



*optibike*  
*Exercise Ergometer*

**ergoline**

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**ergoline**

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An established brand name in the medical community for over 20 years, ergoline is synonymous with top-quality, durable bicycle ergometers and cardiac rehabilitation systems.

To date over 40,000 ergoline ergometers are in use in practices, hospitals as well as sports medicine and rehabilitation centers all over the world.

Leading manufacturers of ECG equipment have been integrating our ergometers in their exercise stress test systems for many years, some of them under their own name, showing their trust in our quality, technology and ergonomic design.

All ergoline products are designed and manufactured exclusively on our premises in Bitz (state of Baden-Württemberg, Germany).

Our committed associates and a certified Quality Management System (DIN 9001:2000 / DIN EN ISO 13485:2003) ensure that our "optibike ergometer" is manufactured and tested with the same diligence and quality as our medical equipment.



Cardiovascular training:  
Do something for yourself and for your heart!



Cardiovascular exercise, when performed on a regular basis, will strengthen your immune system, prevents cardiac disease and hypertension, promotes the loss of body weight and reduces stress. After cardiac rehabilitation measures in particular, pulse-controlled cardiovascular training is the method of choice for health and fitness.

It strengthens the heart, improves lung capacity and, last but not least, maintains mobility by improving bone density and exercising joints regularly.

With the right measure of exercise and a controlled cardiovascular training program you will live to ripe old age

"without getting out of breath easily"

"capable of taking long walks"

"looking forward to a healthy future"

"with a reduced risk of cardiovascular disease"

and "SIMPLY FEEL BETTER".

Endurance training is like an oxygen bath for your body!

The handlebar angle is continuously adjustable, allowing test subjects of different heights to sit upright.

The comfortable, wide seat prevents pressure marks, even during long training session.

Similar to a bicycle saddle, the seat tilt is adjustable.

The continuously adjustable saddle height allows you to find the best possible position for each individual test subject.

Velcro strips on the pedals ensure secure hold and prevent the shoes from slipping off the pedals.

Height-adjustable feet are provided on the ergometer to compensate for uneven floor conditions and to ensure ergometer stability during the training.



The optibike is very simple to operate:

Two key presses are enough to start your preferred training program.

The chest belt supplied with the equipment uses radio signals to send the pulse signal to the control unit. With the pulse-controlled protocols, the optibike will automatically maintain the load in the correct range for the target pulse rate.

The large graphic display shows all relevant numeric values as well as a diagram with the pulse and load curves.

All optibikes are ready to accept chip cards.

Via the integrated chip card reader, the results of the training session can be saved to an ergoline training card and then downloaded to a PC for editing and printing (opticare basic software program).



The casing made of durable plastic material safely encloses all moving parts.

Two castors provided on the ergometer allow it to be moved around easily.

## Quality "Made in Germany"

ergoline ergometers are made of premium components, some of which are specially produced for our equipment.

All devices are exclusively manufactured on our premises in Bitz (Baden-Württemberg, Germany).

We stand by our commitment to quality, and as our customer you will enjoy exercising with your *optibike* for many years to come.

The base frames of the ergoline ergometers are made of high quality steel components that are welded together in our own metalworking department.

Sheet metal parts up to 8 mm thick ensure the ergometer's stability.

Subsequently the entire frame is electroplated and thus reliably protected against corrosion.



The actual "drive and brake unit" is housed in a special aluminum die-cast enclosure. In contrast to the simple sheet metal fixtures used in many home ergometers, our design ensures smooth running and reliable mounting of axles and bearings. With the electronically controlled eddy-current brake the set load in watts is precisely maintained.

The pedals feature axles running in top quality, high precision ball bearings.

The permanent lubrication specially implemented for ergoline makes for a quiet, smooth spin, even after years of use.



State-of-the art microelectronic components are used both in the control terminal as well as in the eddy-current brake controller.

## Technical Specifications

Ergometer	optibike
brake system	microprocessor controlled eddy current brake
load	6 - 400 Watt, speed independent
accuracy	according to DIN VDE 0750-238
speed range	30 - 130 rpm
handlebar adjustment	angle: 360°
saddle height adjustment	mechanical, continuous
body height	approx. 120 cm to 210 cm
weight	160 kg (max.)
<b>Control unit</b>	
display (numeric values)	load, speed (rpm), heart rate, exercise time, km, kcal, kJ
display (graphics)	load and pulse curve
keyboard	membrane keyboard
<b>Heart rate</b>	
acquisition	chest belt with digital radio transmission
reception	radio receiver integrated in control terminal
<b>exercise protocols</b>	
manual load adjustment	in steps of 1, 5 or 10 watts
training modes	constant load, pulse-controlled, interval, manual
exercise protocols	10 (user-configurable)
<b>Add-ons (optional)</b>	
training documentation	ergoline chipcard stores up to 60 training sessions
PC software for exercise documentation	opticare basic
<b>Miscellaneous</b>	
dimensions, max. (L x W x H)	approx. 90 cm x 46 cm x 133 cm
weight	61 kg
power	90-265 V / 50-60 Hz / 80 VA max.

From development to production, all ergoline products are subject to a quality management system certified to DIN 9001:2000 and for medical products, also to DIN EN ISO 13485:2003.

Some of the illustrations in this brochure show options which must be purchased separately.

The data provided is based on the information valid at the time of printing. Subject to modifications.