

A man with a beard and curly hair, wearing a grey t-shirt and light grey sweatpants, is seated on a piece of exercise equipment. He is leaning forward, holding a black curved bar with both hands. A cable is attached to the bar and runs upwards to a pulley system. The background is a plain, light-colored wall. The overall scene suggests a clinical or gym setting for physical therapy or rehabilitation.

FREI

GENIUS ECO[®]
MEDICAL TRAINING EQUIPMENT

GENIUS ECO®





GENIUS ECO[®]

- Made in Germany
- regional suppliers and regional production
- classical timeless design
- concentric / eccentric workout
- compatible with software-based test and workout systems
- easy operation
- biomechanical adapted workout
- safe and controlled movements
- continuous development of equipment features
- series comprises 22 devices
- successful in the medical device market for years





**VISIONEN, STOLZ, WISSEN,
SPÜRSINN, ENTWICKLUNGEN,
INNOVATIONEN, GEDULD, MUT,
TEAMGEIST, INGENIEURSKUNST, ZIELE,
WILLEN, ENGAGEMENT, FREUDE,
BEGEISTERUNG**

FOCUS ON PEOPLE

Our engineers are different. They think like therapists: people take centre stage!
Every FREI training device has to adapt to people – not the other way around.
This is a clear objective which our engineers realise to perfection time and time again.

EXPERIENCE AND VISION

The ideas come from recognising and understanding the needs of our users. Our design team has access to an extensive knowledge pool as well: 20 years of medical training equipment made by FREI!

SOPHISTICATED ENGINEERING

Our engineers are specialists in their field: electronics and mechanics. Teamwork results in new technologies. The knowledge, patience and energy of Black Forest inventors are essential here!



REFERENCES

Our GENIUS ECO series exists since 2001.

We would be grateful to know what we can further improve!



physiotherapy and rehabilitation
Kalchbühl, Zürich Wollishofen, Switzerland



Corporalis, practice for physiotherapy, Munich, Germany



PHYSIOMED Helioshaus GmbH, Cologne, Germany



Marianeum physiotherapy, Schwanau-Ottenheim, Germany



GENIUS COACH II ANALYSIS AND TRAINING SYSTEM

Optimise your personnel deployment and processes on your training area, win new customers and facilitate the work.

Touch screen for ease of operation

Lightly tapping the self-explanatory symbols on the large and straightforward touch screen is all you need to start training.

Correct training guaranteed: the GENIUS COUCH II does not allow cheating. Only correctly performed movements are counted. A status bar indicates the optimum training speed while the person who is training adapts his or her movements, thereby maintaining an even rhythm from the first to the last repetition.

Changing settings is straightforward and training is extremely simple – this reduces costs, saves money and is particularly important in prevention or group circuit training.

COMPUTER-ASSISTED TRAINING WITH THE CHIP-EI

Computer-assisted training with the CHIP-EI clearly displays necessary settings on the device. Just connect the CHIP-EI, adjust the seat height and weights and training can start.

The intuitive software takes over training control and analysis. Training plan development, maximum force measurement, the evaluation of force ratios and documentation are handled quickly and reliably on the PC. The therapist can optimise the use of time for customer support.

Sophisticated: you control four components of your training with one training system! Via the CHIP-EI and software, GENIUS ECO devices are easily administered and integrated with the FACTUM novus II or LUXXUM devices as well as FREI cardio equipment.



GENIUS ECO® LEG TRAINER

lying down / sitting - 150 kg / 180 kg / 235 kg



reddot design award winner





Our best example for the successful combination of design and functionality: the leg trainer. Comfortable training for all age groups thanks to the narrow guiding element and the settings from the training position.

FEATURES

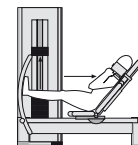
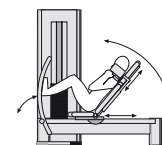
- the linear guide, which is fully enclosed, runs on ball bearings which makes it quiet and smooth running
- ideal entry thanks to the narrow linear guide and the handle on the tower
- seat height of approximately 50 cm
- settings from the training position
- individual one-button shoulder support adjustment
- with smallest weight increments
- with 3x adjustable foot plate

VERSIONS

- GENIUS ECO leg trainer - 150 kg / 180 kg / 235 kg

OPTIONS

- hydraulic weight plate damping - before they make contact, the weight plates are dampened by the hydraulics which avoids a loud impact. This system reduces strain on the load cable, cable pulleys, bearings and pins – a **FREI-invention** (proprietary)
- pivot slat set (2 pieces) for mounting on the foot plate
- pivot top for mounting on the foot plate
- movement limiter
- lordosis pad
- support – prevents the feet from sliding on the foot plate
- therapy aid
To stabilise the legs during training, for patients with leg paralysis or limited leg functionality
- GENIUS COACH analysis and training system (see page 8-9)



Quadriceps femoris muscle



Gluteal muscle
Calf muscle

WEIGHT SET 150 KG

2,5 - 30,0 kg = 2,5 kg increments
30,0 - 150,0 kg = 5,0 kg increments

DIMENSIONS

H x L x D = 185 x 225 x 95 cm
Weight: approximately 480 kg

WEIGHT SET 180 KG

5 - 180 kg in 5 kg increments

DIMENSIONS

H x L x D = 185 x 225 x 95 cm
Weight: approximately 510 kg

WEIGHT SET 235 KG

2,5 - 5 kg = 2,5 kg increments
5 - 30 kg = 5 kg increments
30 - 235 kg = 10 kg increments

DIMENSIONS

H x L x D = 205 x 260 x 95 cm
Weight: approximately 565 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO®

LEG TRAINER plus lying down / sitting - 150 kg





The leg trainer is now available in two versions: with continuous narrow guide or alternatively as "leg trainer plus" with interrupted guide and free entry!

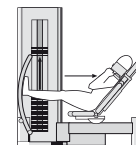
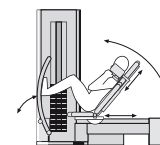
FEATURES

- the linear guide, which is fully enclosed, runs on ball bearings which makes it quiet and smooth running
- ideal entry thanks to the narrow linear guide and the handle on the tower
- **optimum seat height of approximately 50 cm for orthopaedic patients**
- settings from the training position
- individual one-button shoulder support adjustment
- with smallest weight increments



OPTIONS

- hydraulic weight plate damping - before they make contact, the weight plates are dampened by the hydraulics which avoids a loud impact. This system reduces strain on the load cable, cable pulleys, bearings and pins – a **FREI-invention** (proprietary)
- pivot slat set (2 pieces) for mounting on the foot plate
- pivot top for mounting on the foot plate
- movement limiter
- lordosis pad
- support – prevents the feet from sliding on the foot plate
- therapy aid
To stabilise the legs during training, for patients with leg paralysis or limited leg functionality
- GENIUS COACH analysis and training system (see page 8-9)



Quadriceps femoris muscle



Gluteal muscle
Calf muscle

WEIGHT SET 150 KG

2,5 - 30,0 kg = 2,5 kg increments

30,0 - 150,0 kg = 5,0 kg increments

DIMENSIONS

H x L x D= 185 x 225 x 95 cm

Weight: approximately 490 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® KNEE EXTENSOR

also available as combination device





We designed our knee extensor according to the physiological force curve: the eccentric unit distributes the weight according to natural human performance.

FEATURES

- with physiological force curve
- ergonomic pivot point adjustment
- movement limiter
- the initial position of the movement arm is easy to adjust using the ingenious blade-in-blade system – **a FREI-invention**
Advantage: training begins automatically at the right position along the physiological force curve
- the backrest angle and horizontal position are adjustable
- support pad for training with proper axial alignment
- also available as a combination knee extensor / knee flexor

OPTIONS

- hydraulic weight plate damping – **a FREI-invention** (proprietary)
- lordosis pad
- hand crank adjustment of the leg roll – recommended for comfortable operation
- automatic adjustment of the seat backrest in combination with the GENIUS COACH
- footrest pendulum for exercises in the closed chain – **a FREI-invention**
- GENIUS COACH analysis and training system (see page 8-9)



Straight, interior,
middle thigh muscle

Exterior thigh
muscle

WEIGHT SET

70 kg
2,5 - 30,0 kg = 2,5 kg increments
30,0 - 70,0 kg = 5,0 kg increments

DIMENSIONS

Height: 170 cm
Length: 180 cm
Depth: 103 cm
Weight: 300 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® KNEE FLEXOR

also available as combination device



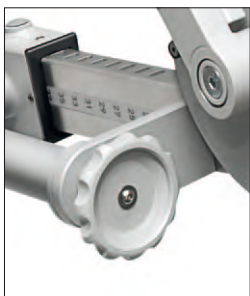


For effective training of the leg flexion musculature, overstraining the ligaments in the knee should be avoided. We achieve this with the individually adjustable pressure roller. It can be used to secure the thighs or lower legs according to preference.



FEATURES

- with physiological force curve
- ergonomic pivot point adjustment
- with movement limiter
- the initial position of the movement arm is easy to adjust using the ingenious blade-in-blade system – **a FREI-invention**
Advantage: training begins automatically at the right position along the physiological force curve
- pressure roller to secure the thighs or lower legs according to preference (proprietary)
- leg roll adjustable to movement arm
- the backrest angle and horizontal position are adjustable
- support pad for training with proper axial alignment
- also available as a combination knee extensor / knee flexor



OPTIONS

- hydraulic weight plate damping – **a FREI-invention** (proprietary)
- lordosis pad
- hand crank adjustment of the leg roll - recommended for comfortable operation
- automatic adjustment of the seat backrest in combination with the GENIUS COACH
- GENIUS COACH analysis and training system (see page 8-9)



Knee flexor

WEIGHT SET

70 kg
2,5 - 30,0 kg = 2,5 kg increments
30,0 - 70,0 kg = 5,0 kg increments

DIMENSIONS

Height: 170 cm
Length: 162 cm
Depth: 103 cm
Weight: 310 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® ABDUCTION TRAINER

FREI expert device





Asymmetric torque adjustment!

The Adductor / Abductor has a patented asymmetric torque alignment and a horizontal adjustment of the knee padding to enable physiologically right training of the hip musculature. Moreover the device can individually be adapted to body sizes - whether big or small! This comfortable training sensation is unparalleled.



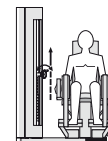
FEATURES

- asymmetric torque adjustment – a **FREI-invention** (proprietary)
- via the asymmetrical rod the knee pads can be adjusted horizontally to small or large exercise persons – a **FREI-invention** (proprietary)
- with physiological force curve
- angle-adjustable head and backrest
- easy to get in and out thanks to the training arms which open wide
- the initial position of the movement arm is easy to adjust using the ingenious blade-in-blade system – a **FREI-invention**
Advantage: training begins automatically at the right position along the physiological force curve



OPTIONS

- hydraulic weight plate damping – a **FREI-invention** (proprietary)
- movement limiter
- lordosis pad
- GENIUS COACH analysis and training system (see page 8-9)



Adductors

Gluteal muscle

WEIGHT SET

60 kg

2,5 - 15,0 kg = 2,5 kg increments

15,0 - 60,0 kg = 5,0 kg increments

DIMENSIONS

Height: 170 cm

Length: 175 cm

Depth: 180 cm

Weight: 330 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® HIP MACHINE



Ausgezeichnet!
Design Center Stuttgart

Focus Mobilität 2001



The standing position of the person training in our hip machine makes virtually countless exercise versions possible. Safety is maximised at the same time thanks to individually adjustable body supports. This proved worthy of recognition by the design center Stuttgart!



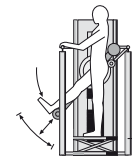
FEATURES

- for abduction, adduction, hip extension and hip flexion in the standing position
- with movement limiter
- adjustable initial position
- ball-bearing movement arm adjustment mechanism, individually variable length
- with foot plate that is continuously adjustable in height and horizontally adjustable in 2 positions for training with proper axial alignment
- with two positioning body supports
- with safety rail

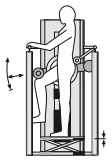


OPTIONS

- hydraulic weight plate damping – a **FREI-invention** (proprietary)
- GENIUS COACH analysis and training system (see page 8-9)



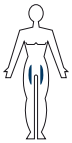
Hip extension



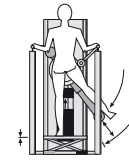
Hip flexion



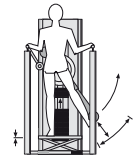
Gluteal muscle



Hip flexor



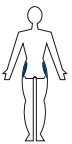
Adduction



Abduction



Adductors



Abductors

WEIGHT SET

70 kg

2,5 - 15,0 kg = 2,5 kg increments

15,0 - 70,0 kg = 5,0 kg increments

DIMENSIONS

Height: 185 cm

Length: 108 cm

Depth: 168 cm

Weight: 340 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® GLUTEUS TRAINER

FREI expert device



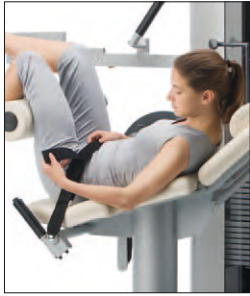


Effective training for stabilising and strengthening the pelvis. Powerful gluteal muscles and a strong lower back ensure that the musculature secures the pelvis, preventing it from tipping forward. This supports everyday movements such as getting up from a sitting position, climbing stairs and walking normally. Isolated unilateral training is ideal to compensate for imbalances.



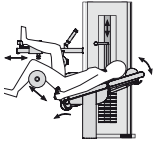
FEATURES

- angle-adjustable head rest
- effortless, straightforward and comfortable to get in and out
- for getting in and starting, the thigh roll is straightforward to adjust with the help of the ingenious blade-in-blade system – **a FREI-invention**. The release lever for this is perfectly positioned, making it easy to reach. Advantage: training begins automatically at the right position along the physiological force curve
- for getting out in comfort, the thigh roll is uncoupled again using the release lever and folds down – easy handling
- with handle on the side, which can be released using a pushbutton and lowered under the seat – making it even easier to get in and out
- with movement limiter
- system protected by law



OPTIONS

- hydraulic weight plate damping – **a FREI-invention** (proprietary)
- lordosis pad
- GENIUS COACH analysis and training system (see page 8-9)



Gluteal muscle
Lumbar muscle

WEIGHT SET

70 kg
2,5 - 30,0 kg = 2,5 kg increments
30,0 - 70,0 kg = 5,0 kg increments

DIMENSIONS

Height: 170 cm
Length: 163 cm
Depth: 92 cm
Weight: 270 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® ABDOMINAL TRAINER

also available as combination device





The spine is a sensitive and very important part of our body. It must not be allowed to suffer from incorrect training. We have developed a free-moving training arm that adapts to the amount of travel of the spine, and does not put pressure on it in any position!



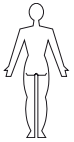
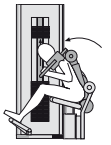
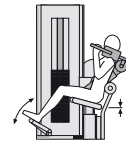
FEATURES

- with anatomical lordosis pad
- with pelvic restraint for back flexion
- with physiological force curve
- with movement limiter
- the initial position of the movement arm is easy to adjust using the ingenious blade-in-blade system – **a FREI-invention.**
Advantage: training begins automatically at the right position along the physiological force curve
- with height-adjustable seat
- with moveable shoulder and back pad
- with continuously variable footrest
- also available as a combination abdominal trainer / back trainer



OPTIONS

- hydraulic weight plate damping – **a FREI-invention** (proprietary)
- padded armrest
- automatic seat height adjustment in combination with the GENIUS COACH
- GENIUS COACH analysis and training system (see page 8-9)
- additional padding for shoulder pads



Straight large abdominal muscle

WEIGHT SET

70 kg
2,5 - 30,0 kg = 2,5 kg increments
30,0 - 70,0 kg = 5,0 kg increments

DIMENSIONS

Height:	170 cm
Length:	140 cm
Depth:	122 cm
Weight:	310 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® BACK TRAINER

also available as combination device





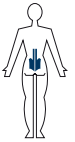
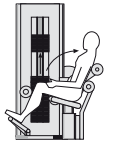
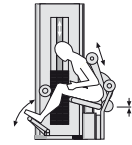
We all need a strong back – in order to achieve this, many first have to train through the pain and build up their back musculature. This is achieved in our back trainer with safe and guided exercises.

FEATURES

- with anatomical lordosis pad
- with physiological force curve
- with movement limiter
- the initial position of the movement arm is easy to adjust using the ingenious blade-in-blade system – **a FREI-invention**.
Advantage: training begins automatically at the right position along the physiological force curve
- with height-adjustable seat
- with individually adjustable movement arm with back roll
- with continuously variable footrest
- with pelvic restraint for back extension
- also available as a combination abdominal trainer / back trainer

OPTIONS

- hydraulic weight plate damping – **a FREI-invention** (proprietary)
- automatic seat height adjustment in combination with the GENIUS COACH
- GENIUS COACH analysis and training system (see page 8-9)
- additional padding for shoulder pads



Posterior middle
back extensor

WEIGHT SET

70 kg
2,5 - 30,0 kg = 2,5 kg increments
30,0 - 70,0 kg = 5,0 kg increments

DIMENSIONS

Height: 170 cm
Length: 142 cm
Depth: 92 cm
Weight: 300 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® TORSO ROTATOR





Rotation is a very difficult exercise for many people. In our torso rotator, this training is performed with initial tension that can be individually selected. While you don't have to turn around your own axis right away, a little mobility cannot do any harm!



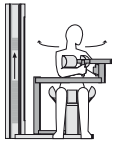
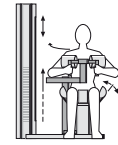
FEATURES

- training arm that folds up completely for getting in and out in comfort
- initial position of the training arm adjustable to 15°, 30° and 45° to the right or left
- especially precise degree setting for the initial angle (without play). Training under load begins exactly at the desired position
- chest pad adjustable in height and depth, with ball-bearing guide
- easy and straightforward adjustment of the two pelvic supports
- with anatomical lordosis pad
- continuously height-adjustable seat



OPTIONS

- hydraulic weight plate damping – a **FREI-invention** (proprietary)
- movement limiter
- automatic seat height adjustment in combination with the GENIUS COACH
- GENIUS COACH analysis and training system (see page 8-9)



Diagonal muscles

Intercostal muscle

WEIGHT SET

70 kg

5,0 - 20,0 kg = 2,5 kg increments

20,0 - 70,0 kg = 5,0 kg increments

DIMENSIONS

Height: 170 cm

Length: 133 cm

Depth: 105 cm

Weight: 300 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® LATERAL TRAINER





Tilting to the right and left promotes development of the diagonal muscles. In doing so, the ergonomically adjustable thigh pad provides perfect support. This results in the optimum complement to back training.



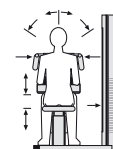
FEATURES

- adjustable initial position
- especially precise degree setting for the initial angle (without play). Training under load begins exactly at the desired position
- continuously height-adjustable seat
- side arm pads, adjustable in width by means of smooth running ball-bearing precision guides
- continuously adjustable leg pads
- movement limiter included



OPTIONS

- hydraulic weight plate damping – a **FREI-invention** (proprietary)
- automatic seat height adjustment in combination with the GENIUS COACH
- GENIUS COACH analysis and training system (see page 8-9)



Exterior and interior diagonal muscles

WEIGHT SET

70 kg
 5,0 - 15,0 kg = 2,5 kg increments
 15,0 - 70,0 kg = 5,0 kg increments

DIMENSIONS

Height: 170 cm
 Length: 125 cm
 Depth: 130 cm
 Weight: 300 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

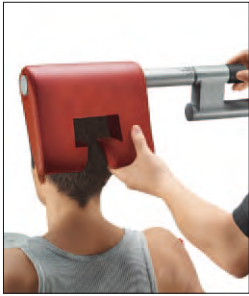
Changes reserved - proprietary design

GENIUS ECO® CERVICAL SPINE TRAINER





It has to be treated with care: the cervical spine. Which is why we have constructed a very safe training device for it. The cervical spine trainer offers weight adjustment in small increments and optimum adaptation to the person training.



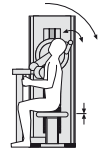
FEATURES

- seat can be turned for cervical spine extension and flexion as well as lateral flexion
- continuously height-adjustable seat
- head support adjustable in angle and height
- chest pad adjustable in height and depth, with ball-bearing guide
- adjustable initial position
- ergonomic pivot point adjustment



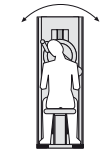
OPTIONS

- hydraulic weight plate damping – a **FREI-invention** (proprietary)
- movement limiter
- automatic seat height adjustment in combination with the GENIUS COACH
- GENIUS COACH analysis and training system (see page 8-9)



Scalene muscle
Chest and genio-hyoideus muscle
Head rotator

Spinal erector
Shoulder blade lifter
Trapezius muscle
Splenius cervicis muscle



Chest and genio-hyoideus muscle
Head rotator

Shoulder blade lifter
Trapezius muscle
Splenius cervicis muscle

WEIGHT SET

10 kg
0,5 - 3,0 kg = 0,5 kg increments
3,0 - 10,0 kg = 1,0 kg increments
Additional weight 0,5 kg

DIMENSIONS

Height: 170 cm
Length: 130 cm
Depth: 72 cm
Weight: 280 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® SHOULDER ROTATOR

FREI expert device





Our shoulder rotator's amount of travel is tailored precisely to the ergonomic and physiological processes in the shoulder. It makes it possible to practice elliptical movement patterns independently of each other on the right and left - which is particularly important for older persons or patients who have suffered falls.



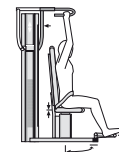
FEATURES

- for natural training movements of the shoulder and large back muscle
- continuously height-adjustable seat
- seat rotates by 90°
- the initial position of the movement arm is easy to adjust using the ingenious blade-in-blade system – **a FREI-invention**
- one-sided exercises can be performed with just one training arm
- with continuously variable footrest



OPTIONS

- hydraulic weight plate damping – **a FREI-invention** (proprietary)
- movement limiter
- lordosis pad
- automatic seat height adjustment in combination with the GENIUS COACH
- GENIUS COACH analysis and training system (see page 8-9)



Shoulder
Biceps
Chest muscle

Rhomboid muscle
Large back muscle

WEIGHT SET

50 kg
5,0 - 15,0 kg = 2,5 kg increments
15,0 - 50,0 kg = 5,0 kg increments

DIMENSIONS

Height: 195 cm
Length: 143 cm
Depth: 108 cm
Weight: 430 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® POSTURE STABILISER

also available as combination device





The name says it all - it stabilises the entire upper back with a simple but effective exercise. In order to increase the degree of difficulty, the seat with support pad is simply turned by 180°.



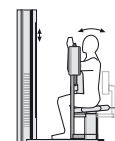
FEATURES

- with physiological force curve
- the initial position of the movement arm is easy to adjust using the ingenious blade-in-blade system – **a FREI-invention**
Advantage: training begins automatically at the right position along the physiological force curve
- adjustable width of the training arms
- one-sided exercises can be performed with just one training arm
- adjustable distance of the support pad to the seat
- seat and support pad can be turned by 180°: The exercises can be performed with a choice of chest or back support
- continuously height-adjustable seat
- also available as a combination butterfly / posture stabiliser



OPTIONS

- hydraulic weight plate damping – **a FREI-invention** (proprietary)
- movement limiter
- ball handles, moveable
- automatic seat height adjustment in combination with the GENIUS COACH
- GENIUS COACH analysis and training system (see page 8-9)



Anterior shoulder

Posterior shoulder
Large back muscle

WEIGHT SET

50 kg
2,5 - 15,0 kg = 2,5 kg increments
15,0 - 50,0 kg = 5,0 kg increments

DIMENSIONS

Height: 170 cm
Length: 142 cm
Depth: 120 cm
Weight: 300 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® BUTTERFLY

also available as combination device





The initial position is precisely adjustable using what is known as the blade-in-blade system, which we developed ourselves. Important especially for rehabilitation in the shoulder region. Innovation that assists with healing.



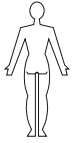
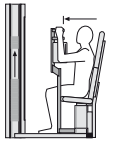
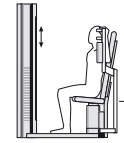
FEATURES

- with physiological force curve
- the initial position of the training arms is easily adjustable in 5° increments by means of the ingenious blade-in-blade system – **a FREI-invention**
Advantage: training begins automatically at the right position along the physiological force curve
- one-sided exercises can be performed with just one training arm
- continuously height-adjustable seat
- also available as a combination butterfly / posture stabiliser



OPTIONS

- hydraulic weight plate damping – **a FREI-invention** (proprietary)
- movement limiter
- lordosis pad
- automatic seat height adjustment in combination with the GENIUS COACH
- GENIUS COACH analysis and training system (see page 8-9)



Chest muscle
Deltoid muscle

WEIGHT SET

60 kg
2,5 - 15,0 kg = 2,5 kg increments
15,0 - 60,0 kg = 5,0 kg increments

DIMENSIONS

Height: 170 cm
Length: 135 cm
Depth: 115 cm
Weight: 330 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® CHEST PRESS





Our chest press is a simple but effective training device for the chest and arms. It accurately targets and develops the muscles. The curved handles make it easy for any user to find his or her preferred training position.



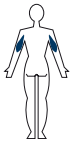
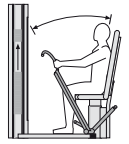
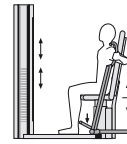
FEATURES

- the initial position of the movement arm is easy to adjust using the ingenious blade-in-blade system – a **FREI-invention**
- continuously height-adjustable seat
- one-sided exercises can be performed with just one training arm



OPTIONS

- hydraulic weight plate damping – a **FREI-invention** (proprietary)
- movement limiter
- lordosis pad
- automatic seat height adjustment in combination with the GENIUS COACH
- GENIUS COACH analysis and training system (see page 8-9)



Chest muscle
Deltoid muscle

Triceps

WEIGHT SET

50 kg

8,0 - 18,0 kg = 2,0 kg increments

18,0 - 50,0 kg = 4,0 kg increments

DIMENSIONS

Height: 170 cm

Length: 148 cm

Depth: 120 cm

Weight: 330 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® ROWING MACHINE





A perfect pair: our rowing machine complements the effect of the chest press in the area of the back. Individual adjustment possibilities, such as the distance of the seat to the training arm, for guaranteed comfortable and ergonomic training.



FEATURES

- continuously height-adjustable seat
- one-sided exercises can be performed with just one training arm
- seat with person adjustable via horizontal, smooth running ball-bearing guides



OPTIONS

- hydraulic weight plate damping – a **FREI-invention** (proprietary)
- movement limiter
- automatic seat height adjustment in combination with the GENIUS COACH
- GENIUS COACH analysis and training system (see page 8-9)



Biceps



Trapezius
Deltoid muscle
Teres major
Broad back muscle

WEIGHT SET

70 kg

2,5 - 10,0 kg = 2,5 kg increments

10,0 - 70,0 kg = 5,0 kg increments

DIMENSIONS

Height: 170 cm

Length: 160 cm

Depth: 98 cm

Weight: 330 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO®

COMBINATION PULL DOWN / DIP





They form a unit: Pull down and dip device in one! Our designers have found an ingenious solution, making the device straightforward to adjust for any user: only a single lever needs to be pressed and the training arm can be moved on the smooth running linear track without force. This converts the Pull down into a dip device.



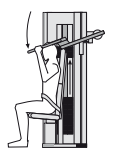
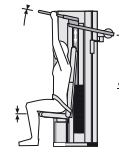
FEATURES

- device arm on smooth running linear track adjustable for pull down or dip exercises
- the initial position of the movement arm is easy to adjust using the ingenious blade-in-blade system – a **FREI-invention**
- continuously height-adjustable seat
- with stabilising hip belt

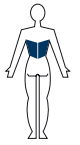


OPTIONS

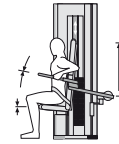
- hydraulic weight plate damping – a **FREI-invention** (proprietary)
- movement limiter
- lordosis pad
- automatic seat height adjustment in combination with the GENIUS COACH
- GENIUS COACH analysis and training system (see page 8-9)



Shoulder, Biceps



Large back muscle



Anterior shoulder
Anterior chest muscle



Triceps

WEIGHT SET

50 kg

5,0 - 15,0 kg = 2,5 kg increments

15,0 - 50,0 kg = 5,0 kg increments

DIMENSIONS

Height: 200 cm

Length: 107 cm

Depth: 127 cm

Weight: 480 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® SHOULDER PRESS





Exact and reproducible positioning for training with proper axial alignment is easy to achieve on all our equipment. With the shoulder press as well, footrest and seat adjustments help small and large persons alike to find the right position.



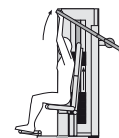
FEATURES

- the initial position of the movement arm is easy to adjust using the ingenious blade-in-blade system – **a FREI-invention**
- continuously height-adjustable seat
- continuously variable footrest



OPTIONS

- hydraulic weight plate damping – **a FREI-invention** (proprietary)
- movement limiter
- lordosis pad
- automatic seat height adjustment in combination with the GENIUS COACH
- GENIUS COACH analysis and training system (see page 8-9)



Deltoid muscle

Trapezius,
Deltoid muscle,
Arm extensor

WEIGHT SET

50 kg

5,0 - 15,0 kg = 2,5 kg increments

15,0 - 50,0 kg = 5,0 kg increments

DIMENSIONS

Height: 185 cm

Length: 156 cm

Depth: 128 cm

Weight: 480 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO®
VERTICAL TRACTION
MACHINE





Ideal for muscle development training, also for athletes. At 70 kg, the weight block offers sufficient weight with optimum fixation by the adjustable thigh roll.

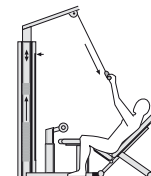
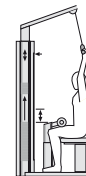
FEATURES

- with 1/2 gear reduction
- with height-adjustable leg pad
- with height-adjustable latissimus bar
- continuously height-adjustable seat
- available as wall mount version, without foot plate and seat (not illustrated)



OPTIONS

- hydraulic weight plate damping – a **FREI-invention** (proprietary)
- automatic seat height adjustment in combination with the GENIUS COACH
- GENIUS COACH analysis and training system (see page 8-9)
- GENIUS vario-bench
Adjustable seat angle and backrest angle, matches multi-press and vertical traction machine, for weight training and callisthenics.
L x W x H = 126 x 45 x 126 cm, seat height: 41.5 cm
Accessories: lordosis pad and head cushion



M-biceps brachii

Broad back muscle

WEIGHT SET

70 kg
5,0 - 70,0 kg = 5,0 kg increments

DIMENSIONS

Height: 238 cm (with gibbet)
Length: 108 cm
Depth: 105 cm
Weight: 320 kg

COLOUR CHART

see cover flap

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO®

UNIVERSAL TRACTION MACHINE - 18 KG / 28 KG

EXPLOSIVE TRACTION MACHINE - 20 KG





A common entry point to MTT: the universal traction machine. Few devices offer such a broad variety of exercises and can be effectively combined with so many small add-on products. The weights are variable as well: you choose from 18 kg, 28 kg or the explosive version for power training with 20 kg.



FEATURES

- with 2 cable openings
- with 2 handles
- three-dimensional movement
- without stand



VERSIONS

- GENIUS ECO universal traction machine 18 kg
- GENIUS ECO universal traction machine 28 kg features, options and dimensions: see universal traction machine 18 kg
- GENIUS ECO explosive traction machine 20 kg features, options and dimensions: see universal traction machine 18 kg



OPTIONS

- hydraulic weight plate damping – a **FREI-invention** (proprietary)
- stands and/or adjustment mechanisms
- GENIUS COACH analysis and training system (see page 8-9)
- gibbet
- latissimus bar
- triceps bar
- handle
- various cuffs and harnesses



DIMENSIONS

Height: 200 cm (without stand and gibbet)
 Height: 245 cm (with gibbet on stand)
 Length: 52 cm
 Depth: 26 cm

WEIGHT INCREMENTS UNIVERSAL 18 KG

(specified in newtons + kg)

1. cable 5 - 90 n 1/4 gear reduction = 0,5 - 9,0 kg (power training)
2. cable 10 - 180 n 1/2 gear reduction = 1,0 - 18,0 kg

Weight: 117 kg (incl. stand 162 kg)

WEIGHT INCREMENTS UNIVERSAL 28 KG

(specified in newtons + kg)

1. cable 5 - 140 n 1/4 gear reduction = 0,5 - 14,0 kg (power training)
2. cable 10 - 280 n 1/2 gear reduction = 1,0 - 28,0 kg

Weight: 137 kg (incl. stand 182 kg)

WEIGHT INCREMENTS EXPLOSIVE 20 KG

(specified in newtons + kg)

1. cable 5 - 100 n 1/6 gear reduction = 0,5 - 10,0 kg (explosive training)
2. cable 10 - 200 n 1/3 gear reduction = 1,0 - 20,0 kg (power training)

Weight: 141 kg (incl. stand 186 kg)

MEDICAL DEVICE

Changes reserved - proprietary design

DIMENSIONS

Height: 230 cm

Width: 330 cm

Depth: 150 cm

WEIGHTS OF VERSIONS

1. approx. 564 kg

2. approx. 604 kg

3. approx. 612 kg

4. approx. 330 kg

GENIUS ECO® FUNCTIONAL TRAINING CENTER 1.0

FREI expert device



The Functional Training Center offers an infinite number of training possibilities. Offer your customers functional training and therapy at the same time - comfortable and of high quality, in a small space. The Functional Training Center is also particularly suitable for loop therapy.

FEATURES

- incl. pull-up bar and two free deflection pulleys

VERSIONS

1. Functional Training Center 1.0 with two universal traction machines 18 kg
2. Functional Training Center 1.0 with two universal traction machines 28 kg
3. Functional Training Center 1.0 with two explosive traction machines 20 kg
4. Functional Training Center 1.0 without traction machines

Notice: only GENIUS ECO traction machines fit in the Functional Training Center!

MEDICAL DEVICE

Changes reserved - proprietary design

GENIUS ECO® MULTI PRESS

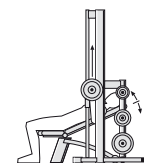
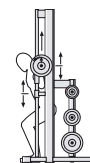
FREI expert device



Training safety even under large loads: our counterweight system significantly reduces the weight of the training bar. The hook system prevents the bar from slipping if the weight becomes too much for the person training.

FEATURES

- with guided training bar
- with two adjustable stops
- with hook system to ensure safety while training
- training bar, height-adjustable in 16 increments
- with counterweight to minimise the net weight of the training bar from 19 kg to 5 kg
- with weight shelves on both sides for a maximum of 150 kg; space on each side for 4 barbell discs of 10 kg and 5 kg, and for 6 discs of 2.5 kg
- combined with a training bench, the numerous exercises are possible for the torso, arms and legs from a prone or sitting position



Anterior shoulder
Chest muscle
Deltoid muscle
Quadriceps femoris
muscle

Osterior shoulder
Triceps
Gluteal muscle

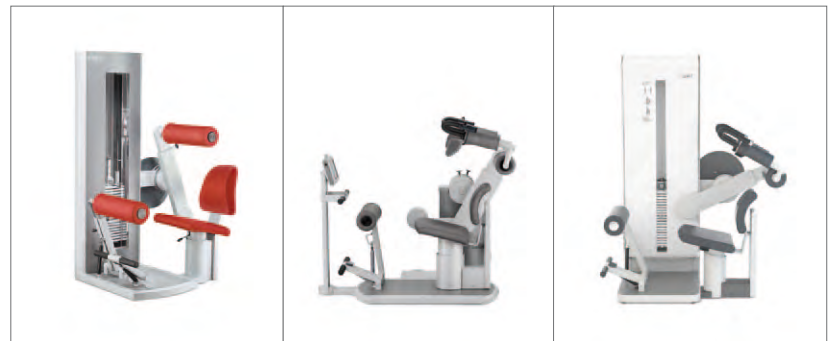
DIMENSIONS

Height:	236 cm
Length:	122 cm
Depth:	200 cm
Weight:	160 kg

MEDICAL DEVICE

Changes reserved - proprietary design

WHICH FREI TRAINING SERIES FITS YOU?



GENIUS ECO®

FACTUM® novus II

LUXSUM®

medical product	✓	✓	✓
concentric / eccentric workout	✓	–	✓
concentric / concentric workout	–	✓	–
fine weight gradation	✓	✓	✓
isometric force testing	optional	✓	optional
biofeedback training evaluation with GENIUS COACH system	optional	✓	optional
automatic workout settings	optional	✓	optional

GENIUS ECO®

FACTUM® novus II

LUXXUM®

	GENIUS ECO®	FACTUM® novus II	LUXXUM®
range of motion limiters (starting and ending position)	✓	✓	✓
proper axial positioning for an optimal workout	✓	✓	✓
FREI patent: hydraulic weight plate damping for a quiet workout and joint protection	optional	–	✓
additional revenue through prevention as part of the rehabilitation aftercare (Irena), prevention concepts etc.	✓	✓	✓
admission for stationary and ambulant rehabilitation	✓	✓	✓
space-saving combination device, training two muscle groups in one device (agonist / antagonist)	bei ausgewählten Geräten möglich	✓	bei ausgewählten Geräten möglich
easy handling for user	✓	✓	✓
comfortable device setting	✓	✓	✓
foot rest pendulum allows workout in closed muscle chain	✓	✓	✓
training arm of the abdominal / back trainer adapts to the movement of the spine	✓	✓	✓

GENIUS ECO[®]

MEDICAL TRAINING DEVICES



ABDOMINAL TRAINER
PAGE 24



KNEE FLEXOR
PAGE 16



POSTURE STABILISER
PAGE 36



BACK TRAINER
PAGE 26



KNEE EXTENSOR
PAGE 14



BUTTERFLY
PAGE 38



LEG TRAINER
PAGE 10



LEG TRAINER PLUS
PAGE 12



HIP MACHINE
PAGE 20



TORSO ROTATOR
PAGE 28



LATERAL TRAINER
PAGE 30



CERVICAL SPINE TRAINER
PAGE 32



CHEST PRESS
PAGE 40



ROWING MACHINE
PAGE 42



COMBINATION
PULL DOWN / DIP
PAGE 44



SHOULDER PRESS
PAGE 46



VERTICAL TRACTION MACHINE
PAGE 48



UNIVERSAL TRACTION MACHINE
PAGE 50



ABDUCTION TRAINER
PAGE 18



GLUTEUS TRAINER
PAGE 22



SHOULDER ROTATOR
PAGE 34



MULTI PRESS
PAGE 53



SHOULDER / ARM TRAINER
INFORMATION BY REQUEST

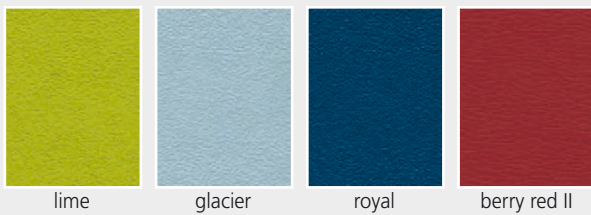


FUNCTIONAL TRAINING CENTER
PAGE 52

PAD COLOURS

Additional colours available. We will gladly provide you with original samples by request. Colour deviations due to printing technology are possible.

Group 4 pandoria plus



Group 5 palma



FRAME COLOUR



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