

**Dr. WOLFF**<sup>®</sup>  
SPORTS & PREVENTION

## TRAINING DIAGNOSTIC

Simply train  
better





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# TRAINING DIAGNOSTIC

## BackCheck® 617

### Back- Strength-Analysis

Do you know any more renown, reliable and mobile system for back analyses? This technology has been awarded the Bodylife Award multiple times and is internationally established in the fitness- and therapeutic markets. Also, the BackCheck® is the ideal tool for workplace health promotion. Measurements take place uniquely, in an upright position and under conditions that are close to everyday life.

#### Strength of core musculature

- Extensors (dep. 1)
- Flexors (dep. 2)
- Lateral-flexors (dep. 3)

#### Strength of upper body musculature

- Push- and pull of the upper extremities (dep. 4)

#### Cervical spine musculature

- Extensors (dep. 5)
- Flexors (no dep.)
- Lateral flexors (no dep.)

### Isometric maximum strength test

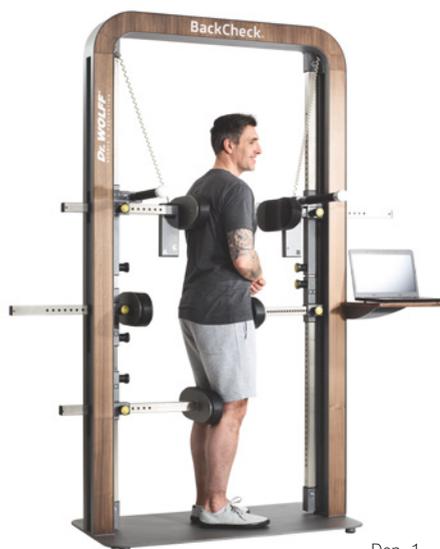
- Direct data transfer to PC
- High performance strength sensors
- Power supply operation

Dimensions:

W 100 x L 136 x H 238 cm

DIN EN ISO 20957 T 1

Laptop not included



Dep. 1



Dep. 2



Dep. 3



Dep. 4



Dep. 5

Further tests of the upper and lower extremities are possible:

- Leg abductor, adductor
- Arm abductor
- Hip extensor

# BackCheck<sup>®</sup> compact 608

Space-saving variant of the BackCheck<sup>®</sup> - particularly useful for mobile application, e.g. in workplace health promotion.

Dimensions:

W 100 x L 136 x H 210 cm (without upper sign H 190 cm)



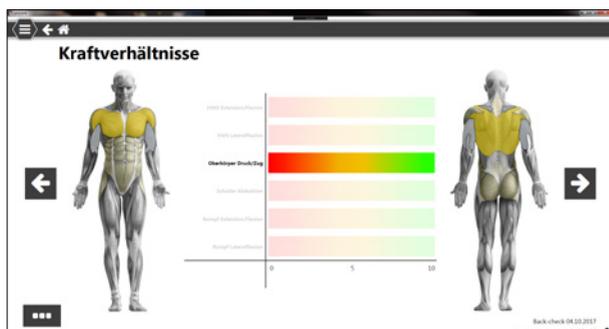
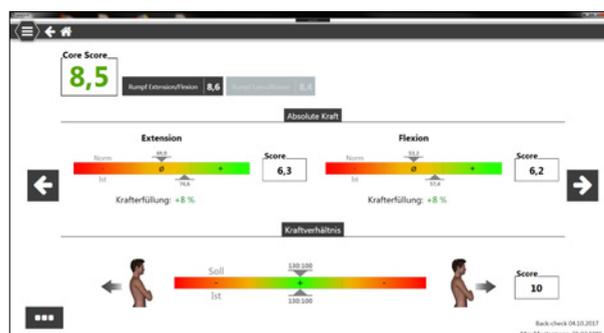
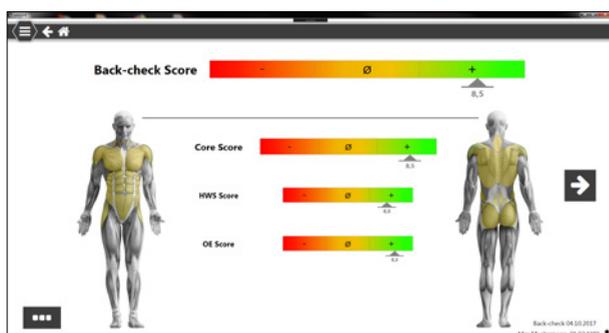
## BackCheck<sup>®</sup>-Software

### Measurement – live in real time

- Support through virtual teach-in before and during the test
- Standardized test sequence
- Live-visualization of the measurement curve

### Isometric maximum strength test

- Evaluation of strength relations and absolute strength
- Identification of muscular deficits and imbalances
- New, tangible scores: BackCheck-Score<sup>®</sup> and Core-Score<sup>®</sup>
- Updated reference values based on 15+ years usage experience
- EasyExplain<sup>®</sup>: simple, descriptive graphics
- Personalized reports for all intended purposes
- Integration into mobee 360 platform, ideal combination with e.g. mobee fit



# TRAINING DIAGNOSTIC

## Leg-check 627

### Isometric maximum strength test at the point of force effect

The innovative leg press Leg-check 627 facilitates the exact measurement of leg strength in a both-legged, side-independent mode. Two separately arranged foot plates are equipped with high-load measurement technology.

Forces are captured precisely and directly at the point of force effect. The integrated display unit with a state-of-the-art touch screen presents the collected data. The computer saves the data on a chip and facilitates a convenient transfer to the evaluation software.



### Dynamic Measurement

In this additional function the Leg-check 627 tests the maximum strength value per leg during a movement with sub-maximum training intensity. This test sequence enables the test coordinator to understand whether both legs are used with equal strength by the test person.



Dep. precise, reproducible test position

### Reliable Technology

- Display unit with touchscreen and data storage
- Data transfer to chipcard
- Two strength sensors
- Power supply operation

Dimensions:  
W 120 x L 200 x H 158 cm

DIN EN ISO 20957 T 1

### Leg-check Software

Following the simple data transfer via chipcard, the software-based test evaluation and customer-oriented documentation of the results take place. Reference data allow for a solid evaluation of the leg strength. The sequence of rehabilitation measures and training intervention can be followed and described by repetitive tests. Training quality and -measurement on a high level.

- Comfortable data transfer via chip
- Test documentation and -evaluation
- Depiction of the strength curve

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# TRAINING DIAGNOSTIC

## Flex-check 646

The perfect tool for entry-checks and workplace health promotion

Screening for mobility of the dorsal and ventral chain:  
simple · quick · informative · efficient · cost-effective

### Stand and reach test

The proven stand and reach test is an important parameter to evaluate the mobility of the dorsal chain. The Flex-check facilitates the execution and presents the results professionally.

### Hand-wall-distance test

Just as common and reliable, the hand-wall-distance test facilitates the evaluation of the ventral chain. Both tests quickly and effectively show the mobility trend in the sagittal layer.



Stand and reach test

Hand-wall-distance test

**1. Stand and reach test**

Entry-test/date: \_\_\_\_\_ Re-test/date: \_\_\_\_\_

++	+	+/-	-	++	+	+/-	-
1-5	6-15	16-20	>20	1-5	6-15	16-20	>20
<input type="checkbox"/>							

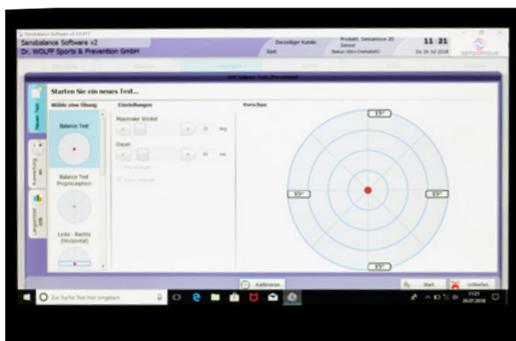
## Balance-check 636

### Training and testing of body stability

The software-enabled measurement technology sensitively captures coordination skills, body stability and disbalances. It therewith functions as a meaningful addendum for the analysis and control of back- and health training. The mobile therapeutic sensor provides numerous opportunities for additional usage in neuro- and sports rehabilitation as well as in ergotherapy.

Examples:

- Manual coordination with small gadgets (Joystick, PC-mouse)
- Application with sensomotoric training apparatuses



Dimensions:  
W 100 x L 90 x H 115 cm

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