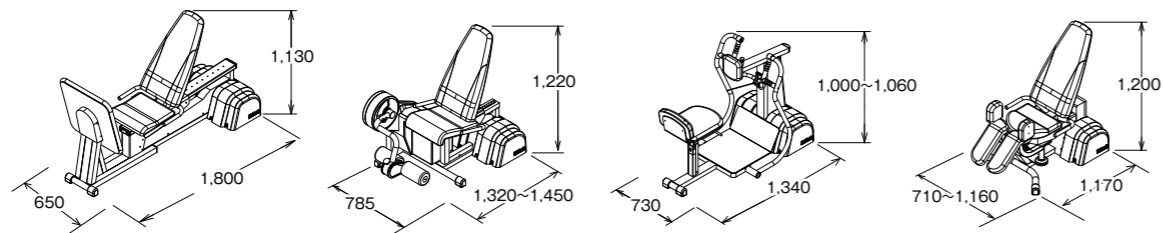


## Main specifications

Product Category : Exercisers

### ■ Operation Unit

External dimensions	300 width x 300 depth x 790 height (mm)
Weight	5kg



	Weltonic WTS-01i	Weltonic WTS-02i	Weltonic WTS-03i	Weltonic WTS-04i
	Leg press	Leg extension	Rowing	Abduction
Model	Weltonic WTS-01	Weltonic WTS-02	Weltonic WTS-03	Weltonic WTS-04
Rated supply voltage and frequency	Single-phase 230Vac, 50 Hz	Single-phase 230Vac, 50 Hz	Single-phase 230Vac, 50 Hz	Single-phase 230Vac, 50 Hz
Power input	600 VA	600 VA	600 VA	600 VA
Protection against electric shock	Class I, type B	Class I, type B	Class I, type B	Class I, type B
External dimensions	Width 650 mm Depth 1,800 mm Height 1,130 mm	Width 785 mm Depth 1,320 - 1,450 mm Height 1,220 mm	Width 730 mm Depth 1,340 mm Height 1,000 - 1,060 mm	Width 710 - 1,160 mm Depth 1,170 mm Height 1,200 mm
Weight	110 kg	83 kg	77 kg	69 kg
Trained muscles	Musculus quadriceps femoris, musculus gluteus maximus, hamstrings, musculus triceps surae	Musculus quadriceps femoris	Musculus latissimus dorsi, musculus rhomboidei, musculus trapezius, musculus deltoideus, musculus erector spinae	Musculus gluteus medius, musculus gluteus minimus, musculus tensor fasciae latae
Load setting	50 - 1,200N / 5 - 120kg Accuracy at indicated as N :±5%F.S.	20 - 500N / 2 - 50kg Accuracy at indicated as N :±5%F.S.	30 - 600N / 3 - 60kg Accuracy at indicated as N :±5%F.S.	20 - 600N / 2 - 60kg Accuracy at indicated as N :±5%F.S.
Muscle strength measurement	200 - 2,000N / 20 - 200kg Accuracy at indicated as N :±5%F.S.	100 - 850N / 10 - 85kg Accuracy at indicated as N :±5%F.S.	100 - 1,000N / 10 - 100kg Accuracy at indicated as N :±5%F.S.	100 - 1,000N / 10 - 100kg Accuracy at indicated as N :±5%F.S.
Setting of the number of repetitions	Count down 1 to 100 times Count up 1 to 100 times	Count down 1 to 100 times Count up 1 to 100 times	Count down 1 to 100 times Count up 1 to 100 times	Count down 1 to 100 times Count up 1 to 100 times
Accessories	2 x WTi Card	2 x WTi Card	2 x WTi Card	2 x WTi Card

**⚠ Safety Precautions**

- Read the instruction manual carefully and use the equipment correctly before use.
- Perform regular inspections of the equipment.
- This equipment may require electrical work. Please contact the dealer where it is purchased. Deficiencies in the installation work may cause electric shock or fires.

•The available options, etc., are subject to change without notice.

•The product specification is subject to change without notice.  
•The color of the actual product may differ from the color printed in the catalog.

# MINATO

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# Weltonic

MINATO MEDICAL FITNESS MACHINE

## WTS-i series



# More efficient training with greater peace of mind, achieved through card-based management of exercise history



Remove card



Automatically set training load for next session

## Automatically set training load for next session

After a training session is completed, by pressing the EVALUATE switch on the operation panel, users can automatically set the necessary training load for their next session on the card. Users can access the appropriate load for their individual physical strength every session.



Current session setting



Next session setting

\* Users can also manually adjust individual settings.

## A single card for all four machines



Leg press 01i



Leg extension 02i



Rowing 03i



Abduction 04i



Operation Unit  
External dimensions:  
300 width x 300 depth x 790 height (mm)  
Weight: 5kg

Insert card



(Settings screen after card insertion)



No need to manually input settings

## Bring up settings automatically

Simply by inserting the card, users can automatically input their individualized settings, such as training load, number of reps, and number of sets. (If using the PC option, the values set by the PC will be input automatically.)



Training

## Card offers greater peace of mind

By using cards that have the individual user's settings such as training load, number of reps, and number of sets recorded, the user's individual settings can be input properly, with no worries about forgetting to input the settings or inputting them incorrectly. This eases the burden on staff and offers the user greater peace of mind.

## Card offers more efficiency

If a user attempts to perform the same training on the same day, the machine will provide a warning that the training is being duplicated. Users can also check when they have completed all of the exercises on that day's training menu.

## Major settings recorded on card

- ID
- Name
- Training load
- Number of reps
- Number of sets
- Positioning settings
- Training results (8 sessions)
- Muscle measurement results

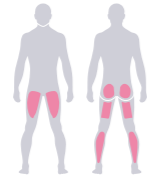
# WTS-i Series

The WTS-i series offers four types of exercise machines required for comprehensive geriatric training. A full exercise training program utilizing all four machines as a set will enable users to increase the muscle strength needed for everyday life.

## Leg press

### WTS-01i

Training Load 50~1200N  
5~120kg

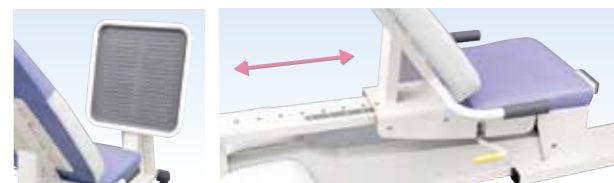


**Muscles trained**

- Musculus quadriceps femoris
- Musculus gluteus maximus
- Hamstrings
- Musculus triceps surae



The machine trains and strengthens the leg muscles necessary for movements in our daily lives such as standing up, sitting down, squatting, and walking. The foot harness and motion of the seat enables an exercise that closely mimics actual movements.



Scale makes setting heel positions easy.

The position of the chair can be adjusted according to body size.



Assistance using foot harness (Option) [RAM761]

Used to relieve lumbar spine angle and to support users with hunched back. (Option) [KMA3550]



## Leg extensions

### WTS-02i

Training Load 20~500N  
2~50kg



**Muscles trained**

- Musculus quadriceps femoris



The range of motion of the knee joints is often small in elderly people. These exercises strengthen the musculus quadriceps femoris, especially the vastus medialis, thereby increasing the range of motion and length of stride, stabilizing the knees, and enabling individuals to climb stairs easily.



Adjustment of the backrest position

Adjustment of the pad position

Adjustment of the initial angle



Footrest (Sold separately) [KDA6508/L]

Immobilize thighs and trunk (Option) [RAM763]



## Rowing

### WTS-03i

Training Load 30~600N  
3~60kg



**Muscles trained**

- Musculus latissimus dorsi
- Musculus rhomboidei
- Musculus trapezius
- Musculus deltoideus
- Musculus erector spinae



The machine trains the musculus latissimus dorsi and the musculus rhomboidei to prevent and improve the hunched back condition sometimes seen in the elderly.



Adjustment of the chest pad

Mechanism for adjusting the height of the chair (gas spring system)



Easy-to-hold grip

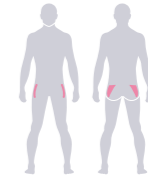
Example of use (Sold separately) Holding Mitt K1960M



## Abduction

### WTS-04i

Training Load 20~600N  
2~60kg



**Muscles trained**

- Musculus gluteus medius
- Musculus gluteus minimus
- Musculus tensor fasciae latae



Weakening of the muscles around the waist leads to instability of the body. Exercise will increase stability of the pelvis, reduce wobbling while walking or standing on one leg, and prevent falling.



Pull the lever to open the arms.

When riding



Kneepad can be used on either the left or right side (can be ordered singly). (Option) [KMA3887]



# WTS-i Series

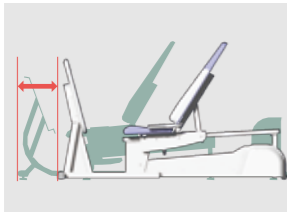
## ▶ More Compact

By placing the electric load unit in the underside of the frame, we've made the required installation area even smaller. It's also possible to use the pulleys that move the device to change the layout, in order to use space more effectively.

### Compared to our conventional products

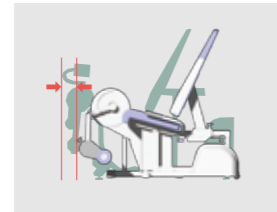
#### WTS-01i

400mm (18%) smaller



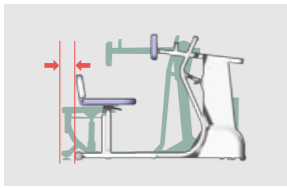
#### WTS-02i

110mm (7%) smaller



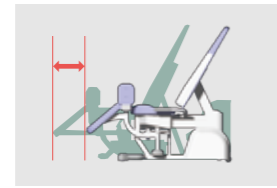
#### WTS-03i

160mm (10%) smaller



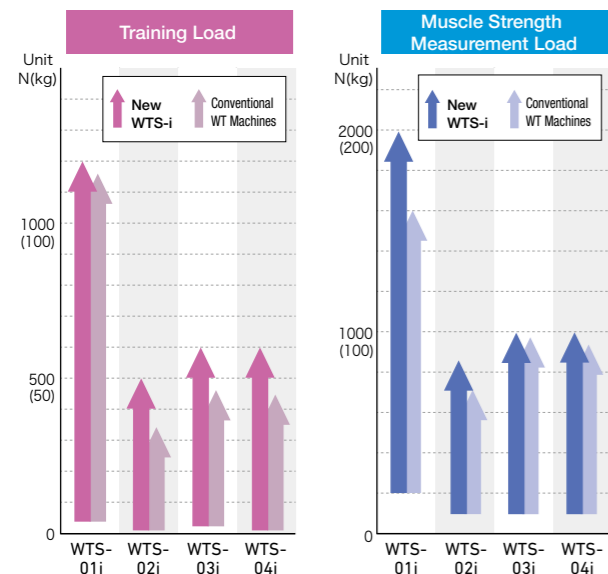
#### WTS-04i

280mm (19%) smaller



## ▶ Higher Output

Expanding the training load and muscle strength measurement ranges in the WTS-i Series has made it possible to use the machine, not only in training to improve the condition of those in need of care, but also in training meant to prevent elderly people with fragile health and ordinary elderly people from needing care.



## ▶ Worry-Free Design

Wires, pulleys, and other moving parts have been covered. Care has been taken to ensure that the elderly can train without worry.



## ▶ Muscle strength measurement and excellent positioning reproducibility

Isometric measurement can be performed on all four machines. It is easy to set positions and to reproduce previous positions with a high degree of accuracy.

**WTS-02i** Support movement ability assessment with WBI.

### WBI measurement is now possible with the WTS-02i.

Settings that are appropriate for the individual user's body type can be set easily, and accurate measurements taken. Previous positioning can be reproduced with a high degree of accuracy, making it possible to accurately evaluate the degree of improvement compared to previous measurements.

**Setting Procedure**

- 1 Adjust the backrest position.
- 2 Adjust the arm angle to No. 2.
- 3 Adjust the pad position to the ankle.

\*WBI: Weight Bearing Index is used to evaluate the motor function of the lower limbs, calculated by dividing the maximum voluntary contraction (MVC) of the knee joint extensors by body weight. It is an absolute value that is universally applicable to both men and women of all ages, and this convenient index is easy to understand and measure and can be used for a range of purposes, from setting targets to evaluation.



## Easy-to-read, easy-to-use operation panel

### LCD touch panel and mechanical switches

The LCD touch panel offers excellent visibility, allowing users to check the state of their training at a glance. Mechanical switches have also been supplied for use by those who are unaccustomed to using touch panels.



### Switches light up to guide operations

Only the switches needed to operate the panel light up, providing certain operational support.



### Sound and lights to assist movement

Moving at an appropriate pace is an important part of efficient physical training. The built-in metronome function and lights provide easy-to-understand support for users to move at an appropriate pace.



## CGT Comprehensive Geriatric Training

Comprehensive geriatric training (CGT) aims at improving the physical functions of weak elderly people, to prevent them from deteriorating into a condition necessitating nursing care, and to enable them to maintain an active life. Improvement of physical functions is also expected to have psychological effects, including enhancement of motivation and positive attitude. It has the following characteristics.

### Improvement of the physical functions of elderly people

CGT aims at improving the physical functions of weak elderly people through exercise training under appropriate load, and building up spare capacity for physical strength, thereby supporting an independent life.

### Comprehensive improvement of muscle strength, flexibility, and balancing ability

In addition to physical strength, various elements including stamina, flexibility, and balancing ability are trained comprehensively, aiming at global improvement of the physical strength of elderly people.

### Cooperation of medical staff and exercise training staff

Since weak elderly people often have musculoskeletal pain and chronic diseases, the medical staff—doctors, physical therapists, and nurses—and the exercise training staff, jointly supervise the training.

### Setting targets for limited periods

Training for 90 minutes at a time is continued twice weekly for 3 months. The period is divided into three stages, and targets are established for each stage. Motivation of the elderly people is maintained through achievement of the target range of motion, and load preset in each stage.