

*The Clinical Advantage™*

# BioStep™ 2

Semi-Recumbent Elliptical



The difference  
is in the motion.

Combine the benefits of smooth, elliptical, cross-training exercise with the comfort, safety and stability of semi-recumbent positioning.

[www.biodex.com/biostep](http://www.biodex.com/biostep)



**BioStep 2**...constant resistance  
with simplified display and operation

**BIODEX**

[www.biodex.com](http://www.biodex.com)

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*Int'l 631-924-9000*

# BioStep™ 2 Semi-Recumbent Elliptical

## FEATURES

- **Elliptical motion** – provides smooth continuous “zero-joint impact” exercise
- **Self powered, self charging** – cordless capability; use it anywhere
- **1:1 arm to leg motion** – for natural arm swing rhythm
- **Articulating hand grips** – provide comfort for those with forearm or wrist impingements
- **Rotating seat** – to 90° on either side and step-through design - for easy and safe entry and exit
- **Movable armrests** – for added comfort and stability when needed
- **Seat belt** – offers support and security for users with limited torso control
- **Optimized seat height** – for wheelchair transfers and controlled hip flexion
- **Up to 600 watts** – to accommodate a wide spectrum of users
- **Constant resistance** – 20 effort levels provide greater program options
- **Heart rate monitoring** – Polar® contact hand grips (telemetry compatible) to ensure proper training intensity
- **Sturdy** – well-placed grab handles provide added stability
- **Large, easy-to-use “Quick Start” display** – features time, rpm, watts, calories, METs, distance, total steps, heart rate
- **Large utility holder** – provides a convenient storage place for water bottles and allows for hands-free reading
- **Robust design** – for heavy institutional use
- **Stabilization Kit** – optional

## Naturally smooth... positively effective

With its feature-rich design, the versatile and durable Biodex BioStep 2 can accommodate a wide variety of users and promote general strengthening and conditioning for any age group. BioStep 2 is simple to use, requires minimal supervision and allows exercise to progress at a natural pace.

The BioStep 2 Semi-Recumbent Elliptical is naturally smooth and continuous, offering exceptional comfort. Its low-impact, elliptical motion reduces the jarring start/stop direction change often associated with other recumbent steppers, eliminating the need for users to lift or strike their feet on the footplate. The step-through frame, easy-to-use display, and comfortable robust design, make the BioStep 2 the obvious choice for cross training.



## Safe, low-impact exercise

The fluid, elliptical motion is forgiving on the knees, ankles, hips and lower back... a natural closed-chain, low-impact, functional exercise. The BioStep 2 reduces joint impact because the user is not required to lift and strike their feet on the walking surface. By combining lower extremity motion with upper body exercise, the BioStep 2 provides a total body workout in both forward and reverse directions, thereby involving different muscle groups.

## Ideal for older adults

The low-impact elliptical motion of the BioStep 2 reduces the jarring impact often associated with the stop-start motion so common with other recumbent steppers. The motion of the BioStep 2 also helps strengthen the muscles important to maintaining function; those muscles specifically associated with mobility, gait and balance.

## Promotes cardiovascular wellness

BioStep 2 incorporates both the upper and lower extremities into the cycling motion; users experience less local muscle fatigue. This allows similar heart rates to be achieved at lower rates of perceived exertion when compared to traditional exercise ergometers. Blood pressure can be checked by simply releasing one arm while the other three extremities comfortably continue to perform the exercise.

## Aerobic conditioning for older adults

BioStep 2 provides a zero impact, safe and comfortable total body workout in both forward and reverse directions, making it ideal for general aerobic conditioning of your adult population.

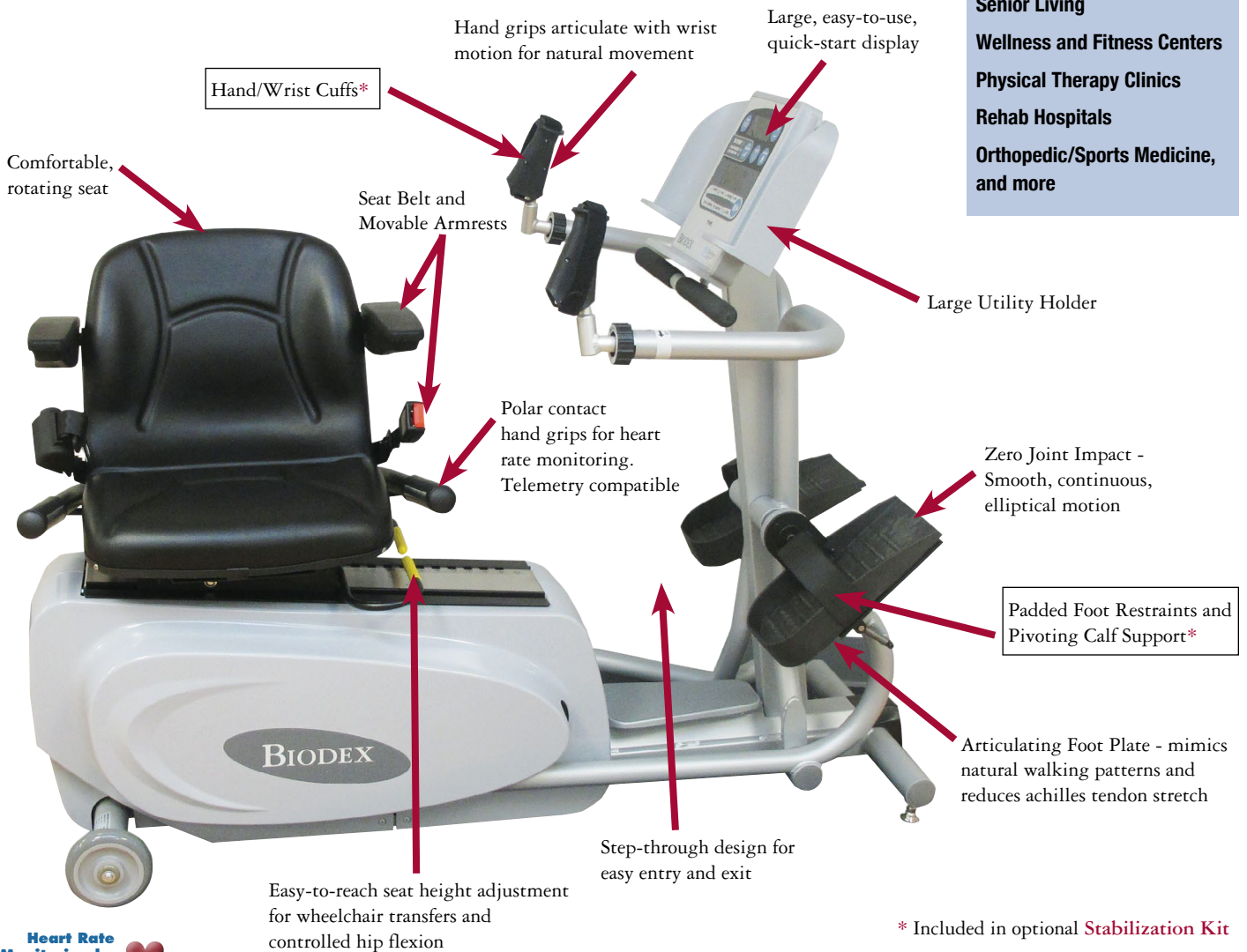


If there is one piece of equipment for all your users...this is it.

BioStep 2 provides low-impact cardiovascular exercise in a variety of settings.

### APPLICATIONS

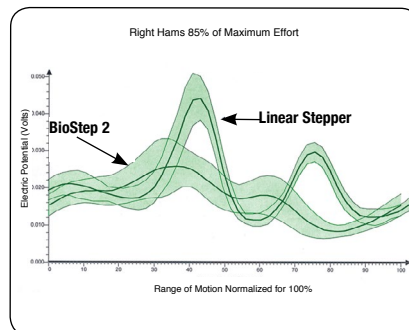
Senior Living  
Wellness and Fitness Centers  
Physical Therapy Clinics  
Rehab Hospitals  
Orthopedic/Sports Medicine,  
and more



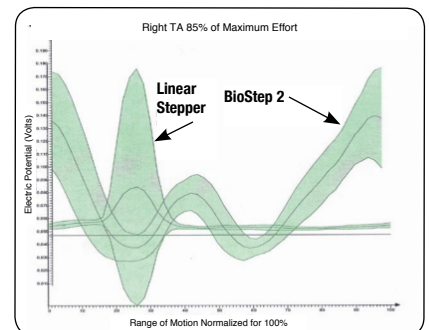
\* Included in optional **Stabilization Kit**  
Hand and foot straps included, not shown



Easy to use with QUICK START display features time, rpm, watts, calories, METs, heart rate, distance and total steps.



In addition to the zero impact motion, another reason the BioStep 2 feels "oh so good" on the knees is due to evenly sustained hamstring contraction throughout the range of motion. The hamstrings are important knee joint stabilizers.



The BioStep 2 motion and articulating footplates provides significantly more Tibialis Anterior activity throughout all of the range of motion. The Tibialis Anterior is the prime mover for the Dorsiflexion needed to raise the foot during walking. An impaired Tibialis Anterior contributes to foot drop.

## What they are saying...

### Senior Wellness Fitness



"Thanks to the Biodex BioStep 2, I shot my age in golf today."

"I have the Biodex BioStep 2 Semi-Recumbent Elliptical and I just love it! I use it five days every week, and the difference it has made has been nothing short of amazing. I had a left hip replacement two years ago, and today I shot my age in golf...76. I credit the BioStep 2 for the conditioning, especially the added strength in my arms and shoulders, as well as my legs...truly outstanding equipment."

*William L. Massey, User, Albertville, AL*

### Community Wellness

#### Greater Boston Jewish Community Center (JCC)



"We have a very diverse population here at the JCC. We do a lot of training and programming for people with special needs, Parkinson's, in addition to having an active boomer and active senior population. So, when we started thinking about

adding pieces of equipment that would be adaptable and easy for this group to use, we looked at the BioStep and [competitive unit].

When we did a demo of both, we felt the BioStep was a much more natural range of motion and felt better on body and joints.

*“We felt the BioStep was a much more natural range of motion and felt better on body and joints.”*

The BioStep has been very well-received. It's easy to navigate, and easy to understand. Our members really like it, and staff recommends it to members often based on their specific needs. It's a great piece. We're in the middle of a fitness renovation and do plan to purchase another when the renovation is complete."

*Audrey Edwards, Wellness Director, Newton Centre, MA*

### Clinical Settings

#### Body in Balance, NJ



"[When I concentrate on my BioStep exercise it feels like I don't have Parkinson's. The more I practice, the less I shake. Since I started exercising, I find that my shaking goes away much of the time, and I feel better about myself. Once I start my session, I feel physically fit, like there's nothing wrong with me."

*Carmine, User with Parkinson's disease*

#### SPECIFICATIONS:

- Dimensions: 54" l x 28" w x 44" h (137 x 71 x 112 cm)
- Resistance: Constant resistance with 20 effort levels
- Work Rate Range: Up to 600 watts (120 rpm)
- Heart Rate Monitoring: Polar® contact hand grip (telemetry compatible)
- Readouts: Time, rpm, watts, calories, METs, heart rate, distance and total steps
- User Capacity: 500 lb (227 kg)
- Weight: 202.5 lb (92 kg)
- Power: Self-powered; no external power requirement at user work rates over 30 watts and 50 rpm; adapter is provided to power system and charge battery during applications below 30 watts and 50 rpm; battery automatically recharges at work rates above 30 watts and 50 rpm. AC Adapter included.
- Certifications: ETL listed to UL60601-1 and CAN/CSA C22.2 No.601.1.M90, EN 60601-1: 2nd Edition. EMC compliance to EN 60601-1-2.
- Warranty: Two years parts; one year labor



**950-240** BioStep™ 2, 100-240 VAC  
*Includes: foot straps, hand straps, seat belt and movable armrests*  
Export models available.

**Optional**  
**950-242** Stabilization Kit  
*Includes: pivoting calf support, padded foot restraint and hand/wrist cuffs (large).*

**950-247** Hand/Wrist Cuffs, Small (pair)

**950-243** Hand/Wrist Cuffs, Medium (pair)

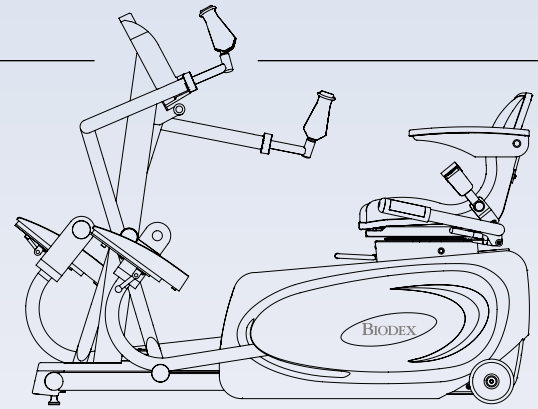
**950-234** Hand/Wrist Cuffs, Large (pair)

# Stabilization Accessories

## Customize to your users' needs

Users with neurological and musculoskeletal issues commonly present with decreased strength, proprioception and kinesthetic awareness deficiencies or edema. These and other factors add to the challenges of maintaining upper or lower extremity properly and comfortably on the device during exercise.

BioStep™ 2 is supported by a collection of stabilization accessories to allow users with these challenges to enjoy the benefits of exercise.



## Accessories Included



### Foot Straps

A hook and loop strap that provides a simple solution to secure a user's foot to the footplate during exercise.



### Seat Belt

The Seat Belt offers support and security for users with limited torso control. The Seat Belt fits securely around the lower abdomen of each user and is completely adjustable. The retractable seat belt is there when needed and out of the way when not.



### Hand Straps

Like the Foot Strap, a hook and loop strap provides a simple solution to secure a user's hand to the Pivoting Hand grips, enabling controlled motion during exercise.



### Movable Armrests

With the addition of the movable padded armrests, users obtain an added level of comfort and stability when needed. The BioStep 2 can be used with or without the armrests in position. Armrest folds flush against the side of seat back to provide easy-on and off access.

## Optional Stabilization Kit

Articulating hand grips and footplates add to the comfort while strengthening the primary muscles associated with balance, gait and mobility.



### Padded Foot Restraint & Pivoting Calf Support

For lower extremity stabilization we offer a padded foot restraint and pivoting calf support. This combination provides support to the calf while allowing the user to exercise and experience the smooth BioStep motion. The calf support pivots, allowing the ankle to move as it would naturally in gait. The padded foot restraint is a convenient and comfortable means to secure the foot to the footplate, thereby maintaining correct loading of the joints and postural alignment during exercise.



*NOTE: Pivoting Calf Support can be easily removed when not in use.*



### Hand/Wrist Cuffs

Users with hand and wrist limitations will find comfort with the pivoting hand grips and security of maintaining stable hand position throughout the exercise session. The Hand/Wrist Cuffs allow users with limited or no hand strength or control to enjoy the benefits of the BioStep's upper body exercise.

*NOTE: Hand/Wrist Cuffs are also sold separately.*



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