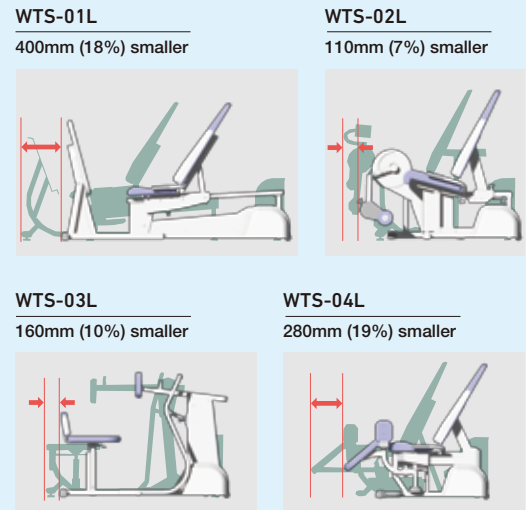


WTS series

More Compact

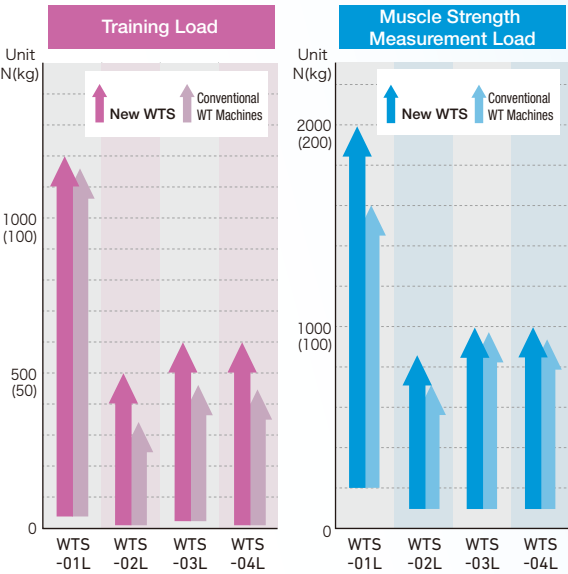
By placing the electric load unit in the underside of the frame, we've made the required installation area even smaller.  
It's also possible to use the pulleys that move the device to change the layout, in order to use space more effectively.

Compared to our conventional products



Higher Output

Expanding the training load and muscle strength measurement ranges in the WTS 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.



Easy Operation

The panel is used to set all operations, including muscle strength measurement, load, and number of reps. On every machine, loads can be set in 10N (1kg) increments. In addition, the number of training reps, routine end and speed are all announced with audio and on the display.



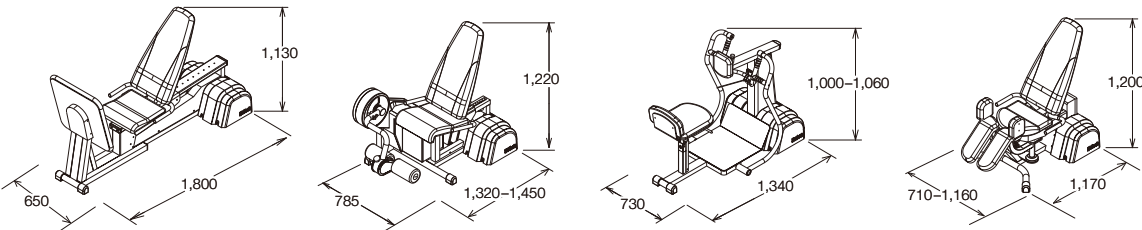
Weltonic  
MINATO MEDICAL FITNESS MACHINE

Main specifications

Product Category : Exercisers

■ Operation Unit

External dimensions	300 width × 300 depth × 790 height (mm)
Weight	4kg



	Weltonic WTS-01L	Weltonic WTS-02L	Weltonic WTS-03L	Weltonic WTS-04L
	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

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

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

DISTRIBUTED BY:

MINATO

MINATO MEDICAL SCIENCE CO., LTD.

Overseas Division

13-11, Shinkitano 3-chome, Yodogawa-ku, Osaka 532-0025, Japan  
E-mail: global@minato-med.co.jp  
Tel: +81-6-6303-9759 / Fax : +81-6-6303-9765  
<http://www.minato-med.co.jp/en/>



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Rehabilitation & Wellness  
**MINATO**

MINATO MEDICAL FITNESS MACHINE

Weltonic  
WTS series



MINATO MEDICAL SCIENCE CO., LTD.

Small, Smart, Simple!





Improving the physical function of the elderly and comprehensively reinforcing the muscle strength needed for everyday life.

The Weltonic device lineup is in compliance with CGT guidelines.



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.

Leg press

WTS-01L

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.

Training Load50~1200N5~120kg

**Muscles trained**

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



- Since it is able to respond to rapid motions, it feels similar to training on a weight-type machine.
- The harness for the feet has been removed to make it easier to ride on the machine.
- The soft material at the lumbar part of the seat's backrest eliminates pressure on the lumbar spine.

Scale makes setting heel positions easy.

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

Rowing

WTS-03L

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

Training Load30~600N3~60kg

**Muscles trained**

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



- The chest pad can be lifted to make it easier to ride on the machine.

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

Leg extension

WTS-02L

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.

Training Load20~500N2~50kg

**Muscles trained**

- Musculus quadriceps femoris



- The design exerts an ideal load tailored to the knee muscle groups by making the load lighter than the set value near the maximum bend and extension points.

Knee joint torque (N)

Knee joint angle (degree)
- The machine is designed to vary the weight applied so that it is ideally suited for the muscles of the knee joint. For example, the weight applied becomes lighter than the preset level at the points of maximum flexion and extension.
- Muscle strength measurement results can be displayed as a WBI value. (For WBI measurements, patient weight must be entered. When measuring, please be careful of your knee angle.)

**What is the WBI (weight bearing index)?**

The WBI is found by taking the maximum voluntary contraction (MVC) of the knee joint extension muscle groups and dividing it by body weight. It is used as an index for evaluating leg motor function.

Adjustment of the backrest position

Adjustment of the pad position

Adjustment of the initial angle

Abduction

WTS-04L

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.

Training Load20~600N2~60kg

**Muscles trained**

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



- The initial angle can be set easily with a lever.
- As the arms can be opened easily when riding on the machine, you can ride on the machine easily.

Pull the lever to open the arms.

When riding