONAL ACCESSORIES

**1411801** En-Track

**3444333** Chipcard drive for EN-Track

**3444103** EN-Track chipcards, 10 pieces

#### SYSTEM REQUIREMENTS

- minimal: Pentium IV processor
- minimal: 256 Mb Ram
- minimal: Windows 2000 / XP / Windows 2003 Server
- cd-rom drive
- monitor resolution minimal 800 x 600, recommended 1024 x 786



**1411801**



**3444333**



**3444103**





## EN-Track exercise concept



### EN-Cardio

A complete series of automatically adjustable cardio respiratory exercise equipment, ranging from ergometer bikes to rehabilitation belts.

All EN-Cardio equipment works with the EN-Track concept and is perfect for use in both rehabilitation and post-rehabilitation.



### EN-Strength

A multi-functional pneumatic pulley and a complete series of automatically settable pneumatic exercise units with equipment for the upper and lower extremities and for the trunk.

EN-Strength was specially developed for use both by patients (in rehabilitation) and clients (in fitness and well-being).



### EN-Tree

A complete series of multi-functional pulley systems with which you exercise by means of both isolated mono-articular and complex multi-articular movements.

The EN-Tree series comprises various forms of implementation that allow perfect training with explosive movements as well as traditional power exercises.



### EN-Free

With EN-Free, it is possible to integrate every form of exercise within the EN-Track concept. This means you can, for example, seamlessly incorporate ball exercises, trampoline exercises or training, for example, in the fully automated exercise concept.

You are completely free in choosing the form of exercise.





The EN-Motion treadmill is a medical training device suitable for therapy for conditions such as COPD and obesity. The EN-Motion is a universal treadmill for medical exercise therapy. The EN-Motion can also be used as a preventive exercise machine. Regular movement helps prevent cardiovascular disease, diabetes and osteoporosis.

The EN-Motion is also suitable for weight-loss programmes, or to keep the weight steady. The EN-Motion is a formidable treadmill, characterised by outstanding Enraf-Nonius design and workmanship and advanced technology, which perfectly meet today's needs. The treadmill has unique adjustable ergonomic sidebars. The innovative control panel pivots round for easy viewing by the patient or the therapist. The EN-Motion is further unique in its Dual Slope Technology (DST), which allows the easy setting of positive and negative slopes.

Therapy options are increased considerably with the adjustable direction of movement. The machine comes with functional, adjustable exercise programmes and a variety of test protocols. The EN-Motion treadmill can be controlled with EN-Track software. Its special shock absorption means that even the most sensitive patients can exercise on the EN-Motion. The extremely low step allows any patient to use it. What distinguishes the EN-Motion further from other treadmills is that this exercise machine meets the strict guidelines of the Medical Devices Directives for medically sound therapy. The EN-Motion is a professional treadmill with a powerful, quiet motor and a robust, contemporary look. It is stable and extremely safe to use.

- Dual Slope Technology (DST)
- Pivoting Panel



Product availability expected as of mid 2009.



### ORDERING DATA

**1665901** EN-Motion Standard 230V

**1665911** EN-Motion Standard 115V

### STANDARD ACCESSORIES

**1665751** User manual EN-Motion

**1665802** Hip belt with magnetic emergency stop

### OPTIONAL ACCESSORIES

**3496839** Chest-belt for heartbeat registration

**1665800** Emergency stop

**1665801** Ramp-up platform

### TECHNICAL SPECIFICATIONS

**Supply voltage:** 230 V  $\pm$  10%, 50/60 Hz

**Speed:** max. 18 km/h (adjustable in steps of 0,1 km/h)

**Speed in reverse mode:** max. 5 km/h

**Inclination (pos. and neg.):** +15% (pos.) tot -10% (neg.) adjustable in steps of 0,5

**Belt area:** 150x50 cm

**Sidebar heights:** 70-90 cm

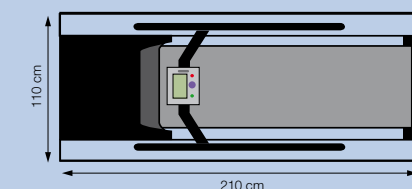
**Dimensions (lxw):** 195x85,5 cm

**Step-up height:**  $\pm$  11 cm

**Weight:**  $\pm$  90 kg

**Max. permissible client weight:** max. 235 kg

**Display:** Color LCD



**3496839**



**1665800**



**1665801**



## Cardio-respiratory exercise equipment, treadmill

The Mill is extremely suitable for a wide range of rehab and training purposes, such as active rehabilitation, mobilization, cardio-respiratory rehabilitation and/or general training and fitness. There is a choice of two basic models: one fitted with the EN-Track interface and one without this interface (thus suitable for stand-alone use).

In their standard implementations, both models meet the following specifications:

- speeds adjustable from 0.5 to 18 km/h
- approved and authorised for medical use
- easy to operate and an extremely well laidout operating panel
- programmable operating unit
- possibility for heartbeat controlled training (with a Polar® transmitter and receiver included)
- emergency stop via emergency button (standard model)
- hip belt with safety switch (for automatic stop if the client cannot maintain the running speed of the belt)

The basic models can be extended or modified with the following options:

1. speed range extra fast or extra slow
2. various front and side supports
3. various types of height adjustments
4. an access platform
5. and extra de luxe emergency stop

The Mill features:

- straightforward operation
- easily readable display
- low mounting height
- sprung running surface
- powerful AC motor, 2.1 HP
- programmable
- heart rate control and monitoring with a Polar® chest band
- modular construction



### ORDERING DATA

- 3446692** EN-Mill Standard, basic model of the Mill as described
- 3446678** EN-Mill Track, basic model of the Mill as described and fitted with EN-Track interface

**The Mill can be extended with one or more extras. Consult your Enraf-Nonius representative for these extras.**

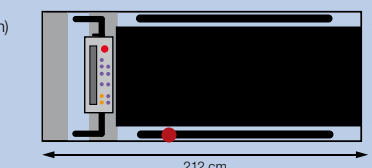
### OPTIONAL ACCESSORIES

- 3496884** Emergency stop of luxury
- 3446683** Fixed negative gradient of +/- 10% (rear-side)
- 3446555** Coated sidebars with a fixed height of 85 cm
- 3446677** Extra PVC-coated sidebars with a fixed height of 85 cm
- 3446674** Extra PVC-coated sidebars, adjustable
- 3446685** U-shaped front-bar
- 3446686** Extra PVC-coating for the standard front-bar
- 3446533** Coated sidebars, adjustable
- 3446681** Electric height-adjustment from 0 to 25% (front-side)
- 3446556** Ramp-up platform 50 cm
- 3446687** Extra low velocity range for rehabilitation (0,1-12 km/h)
- 3446688** Extra high velocity range for sports-applications (0,5-20 km/h)

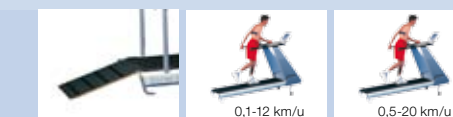
### TECHNICAL SPECIFICATIONS

- Supply voltage:** 230 V ± 10%, 50/60 Hz
- Driving force:** Frequency-controlled rotary-field electromotor
- Motor capacity:** 1500 W
- Max power consumption:** 10 A
- Min./max. speed:** 0.5-18 km/h
- Belt area:** 50x150 cm (eff.)
- Max permissible client weight:** 135 kg
- Inclination:** 0-25%
- Dimensions (lxwxh):** 212x80x138 cm
- Weight:** 145 kg

EN-Track compatible as of EN-Track version 6



349884 3446683 3446686 3446685 3446674 3446677 3446555



3446556 3446687 3446688



# BIKE REHA

## Cardio-respiratory exercise equipment

The Bike Reha is the bicycle for cardio respiratory training, rehabilitation and sports training in general. This ergometer cycle is exceptionally well suited to a wide group of patients and clients due to its exceptional adjustability, the low mounting level and the easy test modules.



On the Bike Reha, patients with limited movement can also exercise optimally. The low mounting level, the horizontal and vertical adjustability of the saddle and the handlebars and the adjustable cranks contribute to this. In addition, this cycle is exceptionally well suited to heart-lung patients for example, since it is possible to set an exceedingly low resistance of just 20 watts.

On the Bike Reha, overloading of the rehabilitating patient is avoided since the “coupling” can be kept constant. For ergometer cycles without coupling control, a reduction in the number of rotations per minute leads to an increase in the pedal resistance. With these ergometers the risk of overloading may occur, since the resistance will rise as the patient pedals more slowly. In addition, it is extremely frustrating for the rehabilitating patient, since when they become tired the exercise becomes even harder. With the Bike Reha and the coupling position, this is avoided and your patients will be able to rehabilitate in a safe and pleasant way.

The Bike Reha is also interesting for (professional) sportspeople. The resistance can be varied from 20 to some 400 watts and the cycle offers options to perform various tests such as the VO2-Max, and the 3- and 12-minute tests. This means it is possible to easily

gain insight in an easy way into various aspects of the condition of the patient and the client.

The Bike Reha can also be controlled from the EN-Track concept so that the entire training can be put together beforehand in a simple manner, the settings of the cycle are automatically performed with the aid of a chip card and the results can be clearly displayed in the software.

Even without the EN-Track concept with the automatic settings, the Bike Reha is exceptionally easy to operate. A sophisticated and extensively tested interface ensures that everyone, young or old, can easily get going with this exercise equipment.

In short: The Bike Reha is indispensable to any practice!

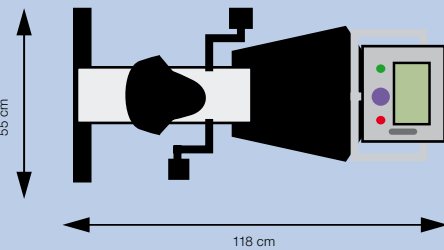
- Low instep
- Uniformity in operation
- Clear display
- Ergonomic design
- Wear-resistant eddy-current brake
- Pulse monitoring by means of Polar® chest-strap and built-in receiver, hand/pulse measurement (optional)
- Low-noise belt-drive
- Smart-card technology
- Handlebar horizontal and vertical adjustable
- Saddle horizontal and vertical adjustable



**ORDERING DATA**  
**3446665** Bike Reha  
**3446670** Bike Reha incl. hand/pulse measurement  
**3446675** Bike Reha Track, incl. hand/pulse measurement and adjustable cranks  
**3446676** Bike Reha Track, incl. adjustable cranks

**OPTIONAL ACCESSORIES**  
**3496160** Adjustable cranks  
**3496161** Document holder  
**3496839** Chest-belt for heartbeat registration  
**3496840** Elastic strap for chest belt for heartbeat registration

**TECHNICAL SPECIFICATIONS**  
**Mains voltage:** 230 V  
**Power supply:** via power cord (230 V EUR)  
**Frequency:** 50 Hz  
**Power consumption:** approx. 40 VA  
**Braking principle:** process-controlled eddy-current brake  
**Load:** 20-400 W (resolution: 5 W increments)  
rpm-independent from 35-110 rpm  
rpm 6-60 Nm (resolution: 0.5 Nm increments) rpm-independent from 35-110 rpm  
**Min. adjustable power:** 20 W  
**Heart rate monitoring:** by means of Polar® chest strap and receiver, hand/pulse measurement (optional). Ear sensor prepared  
**Dimensions (lwxh):** 118x55x115 cm  
**Weight:** approx. 55 kg  
**Saddle height (adjustable):** 50-110 cm (EN975-1 and -5)  
**Steering column height (adjustable):** 75-115 cm  
**Crank length:** 33.5 ± 1.5 cm  
**Max. patient weight:** 150 kg / 330 lbs



3496160 3496161 3496839 3496840

# STAIR & STEP

Cardio-respiratory exercise equipment



Stair



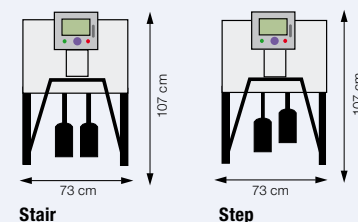
Step

The **Step** is a step ergometer with inter-dependent pedals, so the left and right leg must be used in combination for optimum performance. If one leg is performing less, this can be compensated for by the other leg.

The **Stair** is a step ergo-meter with independent pedals, so the left and right leg work independently. Even if the user has asymmetric mobility (i.e. limitations in one of the joints of the lower extremity) this ergo-meter can still be used to excellent effect.

The Step and the Stair can be equipped with normal handlebars, with horn-shaped handlebars or with horn-shaped handlebars with hand pulse measurement.

- Uniformity in operation
- Clear display
- Ergonomic design
- Pulse monitoring by means of Polar® chest-strap and built-in receiver, hand/pulse measurement (optionals)
- Smart-card technology



Stair

Step

## ORDERING DATA

- 3446638** Step with horn-shaped handlebars  
**3446639** Stair with horn-shaped handlebars  
**3446666** Step  
**3446667** Stair  
**3446671** Step with horn-shaped handlebars, incl. hand/pulse measurement  
**3446672** Stair with horn-shaped handlebars, incl. hand/pulse measurement

## OPTIONAL ACCESSORIES

- 3496161** Document holder  
**3496839** Chest-belt for heartbeat registration  
**3496840** Elastic strap for chest-belt for heartbeat registration

## TECHNICAL SPECIFICATIONS

- Mains voltage:** 230 V  
**Power supply:** via power cord (230 V EUR)  
**Frequency:** 50 Hz  
**Power consumption:** approx. 70VA  
**Braking principle:** Step: process-controlled hydraulic brake  
Stair: process-controlled eddy current brake  
**Load:** 12 speed dependent levels  
**Speed:** Step: from 0-53 m/min or 0-160 Steps/min  
Stair: from 0-53 m/min or 0-160 Stairs/min  
**Dimensions:** Step (lxwxh): 107x73x150 cm  
Stair (lxwxh): 107x73x150 cm  
**Weight:** Step: approx. 50 kg  
Stair: approx. 55 kg  
**Max. patient weight:** 150 kg / 330 lbs  
**Heart rate monitoring:** Polar® chest-strap and receiver and hand/pulse measurement (options). Ear sensor prepared constant level, constant heart rate  
**Exercise modes:**  
**Parameters displayed during training:** time, heart rate, speed, distance, level



3496161

3496839

3496840

# CROSSWALKER & CRUISER

Cardio-respiratory exercise equipment



Crosswalker

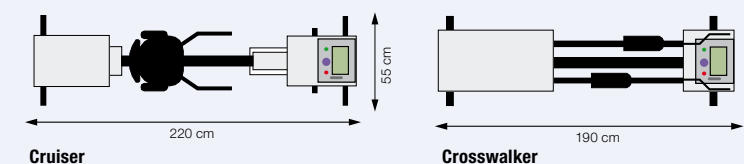


Cruiser

The **Crosswalker** is a total workout ergometer in which both the upper and lower extremities are fully involved in the power generation. By combining these two ballistic movements, extra-high demands are made on the user's cardio-respiratory capacity.

The **Cruiser** is a total workout ergometer in which both the upper and lower extremities are fully involved in the power generation. By combining these two ballistic movements, extra-high demands are made on the user's cardio-respiratory capacity. Thanks to the other movement module, the Cruiser will form a welcome change from the Crosswalker.

- Uniformity in operation
- Clear display
- Ergonomic design
- Wear-resistant eddy-current brake
- Pulse monitoring by means of Polar® chest-strap and built-in receiver, hand/pulse measurement (optionals)
- Low-noise belt-drive
- Smart-card technology



Cruiser

Crosswalker

## ORDERING DATA

- 3446668** Crosswalker  
**3446669** Cruiser  
**3446673** Crosswalker incl. hand/pulse measurement

## OPTIONAL ACCESSORIES

- 3496161** Document holder  
**3496839** Chest-belt for heartbeat registration  
**3496840** Elastic strap for chest-belt for heartbeat registration

## TECHNICAL SPECIFICATIONS

- Mains voltage:** 230 V  
**Power supply:** via power cord (230 V EUR)  
**Frequency:** 50 Hz  
**Permitted voltage variation:** Cruiser:  $\pm 10\%$   
**Power consumption:** approx. 40 VA  
**Braking principle:** process-controlled eddy-current brake  
Crosswalker: 20-400 W (resolution: 5 W increments) rpm-independent from 35-100 rpm, 6-60 Nm (resolution: 0.5 Nm increments) rpm-independent from 35-100 rpm  
Cruiser: 20-400 W (resolution: 5 W increments) rpm-independent from 35-60 rpm, 6-60 Nm (resolution: 0.5 Nm increments) rpm-independent from 35-60 rpm  
**Load:** 20 W  
**Min. adjustable power:** 20 W  
**Dimensions (lxwxh):** Crosswalker: 190x55x177 cm  
Cruiser: 220x55x125 cm  
Crosswalker: approx. 80 kg  
Cruiser: approx. 100 kg  
**Max. patient weight:** 150 kg / 330 lbs  
**Heart rate monitoring:** Polar® chest-strap and receiver and hand/pulse measurement (options). Ear sensor prepared constant torque, constant power, constant heart rate  
**Exercise modes:**  
**Parameters displayed during training:** time, heart rate, speed, distance, work, power, resistance and RPM



3496161

3496839

3496840







EN-Dynamic Lower Extremity

EN-Dynamic training means optimum exercising for everyone: men-women, elderly - youngsters, beginners-advanced.

After the automatic set-up with the EN-Track chip-card, the ideal body position can be set. In this correct posture the body is supported on essential points. Hereby the exercises are executed in an appropriate way: with correct posture and accurate load. Compensation is limited to a minimum. The units are easily accessible, easy adjustable and because of the EN-Track guiding unambiguous to use. Even individuals without training experience will feel very at ease in your centre.

- Adjustable from a seated position: the load is set by a simple push on a button
- Provides clear feedback to the user: the force is displayed digitally and the number of repetitions are counted automatically
- The large green letters are also visible for persons with visual limitations
- Manual adjustable
- With the chip-cards, the resistance and number of repetitions are set automatically
- Simple to operate and accurately adjustable
- No unnecessary high peak forces
- Silent during exercising
- Minimal increments are possible, thus accurate setting and smooth progression
- Wide range of load setting: from extremely light to very heavy
- Compact

Technical Specifications				
		Range	Size	Weight
EN-Dynamic Total Hip	1455931	0-36x10 N (kgf)	110x115x170 cm	120 kg
EN-Dynamic Leg Extension	1455925	0-100x10 N (kgf)	140x90x140 cm	105 kg
EN-Dynamic Seated Leg Curl	1455932	0-70x10 N (kgf)	140x90x140 cm	105 kg
EN-Dynamic Abduction	1455929	0-60x10 N (kgf)	140x140x140 cm	85 kg
EN-Dynamic Adduction	1455928	0-60x10 N (kgf)	140x140x140 cm	85 kg
EN-Dynamic Seated Leg Press	1455933	0-200x10 N (kgf)	220x90x140 cm	105 kg
EN-Dynamic Squat	1455935	0-200x10 N (kgf)	250x80x150 cm	265 kg

The EN-Dynamic is available in the following colours:

1. Baltic blue

2. Signal red

3. Signal red with black

4. Baltic blue with signal red

5. Atoll blue with black

6. Baltic blue with atoll blue

7. Atoll blue

8. Wine red

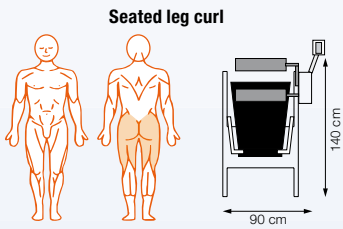
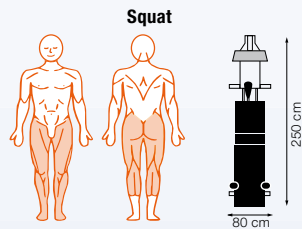
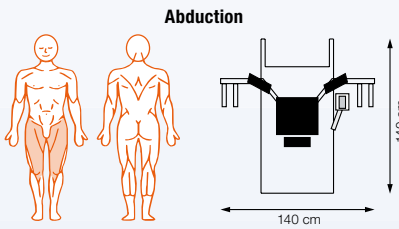
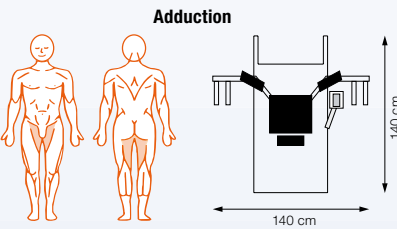
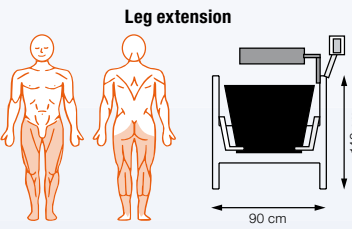
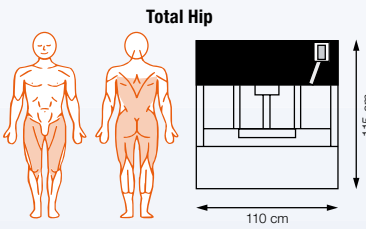
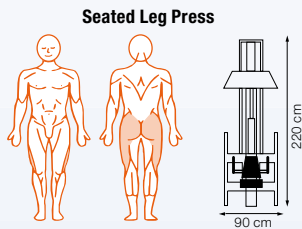
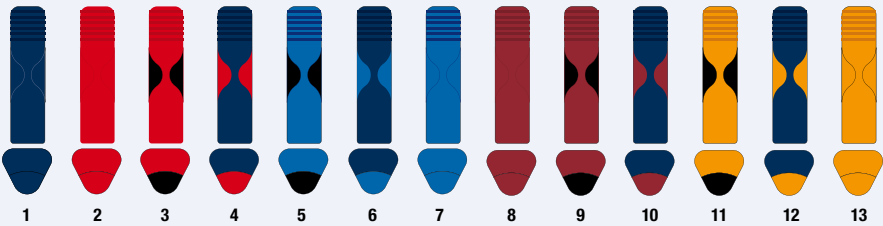
9. Wine red rood with black

10. Baltic blue with wine red

11. Corn-yellow with black

12. Baltic blue with corn-yellow

13. Corn-yellow



ORDERING DATA

- 1455925 EN-Dynamic Leg Extension
- 1455928 EN-Dynamic Adduction
- 1455929 EN-Dynamic Abduction
- 1455931 EN-Dynamic Total Hip
- 1455932 EN-Dynamic Seated Leg Curl
- 1455933 EN-Dynamic Seated Leg Press
- 1455935 EN-Dynamic Squat

OPTIONAL ACCESSORIES

- 1411800 EN-Dynamics installation kit
- 3444668 Compressor for EN-Dynamic
- 1455940 Range of Motion limiter EN-Dynamic Squat



1411800



3444668



1455940



EN-Dynamic Upper Extremity



Technical Specifications				
		Range	Size	Weight
EN-Dynamic Chest Press	1455921	0-120x10 N (kgf)	135x105x140 cm	100 kg
EN-Dynamic Pull Down	1455923	0-80x10 N (kgf)	140x120x180 cm	105 kg
EN-Dynamic Shoulder Press	1455927	0-60x10 N (kgf)	140x120x180 cm	135 kg
EN-Dynamic Rowing	1455926	0-100x10 N (kgf)	120x90x115 cm	100 kg
EN-Dynamic Triceps Dips	1455934	0-100x10 N (kgf)	130x72x140 cm	96 kg
EN-Dynamic Fly	1455930	0-65x10 N (kgf)	130x120x140 cm	100 kg

The EN-Dynamic is available in the following colours:

1. Baltic blue

2. Signal red

3. Signal red with black

4. Baltic blue with signal red

5. Atoll blue with black

6. Baltic blue with atoll blue

7. Atoll blue
8. Wine red

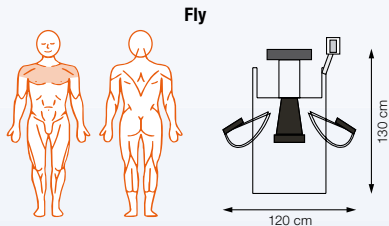
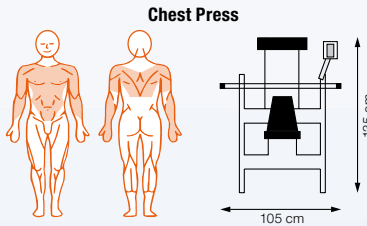
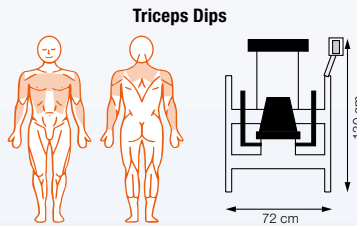
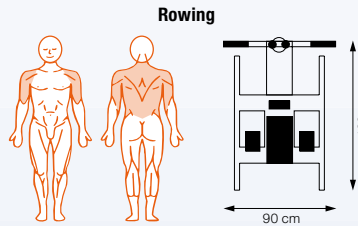
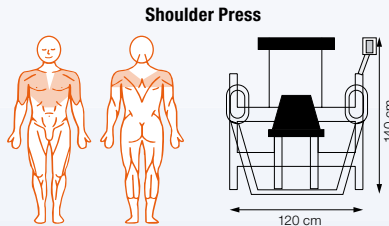
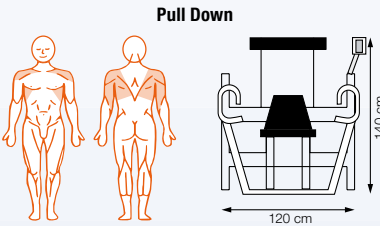
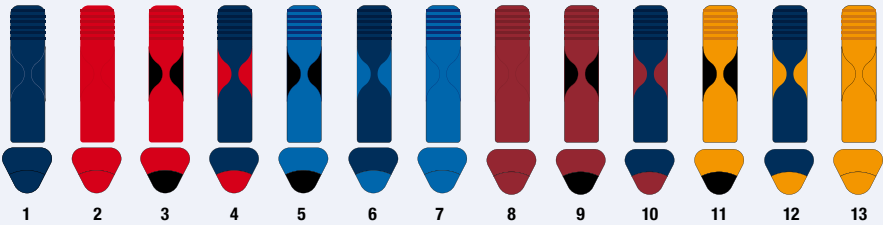
9. Wine red rood with black

10. Baltic blue with wine red

11. Corn-yellow with black

12. Baltic blue with corn-yellow

13. Corn-yellow



1411800



3444668

ORDERING DATA

- 1455921 EN-Dynamic Chest Press  
1455923 EN-Dynamic Pull Down  
1455926 EN-Dynamic Rowing  
1455927 EN-Dynamic Shoulder Press  
1455930 EN-Dynamic Fly  
1455934 EN-Dynamic Triceps Dips

OPTIONAL ACCESSORIES

- 1411800 EN-Dynamics installation kit  
3444668 Compressor for EN-Dynamic





Technical Specifications				
		Range	Size	Weight
EN-Dynamic Low Back	1455922	0-80x10 N (kgf)	160x190x130 cm	120 kg
EN-Dynamic Abdominal	1455924	0-80x10 N (kgf)	160x90x140 cm	120 kg
EN-Dynamic Rotator	1455936	0-80x10 N (kgf)	160x90x140 cm	120 kg

The EN-Dynamic is available in the following colours:

1. Baltic blue

2. Signal red

3. Signal red with black

4. Baltic blue with signal red

5. Atoll blue with black

6. Baltic blue with atoll blue

7. Atoll blue
8. Wine red

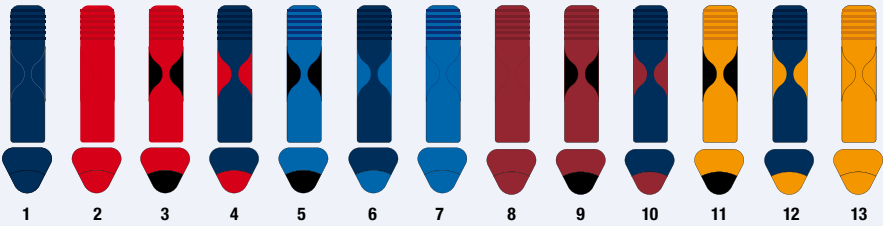
9. Wine red rood with black

10. Baltic blue with wine red

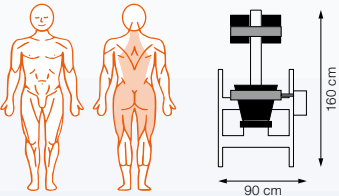
11. Corn-yellow with black

12. Baltic blue with corn-yellow

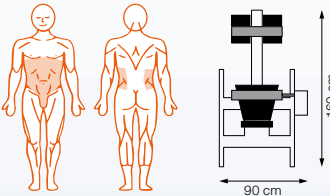
13. Corn-yellow



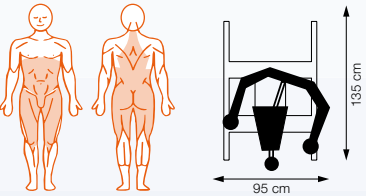
Low Back Trainer



Abdominal Trainer



Rotator



ORDERING DATA

- 1455922 EN-Dynamic Low Back Trainer
- 1455924 EN-Dynamic Abdominal Trainer
- 1455936 EN-Dynamic Rotator

OPTIONAL ACCESSORIES

- 1411800 EN-Dynamics installation kit
- 3444668 Compressor for EN-Dynamic



1411800



3444668



## Accompaniment for free exercises by EN-Track



In the normal load/loadability scheme, exercises are also included that very closely approach the varied ADL situation. These exercises cannot always be performed on standard equipment. EN-Free ensures that these exercises can also be included in the programme. Two units have been specially developed for this, with which each free exercise can be controlled via EN-Track and with feedback on them also available.

With EN-Free, you can include each form of exercise you deem desirable within your centre

in EN-Track; whether it be forms of exercise with a trampoline, an exercise bar, bar-bells or simply free mat exercises. Everything can be included in EN-Track. With EN-Free, you are completely free in the compilation of your exercise programme.

- Training guided by chip-card
- Routing through your facility
- Compose your own exercises
- Safe and supervised training

### ORDERING DATA

**1446901** EN-Free

### STANDARD ACCESSORIES

**3444488** Adapter 230V EUR

### OPTIONAL ACCESSORIES

**1446902** Pillar for EN-Free

**1446903** Wall-fixing for EN-Free

**3444132** Adapter ENA 1810 100-240V (Sonopuls 490/491, EN-Free)

**3444111** Mains connecting cable, EUR

### EN-Free with a pillar consists of the following article numbers:

**1446901** Control box with user manual (1446750)

**1446902** EN-Free pillar including mounting instructions

**3444132** Adaptor

**3444111** Cable

In order to put up a complete EN-Free with pillar, the above four article numbers are required.

### The EN-Free wall mounted unit consists of the following article numbers:

**1446901** Control box with user manual (1446750)

**1446903** Bracket to be mounted to the wall including material for attachment and mounting instructions

**3444132** Adaptor

**3444111** Cable

In order to mount the complete EN-Free to the wall, the above four article numbers are required.

### TECHNICAL SPECIFICATIONS

Mains adapter: 230 V / 12 V

Dimensions (h x w x d): 21 x 18,5 x 6 cm

Weight: 1,2 kg



1446902

1446903

3444132

3444111

## Pneumatic Pulley



- Compact, functional exercise unit on a surface area of 2 m²
- Multi-functional exercise unit for dynamical as well as non-dynamical functional movements
- Double cords for varied stabilization, co-ordination, rotation and mobilization exercises
- Provides clear feedback to the user: the force is displayed digitally and the number of repetitions are counted automatically
- The large green letters are also visible for persons with visual limitations

- Manually adjustable
- Automatic adjustment with the EN-Track chipcard
- No unnecessary high peak forces
- Silent during exercising
- Minimal increments are possible, thus accurate setting and smooth progression
- Wide range of load setting: from extremely light to very heavy

### ORDERING DATA

**1412996** EN-TreeP

### STANDARD ACCESSORIES

**3443305** Set of 2 handgrips

### OPTIONAL ACCESSORIES

**3443355** EN-Tree Train

**3443356** EN-Tree Bench

**3446189** Exercise stool, height 65 cm

**3443306** Set accessories for EN-Tree Pulley

**3443307** Pull Down accessory

**3443308** Lat Pulley handgrip

**3443309** Triceps handgrip

**3443310** Ankle strap, 37 cm

**3447695** Foot sling

**3443313** Leather strap, 73 cm

**3445552** Padded ankle band

**3445553** Padded hip belt

**3443383** Wrist trainer

**3443381** Bent triceps bar

**3496253** Row handle

### TECHNICAL SPECIFICATIONS

**Dimensions (h x w x d):** 218 x 39 x 35 cm

**Weight (w. covers):** 60 kg

**Height adjustment**

**for rope:** 0-200 cm

**Load increments:** 40 to 720 N, in steps of 10 N

**For 1 cord end:** display value divided in 6

**For 2 cord ends:** display value divided in 3



3444668

1411800

3443381

3496253



3443356

3443355

3446189

3443306

3443307

3443308

3443309

3443310

3447695

3443313

3445553

3445552

3443383

## EN-Tree Pulley Explosive 54 kg



With EN-Tree products, active exercise is possible for almost anyone. Healthy individuals, patients with specific exercise requirements and wheelchair users can enter into their own training programs. This is possible because of the wide variety of load application and the ease of adaptation of the EN-Tree to every individual's need. The EN-Tree Pulley allows an increase of the weight in very small steps.

The EN-Tree Pulley allows the exercise of almost every human movement. This includes mono-articular movements as well as complex displacements. The EN-Tree Explosive Pulley is constructed for high speed, explosive movements, which occur for example during sports activities like tennis and soccer. This allows for high velocity movement without high inertia. The EN-Tree Explosive provides the optimal balance between acceleration and resistance for high speed training. The EN-Tree Explosive is provided with 54 kg of weight, which effectively means a maximum of 18 kg to spare. The EN-Tree Pulley Explosive 3443370 is encased fine, so that the unit meets the essential requirements of the CE-MDD.

### Installation requirements:

EN-Tree should be mounted to the wall with 4 screws and plugs. The wall should be firm enough to resist forces up to 950 N (thus do not attach



it to carton-board or thin wooden walls). Leave about 2m<sup>2</sup> free around every pulley for optimal exercise.

- Multi-functional
- Accurate dosage of the exercise resistance
- Possibility to exercise on a surface area of 2m<sup>2</sup>
- Extremely smooth dual-bearing rollers
- Height adjustable with indicator

- Adjustable cord extension
- Very thin but extremely solid cord (less resistance from the rollers)
- Reduces force and displacement by a factor 6 and thus allowing high velocity movement without high inertial forces
- Pulley 3443370 meets the essential requirements of the CE-MDD

### ORDERING DATA

- 3443354** EN-Tree Pulley Explosive 54 kg
- 3443370** EN-Tree Pulley Explosive MDD 54 kg, with cover

### STANDARD ACCESSORIES

- 1410750** Operating manual EN-Tree and EN-TreeM
- 3443305** Set of 2 handgrips

### OPTIONAL ACCESSORIES

- 3443355** EN-Tree Train
- 3443356** EN-Tree Bench
- 3446189** Exercise stool, height 65 cm
- 3443306** Set accessories for EN-Tree Pulley
- 3443307** Pull Down accessory
- 3443308** Lat Pulley handgrip
- 3443309** Triceps handgrip
- 3443310** Ankle strap, 37 cm
- 3447695** Foot sling
- 3443313** Leather strap, 73 cm
- 3445552** Padded ankle band
- 3445553** Padded hip belt
- 3443383** Wrist trainer
- 3443381** Bent triceps bar
- 3496253** Row handle
- 3443385** Set of free weights (100 and 200 g)
- 3443386** Set of free weights (300 and 600 g)

### TECHNICAL SPECIFICATIONS 3443354

**Dimensions (h x w x d):** 218x39x35 cm  
**Weight (wo. covers):** 82 kg (3443354)  
 97 kg (3443370)

**Height adjustment for rope:** 0-200 cm  
**Weights:** 2 kg until 54 kg  
**For 1 cord end:** 0.33-1-1.6-2.3-4.3-5-5.6-6.3-7-7.6-8.3-9 kg  
**For 2 cord ends combined:** 0.66-2.3-3.3-4.66-6-7.3-8.6-10-11.3-12.6-14-15.33-16.66-18 kg

### TECHNICAL SPECIFICATIONS 3443370

**Dimensions (h x w x d):** 218x39x35 cm  
**Weight (wo. covers):** 82 kg  
**Height adjustment for rope:** 0-200 cm  
**Weights:** 2 kg until 54 kg  
**For 1 cord end:** 0.33-1-1.6-2.3-4.3-5-5.6-6.3-7-7.6-8.3-9 kg  
**For 2 cord ends combined:** 0.66-2.3-3.3-4.66-6-7.3-8.6-10-11.3-12.6-14-15.33-16.66-18 kg



**3443356** **3443355** **3446189** **3443306** **3443307** **3443308** **3443309** **3443310** **3447695** **3443313**



**3445553** **3445552** **3443383** **3443381** **3496253** **3443385** **3443386**



## EN-Tree Pulley 24 kg



With EN-Tree products, active exercise is possible for almost anyone. Healthy individuals, patients with specific exercise requirements and wheelchair users can enter into their own training programs. This is possible because of the wide variety of load application and the ease of adaptation of the EN-Tree to every individual's need. The EN-Tree Pulley allows an increase of the weight from 0,25 to 24 kg in 30 small steps. The EN-Tree Pulley, allows the exercise of almost every human movement. This includes mono-articular movements as well as complex displacements.

The EN-Tree Pulley 3443369 is encased fine, so that the unit meets the essential requirements of the CE-MDD.

### Installation requirements

EN-Tree should be mounted to the wall with 4 screws and plugs. The wall should be firm enough to resist forces up to 950 N (thus do not attach it to carton-board or thin wooden walls). Leave about 2 M2 free around every pulley for optimal exercise.

- Multi-functional
- Accurate dosage of the exercise resistance
- Complete possibility to exercise on a surface area of 2m²
- Extremely smooth dual-bearing rollers
- Height adjustable with indicator
- Adjustable cord extension
- Very thin but extremely solid cord (less resistance from the rollers)
- Adjustable ROM
- Pulley 3443369 meets the essential requirements of the CE-MDD

### ORDERING DATA

- 3443353** EN-Tree Pulley 24 kg  
**3443369** EN-Tree Pulley MDD 24 kg, with cover

### STANDARD ACCESSORIES

- 1410750** Operating manual EN-Tree and EN-TreeM  
**3443305** Set of 2 handgrips

### OPTIONAL ACCESSORIES

- 3443355** EN-Tree Train  
**3443356** EN-Tree Bench  
**3446189** Exercise stool, height 65 cm  
**3443306** Set accessories for EN-Tree Pulley  
**3443307** Pull Down accessory  
**3443308** Lat Pulley handgrip  
**3443309** Triceps handgrip

- 3443310** Ankle strap, 37 cm  
**3447695** Foot sling  
**3443313** Leather strap, 73 cm  
**3443383** Wrist trainer  
**3443381** Bent triceps bar  
**3496253** Row handle  
**3443385** Set of free weights (100 and 200 g)  
**3443386** Set of free weights (300 and 600 g)

### TECHNICAL SPECIFICATIONS

- Dimensions (h x w x d):** 218x33x30 cm  
**Weight (w.o. covers):** 47 kg (3443353)  
97 kg (3443369)  
**Height adjustment for rope:** 0-200 cm  
**Weights:** 1 kg until 24 kg



3443385

3443386

## Bench & Train



### Two-section MTT training bench

The stable basis for MTT-suitable for both therapeutic support and personal use.

- Practical and easily adjustable
- Inclinal, length-adjustable backrest
- Equipped with inclinometer
- Adjustable seat cushions
- Seat cushions gently inclinable

### ORDERING DATA

- 3443356** EN-Tree Bench

### STANDARD ACCESSORIES

- 3443358** Operating manual EN-Tree bench

### TECHNICAL SPECIFICATIONS

- Dimensions (h x w x l):** 48x47x134 cm  
**Weight:** 25 kg  
**Maximum load per section in its lowest position:** 135 kg  
**Angle adjustment:** back-section: 0° to 75°  
leg-section: 0° and 7°

### MTT angle/mobilization bench

Two-section MTT angle/mobilization bench. Both sections are easily adjustable. The EN-Tree Train is suitable for all the most frequently used exercises.



- Resistance adjustable in small steps (both pro- and degressively) thanks to wide choice of starting-positions
- The two sections are independently adjustable
- Both sections have an inclinometer
- Section with face-hole is adjustable from -80° to +75°
- Leg-part upwardly adjustable from -25° to +15°
- Fitted with height-adjustable bolsters

### ORDERING DATA

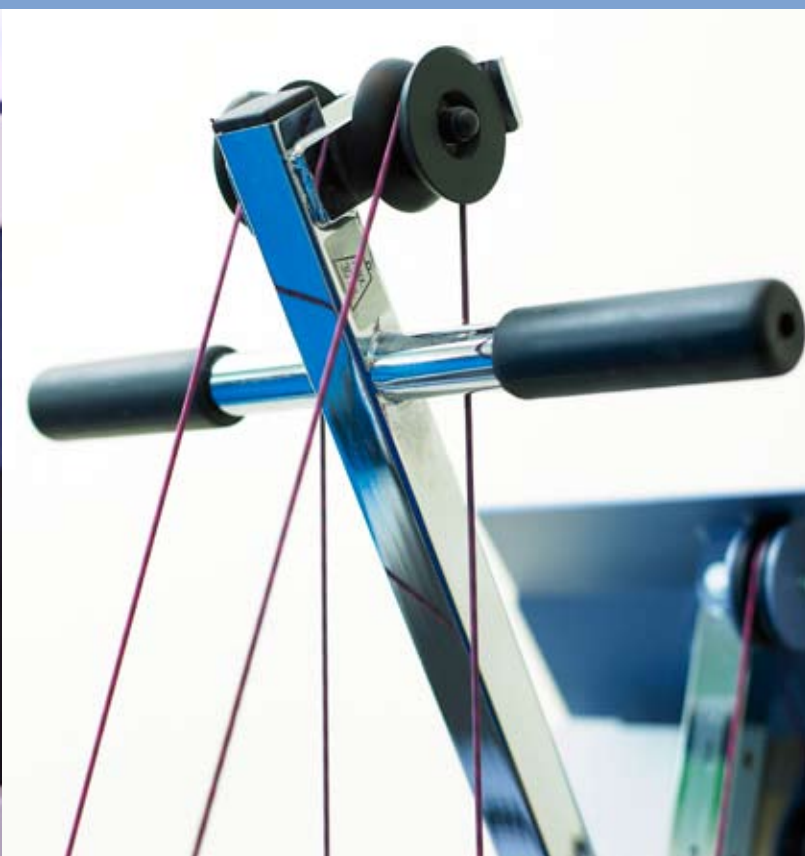
- 3443356** EN-Tree Bench

### STANDARD ACCESSORIES

- 3443359** Operating manual EN-Tree train

### TECHNICAL SPECIFICATIONS

- Dimensions (h x w x l):** 82x56x143 cm  
**Weight:** 37 kg  
**Angle adjustment:** trunk-section: -80° to +75°  
leg-section: -25° to +15°  
**Maximum load per section:** 135 kg  
**Position of the rolls in relation to the end of the leg section:** parallel to the top: 0 to 27 cm  
at a right angle to the top: -45 to +24 cm





In physical therapy and rehabilitation it is very important to quantify the functional capacity of the human muscular-skeletal system. This is in order to determine the appropriate individual load during exercise therapy or to evaluate the progress during rehabilitation. Custom systems for the measurement of functional capacity require many square meters of floor space and high investments. To make measurement techniques available for every therapist Enraf-Nonius offers the EN-TreeM, the unique unit for extremely accurate physical therapy and rehabilitation.



The EN-TreeM is the measurement edition of the well-known EN-Tree Pulley, the ideal aid for functional training and rehabilitation. The EN-TreeM accurately determines position, velocity, force, power and work. With these parameters you can quantify the functional capacity of your patients with a PC.

In the powerful software you can compose various test- and training protocols. To analyse the test and training results a professional and complete package is provided which allows you to assess optimum individual treatment.

The goals of treatment can be determined by:

- left-right comparison;
- assessment of normal or abnormal movement patterns from the graphs;
- comparison of test results between individuals.

Progress during rehabilitation can be monitored by comparing the results of different tests recorded in time.

For a reliable reproduction of a training session or a test you initiate the pulley set-up as well as the positioning of the patient.

### Installation requirements

The EN-TreeM needs a computer for full operation. The computer can be obtained locally.

EN-Tree should be mounted to the wall with 4 screws and plugs. The wall should be firm enough to resist forces up to 950 N (thus do not attach it to carton-board or thin wooden walls). Leave about 2 M2 free around every pulley for optimal exercise.

- Multi-functional
- Extensive data-acquisition and software for analysis
- Accurate dosage of the exercise resistance
- Complete possibility to exercise on a surface area of 2m<sup>2</sup>
- Extremely smooth dual-bearing rollers
- Height adjustable with indicator
- Adjustable cord extension
- Very thin but extremely solid cord (less resistance from the rollers)
- Reduces force and displacement by a factor 6 and thus allowing high velocity movement without high inertia



### ORDERING DATA

- 3443361** EN-TreeM Pulley 24 kg
- 3443363** EN-TreeM Explosive 54 kg
- 3443365** EN-TreeM MDD 24 kg, with cover
- 3443367** EN-TreeM Explosive MDD 54 kg, with cover

### STANDARD ACCESSORIES

- 1410750** Operating manual EN-Tree and EN-TreeM
- 1410702** Operating manual EN-TreeM software
- 3443305** Set of 2 handgrips
- 1410807** Software EN-TreeM
- 1410804** Stickers for EN-TreeM

### OPTIONAL ACCESSORIES

- 3443355** EN-Tree Train
- 3443356** EN-Tree Bench
- 3446189** Exercise stool, height 65 cm
- 3443306** Set accessories for EN-Tree Pulley
- 3443307** Pull Down accessory
- 3443308** Lat Pulley handgrip
- 3443309** Triceps handgrip
- 3443310** Ankle strap, 37 cm
- 3447695** Foot sling

- 3443313** Leather strap, 73 cm
- 3443383** Wrist trainer
- 3443381** Bent triceps bar
- 3496253** Row handle
- 3443385** Set of free weights (100 and 200 g)
- 3444008** Mains adaptor 230V/9V - EUR
- 3444032** Mains adaptor 240V/9V - UK
- 3444019** Mains adaptor 115V/9V - US

### TECHNICAL SPECIFICATIONS

- Dimensions (l x w x d):** 218x33x30 cm
- Weight (w.o. covers):** 47 kg (3443361)  
82 kg (3443363)  
60 kg (3443365)  
97 kg (3443367)

**Height adjustment for rope:** 0-200 cm

**Weights:** 1 kg until 24 kg

**For 1 cord end:** 0.25-0.5-0.75-1-2-3-4-5-6-7-8-9-10-11-12 kg

**For 2 cord end:** 0.5-1-1.5-2-4-6-8-10-12-14-16-18-20-22-24 kg

**Range:** 0.25-24 kg



3443355



3446189



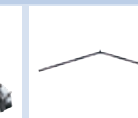
3443356



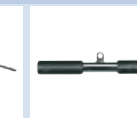
3443306



3443307



3443308



3443309



3443310



3447695



3443313



3443383



3443381



3496253



3443385



3444008



3444032



3444019



Vibration training (Whole Body Vibration or WBV) is a highly effective and flexible training concept within physiotherapy, well-being and sport. Vibration training influences the muscles, blood vessels, cartilage, bones and hormones. This major effect on the various physiological systems makes the vibration plate a unique piece of exercise equipment.



The action of the vibration plate is based on the 'strain reflex'. The mechanical vibration of the vibration plate is transferred to the body so that the muscles involuntarily contract and expand intensively and continuously. 'Involuntarily' means automatically and this reaction of the body to the vibration plate cannot therefore be stopped. Due to the high frequency of the vibration, the effect of this reaction is also very strong and is of course much more rapid than the normal voluntary movements so that the "movement dose" per unit of time is much greater.

Just compare it for a moment with an exercise of the leg muscles. If you have 30 seconds of time and perform, for example, simple step exercises with a speed of about 2 steps a second, your leg muscles will have performed 120 contractions (60 concentric and 60 exocentric contractions). A frequency of 30 Hz means 30 muscle contractions per second, so when you perform an exercise for 30 seconds, you have 900 muscles contractions (reactive contractions).

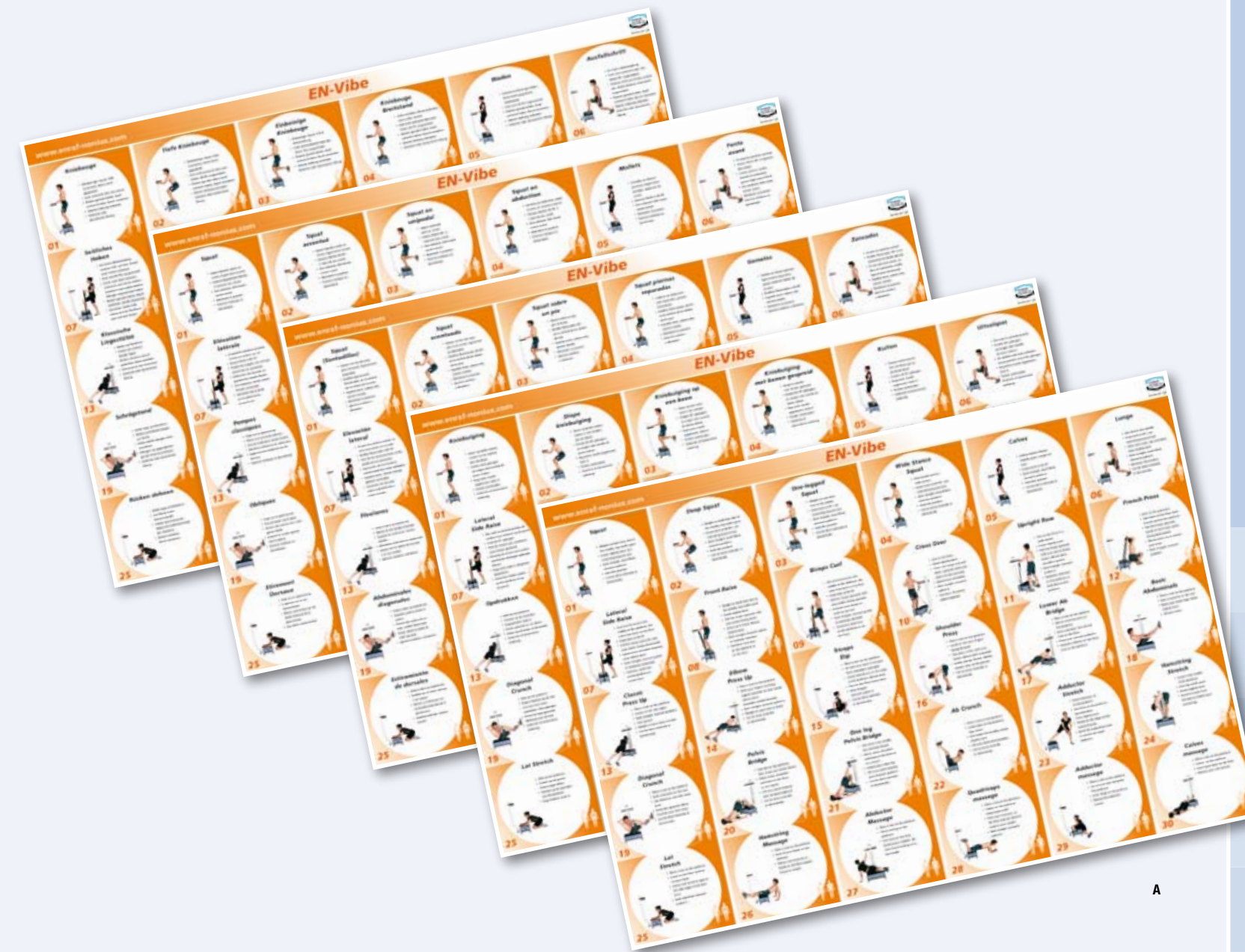
In addition to this direct mechanical action on the muscles, training on the vibration plate also results in a number of physiological effects that are extremely desirable, such as:

- Reduced breakdown of muscle proteins
- Increased excretion of hormones
- Improved regenerative processes
- Improvement of blood flow and lymph drainage
- Reduced bone decalcification

Last, but not least; vibration training is also fun! Due to the intense sensation that people experience during the training, people feel good doing it!

### The EN-Vibe features include:

- Excellent durability
- Powerful frequency-controlled motor
- Extensive set up capabilities
- Exceptionally easy operation



### ORDERING DATA

**3444844** EN-Vibe 220-240V ±10%

### STANDARD ACCESSORIES

- A** EN-Vibe therapy poster  
**3445080** Operating manual EN-Vibe  
**B** EN-Vibe belts (2 pieces)  
**C** EN-Vibe absorbing mat



**B** **C**

**A**





### **The Enraf-Nonius websites**

Enraf-Nonius's customers are always the first to be informed about its extensive product range, updates, services and events.

Not only in this catalogue you can find information about our products. On our different websites we bring you the latest developments, updates, useful tips and information about our services.

Our international website, **[www.enraf-nonus.com](http://www.enraf-nonus.com)** is full of product news, handy links and all the latest news in the field of physiotherapy.

**[www.en-track.com](http://www.en-track.com)** is a valuable source of information for customers using EN-Track, the renowned, high quality software for our exercise equipment. Licence holders can download updates from this site.

**[www.enprojects.com](http://www.enprojects.com)** gives a glimpse into the world of our project organisation EN-Projects, a leading, global specialist in Turn Key Medical Equipment that focuses on large-scale projects in hospitals and rehabilitation centres.

Our websites are designed for you, keeping you constantly up-to-date with the latest developments at Enraf-Nonius.

