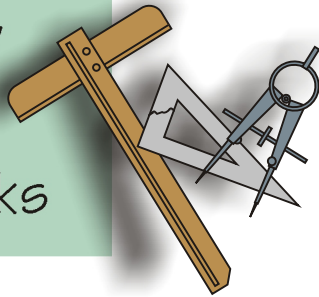


The Power of YOUR Muscles

How
It
Works



The seat crank moves the seat forward and backward to set the proper leg extension.



The Leg Restraints, which are secured around the thighs, center the knees and help to ensure the proper flexion and extension of the legs.

The position of the legs is relayed to the ERGYS computer via sensors which are mounted inside the ERGYS frame.



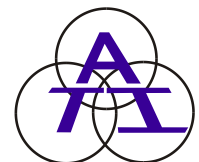
The feet are secured in padded boots, helping to ensure that the power generated by the big leg muscles is transferred into a smooth pedaling motion.



Computer generated stimulus pulses cause contractions of the quadriceps, hamstring, and gluteus muscles. The ERGYS computer stimulates the right muscle at the right time, resulting in "Power of Your Muscles" pedaling.



Therapeutic Alliances Inc.
333 North Broad Street
Fairborn, Ohio 45324 USA



(937) 879-0734 • (937) 879-5211 (fax) • www.ERGYS.com • info@ERGYS.com

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