lifter

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Training without limits.

Where only the best is good enough.

The **lifter** was developed to enhance the training of high-performance athletes. The training and strength diagnostic solution is effective, versatile and secure. Even with a significant load capacity of up to 400 kg, the risk of injury is almost zero. It is precisely this safety feature that makes the **lifter** the ideal therapy device.

For elite sports and rehabilitation. The **lifter** is designed to meet the most stringent requirements. It can be used as a high-tech device in high-performance settings (Olympic centres, sports universities, etc.) to offer enhanced strength training. In sports medicine, physiotherapy and rehabilitation settings, the **lifter** impresses users with its efficient treatment options.

Push yourself to the limit, so you can define new ones.

You can now train with minimal risk of injury even at high loads – thanks to the *lifter*. The *lifter*'s high load capacity and sensor-assisted technology let you train efficiently and safely within a freely definable range of motion.

For a broad range of exercises during eccentric, concentric and explosive training – without risk:

- **Squats**
- **Jumps**
- **Bench press**
- **Bench pulls**
- **Shoulder press**
- **Deadlifts**
- **Biceps curls**

The trainer's creativity need know no bounds!

lifter sets the bar high.

Reliably safe
The device's sensors measure the position of the barbell in order to closely follow the motion of the bar during the exercise and flag asymmetries without coming into contact with it.

Performance diagnostics on the display
Recording, analysing and logging the current state and ongoing progress. In addition to displaying the desired parameters in real time and in curve form, all physical data (distance, force, time) relating to the exercises can be exported for further sports medicine or training evaluation.

Interval training
Entire exercises including the number of sets, repetitions and rest times can be set individually.
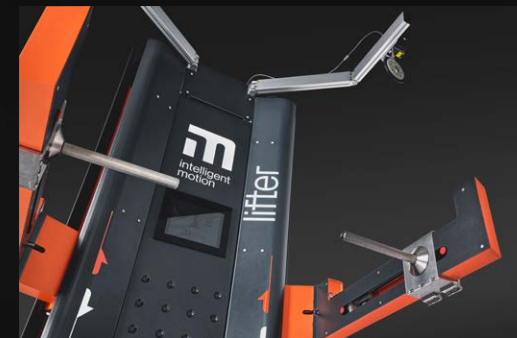
Safety stop
Within this customisable range of motion and in case of emergency, the *lifter* 'catches' the bar securely and reliably, offering athletes optimal protection against injury.

Body scan feature
All exercises can be assigned an upper and a lower range of motion. Inputting these limits is easy thanks to the body scan feature. Position settings can be adjusted at any time and can also be entered or changed manually.

Assessing strength
during lifting and lowering
Measurements can be carried out both isometrically in custom positions and isokinetically with preferred speeds and accelerations.
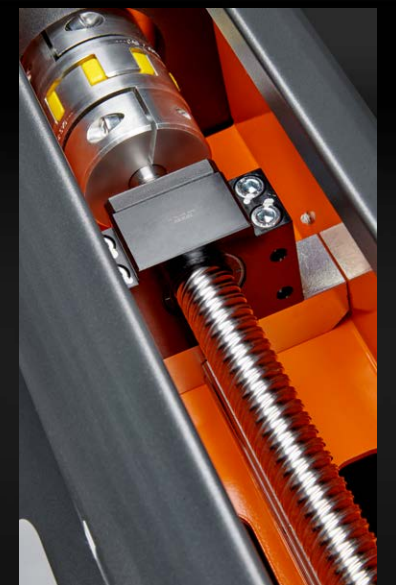
All benefits at a glance.

Benefits

- Training and strength diagnostic device in one
- For strength training that pushes limits – efficient, safe and trackable
- For elite sports and rehabilitation
- Minimal risk of injury even when using heavy loads
- Precise performance tracking and analysis
- For a broad range of exercises
- Freely and individually parameterisable

"The lifter is the perfect device to support our elite athletes with a range of diagnostic features during feedback training and daily strength training."

Dr Christian Schiefermüller
Olympic Centre Salzburg-RIF

There's so much to gain. But nothing to lose.

Split bar handles allow a wide range of movement and precise analysis of lateral movements.

Barbell training
The device can be used for training with up to 400 kg on the barbell. The *lifter* helps isolate concentric and eccentric training because the *lifter* automatically moves in the opposite direction.
The arms of the lifter also closely follow the barbell during the athlete's chosen motion, maintaining just a few centimetres distance for safe training, particularly with very heavy loads.

Training with the integrated bar
In this training mode, the *lifter* moves at a predetermined speed within the set range of motion to concentrically and eccentrically measure the isokinetic force applied by the athlete in all positions. The fixed integrated bar enables isometric strength analysis.

Explosive strength training and reactive training using the barbell
This feature is unique: the *lifter* allows the athlete to focus entirely on carrying out the exercise (jumping, pushing the bar, etc.) even when working with very heavy weights. The device catches the bar at the upper reversal point.

Precise performance evaluation and integrated display
In addition to intuitive usability thanks to its touchscreen, the *lifter* also offers a large graphical display, which feeds back in real-time to athletes and trainers and highlights training data, break times and other important information. This transforms the *lifter* into a training partner as well as a strength diagnostic device.

"The lifter helps improve performance in almost all disciplines and ensures the utmost safety for our athletes."

Ao. Univ. Prof. Dr Ing. Christian Raschner
Professor at the Institute of Sport Science at the University of Innsbruck and Head of the Campus Sport Tyrol Innsbruck Olympic Centre

intelligent motion improves the ability to move in rehab, where it could hardly be less. And the performance in top-class sport, where hardly any improvement can be achieved. intelligent motion develops robotic and sensor-based devices for success in medical therapy and top-class sport.

Ready
for the
next step.

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