

compass[®] **600**

User Manual

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1 General



You have decided to purchase one of our sequence training machines. We thank you for the trust you have shown us.

Compass @ 600 weight training machines are constructed considering recognised bio-mechanical knowledge, as well as anatomical and physiological considerations and are used to train the different muscle groups.

The devices have undergone comprehensive safety checks, to prevent possible injury. To ensure careful, safe and proper use read this User Manual with all safety instructions and warnings **before using this training machine for the first time.**

1.1 Identification of the User Manual

- The version is specified on the last page.
- If due to modifications a revision by the manufacturer is required, this is implemented by the manufacturer and identified with a new version number.

1.2 Importance of the User Manual

The User Manual is a part of the product purchase and should be kept and updated for the lifetime of the equipment.

The Manual should be passed on to future English speaking owners of the equipment. For subsequent owners with other language please request separate operating instructions.

The user has to ensure that any necessary supplements received are placed into the Manual.

The points mentioned above are also valid for any accessories. In the event of loss of the Manual, another can be ordered for a fee from the manufacturer at any time upon written request.

2 Identification and Specification, General Warnings

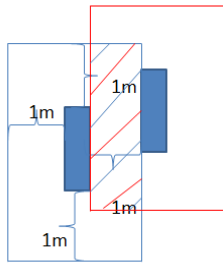
2.1 Identification and specification

This Manual is valid for the following devices:

Item number	Identifier
10610600	compass 600 Leg Press
10689500	compass 600 Leg Extension/Curl
10609000	compass 600 Ab-/Adduction
10692100	compass 600 Trunk Extension/Flexion
10610700	compass 600 Butterfly/Butterfly Revers
10690500	compass 600 Pulldown/Dip
10645400	compass 600 Chest Press/Rowing Machine
10691500	compass 600 Shoulderpress / Vertical Row



3 Safety Information



3.1 Secure installation of the machine

Place the machine on a solid, level and non-slip surface and level the machine with supporting material so that it does not wobble.

The area around the machine must be at least 1 metre larger than the movement range of the machine, to ensure that the machine can be approached and egressed from safely also in the event of an emergency. However, the safety areas can overlap; see image.

The protective cover must not be removed.

The warranty is void if changes are made to the machine or if electronic controllers and measuring devices are added that are not installed by authorised specialists of the manufacturer.

- Set the device only in dry areas (< 65% relative humidity, >0 < 45 °C room temperature).
- These training machines are only allowed to be used when the access and supervision is specially regulated by the owner. The level of supervision depends on the user, taking into consideration their reliability, age, and experience, etc. The training machines are only allowed to be used when supervised by authorised specialist staff (e.g. graduate sports teacher, physical therapist) or after extensive instruction through appropriate staff.
- The person training should always keep an eye on weight stack during the complete training to prevent harm to third persons.
- Handicapped persons, children, or persons with cardiovascular complaints should not train without supervision.
- **Children are not allowed to use or to stay near the machine without supervision.**
- During the training, nobody should be near moving parts, (weight block, guide slides, etc.). A safety distance around the machine (free space) of 1.3 metres should be ensured for persons and objects, to eliminate every risk of injury due to parts swinging out.
- Only use the machine for its intended purpose.
- With even the slightest hint of a fault, the machine should be shut down and immediately left. The fault should be diagnosed and repaired. If necessary, inform or consult the manufacturer or service.
- Damage that reduces the functionality or that could lead to injuries should be repaired otherwise liability is excluded.
- Do not grab moving bearings or rollers with your hands.
- When training, avoid using devices that cause electromagnetic radiation (e.g. cell phones, radio antennas, etc.).

3.2 Safe training

- Before starting training, the training fitness should be checked by an authorised person such as a physician. Please note point 3.3 contra-indicators.
- Please note that excessive training can be harmful.
- In the event of nausea or dizziness, the training should be stopped immediately and you should see a doctor.
- Training with patients should only take place under the supervision of therapists.
- Training on the machine is only allowed when the skin is not damaged.
- When training close-fitting, lightweight sports clothing is to be preferred that cannot be caught in parts of the machine.
- Before you start any exercise, make sure that all locking pins on the adjustable parts of the relevant training machine are completely latched and tightened. Do not pull any of the locking pins during the course of any exercise.
- Check the machine before starting training that it is secure; there are no defective parts and no signs of other manipulation. If you notice any deficiencies or are not sure, ask the supervisor before you start training.
- Before every training, make sure of the correct biomechanical positioning with reference to the pivot point, the joint adjustment, etc., and also ensure that the adjustment mechanism is correctly latched. No part of the adjustment mechanism should protrude.
- Be very careful when making any adjustments to the machine. Read the corresponding section of the User Manual.

3.3 Indications and contra-indications

3.3.1 Indicators

Spinal column syndrome with significant symptoms:

- Proven slipped disc (also after surgery) and considerable protrusions beyond the acute stage
- Proven degenerative changes
- Proven spondylolysis and spondylolisthesis
- Spinal column injuries within the framework of conservative and postoperative treatment
- For recurrent disc complaints with significantly reduced capacity for work
- Proven scoliosis and amplified spinal deformities

3.3.2 Relative contra-indicators

- Tumour disease
- Inadequately medically controlled hypertension
- Stress labile coronary heart disease (CHD)
- Relative cardiac insufficiency
- Short interval phases of rheumatism
- Osteoporosis with a bone density up to 80% of the age average
- Slipped discs and protrusions up to 3 months without any surgical indications
- Glaucoma
- Diabetes
- Instable psyche

3.3.3 Mandatory contra-indicators

- New fractures (up to 4 months)
- Acute results found through surgery
- Condition after abdominal surgery (up to 4 months)
- Condition after gynaecological surgery (up to 4 months)
- Incisional hernias
- Deformity of the spinal column:
 - Spina Bifida with more than one spinal column segment affected
 - Floride Scheuermann's disease
 - Scoliosis with growth greater than 30 according to Cobb
- Severe vascular disease
 - Aneurysm of the Aorta
 - Pulmonary embolism
 - Thrombosis of large veins
 - Cerebral ischaemia
- Severe heart and cardiovascular conditions
 - With cardiac insufficiency
 - Unstable angina pectoris
- Severe inflammatory conditions in an acute episode
 - Such as PCP or Morbus Bechterew
- Osteoporosis with a bone density of less than 80 % of the age average
- Severe slipped disc with leg discomfort
 - Indications for surgery (acute nerve irritation)
 - Progressive neurological symptoms
- Detachment of the retina
- Infectious diseases
- Progressive instability of spinal column
- Hypertensive Carotid Sinus Syndrome
- Tinnitus
- Spondylolisthesis (> Meyerding Classification II)
- Root and spinal cord symptoms (with considerable neurological symptoms)

If medication is being taken then a doctor should be consulted.

3.4 Use and area of application

The system is designed to be used in the following fields of application:

- Orthopaedic and physiotherapy departments in clinics, hospitals and care facilities
- Rehabilitation clinics
- Works clinics and outpatient clinics
- Careers advisory and training centres
- Medical research facilities
- Industrial medicine
- Health centres and health insurance companies
- Fitness and prevention centres
- Recreational Sports Consulting Centres
- Professional sports training centres
- Sports medicine

4 Dimensions and Weights

Item number	Identifier	User-weight	Weight block Standard/Option	Weight Device (max)	Dimensions CM (max.)
Lower Extremities					
10610600	compass 600 Leg Press	250 kg	160 kg / 250 kg	700 kg	L 246 W 113 H 184
10689500	compass 600 Leg Extension/Curl	250 kg	80 kg / 100 kg	460 kg	L 132 W 113 H 165
10609000	compass 600 Ab-/Adduction	250 kg	80 kg / 100 kg	400 kg	L 149 W 120 H 165
Torso / back					
10692100	compass 600 Trunk Extension/Flexion	250 kg	80 kg / 100 kg	420 kg	L 137 W 113 H 165
Upper extremities					
10610700	compass 600 Butterfly/ Butterfly Revers	250 kg	80 kg / 100 kg	425 kg	L 122 W 163 H 184
10690500	compass 600 Pulldown/Dip	250 kg	80 kg / 100 kg	565 kg	L 154 W 133 H 184
10645400	compass 600 Chest Press/ Rowing Machine	250 kg	80 kg / 100 kg	425 kg	L 132 W 161 H 165
10691500	compass 600 shoulderpress/ vertical row	250 kg	80 kg / 100 kg	565 kg	L 154 W 133 H 184

5 Maintenance and Care

Despite the excellent quality of the machine, you should make the following checks regularly (4 - 6 weeks) for safety reasons:

Check all parts of the machine, in particular parts that can wear out such as rollers, screws, bolts, ropes, straps and their mountings for strength and damage. In order for the machine to remain technically sound any parts damaged due to wear and tear should be immediately replaced with original parts and the machine should not be used until it is repaired.

Clean the glass panels and the frame parts regularly with a damp cloth and mild soap to remove any sweat residues. After a training session, disinfect the cushion with commercially available wipe disinfectants.

To maintain the guide rails (weight plates) we recommend that you clean them at regular intervals and then treat them with maintenance oils (Fin Super "dry lubricant"). This you can obtain these directly from proxomed®.

As far as are present, the bowden cables, locking pins and setscrews should also be greased.

Note!



If you do however find some unexpected damage stop the training immediately. If there is a problem, which you cannot easily solve then contact the proxomed® Service. The authorised Service will provide you with quick and competent help or give you instructions on how to do this. At the end of the Medical Product Book, you will find the form "Repair Order / Fault Reporting". This template is to copy, fill out, and fax. Please fill out this form with the information you have and describe the fault as accurately as you can.

6 Prepare the Product for Use

6.1 Transport

The machine was delivered by our employees, assembled, and tested.

6.2 Storage

The storage location of the machine should be dry, free from seawater and dust-proof, with a storage temperature between +5 °C to 45 °C. Protect the machine from bumps, scratches, and moisture.

6.3 Installation

The machines must be horizontal on a flat, stable and impact-resistant surface. The surface, in relation to the floor covering and static, must be capable of withstanding the weight of the machine and the body weight of the trainee (see Chapter 2.1). If the surface is uneven then even-out using suitable material (e.g. high-strength plastic) to achieve a level surface. In this case, it is important to make sure that the material used to even-out the surface cannot rust.

We recommend that you use rubber cladding under the machine to dampen. Keep in mind, if you use PVC or laminate flooring the rubber sheets can react with the surface. Please use appropriate filling materials as additional padding, because if there is damage due to a lack of padding this cannot be reimbursed by proxomed®. Avoid harsh, abrupt putting down of the machine. An important prerequisite for the proper functioning of the machine is the orientation with a spirit level. The machine is useable when freestanding.

Avoid positioning the machine in busy areas such as near doors and passageways.

6.3.1 Protective cover

The trim of the compass® 530 machine is made of plastic in frosted glass appearance. The training machine only meets the legal requirements for use in training with the protective cover on.

The protective covers affixed by the manufacturer must not be removed or altered; as otherwise, the standards for training are not met.

6.4 Before use check

Check prior to using, the proper condition of the following components:

- Flat belts for visible damage, particularly the respective end mount.
- Locking pins for correct functioning, the detent knob must engage on its own.
- Stability of the machine at the place of use.
- Undamaged protective cover.
- Fixed screw connections.
- Smooth movement guiding.
- Firm hold of the insertion pin.
- Secure locking of the pneumatic compression spring to the position settings.

7 Optional Accessories

7.1 compass Additional Weight Increments 4x1,0 kg or 4 x 2,0 kg

Correct usage

With the fine adjustments that can be optionally obtained, additional load stages are possible, the load can be increased by

0 kg, 1 kg, 2 kg, 3 kg, 4 kg, or with the 2 kg version with loads of 0 kg, 2 kg, 4 kg, 6 kg, 8 kg.

Article number

- compass Additional Weight Increments 4x1,0 kg: No. 10181600
- compass Additional Weight Increments 4x2,0 kg: No. 10692500



The additional weight adjustment function

The additional weight adjustment may only be adjusted in the unloaded condition (the weight stack has no load).

By turning the knob of the additional weight adjustment, this can be set to the relevant position and then it engages. The following positions are possible.

Position	4 x 1 kg or	4 x 2 kg
0	0 kg	0 kg
1	1 kg	2 kg
2	2 kg	4 kg
3	3 kg	6 kg
4	4 kg	8 kg

According to the built-in option, the set weight increase by the value of the additional weight adjustment.

7.2 Weight stack upgrade

Correct usage

With the optional upgrade of the weight block, the machine can be extended by a further four weight positions. Depending on the machine it can be 4 x 5kg = 20kg (80 to 100kg extension)

or by 4 x 10kg = 40kg (160 to 200kg extension)

Article number

- Upgrade to 100 kg Stack Weight: No. 11210400
- Upgrade to 200 kg Stack Weight: No. 11210300

7.3 Range of Motion Limiter

Correct usage

To avoid unwanted movement that could lead to injuries, a mechanical stop can be set via the movement limiter.

Article number

- Range of Motion Limiter: No. 10692700



7.4 Lumbar Cushion for compass 600

Correct usage

The lordosis cushion support the best possible spinal posture, in particular for persons with postural instability. Available for the following machines 10611900, 10689500, 10609000, 10690800, 10645400

Article number

- Lumbar Cushion for compass 600: No. 10692800



Function of the Lordosis cushion

The lordosis cushion, can be infinitely adjusted. It is magnetically attached and therefore easily removable. If it is not needed, it can be easily removed and "parked" anywhere on a magnetic part of the machine.

7.5 Laser Pointer for Exact Positioning

Correct usage

The laser pointer projects the axis of rotation of the lever arm to the pivot point on the body of the person training. So they are precisely positioned and optimal bio-mechanics can be assured. Available for the machines 10689500, 10692100

Article number

- Laser Pointer for Exact Positioning: No. 10692300

7.6 compass Balance Board for the functional press

Correct usage

With the optionally available circle, proprioceptive training of the lower extremities can be undertaken.

Article number

- compass Balance Board for the functional press: No. 10096200



Function compass Balance Board

The circle is pushed into the rail provided and fixed by turning in a clockwise direction. To adjust turn in a counter-clockwise (left turn) to release the fixation (half a turn is sufficient) and then the circle can be moved.

7.7 Foot Support for untraining Leg for the Functional Press

Correct usage

When training with just one leg there is the option to shut off the unused leg.

Article number

- Foot Support for untraining Leg for the functional press: No. 10693200



7.8 Foot Support for untraining Leg for the functional press

Correct usage

In particular in neurological patients it may be necessary, to fix a leg or both legs against slipping from the base plate.

Another possible application is the requirement to allow a possibly stiff leg or a leg that is restricted in movement to resonate with the machine so that the moveable leg can be trained over the entire range of movement.

Article number

- Suspension device on the base plate with adjustable strap for functional press: No. 10693200



7.9 Stabilisation belt for the shoulder blade fixator / shoulder press

Correct usage

Fixation of the pelvis over an adjustable stabilisation belt.

Article number

- Stabilisation belt: No. 10693100

7.10 Adjustable Foot Support for abductors / adductors

Correct usage

Optionally, the exercise can be done in an open or closed chain. The adjustable footrest exercising in the closed chain.

Article number

- Adjustable Foot Support for abductors / adductors, left & right, adjustable: No. 10692900



8 Training Manual

The positioning of the patient must always be carried out with the greatest possible care, because quality and effectiveness of the exercise execution depend largely from a correct initial position.

For most of the machines training is in a sitting position, but sometimes also in a lying or standing position. The back, the lumbar spinal column in particular, should be stabilised as best as possible during the exercise execution. If present, the backrest used to stabilise the spine column. If necessary, use the optional lordosis pillows. The machine axes and pivot points must be as precise as possible to the axes of movement of the joints to be exercised to avoid any compression and shearing forces. The machines can be used for exercising the extremities on either side or just one side.

The lever arm length can be individually adapted to the anatomical conditions of the trainees.

The training position decided on by the therapist or trainer can be reproduced later for independent training, because all adjusting devices are fitted with a scale, and on each machine, the position settings are alphabetically numbered (A, B, C, etc.) in a meaningful way.

The weight should be selected so that the patient/trainee can perform the training without evasive movements. The load is selected on the machine with pin on the weight block. A fine adjustment to the weight can be set using the supplied auxiliary weights (optional).

There is the possibility to stabilise the customer/client during training.

8.1 General training recommendations

Before starting, the training program the patient should warm-up for example on a stationary bicycle ergometer, followed by stretching exercises to prepare the appropriate muscles for the load.

With limited mobility or if pain is present, training should only be done where possible in the painless range. In this case, the range of movement can be limited with the movement limiter (optional) and the starting angle

can be individually and precisely defined. If there is any discomfort the exercise should be stopped immediately and if necessary, a doctor is to be consulted.

The machines allow a patient/client to exercise one or both legs, or one or both arms.

The range of movement should be slow and controlled, while ensuring the correct execution of the movement.

The load intensity at the start of training should be deliberately selected to be light. The load is then increase gradually, to avoid excessive loads, which can lead to problems and pain with patients/trainees.

The weight can be moved explosively, with quick powerful exercises, but only with persons that can be correspondingly loaded. A controlled motion control must also be guaranteed with this training method to avoid stress and injury. As a rule, concentric and eccentric modes of operation of the muscles should be combined.

Different training methods are applied. If the repetitive training method is used, several training series are carried out with corresponding pauses. The training intensity is based on the carrying capacity of the injured structure, the rehabilitation phase of the patient, and the training goals.

Here priority can be given to the adaptation and habituation of the injured structure (connective tissue, cartilage, tendons, ligaments, and joint capsule) to training with a load with low intensity, before the training of special power capabilities - such as stamina training or maximum power - with increasing intensity.

8.2 compass 600 Leg Press / calves

Correct usage

The machine enables a functional training of the leg and the hip stretch muscles depending on patient positioning in the closed system. This machine trains the leg extension in a functional starting position. The movement takes place in a closed system, the entire muscle chain trained.



Specific positioning of the person training (order under the assumption that the person training does the adjustment)

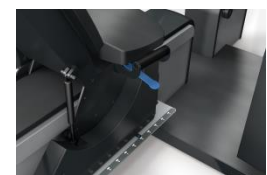
Set the angle according to the aim of the exercise. Rotate the handle to the left to release the clamp, and at the same time release the adjustment by holding the base plate and pulling the rotating handle. CAUTION This is a two handed operation. With one hand, the base plate is held firm and the other hand is used to release the turning/locking pins for adjustment. After completing this setting, all other settings can be made in the seated position.



Adjust the backrest angle. Press (tilt) the release lever to the inside. The backrest can be set flat or in a vertical position and in 10° steps. Training can take place either horizontally or in a sitting position.



Adjust the starting position (seat carriage) by pulling on the locking pin, according to the exercise selection, (functional press or calves) and the movement of the person training.



Fixation of the body posture with the shoulder support. To do this press the release lever and pull the shoulder pad onto the shoulder.



The range of movement limiter (optional) for the end position is located above the weight blocks and is adjusted by loosening the mounting bolt.

Reactive bounce power training with low weights should only be done with the supervision of a therapist! When doing so make sure that the carriage does not bang against the end stop.

Stressed muscles

- ◆ Quadriceps femoris muscle
- ◆ gluteus maximus muscle
- ◆ ischiocrurales muscle
- ◆ gastrocnemius muscle
- ◆ abductores muscle
- ◆ adductors muscle
- ◆ erector spinae muscle

8.3 compass 600 Leg Extension/Curl

Correct usage

With this machine, the leg extension and the leg flexor muscles can be trained in the sitting position. One or both legs can be trained. It is possible to train both concentrically and eccentrically.



Specific patient positioning

The patient sits on the seat and leans against the backrest. Depending on the length of the thigh, the seat is now pushed as far back or forward as possible until the rotation axis of the machine lines up with the movement axis of the knee-joint (imaginary line through both femoral condyles); full contact must be made with the backrest and the lordosis pillows. The freely adjustable lordosis pillows (optional) are individually adapted to the size of the patient. The fine adjustment of the pivot axis is carried out using the spindle below the seat above the setting for the height-adjustable thigh support cushion. In order to avoid any shearing forces, this adaptation should be made as precisely as possible. The starting position for the training of the knee extension and the knee flexor muscles is individually adjustable in 10° steps. To do this, press the push-button of the guide rod on the cam plate and bring the lever arm to the desired position and release the push-button allowing the bolts to go back into position.

The shinbone padding can be placed either near to the joint (proximal) or above the ankle joint (distal). In the early phases of rehabilitation, the training can be dosed so that the joints are not overly stressed. For training of the leg flexor muscles when sitting, the thigh is fixed by the moveable thigh support cushion. Located next to the right thigh of the trainee is the releasing lever for the pneumatic compression spring. Activate this and press the lateral femoral condyle to fix into position and then release the lever again for fixing. The weight load is fixed from the machine using a pin on the side-oriented block. The range of movement limiter (optional) for the end position is located above the weight blocks and is adjusted by loosening the mounting bolt. There is also the option to work in a closed chain, where the feet can be placed on an extended lever arm shelf. The base plate is infinitely adaptable to the different length of the lower leg (art. 37031).

Stressed muscles

- ◆ quadriceps femoris muscle (extension movement)
- ◆ semimembranosus muscle
- ◆ sartorius muscle
- ◆ biceps femoris muscle
- ◆ semitendinosus muscle
- ◆ gracilis muscle (flexion movement)
- ◆ popliteus muscle

8.4 compass 600 Ab-/Adduction

Correct usage

With this machine, all muscle groups, responsible for the abduction and adduction of the legs on the body are effectively trained. These muscle groups have a stabilising function for the pelvis and hip and also for the knee-joint.



Specific positioning of the person training (order under the assumption that the person training does the adjustment)

Training is in the sitting position. The patient should be positioned so that the back remains in full contact to the backrest during the entire movement. The backrest can be tilted with a pneumatic compression spring, so that training can be in the sitting or the half-lying position. For this purpose, there is a lever on the left side of the trainee under the seat, which can be operated to adjust the backrest. After the release of the lever, the backrest is fixed again.



The upper and lower legs are placed on the side padded leg support. The (optional) footrests for training in the closed movement path are customised to the size of the patient or client.



The leg rests can be brought to the desired starting position by turning them, this means for the adduction movement outward, for the abduction movement inward.



The starting position is adjusted depending on the mobility of the individual patient. The setting is possible in 10° steps. Pull the release lever (on the right when seated) and move to the desired position. Let go of the release lever. The movement mechanism snaps into the next available position.



The range of movement limiter (optional) for the end position is located above the weight blocks and is adjusted by loosening the mounting bolt.

Stressed muscles

Adductors:

- ◆ Adductor magnus muscle
- ◆ adductor longus muscle
- ◆ adductor brevis muscle
- ◆ pectineus muscle
- ◆ Gluteus maximus muscle
- ◆ gluteus medius muscle
- ◆ gluteal minimus muscle
- ◆ tensor fasciae latae muscle
- ◆ sartorius muscle
- ◆ piriformis muscle

Abductors:

8.5 compass 600 Trunk Extension/Flexion

Correct usage

With this machine, the dorsal and the ventral trunk muscles can be trained.



Specific positioning of the person training (order under the assumption that the person training does the adjustment)

The training takes place in a closed system, i.e. the footrest is used to hold the body, in particular the pelvis in position during the exercise. The seat with the pneumatic compression spring can be adjusted by using the actuator below the seat. Adjust the height of the seat, so that the iliac crest is at the height of the axis of rotation of the lever arm. For the exact positioning use the laser pointer (option).



Set the padding for the training arm to the desired height after loosening the setscrew. For the extension movement the upper edge of the padding should be at the position of the spinae scapulae, for the flexion movement it should be just below the collar bones.



To set the starting position press the release lever to left (tilt), bring the lever arm to the desired position and let the lever go back into place. The notches are in 10° steps.



The range of movement limiter (optional) for the end position is located above the weight blocks and is adjusted by loosening the mounting bolt.

Stressed muscles

- ◆ Erectores muscle
- ◆ longissimi muscle
- ◆ interspinales muscle (back extension)
- ◆ Rectus abdominis muscle
- ◆ obliquus externus abdominis muscle
- ◆ obliquus internus abdominis muscle (back curler)

8.6 compass 600 Butterfly/Butterfly Revers

Correct usage

With this machine, all muscle groups of the back and of the thoracic spine that make sure the spinal column is kept upright and to stabilise the shoulder joint are trained. Likewise, all muscle groups are trained that are responsible for the ventral stabilisation of the pectoral girdle.



Specific positioning of the person training (order under the assumption that the person training does the adjustment)

The seating height is set depending on the size of the individual patient. The seat with the pneumatic compression spring can be adjusted by using the actuator below the seat. The legs are positioned in front of the body on the footrest.

The spinal column should be in contact with the backrest for the entire exercise execution. A freely adjustable lordosis pillows are adjusted individually depending on the size of the patient.



When exercising make sure that, the cervical spine remains in the neutral position and the head is not moved forward. The setting of the round padding or the lever arm, allows the individual adjustment for different shoulder widths and arm lengths of the person training. The distance of the padding to the machine axis depends on the arm length of the patient or client and can be individually adapted after actuating the release lever.



The starting position is adjusted via the locking pins in 10° steps. The grab handles (optional) can be adjusted accordingly, loosen the fastening screw and adjust the handles to the required height, retighten the screw.



The range of movement limiter (optional) for the end position is located above the weight blocks and is adjusted by loosening the mounting bolt.

Stressed muscles

- ◆ Pectoralis major muscle (breast stabiliser)
- ◆ deltoides muscle
- ◆ Rhomboideus muscle
- ◆ trapezius muscle
- ◆ teres minor muscle
- ◆ infraspinatus muscle (posture stabiliser)

8.7 compass 600 Pulldown/Dip

Correct usage

With this machine, the shoulder blade fixator muscles can be trained that are of particular importance for a spinal column friendly upright posture. With the second function, can also here the pectoral girdle muscles be trained, which are used for stabilising and supporting.



Specific positioning of the person training (order under the assumption that the person training does the adjustment)

For the shoulder blade fixator exercise the seat height must be set **low** for large persons, so that the movement of the person training can be over the whole range of movement.

For the shoulder press exercise the seat height must be set **high** for large persons, so that the movement of the person training can be over the whole range of movement.

Adjust the seat accordingly by operating the release mechanism below the seat. The legs are positioned in front of the body on the footrest.

When exercising make sure that, the cervical spine remains in the neutral position and the head is not moved forward.



The setting of the starting position for each exercise, shoulder blade fixator or shoulder press, is carried out by pressing the release lever (on the **left** when seated). To do this, while holding the release lever move the handle to the desired position and let go of the release lever. The movement mechanism snaps into the closest position.

For person training whose body size differs from the average, there is an additional basic setting possible by pressing the release lever (on the **right** when seated). To do this, while holding the release lever, move the handle either up or down (tilt) to the desired position and let go of the release lever. The movement mechanism snaps into the closest position.



The range of movement limiter (optional) for the end position is located above the weight blocks and is adjusted by loosening the mounting bolt.

Stressed muscles

- ◆ Latissimus dorsi muscle
- ◆ pectoralis major muscle
- ◆ subscapularis muscle
- ◆ deltoideus posterior muscle
- ◆ teres major muscle
- ◆ serratus anterior muscle
- ◆ biceps brachii muscle (shoulder blade fixator)
- ◆ triceps brachii muscle
- ◆ deltoides muscle
- ◆ latissimus dorsi muscle
- ◆ pectoralis major muscle
- ◆ teres major muscle
- ◆ trapezius muscle
- ◆ subscapularis muscle (shoulder press)

8.8 compass 600 Chest Press/Rowing Machine

Correct usage

With this machine, and a rowing movement all of the dorsal muscle groups of the pectoral girdle muscles and the back muscles in the area of the thoracic spine are trained, which are responsible for a correct spinal column posture. With the implementation of the thoracic press movement the arm stretching muscles and the torso muscles are trained.



Specific positioning of the person training (order under the assumption that the person training does the adjustment)

The seating position is upright when training. The seat height is adjusted individually with the actuator under the seat. The legs are positioned in front of the body on the footrest.

The upper body remains during the training in contact with the back padding, the pelvis remains in the upright position.



The starting position can be adjusted to several different levels with the grab handles located on both sides of the release lever. When exercising make sure that, the cervical spine remains in the neutral position and the head is not moved forward.

Different hand/arm postures are possible with the formed handles.

Depending on the selected start position of the machine arm, both a rowing movement and a chest press movement can be performed.

The movements for both exercises can also be made alternately, whereby only half of the weight is then moved (hoist principle).



The range of movement limiter (optional) for the end position is located above the weight blocks and is adjusted by loosening the mounting bolt.

Stressed muscles

Rower:

- ◆ Latissimus dorsi muscle
- ◆ biceps brachii muscle
- ◆ trapezius muscle
- ◆ deltoideus muscle
- ◆ teres major muscle

Thoracic press:

- ◆ Pectoralis major muscle
- ◆ deltoideus muscle
- ◆ triceps brachii muscle

8.9 compass 600 Shoulderpress / Vertical Row

Correct usage

On this machine the shoulder and neck stabilising muscles can be trained. The aim is, through the interplay of the deltoid muscle, trapezius and triceps, an optimal guidance and stabilisation of the shoulder blade and the shoulder joint, as well as the extension and stabilisation of the cervical spine.



Specific positioning of the person training (order under the assumption that the person training does the adjustment)

For the shoulder press exercise the seat height must be set **low** for large persons, so that the movement of the person training can be over the whole range of movement.

For the rower vertical exercise the seat height must be set **high** for large persons, so that the movement of the person training can be over the whole range of movement.

Adjust the seat accordingly by operating the release mechanism below the seat. The legs are positioned in front of the body on the footrest. When exercising make sure that, the cervical spine remains in the neutral position and the head is not moved forward.



The setting of the starting position for each exercise, shoulder press or rower vertical, is carried out by pressing the release lever (on the **left** when seated). To do this, while holding the release lever move the handle to the desired position and let go of the release lever. The movement mechanism snaps into the closest position.

For person training whose body size differs from the average, there is an additional basic setting possible by pressing the release lever (on the **right** when seated). To do this, while holding the release lever, move the handle either up or down (tilt) to the desired position and let go of the release lever. The movement mechanism snaps into the closest position.



The range of movement limiter (optional) for the end position is located above the weight blocks and is adjusted by loosening the mounting bolt.

Stressed muscles

- ◆ Triceps brachii muscle
- ◆ deltoides muscle
- ◆ trapezius muscle

9 Warranty and Guarantee

The basis are the Terms and Conditions from proxomed for warranty, as far as no other agreement has been made.

Our general Terms and Conditions of sale and terms of payment in the respective current version can be viewed on our website.

<http://proxomed.com/de/agb.php>

According to our warranty, which can also be viewed in its current form on our website extend these:

<http://proxomed.com/de/garantiebedingungen.php>

Warranty is void if changes are made to the equipment without expressed permission or carried out by unauthorised personnel.

Once a warranty condition occurs, you should contact the service hot line by calling the proxomed number +49 (6023) 9168 77.

proxomed® will initiate service immediately and will be carried out at their discretion. The following procedures are possible.

- 1 The service is carried out on site with our service.
- 2 We dispatch the desired spare part.
- 3 We dispatch an exchange machine.

The client should return the defective parts to us within 48 hours. Otherwise, the delivered spare part will be invoiced.

If the cause is not within the warranty / guarantee guidelines then proxomed reserves the right to invoice all repair costs.

Consumable parts are not subject to warranty and guarantee.

These are in particular padding fabrics, padding, rubber grip on the handles, footrests, bowden cables, and pneumatic compression springs.

The resulting time spent by our service also in the warranty period is to be reimbursed by the customer. Ensuring the functionality of the machine by early replacement of consumable parts is up to the customer, if the intervals for safety checks set down by proxomed are not complied with or if no maintenance contract has been made with proxomed.

The Polar Pulse Systems are equipped with the legal warranty.

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Changes:

proxomed® reserves the right to change any product if this action, in our opinion, leads to improved quality and functionality. All images in these operating instructions are—due to printing—only similar. We take no responsibility for printing errors. Errors and omissions accepted.

User Manual compass® 600 Version 25,
04.10.2017



proxomed® is a company certified by the
TÜV SÜD Product Service GmbH.