

# POWER ASSISTED EXERCISE

For all major muscle groups regardless of age or disability



shapemaster  
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## Shapemaster Power Assisted Exercise

Shapemaster are a UK manufacturer of power assisted exercise equipment suitable for people living with limited mobility, the elderly and for those managing long term conditions including multiple sclerosis, stroke, fibromyalgia, diabetes and arthritis.

Unlike conventional exercise equipment, Shapemaster does not rely exclusively on muscle power but by an electronic power system enabling users to work passively or actively, depending on their ability.

Shapemaster equipment provides safe exercise to all the major muscle groups and helps to re-train muscle patterns, whilst at the same time stimulating the muscles for improved circulation.

### Where is it used?

Shapemaster equipment is used by individuals all over the world in a variety of outlets which include specialist rehabilitation & therapy centres, hospitals, care homes and leisure centres.

Many people also find great advantages to using Shapemaster equipment in their own home.

### Who uses it?

Shapemaster equipment can be used by almost anyone regardless of age or disability. There is also a large growing number of individuals using the equipment to manage long term conditions such as:

- Stroke
- Arthritis
- Balance and co-ordination problems
- Dementia
- Parkinson's Disease
- Post-operative rehabilitation, e.g. hip and knee replacements
- Orthopaedic conditions, e.g. Scoliosis
- Obesity
- Cardiac conditions
- Respiratory conditions, e.g. asthma, COPD
- Spinal cord injury
- Brain injury
- Cerebral Palsy, MS and other neurological disorders
- Fibromyalgia



*“Shapemaster has enabled me to exercise for the first time in six years and help me regain a more confident post-stroke mobility in addition to healthy weight loss. Anyone waking up from a stroke should have access to Shapemaster’s power assisted exercise equipment.”* Dr Sara Payne MBE

## Benefits Include:

- Improved cardiovascular fitness
- Increased muscle strength
- Increased flexibility
- Increased circulation
- Reduction in mental health problems such as depression, stress & anxiety
- Weight loss
- Improved balance & co-ordination
- Stimulate metabolic process
- Improved bladder & bowel function
- Increased function
- Feeling of well being
- Social interaction
- Improved independence

*“The results have been fantastic, not just the physical benefits for patients but the emotional ones as well. I can’t believe the difference Shapemaster has made to so many people.”*

Wendy Edge, Director, Brain & Spinal Injury Centre (BASIC)



## Evidence

An independent study conducted by Oklahoma State University on the use of Shapemaster equipment by elderly participants (whose average age was 75) reported:

- 30% improved balance & mobility
- 50% increase in upper body strength
- 34% improvement in leg strength
- 33% increase in arm strength

In addition a study carried out by the physiotherapy team at Sheffield Hallam University demonstrated that Shapemaster power assisted exercise equipment was an accessible and enjoyable option for those living with long term neurological conditions, reporting such benefits as a decrease in stiffness, increase leg strength, improvement to balance & symmetry and emotional wellbeing . Furthermore, some participants reported improvement in their respiratory and visceral function.



# Equipment



No	Product Name	Area of Exercise
1	Cross Cycle	Thighs, Shoulders, Quadriceps, Pectoralis Major, Deltoids, Triceps
2	Chest & Legs	Chest, Shoulders, Arms, Legs, Abdominals, Upper Back, Buttocks, Hips
3	AB Pullover	Abdomen, Back, Rectus Abdominis, Obliques, Erector Spinae
4	Tummy Crunch	Abdominals, Lower Back, Buttocks, Hips, Legs, Waist
5	Seated Climber	Shoulders, Arms, Legs, Abdominals, Upper Back, Waist
6	Tricep Dip & Leg Curl	Triceps, Upper Arms, Thighs, Biceps, Quadriceps
7	Flys & Thighs	Upper Back, Abdominals, Shoulders, Chest, Arms, Buttocks, Hips, Inner and Outer Thighs
8	Side Bend Stepper	Waist, Hips, Abdominals, Arms, Shoulders, Legs, Buttocks, Lower Back
9	Waist Away	Obliques, Waist, Abdominal, Rectus Abdominus, Lower Back