

## LEVITAS MINI

(13.501.023) wall mounted version

It is a less expensive alternative of a great rehabilitation/training room equipment. Thank to a big number of mounting points for slings and ropes, this device allows to perform almost the same huge amount of exercises as the free standing version.

LEVITAS MINI is a device enables shaping and our muscular system. All muscles can be developed individually and collectively in any way. Thanks Levitas Mini, we can increase strength, endurance and muscle mass.

LEVITAS MINI - Universal device for suspension exercises with resistance. It was designed for everyone who wishes to improve their physical

LEVITAS MINI may be useful in:

- Orthopedics and traumatology
- Rheumatology
- Neurology
- Cardiology
- Diabetology
- Pediatrics
- Geriatrics
- Endocrinology
- Sports medicine



Levitas-Rev.0

### SPECIFICATIONS:

- It may be used in rehabilitation, sport, and faulty posture treatment
  - Exercises may be performed not only by young and mature women and men, but also disabled people
  - Affordable alternative of gym equipment
  - Simple and easy application
  - Enables exercises of all muscle groups
  - Enables individual adjustment of exercises to the patient's needs and abilities
  - Progressive, linear resistance increase
  - Enables self-assessment of rehabilitation progress
  - It may be installed almost everywhere
  - Requires small space
  - Exercises are performed in one place without moving of practitioner
- LEVITAS MINI device enables performing exercises described in physiotherapy as:
- Passive exercises
  - Active-passive exercises
  - Self-supporting exercises
  - Active exercises with weight support
  - Active free exercises
  - Exercises with resistance
  - Isometric exercises
  - Synergistic exercises
  - Exercises improving the general health
  - Stretching exercises

### STANDARD ACCESSORIES:

4 pcs.	Arm and thigh sling	(RO-07)
1 pc.	Chest sling 0,78x0,24m	(RO-09)
1 pc.	Pelvis sling 0,9x0,22m	(RO-08)
1 pc.	Head sling with a hole	(RO-10)
1 pc.	Elastic-side boot	(RO-14/SO-10)
2 pcs.	Self-clamped sling	(SO-07)
10 pcs.	Sling for suspension 2m (2 snap hooks + clip block)	
1 pc.	Sling for resistance exercises 5,5 m (2 snap hooks + clip block)	(SO-14)
2 pcs.	Yellow tubing	
2 pcs.	Red tubing	
2 pcs.	Green tubing	
2 pcs.	Black tubing	
2 pcs.	Silver tubing	
2 pcs.	Tubing grip	
4 pcs.	Blocks with snap hook	
8 pcs.	Stick clips with grips to snap hooks	

  
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# LEVITAS

## The PERFECT SOLUTION FOR exercises in UNWEIGHT CONDITION

- complete elimination of joint compression
- full stabilization of patient during exercises
- precise suspension of the patient
- possibility to change arrangement
- precise regulation of alignment of suspension point and movement axis
- ergonomics
- space saving
- functionality and easiness of use
- localization of muscular balance disturbances
- easy adjustment of patient pull-up system



Watch the VIDEO!

  
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LEVITAS is the best instrument for exercises in suspension....

### WHY?

During body movement we have to consider two very important aspects:

#### 1. BIOMECHANICS



#### 2. PHYSIOLOGY



#### BIOMECHANICS ASPECTS:

- Movement of articulation means use of muscle forces.
- Muscle forces application on articulation means generation of compression on articulations.
- Compression on articulation is also generated by soft tissue, muscle tension, gravity, air pressure.
- Friction is also a problem if the articulation cartilage is not healthy.

To generate movement, muscle force must win with:

- Resistance force
- Gravity
- Antagonist muscle
- Soft tissue tension

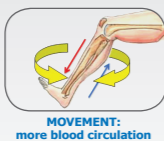
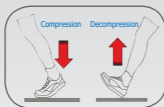
To produce an articulation movement (part of the body) there must be a stable condition generated by a big coordination of many muscle in the same time winning with:

- Resistance force
- Gravity
- Antagonist muscle
- Soft tissue tension

#### PHYSIOLOGY ASPECTS:

During articulation movement we have different effects:

- Nutrition of articulation cartilage is carried by repeated compression and decompression of its surfaces.
- Muscles, tendons and other elements of movement system also meet such stimulation for maintaining health condition.



Also proper function of nervous system requires stimulation of receptors, central nervous system and end-plate of motor nerves.

BUT...

...physiological movement could be impossible due to pain caused by joint surface degeneration or irritation, not muscle force, muscle pain etc.



System for functional training and exercises in suspension with free standing construction. Set includes 2 apparatus with longitudinal adjustment, 2 apparatus with transverse adjustment, allowing full body suspension and unlimited training possibilities.

A POSSIBLE SOLUTION... EXERCISES IN UNWEIGHT CONDITION !!

#### EXERCISES IN UNWEIGHT CONDITION CAN:

1. Eliminate (or decrease) resistance force
2. Eliminate (or decrease) compression force
3. Facilitate physiological movement in pathological condition



LEVITAS allows to support part of the body.



Or, if needed, whole body to facilitate movement.

#### Extremely important conditions offered by LEVITAS: axis of movement of joints and supports



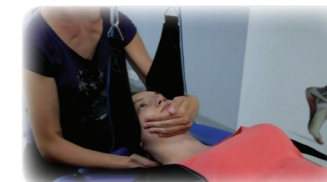
1. Facilitation (discharging weight)



2. Neutral



3. Resistance (with weights)



4. Traction

#### Other important possibilities: direction of rope (traction/compression) and stabilization (passive/active)

#### WHAT MORE?



Side extension of upper body with movable suspension frame



Side extension of trunk



Whole body suspension exercises

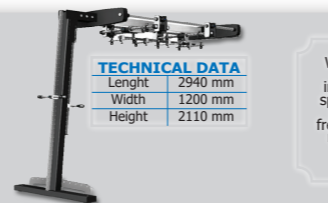
...PHYSIOTHERAPIST FANTASY!!!



#### TECHNICAL DATA

Length	3100 mm
Width	1000 mm
Height	1750 mm

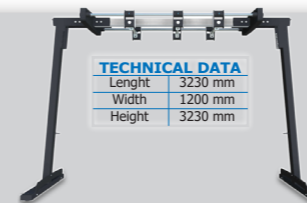
Levitas BASIC 2 / PRO 2 Ceiling mounted version assures a lot of space for therapist and patient, making the treatment easier. Free standing version of LEVITAS allows moving of the device, still assuring enough space for performed actions. Strongly suggested in places where ceiling mounting would be difficult or questionable.



#### TECHNICAL DATA

Length	2940 mm
Width	1200 mm
Height	2110 mm

Levitas BASIC 3 / PRO 3 Wall mounted version. This device is intended for institutions which have limited space available, or do not need all functions of the device in free standing version. Additional part of frame extends the use range of the device.



#### TECHNICAL DATA

Length	3230 mm
Width	1200 mm
Height	3230 mm

Levitas BASIC 1 System for functional training and exercises in suspension with free standing construction. Full body suspension set, 3 apparatus with longitudinal adjustment.

#### CONFIGURATIONS:

Item	Product	Version
13.501.017	Levitas Pro 1	System of 2 longitudinal and 2 transverse trolleys - Standing version
13.501.018	Levitas Pro 2	System of 2 longitudinal and 2 transverse trolleys - Ceiling mounted
13.501.019	Levitas Pro 3	System of 2 longitudinal and 2 transverse trolleys - Wall and mounted
13.501.020	Levitas Basic 1	System of 3 longitudinal trolleys - Trolleys on sliding bushings - Standing version
13.501.021	Levitas Basic 2	System of 3 longitudinal trolleys - Trolleys on sliding bushings - Ceiling mounted
13.501.022	Levitas Basic 3	System of 3 longitudinal trolleys - Trolleys on sliding bushings - Wall mounted
13.501.023	Levitas Mini	Horizontal bar for resistance training - Wall mounted version

#### STANDARD ACCESSORIES FOR LEVITAS PRO:

4 pcs.	Shoulder and thigh sling 0.57x0.15m	(RO-07)
1 pc.	Pelvis sling 0.9x0.22m	(RO-08)
1 pc.	Chest sling 0.78x0.24m	(RO-09)
1 pc.	Head sling with hole 0.62x0.17m	(RO-10)
1 pc.	Lower chest sling with 4 hanging points	(SO-11)
1 pc.	Chest stabilizing belt	(SO-12)
1 pc.	Elastic-side boot	(SO-10)
2 pcs.	Self tightening sling	(SO-07)
14 pcs.	Sling line with two snap hooks and blocking clamps, 2.5 m long	(LO-13)
1 pc.	Functional and resistance training line, 5 m long	(LO-14)
2 pcs.	Elastic line with hanging, 60 cm long, red	
2 pcs.	Elastic line with hanging, 60 cm long, black	
1 pc.	Extender 0.5 kg	(RO-15)
1 pc.	Extender 1 kg	(RO-16)
1 pc.	Extender 1.5 kg	(RO-17)
1 pc.	Extender 2 kg	(RO-18)
2 pcs.	Hand handle straight	(LO-1)
1 pc.	Accessory hanger	

#### STANDARD ACCESSORIES FOR LEVITAS BASIC:

4 pcs.	Shoulder and thigh sling 0.57x0.15 m	(RO-07)
1 pc.	Pelvis sling 0.9x0.22 m	(RO-08)
1 pc.	Head sling with hole 0.62x0.17 m	(RO-10)
6 pcs.	Sling line with two snap hooks and blocking clamps, 2.5 m long	(LO-13)
1 pc.	Functional and resistance training line, 5 m long	(LO-14)
1 pc.	Elastic line with hanging, 60 cm long, red	
1 pc.	Elastic line with hanging, 30 cm long, red	
1 pc.	Elastic line with hanging, 60 cm long, black	
1 pc.	Elastic line with hanging, 30 cm long, black	
1 pc.	Accessory hanger	

#### OPTIONAL ACCESSORIES FOR LEVITAS BASIC:

- Single handle for Levitas (OM-7)
- Hand handle straight x 3 (LO-1)
- Sensomotoric pillow for training with diameter of at least 33 cm
- Training cylinder min. 15 x 50 cm