

# SANTEX

The future in medical fitness training

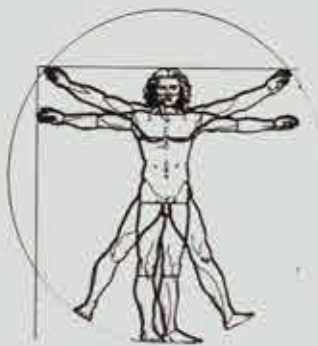


**mkb-System**



# SANTEX

## The perfect, autonomous and intelligent training system



Once the basic adjustments are set, such as position, weight, training components, all these can be visualized at any time by a simple finger touch.

The integrated approach of measurement and performance adds up to setting the training plan and establishes new standards in daily training. The automatically evaluated data (such as performance parameters, training results, etc) are transmitted via LAN, WELAN or the internet to the administration unit. From there, they can be visualized on the home network or online (pc, smartphone, etc).

During training, movement, training amplitude and speed of movement are represented. Moreover, the repetitions and sets of exercises are counted, the duration of training is shown, and, at the end, each fitness machine shows the daily individual results.

There is the possibility of establishing a training plan over a few weeks, which immediately reacts to performance fluctuations as well as improvements.

Manually creating training plans is excluded, or writing down results or manual appreciation of tests and training units.

### **Movement is the basis of life.**

The system is also appropriate for people over 60 years old who wish to take up a monitored training system in order to improve quality of life.



# The way to a healthy, performable body

SANTEX was developed after researches carried out by our firm (for more than 35 years) with the help of numerous universities and Reha centres.

The first solution worldwide to save on the use of fitness trainers and to reduce administration costs.

"SANTEX" is an autonomous, intelligent training system that works completely in an autonomous and automated way by pressing keys. The patented system presents up to 8 electronic adjustments (including weight adjustment). The initiated settings are activated within 5 seconds.



# Measurable success – only with MKB.

The system convinces by unique, incomparable details

Another feature is the type of **bi-tri dimensional physiologic movement**. Each machine presents up to 4 different tridimensional exercises and this leads to saving 20 minutes per person.

In the training and therapy modes there are three functioning alternatives at the same time: guided training, semi-guided training and free training.

In the case of **guided training**, trainees get through a fixed, preset training. They are taken automatically, based on a personal training plan, from one machine to the other without any human assistance. An administrator can supervise, at the same time, all the people's training from the office and, if needed, he/she could intervene.

In the case of **semi-guided training**, trainees can conditionally influence their current training plan. This training plan is also preset but trainees can, for example, determine the order in which they use the machines to shorten waiting time.

In the case of **free training**, trainees get all the freedom in using all the machines at hand. They decide the next machine to use or the next exercise and the parameter settings such as: weight, number of exercise sets, length of breaks and so on.

Besides all this, trainees can choose one of the standard, speed or coordination trainings. The performance markers give the trainees immediate feedback on the current daily accomplishments for each machine. A long term protocol is established which can cover all the measured values and results. Both long term success and performance level are highlighted at a glance.

A subjective feedback appreciation is integrated for each training unit and this is added in the long term evaluation.

The unitary image and the simple, intuitive use help the trainee to quickly manage working on each machine despite all the differences mechanically speaking.

Even the **manual exercises**, without the use of a machine, can easily be integrated in the system and the training plan.



Analysis of fitness program



Analysis of reaction speed



Analysis of maximum static force



Pre-established speed training



Selecting training

Antrenorul, respectiv terapeutul, poate sa obtina pentru fiecare utilizator **planuri de antrenament de la o biblioteca** pe care sa le adapteze in mod individual in toti parametrii.

Este realizata chiat si o **adaptare automatizata a planului de antrenament** la stadiul de performanta. Acest lucru economiseste timp si munca manuala.

Toate aparatele pot fi plasate individual in casa – conectarea la sursa de curent se face fara cablu, prin WLAN (retea radio). Rezultatele sunt transmise in timp exact catre sistemul managerial central de unde pot fi obtinute si supravegheate. Este disponibila chiar si o interfata pe internet.

**Inscrierea si retragerea** unui utilizator la/de la un aparat are loc digital, sau, in mod alternativ, **printr-un cod de atingere**. Prin urmare, transportarea, uitarea sau pierderea chip-urilor sunt imposibile.



Coordination training

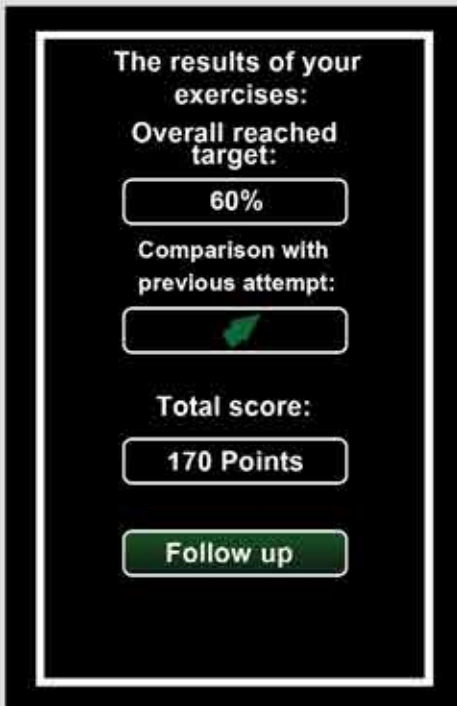


Analysis of resistance strength





**Biometric digital fingerprint**



**Autoevaluation of training process**



**Theralab 2013 system** is available for both MKB machines, with manual settings (R series) as well as for the convenient C series, activated with the help of engines.

Below are presented all its features:

- Digital or code use log in
- Touch screen usage
- Measures resistance time
- Measures dynamic time
- Measures coordination
- Measures reactive time
- Measures maximum force
- Measures cardiac frequency
- Fitness – check: daily and long term evaluation
- Three types of training: guided, semi-guided, free
- Different training types: standard, speed, coordination
- Manual training units perfectly integrable
- Training plans library
- Training plans individually adaptable
- Daily and long term evaluation of results
- Training analysis by comparing time and a certain marker
- Immediate result and presentation of machine tendency use
- Integration of subjective feedback in training evaluation
- Setting engines an weight with the help of a computer for C series
- Central managerial system with live monitoring
- Wireless connection with the help of radio networks
- The possibility of having an internet interface
- Many others.

The newest version of the training and therapy system operated with the help of a computer, Theralab 2013, from the famous machine producer MKB, is great: it serves both in therapy as well as in fitness. The transition from one domain to the other is smooth.

The therapist disposes of 5 different checks for each machine, using the fitness check module (measuring maximum force, static resistance, dynamic resistance, coordination and checking reaction time) with a presentation of individual parameters.

Recording and permanent evaluation of fitness state can show, at a glance, data on long term training or therapy progress, as well as the current performance level.

Numerous markers help in intuitive evaluation and result analysis.

# SANTEX - the touch of a button is enough



Administration desk

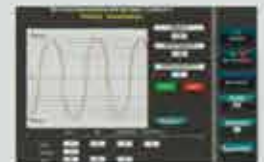


Doctor - Health Insurance Fund



Mobile - Internet

Data exchange - Network - WI FI - Internet - Mobile



The new training type of the future

Sequence 1, The reason for the mile stone, 3 machines, from 6 sqm

Multifunction



C6 Leg press, seated

Double Function



C13 Superior abs and lumbar muscles machine

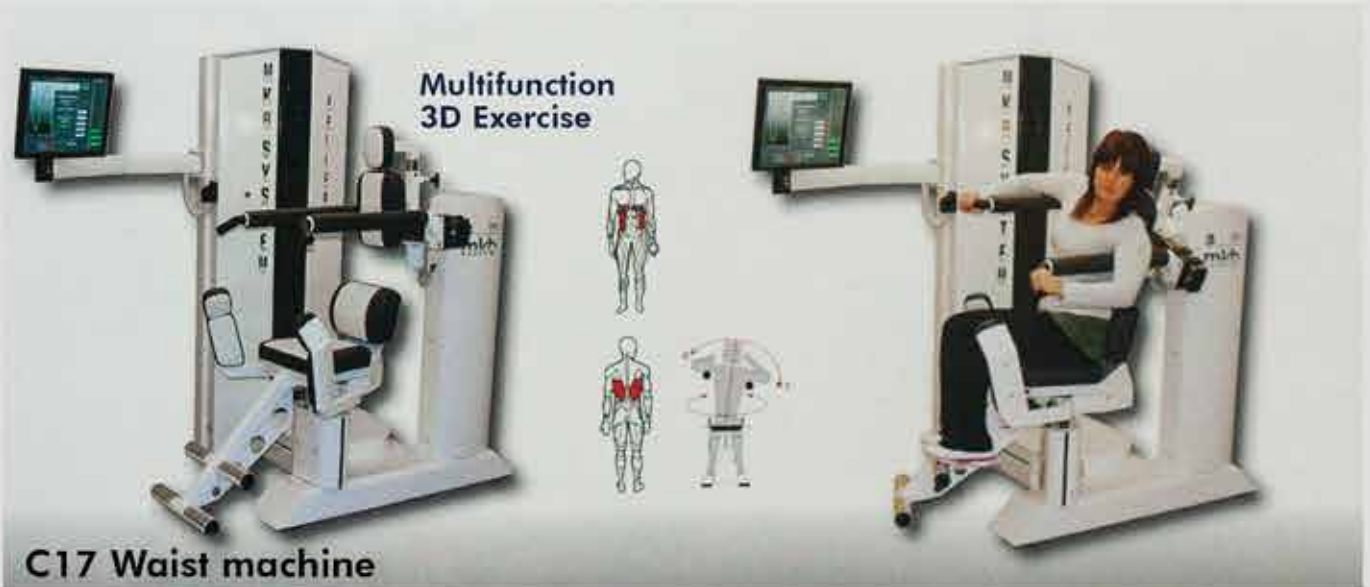
Multifunction



C5 Shoulder, biceps and triceps press



Sequence 2, Follow up to sequence 1, 6 machines, from 20 sqm



Sequence 3, Follow up to Sequence 1 and 2, 10 machines, from 35 sqm

Double Function



C16 Leg extension / flexion machine

Double Function



C20 Horizontal press

Double Function



C18 BWS- Thoracic erector, HWS Trainer

Multifunction  
up to  
24 exercises



C12 Simple Crosscable

# Other machines for/of the MKB series

You can visit us on our site :  
[www.mkb-system.de](http://www.mkb-system.de)



**R Series, Therapy – Rehabilitation Machines, 100 Machines**



**NB Series, Fitness Machines, 90 Machines**



**RN Series, Neuro – machines, rehabilitation of disabled people, 12 machines**



**RR Series, Rehabilitation of wheel chaired people, 8 machines**



**RR-28 series, 28 exercises in one machine, 2 machines**



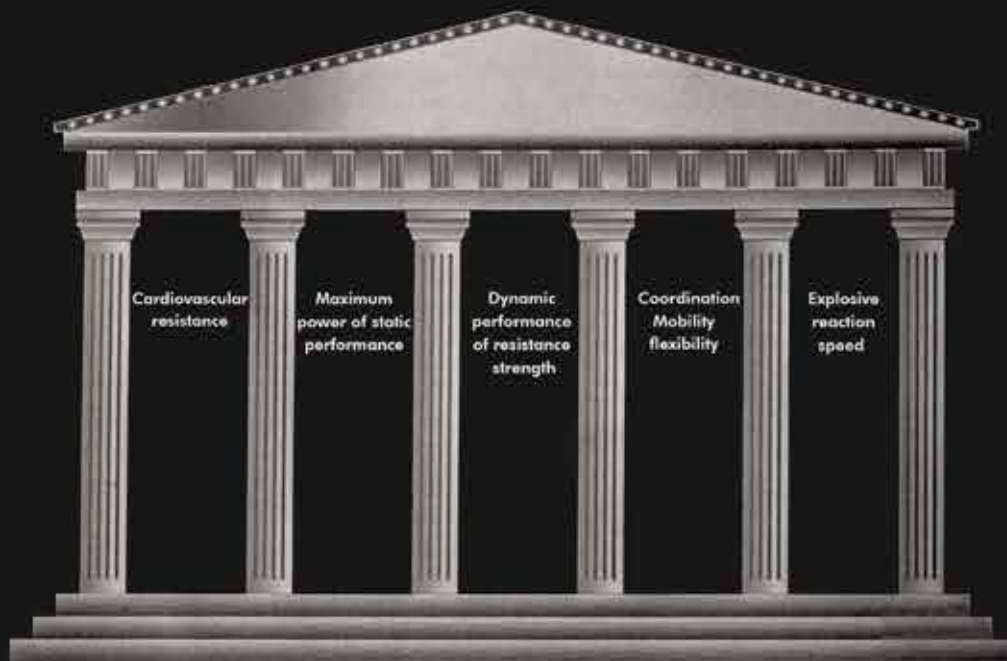
**TheraMess 2001, Complete body measurement device**



**Therlab 2000 measurement system**

# The 5 pillars towards success

mkb



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