

Gymna W-Move Onyx

Empower health



Gymna W-Move Onyx

Gymna W-Move Onyx is a total training concept consisting of nine devices providing different types of exercises that will increase your patients' overall health, by enhancing their muscle strength and improving their physical shape. This type of circuit training allows groups of nine people to participate at the same time and because of its small footprint, you do not need a lot of space.

Less than 20m² needed

Even in smaller practices, the nine Gymna W-Move Onyx devices provide a complete training concept.



Muscle strengthening exercises

With optimal comfort

Instead of using weight plates Gymna W-Move Onyx uses adjustable hydraulic cylinders for an easy resistance adjustment with just a click. The advantage of this hydraulic system is a smoother and softer resistance, allowing comfortable movements during exercise and high safety level through controlled resistance.

This makes the Gymna W-Move Onyx particularly suited for rehabilitation patients and for the elderly. Both groups can use the Gymna W-Move for muscle strengthening purposes. This is especially important for the second group, where stronger muscles contribute to core stability and fall prevention.



Ease of use



Easy access



Easy to adjust resistance



Easy to move



Easy to store

Social aspect

Gymna W-Move Onyx is perfect for circuit training in small groups; not forgetting the social aspect as patients and customers can interact with each other while working out.

Total training concept

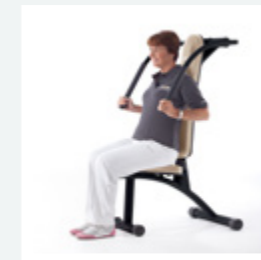
With Gymna W-Move Onyx, you provide your patients with a complete, easy to use, comfortable and safe training program. Adding this concept to your practice, you offer them the possibility to exercise and strengthen in a friendly and familiar environment. Not only that, it also means that even after rehabilitation is final you have the possibility of customer retention by offering group trainings to stay fit.



Shoulder Press / Lat Pull

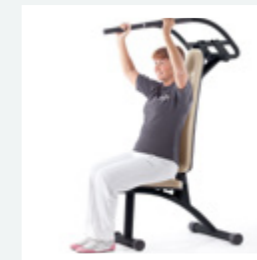
Activation of Muscle Groups
Deltoid, Triceps brachii, Biceps brachii

Starting position



Sit on Shoulder Press/Lat Pull while keeping your back straight. Put your feet on the ground and grasp the handles.

End position



Extend your arms to maximum height and hold this position, then pull down to the starting position. Keep your back straight during the entire exercise.



Abdominal / Back

Activation of Muscle Groups
Rectus abdominis, Erector spinae group

Starting position



Sit down on the Abdominal/Back while keeping your back straight. Put your feet on the ground and grasp the handles.

End position



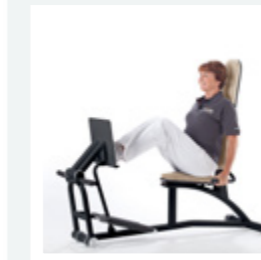
Bend your body as far forward as possible. Hold this position, and then push against the resistance back to the starting position. Push your back into the pad during the entire exercise.



Leg Press

Activation of Muscle Groups
Quadriceps, Gluteus maximus, Gastrocnemius, Tibialis anterior, Soleus

Starting position



Sit on the Leg Press while keeping your back straight. Use the easy-flex-start to put your feet on the board and grasp the handles.

End position



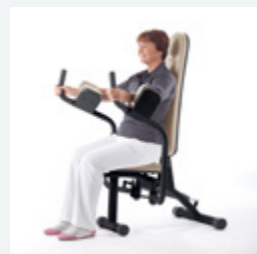
Hold on to the handles. Extend hips and knees. Push your back into the pad during the entire exercise.



Pec Dec / Fly

Activation of Muscle Groups
Pectoralis major, Triceps brachii, Deltoid

Starting position



Sit on the Pec Dec/Fly while keeping your back straight. Put your forearm on the pads and grasp the handles.

End position



Gently pull the handles together. Hold this position, and then push the handles back. Push your back into the pad during the entire exercise.



Abductor / Hip Adductor

Activation of Muscle Groups
Tensor fasciae latae, Adductor magnus, Gluteus maximus

Starting position



Sit down on the Abductor/ Hip Adductor, keeping your back straight. Put your legs in the stirrups and grasp the handles.

End position



Press your legs against the legrests, move them away from each other. Hold this position and move back to starting position. Keep your back pushed into the pad.



Leg Extension / Leg Curl

Activation of Muscle Groups
Quadriceps, Hamstrings

Starting position



Sit on the Leg Extension/ Leg Curl while keeping your back straight. Put your legs on the pad and grasp the handles.

End position



Lift your legs up until they are fully extended. Hold this position, and then put your legs down gently. Legs can also be trained separately. Keep your back straight during the entire exercise.



Chest / Back

Activation of Muscle Groups
Triceps brachii, Pectoralis major, Biceps brachii

Starting position



Sit on the Chest / Back while keeping your back straight. Put your feet on the ground and grasp the handles.

End position



Gently push forward until your arms are fully extended and hold this position. Slowly pull your arms back to the starting position.



Biceps / Triceps

Activation of Muscle Groups
Biceps brachii, Triceps brachii

Starting position



Sit on the Biceps / Triceps and put your lower arm on the pads. Grasp the handles.

End position



Curl your arms upward as far as possible. Hold this position and then lower your arms to the starting position. Press your arms into the pad during the entire exercise.



Twisting

Activation of Muscle Groups
Rectus abdominis, External oblique

Starting position



Sit on the Twisting while keeping your back straight. Put your feet on the ground and wrap your arms around the padded grips.

End position



Rotate your upper body to the left and hold this position. Rotate to the right and hold this position. Slowly return to the starting position.



Treatment Tables

Electrotherapy

Shockwave Therapy

Electrolysis

Cooling application

Tecar - Diathermy

Physio Care

Your dealer

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gymna[®]

GymnaUniphy NV Pasweg 6A | B-3740 Bilzen, Belgium

Tel: +32 (0)89 510 532