

Senior Life Style & Health Care

Taillepied 44, 1095 Lutry
(+41) 21 903 57 67
www.healthsport.ch
direction@healthsport.ch



HFS GROUP

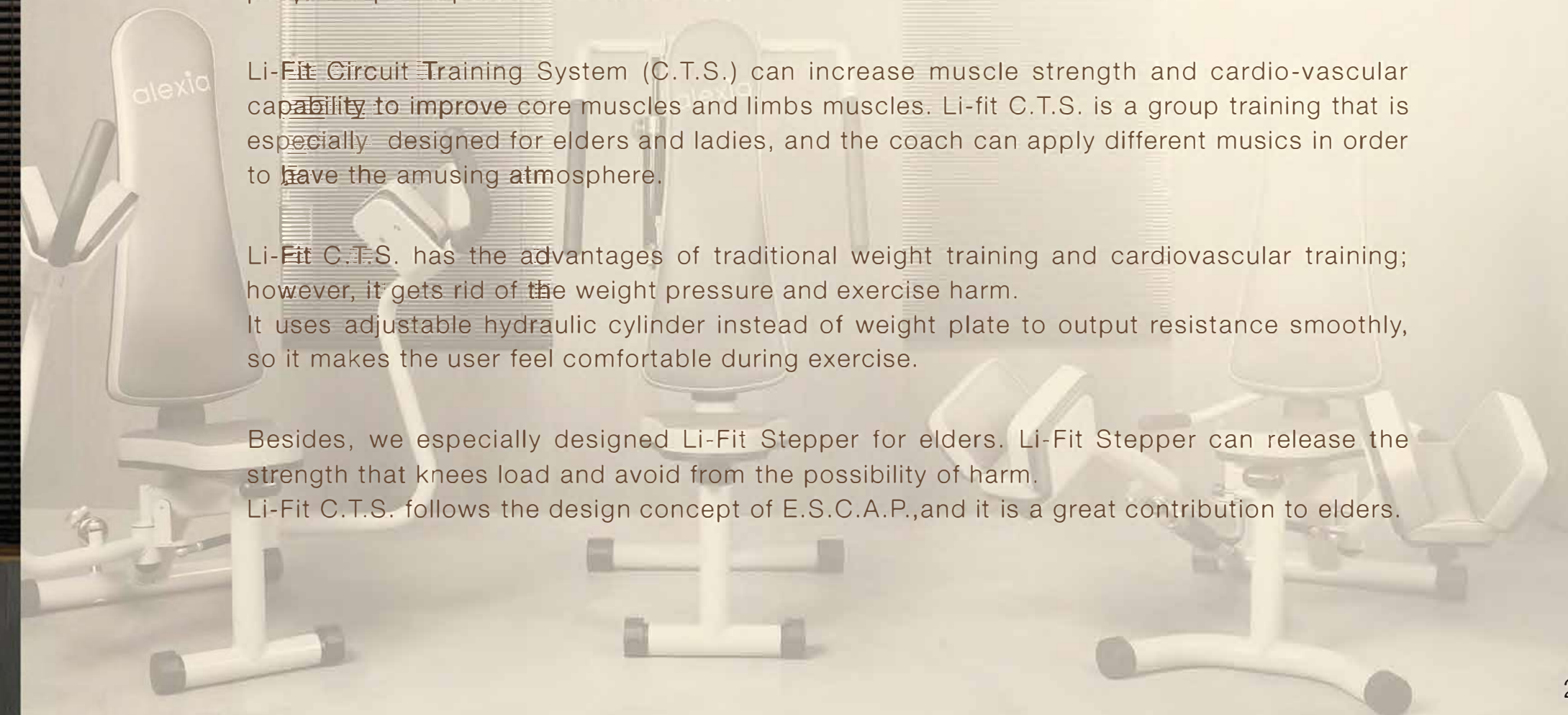
Li-Fit Introduction

Circuit Training (C.T.) is a kind of training method by doing different kinds of exercises to increase physical strength. This kind of training does not need a large space, but allow many people to participate at the same time.

Li-Fit Circuit Training System (C.T.S.) can increase muscle strength and cardio-vascular capability to improve core muscles and limbs muscles. Li-fit C.T.S. is a group training that is especially designed for elders and ladies, and the coach can apply different musics in order to have the amusing atmosphere.

Li-Fit C.T.S. has the advantages of traditional weight training and cardiovascular training; however, it gets rid of the weight pressure and exercise harm. It uses adjustable hydraulic cylinder instead of weight plate to output resistance smoothly, so it makes the user feel comfortable during exercise.

Besides, we especially designed Li-Fit Stepper for elders. Li-Fit Stepper can release the strength that knees load and avoid from the possibility of harm. Li-Fit C.T.S. follows the design concept of E.S.C.A.P., and it is a great contribution to elders.





HC-BH-MA763-NR1

Shoulder Press / Lat Pull

Features:

1. Assistant training for muscle strength, health care, and shape keeping. Especially design for elders and ladies.
2. The resistance of hydraulic cylinder is more soft & smooth than weight stack plate.
3. 6-Section Adjustable Resistance. It can train the antagonist by two-way resistance.
4. Streamline Shape & Ergonomic Design
5. Circuit Training Applicable
6. Train Muscle Group - Triceps, Upper Pectorals Major and Anterior Deltoid

Size after being assembled:

750(L)x610(W)x1300mm(H)

N.W:29.6KGS,G.W.:39.1KGS

40'Container: 126 sets



Beginning Pose

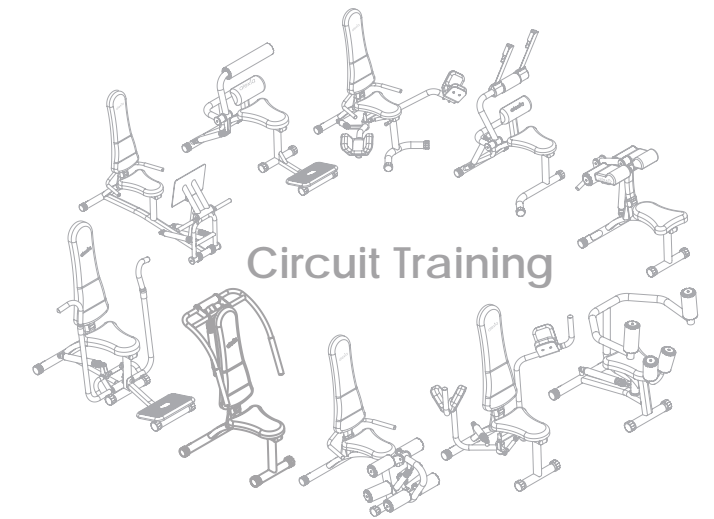
Keep your back remain straight to sit on Shoulder Press/ Lat Pull.

Put your feet on the ground and grasp the handles.

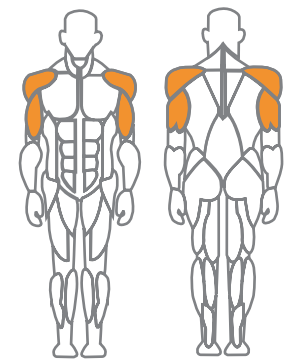
Ending Pose

Press your hands upward to the maximum high & stop for a while, and then pull down to the beginning pose.

Please keep the back remain straight on whole movement.



Circuit Training



Activation of Muscle Groups

- *Deltoid*
- *Triceps Brachii*
- *Biceps Brachii*

HC-BH-MA764-NR1

Abdominal / Back

Features:

1. Assistant training for muscle strength, health care, and shape keeping. Especially design for elders and ladies.
2. The resistance of hydraulic cylinder is more soft & smooth than weight stack plate.
3. 6-Section Adjustable Resistance. It can train the antagonist by two-way resistance.
4. Streamline Shape & Ergonomic Design
5. Circuit Training Applicable
6. Train Muscle Group - Rectus Abdominal, Abdominal Oblique

Size after being assembled:

1028(L)x700(W)x1150mm(H)
N.W:26.8KGS,G.W.:35.7KGS
40'Container: 111 sets



Beginning Pose

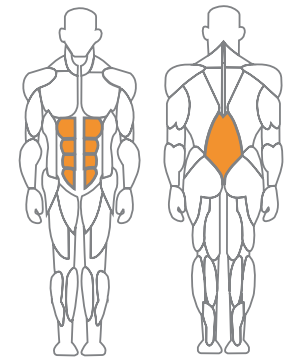
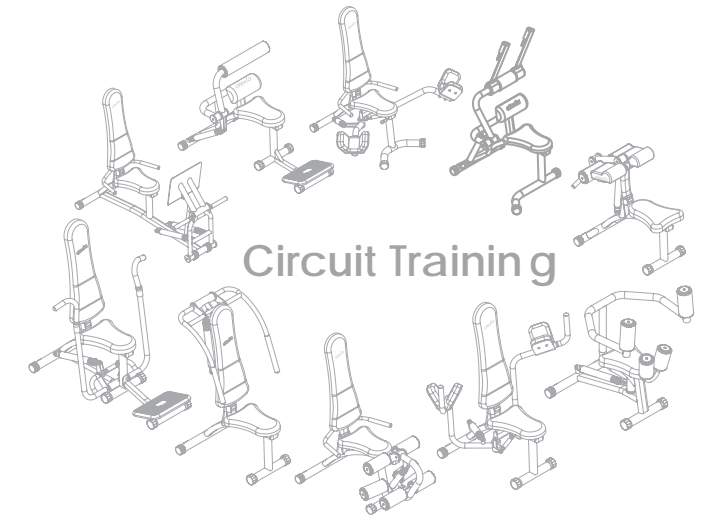
Keep your back remain straight to sit on Abdominal/ Back.

Put your feet on the ground and grasp the grips.

Ending Pose

Bend your body forward to the maximum level you can do & stop for a while, and back to the beginning pose.

Keep your back on whole movement.



Activation of Muscle Groups

- *Rectus abdominis*
- *Erector spinae group*

HC-BH-MA765-NR2

Leg Press

Features:

1. Assistant training for muscle strength, health care, and shape keeping. Especially design for elders and ladies.
2. The resistance of hydraulic cylinder is more soft & smooth than weight stack plate.
3. 6-Section Adjustable Resistance. It can train the antagonist by two-way resistance.
4. Streamline Shape & Ergonomic Design
5. Circuit Training Applicable
6. Train Muscle Group - Quadriceps, Gluteus Maximums

Size after being assembled:

1620(L)x700(W)x1300mm(H)
N.W:48.6KGS,G.W.:58.9KGS
40'Container: 102 sets



Beginning Pose

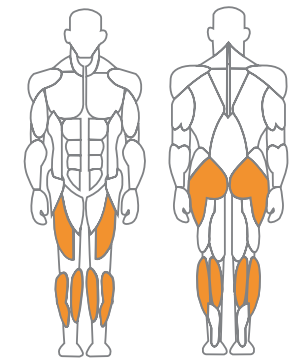
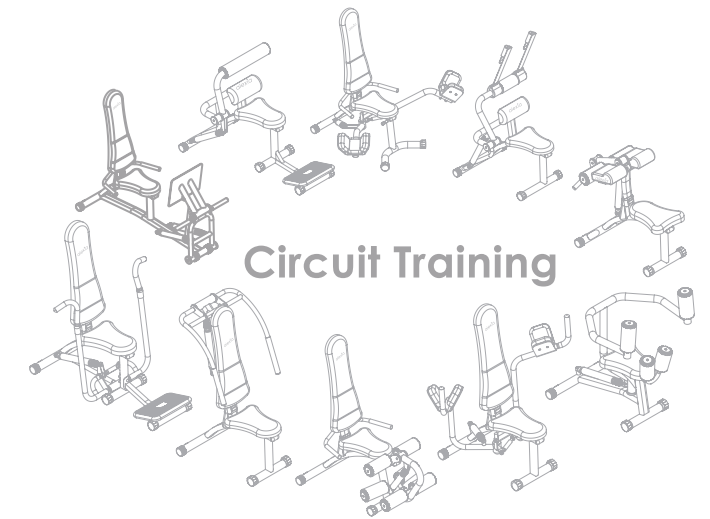
Keep your back remain straight to sit on Leg Press.

Put your feet on the board and grasp the handles.

Ending Pose

Stretch your feet gently until you feet full straight & stop for a while, and then pull your feet back.

Keep your back on whole movement.



Activation of Muscle Groups

- Quadriceps
- Gluteus maximus
- Gastrocnemius
- Tibialis anterior
- Soleus



HC-BH-MA768-NR1

Pec Dec / Fly

Features:

1. Assistant training for muscle strength, health care, and shape keeping. Especially design for elders and ladies.
2. The resistance of hydraulic cylinder is more soft & smooth than weight stack plate.
3. 6-Section Adjustable Resistance. It can train the antagonist by two-way resistance.
4. Streamline Shape & Ergonomic Design
5. Circuit Training Applicable
6. Train Muscle Group-Pectorails Major, Triceps Brachii

Size after being assembled:

745(L)x1260(W)x1300mm(H)
N.W:37.5KGS,G.W.:45.1KGS
40'Container: 151 sets



Beginning Pose

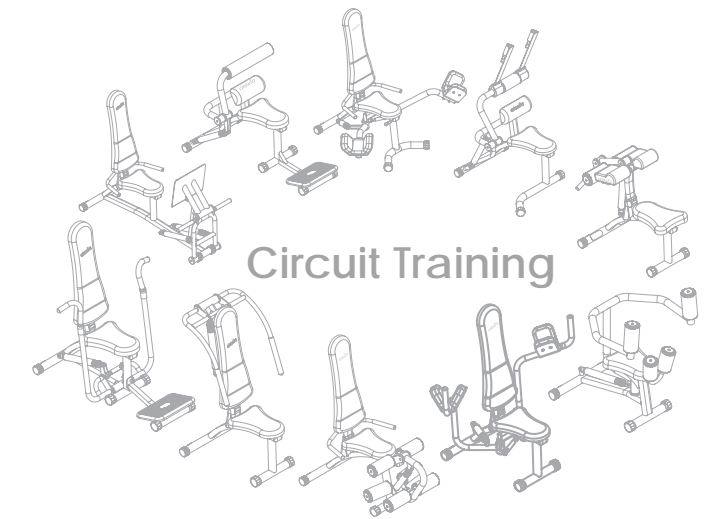
Keep your back remain straight to sit on Pec Dec/Fly.

Put your forearm on the pad and grasp the handles.

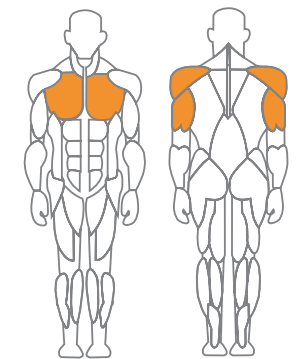
Ending Pose

Pull gently the handles toward the inner side until it touched together & stop for a while, and then pull the handles back.

Keep your back close to the pad on whole movement, and take breath normally.



Circuit Training



Activation of Muscle Groups

- *Pectorails major*
- *Triceps brachii*
- *Deltoid*

HC-BH-MA769-NR3

Abductor / Hip Adductor

Features:

1. Assistant training for muscle strength, health care, and shape keeping. Especially design for elders and ladies.
2. The resistance of hydraulic cylinder is more soft & smooth than weight stack plate.
3. 6-Section Adjustable Resistance.
It can train the antagonist by two-way resistance.
4. Streamline Shape & Ergonomic Design
5. Circuit Training Applicable
6. Train Muscle Group-Gluteus Maximus, Gluteus Medius

Size after being assembled:

1080(L)x1080(W)x1300mm(H)
N.W:40.4KGS,G.W.:50.8KGS
40'Container: 96 sets



Beginning Pose

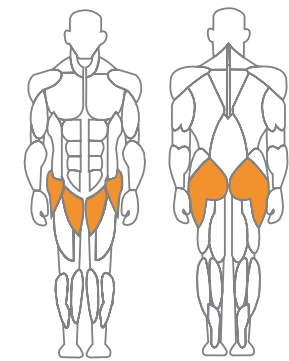
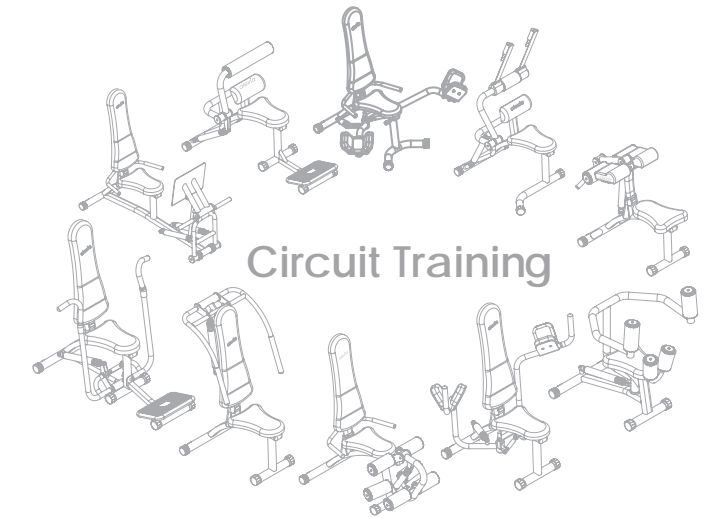
Keep your back remain straight to sit on Abductor.

Put your legs on the pad and grasp the handles.

Ending Pose

Adduct your legs until it touched together & stop for a while, and then pull it back to the beginning pose.

Keep your back close to the pad on whole movement, and take breath normally.



Activation of Muscle Groups

- *Tensor fasciae latae*
- *Adductor magnus*
- *Gluteus maximus*

HC-BH-MA770-NR1

Leg Extension / Leg Curl

Features:

1. Assistant training for muscle strength, health care, and shape keeping. Especially design for elders and ladies.
2. The resistance of hydraulic cylinder is more soft & smooth than weight stack plate.
3. 6-Section Adjustable Resistance.
It can train the antagonist by two-way resistance.
4. Streamline Shape & Ergonomic Design
5. Circuit Training Applicable
6. Train Muscle Group-Quadriceps

Size after being assembled:

1160(L)x610(W)x1350mm(H)
N.W:30.5KGS,G.W.:40.7KGS
40'Container: 109 sets



Beginning Pose

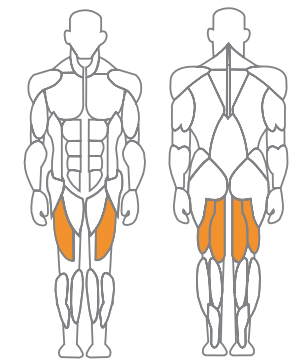
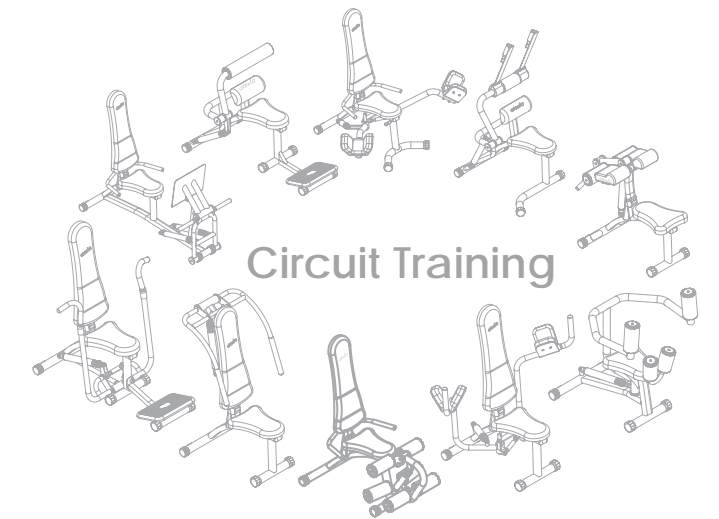
Keep your back remain straight to sit on Leg Extension/Leg Curl.

Put your feet on the ground and grasp the handles.

Ending Pose

Lift your legs up gently until your legs are straight & stop for a while, and then put your legs down gently.

Keep your back remain straight on whole movement.



Activation of Muscle Groups

- *Quadriceps*
- *Hamstrings*



HC-BH-MA771-NR1

Chest / Back

Features:

1. Assistant training for muscle strength, health care, and shape keeping. Especially design for elders and ladies.
2. The resistance of hydraulic cylinder is more soft & smooth than weight stack plate.
3. 6-Section Adjustable Resistance.
It can train the antagonist by two-way resistance.
4. Streamline Shape & Ergonomic Design
5. Circuit Training Applicable
6. Train Muscle Group-Triceps Brachii, Pectoralis Major

Size after being assembled:

1260(L)x700(W)x1300mm(H)
N.W:34.9KGS,G.W.:48.4KGS
40'Container: 75 sets



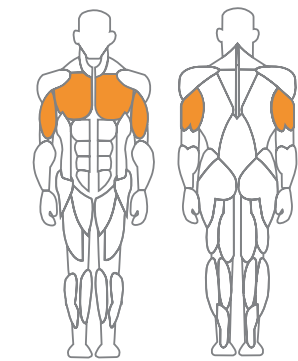
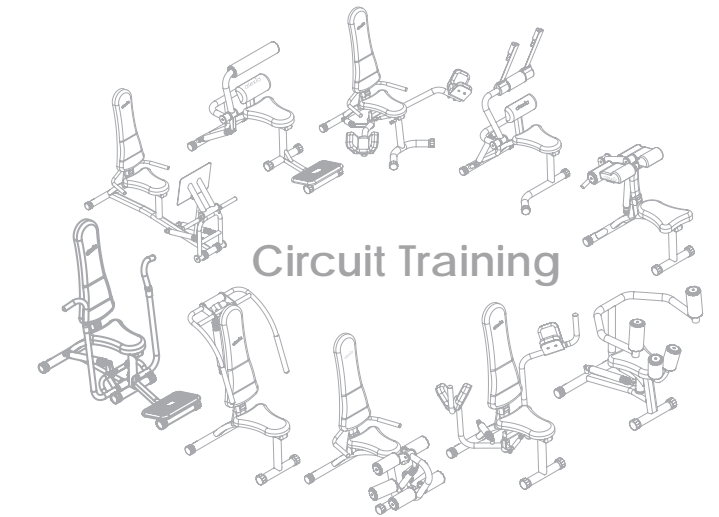
Beginning Pose

Keep your back remain straight to sit on Chest/Back.

Put your feet on the ground and grasp the handles.

Ending Pose

Gently push your arms forward until your arms are fully strait & stop for a while, and then gently pull your arms back.



Activation of Muscle Groups

- *Triceps brachii*
- *Pectoralis major*
- *Biceps brachii*

HC-BH-MA772-NR1

Biceps / Triceps

Features:

1. Assistant training for muscle strength, health care, and shape keeping. Especially design for elders and ladies.
2. The resistance of hydraulic cylinder is more soft & smooth than weight stack plate.
3. 6-Section Adjustable Resistance.
It can train the antagonist by two-way resistance.
4. Streamline Shape & Ergonomic Design
5. Circuit Training Applicable
6. Train Muscle Group-Biceps Brachii, Brachialis

Size after being assembled:

800(L)x630(W)x840mm(H)
N.W:25.3KGS,G.W.:31.8KGS
40'Container: 211 sets



Beginning Pose

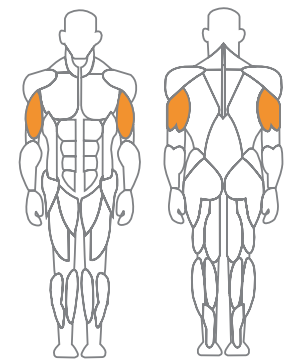
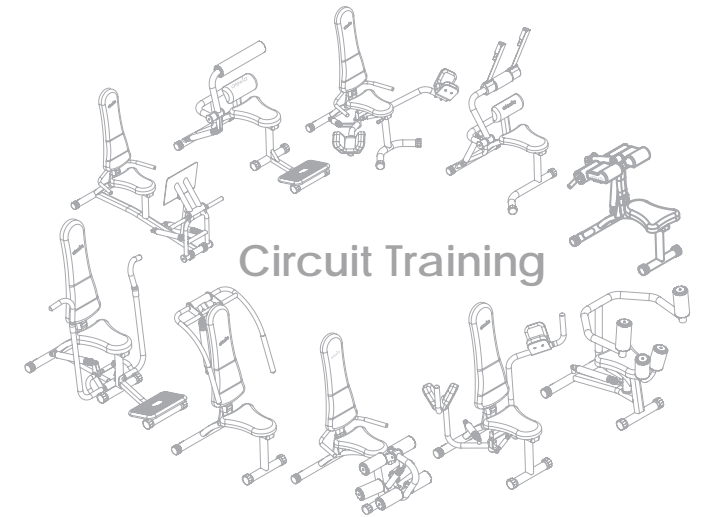
Sit on Biceps / Triceps and put your forearm on the pads.

Grasp the handles.

Ending Pose

Curl your arms upward to the maximum level you can do & stop for a while, and then put your arms down to the beginning pose.

Keep your arms close to the pad on whole movement, and take breath normally.



Activation of Muscle Groups

- *Biceps brachii*
- *Triceps brachii*

HC-BH-MA774-NR1

Back Extension

Features:

1. Assistant training for muscle strength, health care, and shape keeping. Especially design for elders and ladies.
2. The resistance of hydraulic cylinder is more soft & smooth than weight stack plate.
3. 6-Section Adjustable Resistance.
4. Streamline Shape & Ergonomic Design
5. Circuit Training Applicable
6. Train Muscle Group- Back Muscle

Size after being assembled:

1240(L)x722(W)x971mm(H)
N.W:29.4KGS,G.W.:39.4KGS
40'Container: 84 sets



Beginning Pose

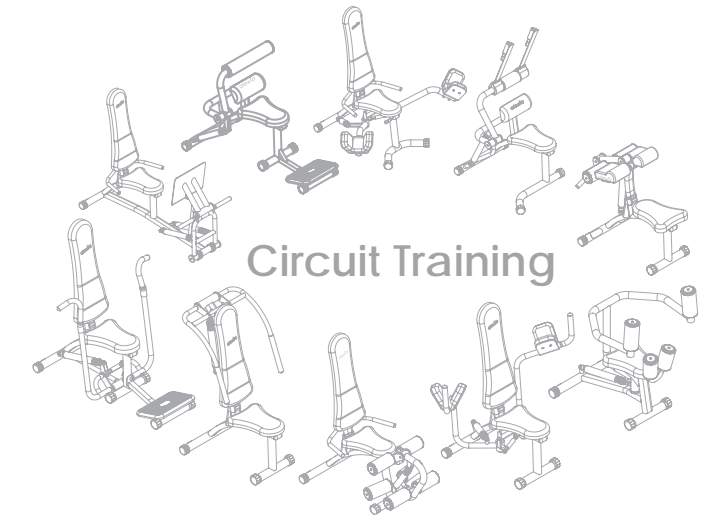
Sit on Back Extension and keep your back remain straight.

Cross your hands in front of chest.

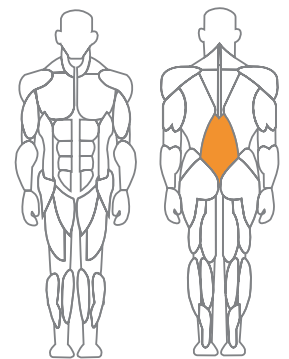
Ending Pose

Extend your body back to the maximum level you can do & stop for a while, and back to the beginning pose.

Keep your back straight on whole movement.



Circuit Training



Activation of Muscle Groups

- *Erector spinae group*

HC-BH-MA775-NR1

Twisting

Features:

1. Assistant training for muscle strength, health care, and shape keeping. Especially design for elders and ladies.
2. The resistance of hydraulic cylinder is more soft & smooth than weight stack plate.
3. 6-Section Adjustable Resistance.
4. Streamline Shape & Ergonomic Design
5. Circuit Training Applicable
6. Train Muscle Group- External Oblique & Rectus Abdominis

Size after being assembled:

1050(L)x730(W)x1050mm(H)
N.W:27.8KGS,G.W.:36.1KGS
40'Container: 120 sets



Beginning Pose

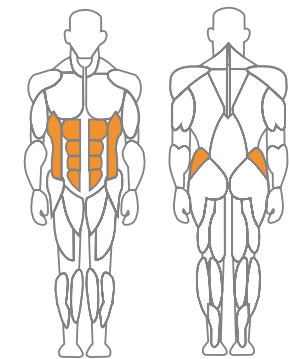
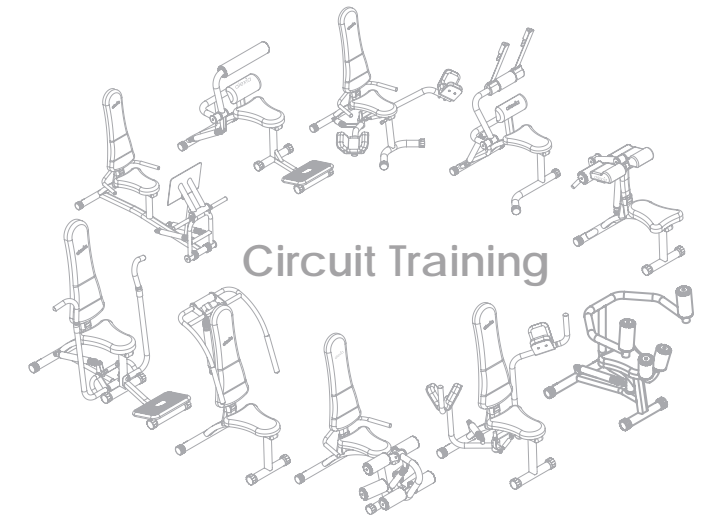
Keep your back straight to sit on Twisting.

Put your feet on the ground and grasp the holders.

Ending Pose

Turn your body to the left side & stop for a while, and then turn to the right side & stop for a while.

Back to the beginning pose.



Activation of Muscle Groups

- *Rectus Abdominis*
- *External Oblique*



HC-BH-MA777-NR1

Separation Leg Extension / Leg Curl

Features:

1. Assistant training for muscle strength, health care, and shape keeping. Especially design for elders and ladies.
2. The resistance of hydraulic cylinder is more soft & smooth than weight stack plate.
3. 6-Section Adjustable Resistance.
It can train the antagonist by two-way resistance.
4. Streamline Shape & Ergonomic Design
5. Circuit Training Applicable
6. Train Muscle Group- Quadriceps

Size after being assembled:

1160(L)x900(W)x1350mm(H)
N.W:39KGS,G.W.:50.5KGS
40'Container: 109 sets



Beginning Pose

Keep your back remain straight to sit on Seperation Leg Extension/ Leg Curl.

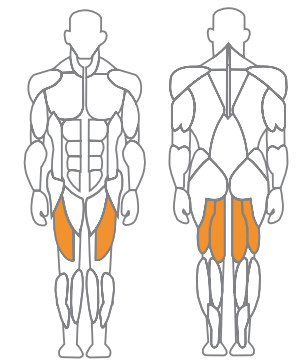
Put your feet on the ground and grasp the handles.

Ending Pose

Lift your left leg up gently until your leg is straight & stop for a while, and then put your legs down gently.

Lift your right leg up gently until your leg is straight & stop for a while, and then put your leg down gently.

Keep your back remain straight on whole movement.



Activation of Muscle Groups

- *Quadriceps*
- *Hamstrings*

HC-PAD-7651B

Optional pad

for Circuit Training Equipment



Description:

It is an optional pad that can be used to help shorter users take exercise on Li-Fit more comfortably. Excellent for using on our equipments of leg press, abductor/hip adductor, leg extension/leg curl in the circuit training series.

Size : 330mm(L)x80mm(D)x360mm(H)

FT-STP-9

Stepper

for Circuit Training Equipment



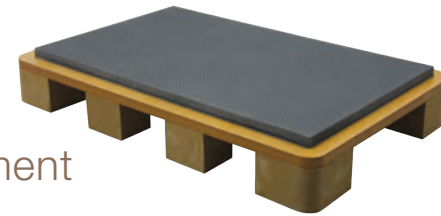
Features:

1. Anti-slip surface
2. Impact absorption surface
3. It has lower height than other aerobic steps, so it is safer for elders.

Description:

It not only can be used as an aerobic step, but also can be applied in the circuit training equipments as a stop between two equipments, and users can step it on and off to take stretching exercises for relax.

Size : 600mm(L)x375mm(D)x90mm(H)



HC-HPL-10100

Standard Hydraulic Pump Patient Lift

Features:

1. 2" square tube with powder coating.
2. Aluminum hydraulic cylinder.
3. "U" shape base is adjustable in 5 stages from 63cm~100cm.
4. Capacity: 330lbs(150kgs)±22lbs(10kgs)
5. 4" x 4" caster, rear w/brake
6. Sling: Optional.



Packing: 1SET/CTN/43KGS/47KGS/9.5'

Carton dimensions: 141*70*27cm.

***Exclusive countries:** UK & USA

***MOQ:** 10pcs

HC-EPL-10150E

Electric Patient Lift

Features:

1. Base is 2"OD hollow square tube with powder coating surface.
2. Linak actuator (Jumbo type), stable quality and safety w/emergency button.
3. The base are removable for easy storage and transportation.
4. Good for 40 cycles of elevation after full charge.
5. Base width adj.: 63.5CM~100CM.
6. Capacity: 150kgs±10kgs
7. Four 4" casters, rear wheel w/brake
8. Sling: Optional.



Packing: 1SET/CTN/43KGS/47KGS/9.5'

Carton dimensions: 141*70*27cm.

***Exclusive countries:** UK & USA

***MOQ:** 10pcs

HC-WCR-8200

Wheel Chair

Features:

1. Frame: Steel frame
2. Seat and Back Width: 18"
3. Armrest: Full length, permanent arms, padded
4. Footrest: Fixed footrests with plastic footplate
5. Rear Wheel : 24"
6. Front caster : 8"



Loading Capacity: 115 kgs

Packing: 1SET/CTN/18.5KGS/21.5KGS/7.4'

MOQ: 50pcs



There have two operating position

*enhancing shoulder muscle and improving its ROM

Trained muscles:

Deltoid, Triceps brachii, Biceps brachii

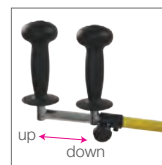
The movement of hand wheel comes from the first gesture of Chinese Tai-Chi, which can let users get the simple Tai-Chi training through of easy operation of hand wheel. It will increase the power of hand muscle and also increase the Range of Motion on shoulder joints effectively.

HC-WL-TH661C

Hand Wheel

Features:

1. Up to user's arm to adjust the handle to the most suitable length for user
2. 5-Section Adjustable Resistance
3. Strengthen the muscle group of upper arm and shoulder
4. To train the extension of shoulder joints
5. Fashionable design match home display
6. To be fixed by sucker is easy to move



Size after being assembled:

650 (L) x 450 (W) x 235mm (H)

N.W.: 7KGS, G.W.: 8.8KGS

20' Container: 540 sets

Rehabilitation / Health Care



*enhancing shoulder muscle and improving its ROM

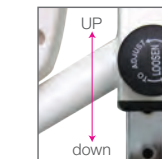
Multi-function Mini Bike not only can assist disable and elder people to strengthen the muscle strength of upper and lower limbs, but also can achieve the effects of intensify cardiovascular system and speed up the metabolism.

HC-WL-TH662C

Multi-function Mini Bike

Features:

1. Easy to adjust the height
2. Adjust the most suitable height for every user
3. 5-Section adjustable resistance
4. Strengthen muscle groups of thigh, shank & hands
5. Memory of time, distance & calories
6. To be fixed on the wall is very stable
7. Fashionable design match home display
8. Saving space



Size after being assembled:

1500(L) x 460 (W) x 400mm (H)

N.W.: 14KGS, G.W.: 17KGS

20' Container: 304 sets

Rehabilitation / Health Care

HC-WL-TH665C

Portable Multi-function Mini Bike

Features:

1. 5-Section adjustable resistance
2. Strengthen muscle groups of thigh, shank & hands
3. Memory of time, distance & calories
4. Fashionable design match home display
5. Saving space
6. Upper Limbs Training Applicable
7. Lower Limbs Training Applicable



Size after being assembled:

510 (L) x 450 (W) x 450mm (H)
N.W.: 11KGS, G.W.: 148KGS
20' Container: 500 sets



You can put the Portable Multi-function Mini Bike on the rack and use it to strengthen your upper limbs.



Also you can put the Portable Multi-function Mini Bike on the ground and use it to strengthen your lower limbs.

RK-WL-100

Rack of Power Wheel (Small)



Size:

850 (L) x 850 (W) x 1810mm (H)

Packing:

1950 (L) x 880 (W) x 230mm (H)

N.W.: 66KGS

G.W.: 73.5KGS



RK-WL-200

Rack of Power Wheel (Big)



Size:

1650 (L) x 850 (W) x 1810mm (H)

Packing:

1950 (L) x 880 (W) x 250 mm (H)

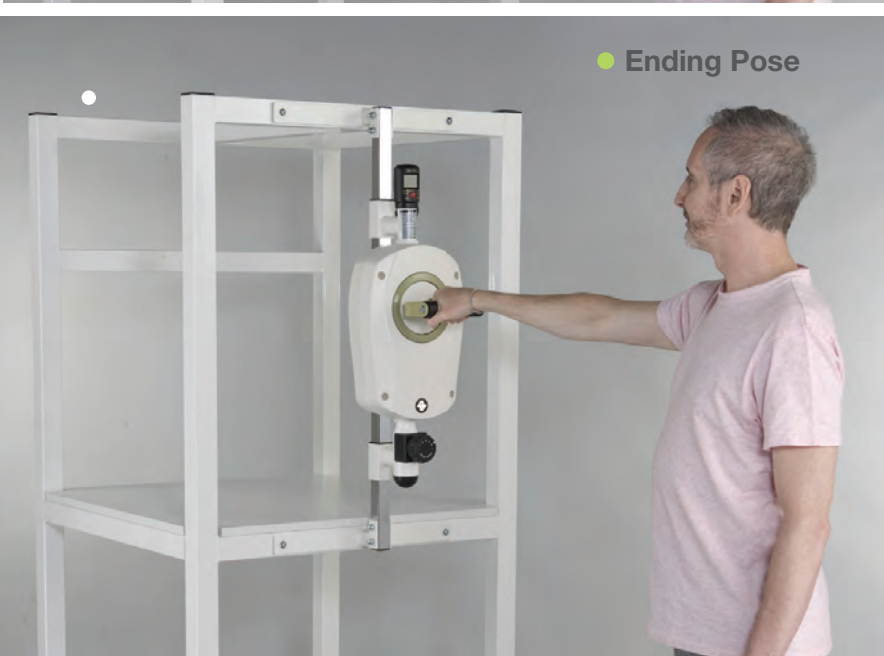
N.W.: 94KGS

G.W.: 102KGS





● Beginning Pose



● Ending Pose

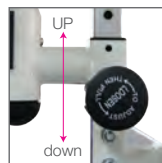
*enhancing shoulder muscle and improving its ROM

HC-WL-TH663C

Wrist Wheel

Features:

1. Easy to adjust the height
2. Adjust the most suitable height for every user
3. 5-Section adjustable resistance
4. Strengthen wrist muscle
5. To be fixed on the wall is very stable
6. Fashionable design match home display
7. Saving space



Size after being assembled:

910 (L) x 450 (W) x 300mm (H)
N.W.: 8KGS, G.W.: 10.5KGS
20' Container : 336 sets



Rehabilitation / Health Care



Sitting on the chair and grasp the handles.



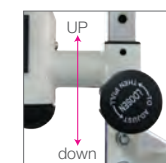
Pull the left handle down and then pull the right handle down

HC-WL-TH664C

Upper Limbs Exerciser

Features:

1. 5-Section Adjustable Resistance
2. Adjustable Height
3. Fashionable Design and Easy to Match Home Display
4. Improve The Range of Motion on Shoulder Joints
5. Strengthen Upper Limbs Muscle Group
6. Linkage Movement



Size after being assembled:

910 (L) x 450 (W) x 430mm (H)
N.W.: 8.5KGS, G.W.: 11KGS
20' Container: 294 sets



Rehabilitation / Health Care



HC-PFWCR-866

Profhand Wheel Chair

Features:

- **Even a person who is unable to walk, can pedal with his/her own feet.**

Even a person who has suffered stroke or a person with back pain or a person with pain in hip joint, can pedal with his/her feet if he/she is still able to slightly use one of his/her feet.

- **It makes it possible to train muscles effortlessly.**

Since it is possible to travel a long distance with a speed equal to that of walking briskly, unknowingly and with ease one can get muscle training results able to slightly use one of his/her feet.

- **Getting on and off this chair is very smooth.**

With adoption of an armrest that jerks upward, getting off the chair to the bed or vice verse is done very smoothly.

- **It can make a turn on the spot.**

With implementation of front and rear steering mechanism, one can make a complete turn on the spot. Inside one's home or on an elevator, one can freely and easily change the direction of the chair.

- **High safety level.**

With implementation of front casters, the chair has been designed so that it prevents falling upon getting on or while in motion.



The Brakes

Disk brake has been adapted.



Back rest seat

Minor and the adjustments are possible.



The arm rest

Armchair
Since it can jark upwards on or off the chair is done smoothly.



The Control Panel

It is possible to change either to the left or to the right.



Brakes Lever

They can be set on either the right side or the left side.



The Pushrod

The rear auxiliary wheels on the right and left prevent overturing of the chair.



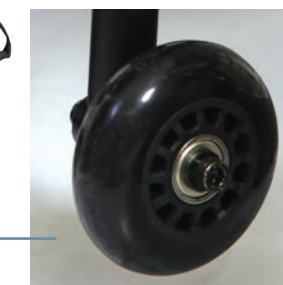
The Push Rod

The left side wheel is easily detached. So loading the chair into a car becomes much easier.



Brake Plate

It can easily be removed with a single touch on a button.



Front Caster

Since the auxilury wheel is airborne adaptable, when getting on the chair, forward tilt is prevented and on the event of a shock during movement, the caster functions to soften the severity of the shock.

General Exercise



FT-EXP-1039
Jelly Stretch Tube
Weight : 160g
Size : Heavy (Blue), Medium (Orange), Light (Pink)



FT-EXP-1040
Jelly Expander
Weight : 115g
Size : Heavy (Blue), Medium (Orange), Light (Pink)



FT-EXP-RB03
Braided rubber Band
Material : TPR
Size : 9.0mmx1.2mmx114cm



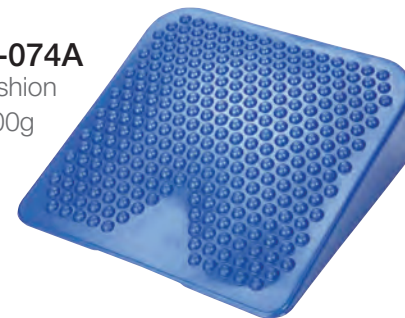
FT-EXP-G009
Professional Expander for Step with Polyester Cover



FT-EXP-P066
8 Shape Professional Expander with Polyester Cover

General Exercise

FT-MGC-074A
Wedge Cushion
Weight : 700g



FT-MGC-705H
Handle Cushion
Weight : 950g
Size : 34cm



FT-MGC-074L
Wedge Cushion
Weight : 1250g



FT-MGC-705S
Balance Cushion (1250g)



FT-BC-705G
Balance Cushion
Weight : 2000g
Dia.50cm



FT-MGC-705AC
Balance Cushion
Weight : 1000g
Size : 34cm



FT-BC-705A
Massage Cushion
Size : φ 13"x2.1"(T)



FT-BC-705
Massage Cushion
Size : φ 13"x1"(T)



General Exercise



FT-BB-500
Balance Step (Includes 8" Hand Pump)
Tube (TPR) :
11mm x 2.1mm x 75cm (2pcs)



FT-BB-8020
Balance Trainer with 6" Hand Pump
Available Color : Blue & Silver



FT-BB-450
Balance Step
(Includes 8" Hand Pump)
Tube(TPR) :
11mmx2.2mmx75cm (2pcs)



FT-BB-450TR
Balance Step with TPR Base
(Includes 8" Hand Pump)
Tube(TPR) :
11mmx2.2mmx75cm (2pcs)



FT-BB-WQ2040
Square Wooden Balance Board (Small)
Size : 20x40cm



FT-BB-WQ4040
Square Wooden Balance Board (Medium)
Size : 40x40cm



FT-BB-WQ9070
Square Wooden Balance Board (Big)
Size : 90x70cm

General Exercise



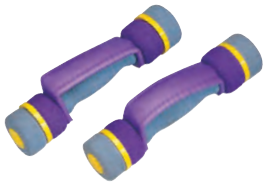
DB-SFD-808
Soft Dumbbell
Available Size :
2LB (1LBx2pcs), 1K (0.5Kx2pcs), 4LB (2LBx2pcs),
2K (1Kx2pcs), 6LB (3LBx2pcs), & 3K (1.5Kx2pcs)



DB-SFD-P806
Soft Dumbbell
Available Weight :
2lb/pair~5lb/pair



DB-SFD-B806
Soft Dumbbell
Available Weight :
1K & 1.5K



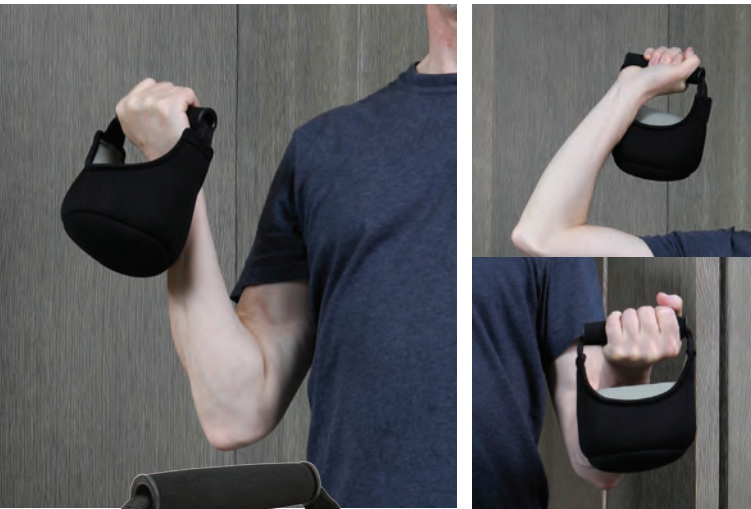
DB-SFD-PLB808
Soft Dumbbell
Available Weight :
2lb/pair~5lb/pair



DB-SFD-806A
Soft Dumbbell
Available Weight : 2lb/pair~5lb/pair



DB-SFD-800
Fitness Dumbbell Tree
Available Weight : 10LB (2LB+3LB+5LB)
12LB (3LB+4LB+5LB) / 14LB (3LB+5LB+6LB)



DB-SKDB
Soft Kettle Bell
Available Weight :
4LB, 6LB, & 8LB

