

# Software

Trainingmanagement / Biofeedback / Testing

## aktivSYSTEM by aktivKONZEPTE



### Functions

The aktivSYSTEM is the complete solution for detailed training planning, control and documentation. The basis is the aktivSYSTEM server as a stationary or cloud-based solution. The training system ensures a paperless and efficient training process. Training plans, anamnesis, etc. are created digitally (on the PC/MAC or via App). A touch PC (aktivSYSTEM device) mounted on the training device accompanies the trainee through the training using biofeedback and automatically documents the training results. These are then available to the therapist for performance assessment and control. Interfaces to the administration system ensure the seamless transfer of training data and implement the integration and transfer of the training results into the patient file/doctor's letter. Optional software tools allow the management of course offerings, the documentation of functional exercises and much more.



### Benefits

- Simple training plan creation
- Performance development at a glance
- Space for individuality

### Compatible Machines:

- SYNCHRO Line & SYNCHRO Line Med
- ALL NEW TARGET Line & ALL NEW TARGET Line Med
- CARDIO Line & CARDIO Line Med
- Free Exercises (Cable Pulleys etc.)

# Software

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### aktivSYSTEM Trainer



#### Function

The aktivSYSTEM Trainer is the management center of the software. Here the trainees are recorded, training and test plans as well as templates are created and performance and health tests are documented. Trainers & therapists can find out about the performance development of the trainees at a glance. This can be done at the central workstation via PC/MAC or via the tablet or smartphone app. Detailed statistics and evaluations provide an overview of the training events, the activities of the therapists and the utilization of the training area.

- AktivSYSTEM Trainer Single License (1 user) Aktiv
- SYSTEM Trainer Multi License (unlimited number of users)



#### Benefits

- Training planning
- Documentation & reporting
- Patient & staff management
- Exercise catalog & anamnesis
- Course management & templates
- Communication & statistics

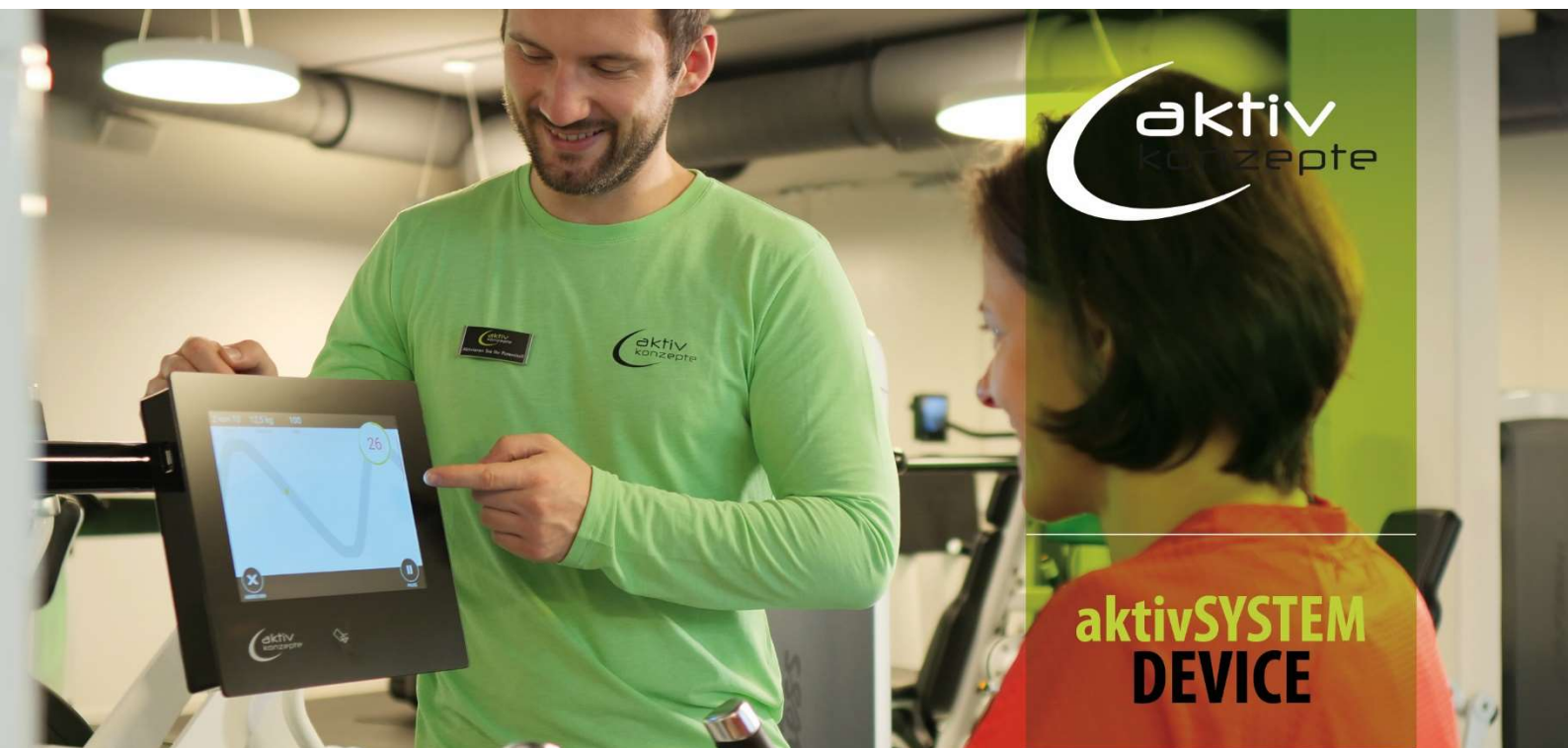
#### Compatible Machines

- SYNCHRO Line & SYNCHRO Line Med
- ALL NEW TARGET Line & ALL NEW TARGET Line Med
- CARDIO Line & CARDIO Line Med
- Free Exercises (Cable Pulleys etc.)

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## aktivSYSTEM Device



### Function

The aktivSYSTEM device is the personal therapist on the training device. On manual ALL NEW TARGET Line (Med) devices, it provides the trainee with information about the exercises and the device settings to make working on the training device easier. With fully automatic devices from the SYNCHRO Line (Med), all settings are made by the system. The activeSYSTEM device guides you during the exercise and controls the execution of the movement based on the training instructions. The training results achieved are automatically saved in a central database. The following hardware is available to equip the devices:

- workoutPOINT Mini-PC (9.7")
- workoutPOINT Tablet (10.1")



### Benefits

- Biofeedback brings safety
- Automatic documentation
- Communications platform

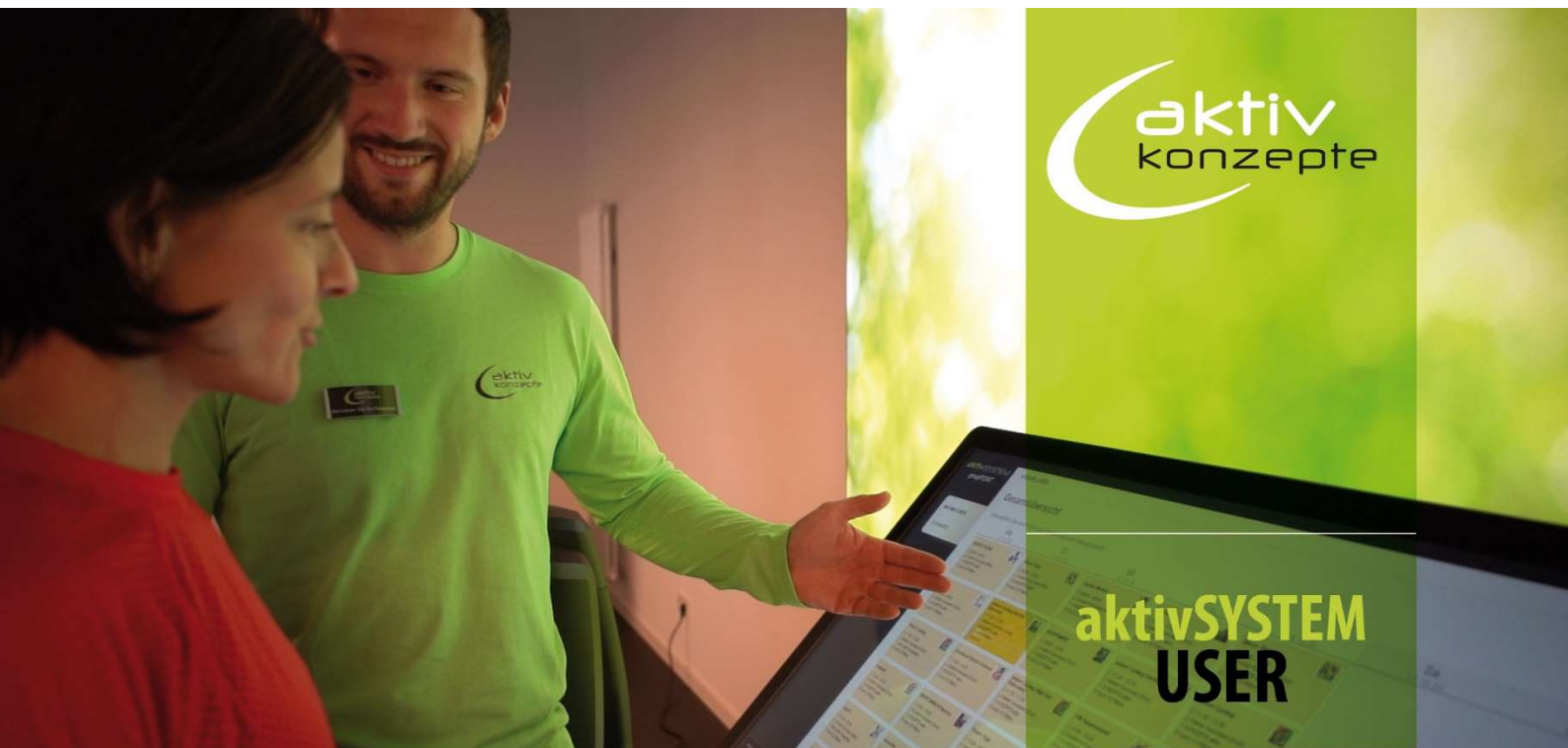
### Compatible Machines

- SYNCHRO Line & SYNCHRO Line Med
- ALL NEW TARGET Line & ALL NEW TARGET Line Med
- CARDIO Line & CARDIO Line Med

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## aktivSYSTEM User



### Function

Using the aktivSYSTEM user, various free exercises (dumbbell exercises, stretching exercises as well as strengthening and coordination exercises, etc.) can be carried out with a virtual trainer and documented directly on the terminal, tablet or smartphone. "Paper war" and "paperwork" are no longer necessary and the entire training/therapy area is digitalized. The trainees can use the integrated training planning to independently optimize their training and analyze their personal training history. Course booking can also be controlled via the aktivSYSTEM user and managed directly through the facility.

- aktivSYSTEM User Single Lizenz (1 Endgerät)
- aktivSYSTEM User Multi Lizenz (unlimited number of devices)



### Benefits

- Free exercises
- Documentation
- Course booking
- Communication
- Anamnese

### Compatible Machines

- Device-independent for the entire facility
- Selection of Devices:  
<https://aktivkonzepte-25577009.hs-sites-eu1.com/aktivsystem-user-device>
- Alternatively, customer-owned devices can be used

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aktivSYSTEM Member



Function

The aktivSYSTEM member is the ideal complement to the basic modules of the aktivSYSTEM. With the training app, which is individualized for the facility, the trainees have access to the training plan created by the therapist. The app offers the possibility of uniform exercise instructions from the treatment cabin. With the help of online documentation, the therapist has detailed insights into the patient's training activity and can make adjustments as necessary.

- aktivSYSTEM Member Multi License (unlimited number of users / via Apple App Store & Google Play Store)



Benefits

- Free exercises
- Documentation & communication
- Course booking
- Anamnese
- Customizable content

Compatible Machines

- Device-independent for the entire facility