

*What kind of*



*are you?*

*gymna.***PRO**

**gymna**<sup>®</sup>

## *gymna.**PRO**, what kind of PRO are you?*

*Are you more of a doer or a thinker?*

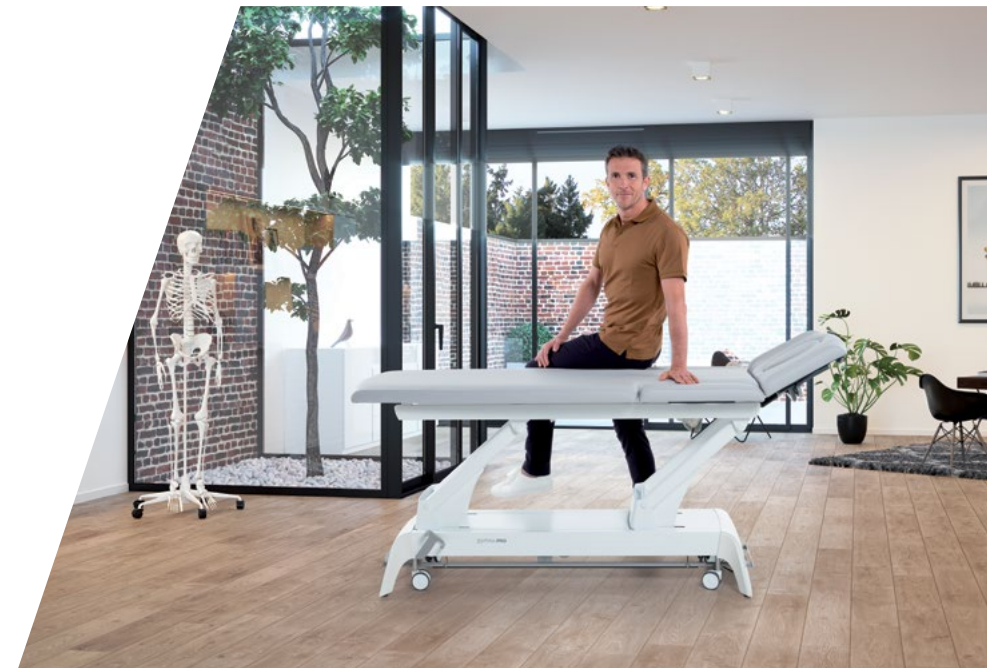
*Do you like arts or sports, or maybe both?*

***NO DOUBT, YOU ARE UNIQUE.***

*Except for that one thing you have  
in common with fellow physical therapists,  
**your professionalism.***

*The gymna.**PRO** gives you the opportunity  
to choose how to create your own unique treatment table.*

*The choice is entirely yours.*

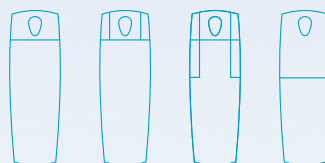




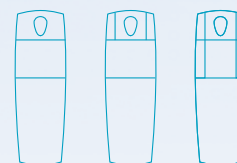
## Your table. Your choice

10 possible configurations and even more options to create the gymna.**PRO** that fits your taste and needs best.

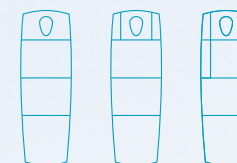
2-sections



3-sections



4-sections



THAT IS THE FLEXIBILITY GYMNA.**PRO** OFFERS YOU

# gymna.**PRO**

Your table. Your choice





## *My gymna.PRO, freedom of choice and elegant design*

*I just opened a new Osteopathy practice and had the chance to create a professional and contemporary working environment.*

For me, as an osteopath, my treatment table is the backbone of my practice.

It is important that I can work very closely to my patient. I mostly treat them in flat position and do not need any complex cushion adjustments.

### **A GOOD QUALITY 2-SECTION TABLE IS EXACTLY WHAT I NEED.**

The moment I came across gymna.PRO I knew I had found what I needed. An elegant yet stable 2-section table with lateral supports that give me the possibility to work closely to my patients.

That is why I choose the gymna.PRO, elegant design, together with the freedom to choose whatever option I liked and needed.







## Versatility is key in our practice and **gymna.PRO** offers just that

*In our group practice, with many different specialisations, it was a challenge to choose a treatment table that fits all of our needs.*

Sports massage is a big part of my job and it is of crucial importance to have a treatment table that is stable. The gymna.PRO with its unmatched Gymna Stability Profile meets my needs exactly.

A big step forward for patients limited in mobility is Constant Patient Position, a new Gymna concept. The patient does not have to rotate during treatment in sitting, lying and kyphosis position, making it safer and easier for them and improving hygiene.

### gymna.PRO



### Traditional



The safety aspect is very important in our practice. We have chosen "Safe Motion Detection", an automatic safety system designed to prevent people becoming trapped in the height adjustment mechanism.



A man with short brown hair and a beard, wearing a red polo shirt and dark trousers, stands with his arms crossed next to a white exercise bike. The bike has a white frame and a black seat. The background is white with some blue and green geometric shapes.

gymna.PRO

Gymna  
Stability Profile

Saf  
De

3-section models	T5		
	i-Control	Foot switch	Hydraulic
Linear cushion finish	●	●	●
Classic upholstery	●	●	●
Width 67 cm	●	●	●
Manual head section	●	●	●
Manual lumbar flexion	●	●	●
Manual back section	●	●	●
“One-Click” arm supports incl. Ergomax	●	●	●
Lateral supports			
Safety switch	●	●	
Face opening incl. Ergomax			
Wheels	○	○	○
Motorized lumbar flexion	○	○	
Motorized back section	○	○	
Width 60 cm			
Width 77 cm			
Progressive cushion finish	○	○	○
Premium upholstery	○	○	○
Cushion heating	○	○	
Safe Motion Detection	○	○	
LED pack	○	○	
Memory	○	○	
Battery	○	○	

3-section models	T5		
	i-Control	Foot switch	Hydraulic
Linear cushion finish	●	●	●
Classic upholstery	●	●	●
Width 67 cm	●	●	●
Manual head section	●	●	●
Manual lumbar flexion	●	●	●
Manual back section	●	●	●
“One-Click” arm supports incl. Ergomax	●	●	●
Lateral supports			
Safety switch	●	●	
Face opening incl. Ergomax			
Wheels	○	○	○
Motorized lumbar flexion	○	○	
Motorized back section	○	○	
Width 60 cm			
Width 77 cm			
Progressive cushion finish	○	○	○
Premium upholstery	○	○	○
Cushion heating	○	○	
Safe Motion Detection	○	○	
LED pack	○	○	
Memory	○	○	
Battery	○	○	



## The flexibility to design my gymna.PRO

*In my practice, I mostly treat female patients with pelvic floor problems.*

Although very common, these problems are not that easy to talk about and women are often tense when they arrive for treatment. This tension can negatively influence my treatment.

**AS A PROFESSIONAL, I WANT TO DO EVERYTHING IN MY POWER TO HELP THEM FEEL AT EASE.**

Part of that is for my practice to look trustworthy and comfortable, yet still professional. I gave a lot of attention to the interior design and wanted my treatment table, to be an integrated part of my practice. The table should offer all the options necessary for me to perform the professional treatment I strive for.

I chose gymna.PRO for its quality and flexibility; with all its options, I have created my own unique treatment table.

I was able to combine the incomparable Gymna stability with the soft and seamless Ergomax face support and the unique wireless heating system. My patients appreciate the comfort of my gymna.PRO and they instantly feel a reduction of tension.





# *gymna*.**PRO**

## *Premium Essentials*

*gymna.PRO* combines Gymna's years of experience developing treatment tables with the experience of professional daily users. These professional physical therapists need a series of functionalities to provide the right therapy.

Gymna recognises this and has focused its efforts on improving these functionalities. This has resulted in a series of **PREMIUM ESSENTIALS**.

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**WITH PREMIUM  
ESSENTIALS, GYMNA  
TAKES PROFESSIONALISM  
TO A WHOLE NEW LEVEL**

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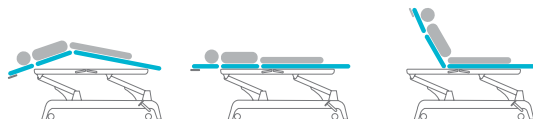
# Premium Essentials



## Constant Patient Position

### Prevents cumbersome rotation

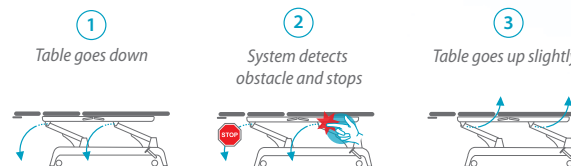
3- section table allows lying, sitting and kyphose position with no need to rotate the patient. Improves hygiene, as feet do not rest on the head section of the 3-section table.



## Safe Motion Detection

### Fully automated safety system

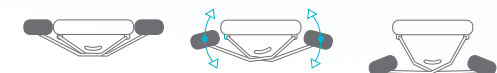
Prevents patients and therapists from being trapped in the height adjustment mechanism.



## Arm supports

### "One-Click" system for easy operation

Both supports are lowered simultaneously and slightly tilted for a more relaxed cervical and shoulder region in prone position.







## Gymna Stability Profile

### Minimum flex and movement under load

Stiff and sturdy construction. Manipulation force keeps same intensity without loss of energy during treatment.



## Ergomax

### Maximize comfort and hygiene

Designed with a heart-shaped opening that leaves eyes and mouth free. The Ergomax face support is soft, seamless, waterproof and washable. Two-sided to accommodate shorter and taller patients.



## Lateral supports

### Allowing even more freedom of movement for the therapist

These supports make it possible to maintain an ideal working position, close to the patient, without stress on the shoulders or back.

# Premium Essentials



## i-Control

### Intelligent foot-operated height adjustment system

For easy, accurate and safe height adjustment, from anywhere around the table. Two operation modes, for continuous and pulsed adjustments.

## 🔗 Programmable memory

Easy and efficient automatic height adjustment up to 3 preferred settings.



## Extra motors

### Effortless setting

The gymna.PRO can be equipped with extra motors. To adjust the cushions, simply push a button. The extra motors provide comfort to the therapist and to the patient, who can remain totally relaxed.



## Battery

### Enhances ambulant use of gymna.PRO

Fully integrated in the frame with a plug-in detachable cable. The battery will charge when the table is plugged in again.





## Remote cushion heating

### Two heating pads inside cushions

Produce a comfortable level of warmth for the patient's well-being and for an enjoyable working environment for the therapist. Gymna cushion heating is MDD approved.



## LED pack

### Creating a pleasant atmosphere in practice

The led pack creates a pleasant and atmospheric lighting under the frame and it provides functional support. Operated with a special IR remote control with an ON and Off button.



## Cushions & finishes

### Finish your table according to your taste and needs

Choose your preferred cushion density, colour, material and stitching, width and heating.

#### Classique (PVC)



#### Premium (Polyurethane)



# gymna.PRO

## Basic specifications

*gymna.PRO has been designed to give maximum flexibility and choice to the therapist:*

*10 possible configurations and even more options to create the gymna.PRO that suits your taste and needs best.*



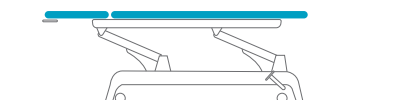
### Technical specifications

Dimensions	206 x 67 cm
Weight	± 95 – 110 kg (model depending)
Height adjustment	± 47 – 97 cm
Lifting capacity	max. 200 kg
Mains voltage	100 - 240 VAC, 50 - 60 Hz
Power consumption	max. 3,0 A (model depending)
Insulation class	II
Device classification	I
Applied parts	Type BF
Humidity proof	IP21
Motor usage	max. 2 minutes on / 18 minutes off
Conformity	IEC/EN 60601-1:2012 ed. 3.1 IEC/EN 60601-2: 2014 ed. 4.0 93/42/EEC WEEE RoHS2





## 2-section models



## Features and options

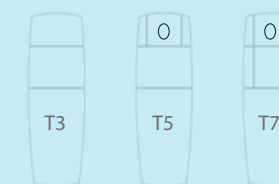
	D1			D2			D4			D6		
	i-Control	Foot switch	Hydraulic	i-Control	Foot switch	Hydraulic	i-Control	Foot switch	Hydraulic	i-Control	Foot switch	Hydraulic
Linear cushion finish	●	●	●	●	●	●	●	●	●	●	●	●
Classique upholstery	●	●	●	●	●	●	●	●	●	●	●	●
Width 67 cm	●	●	●	●	●	●	●	●	●	●	●	●
Manual head section				●	●	●	●	●	●	●	●	●
«One-Click» arm supports incl. Ergomax							●	●	●	●	●	●
Lateral supports										●	●	●
Manual back section	●	●	●									
Safety switch	●	●		●	●		●	●		●	●	
Face opening incl Ergomax	○	○	○	○	○	○						
Wheels	○	○	○	○	○	○	○	○	○	○	○	○
Width 60 cm	○	○	○	○	○	○						
Width 77 cm	○	○	○	○	○	○						
Progressive cushion finish	○	○	○	○	○	○	○	○	○	○	○	○
Premium upholstery	○	○	○	○	○	○	○	○	○	○	○	○
Cushion heating*	○	○		○	○		○	○		○	○	
Safe Motion Detection	○	○		○	○		○	○		○	○	
LED pack	○	○		○	○		○	○		○	○	
Memory**	○	○		○	○		○	○		○	○	
Battery	○	○		○	○		○	○		○	○	

## 10 Configurations possible

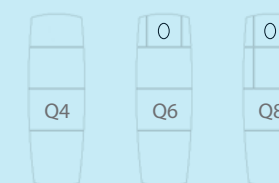
## 2-section models



## 3-section models

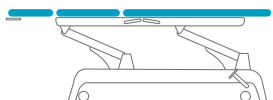


## 4-section models



- Standard feature
- Optional feature
- \* Cushion heating in combination with Progressive finish only
- \*\* Memory always in combination with Gymna SMD

## 3-section models



## Features and options

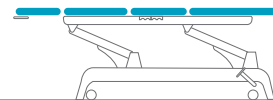
	T3			T5			T7		
	i-Control	Foot switch	Hydraulic	i-Control	Foot switch	Hydraulic	i-Control	Foot switch	Hydraulic
Linear cushion finish	●	●	●	●	●	●	●	●	●
Classique upholstery	●	●	●	●	●	●	●	●	●
Width 67 cm	●	●	●	●	●	●	●	●	●
Manual head section	●	●	●	●	●	●	●	●	●
Manual lumbar flexion***	●	●	●	●	●	●	●	●	●
Manual back section	●	●	●	●	●	●	●	●	●
«One-Click» arm supports incl. Ergomax				●	●	●	●	●	●
Lateral supports							●	●	●
Safety switch	●	●		●	●		●	●	
Face opening incl. Ergomax	○	○	○						
Wheels	○	○	○	○	○	○	○	○	○
Motorized lumbar flexion	○	○		○	○		○	○	
Motorized back section	○	○		○	○		○	○	
Width 60 cm	○	○	○						
Width 77 cm	○	○	○						
Progressive cushion finish	○	○	○	○	○	○	○	○	○
Premium upholstery	○	○	○	○	○	○	○	○	○
Cushion heating *	○	○		○	○		○	○	
Safe Motion Detection	○	○		○	○		○	○	
LED pack	○	○		○	○		○	○	
Memory **	○	○		○	○		○	○	
Battery	○	○		○	○		○	○	

- Standard feature  
○ Optional feature

- \* Cushion heating in combination with Progressive finish only  
\*\* Memory always in combination with Gymna SMD

\*\*\* Model available without flexion also

## 4-section models



## Features and options

	Q4		Q6		Q8	
	i-Control	Foot switch	i-Control	Foot switch	i-Control	Foot switch
Linear cushion finish	●	●	●	●	●	●
Classique upholstery	●	●	●	●	●	●
Width 67 cm	●	●	●	●	●	●
Manual head section	●	●	●	●	●	●
Manual lower leg section	●	●	●	●	●	●
Motorized back section	●	●	●	●	●	●
Motorized sitting section	●	●	●	●	●	●
«One-Click» arm supports incl. Ergomax			●	●	●	●
Lateral supports					●	●
Safety switch	●	●	●	●	●	●
Face opening incl. Ergomax	○	○				
Wheels	○	○	○	○	○	○
Width 60 cm	○	○				
Width 77 cm	○	○				
Progressive cushion finish	○	○	○	○	○	○
Premium upholstery	○	○	○	○	○	○
Cushion heating *	○	○	○	○	○	○
Safe Motion Detection	○	○	○	○	○	○
LED pack	○	○	○	○	○	○
Memory **	○	○	○	○	○	○
Battery	○	○	○	○	○	○



# Cushions & finishes

## Finish your table to your taste and needs

Choose your preferred cushion density, colour, material and stitching, width and heating.

Linear

Single padded, supple and comfortable cushions

- Linear resistance
- Single stitch (Premium)

Progressive

Dual padded, firm yet comfortable cushions

- Progressive resistance
- Double stitch
- Excellent for manual therapy



## Choose your colour and material

The cushions are covered with high quality phthalate-free and biocompatible material. Select Premium quality for a leather-like look and feel.

### Classique (PVC)



Oyster

Anthracite

Beige

Grey



Blue

Navy

Brown

Smoke

Warranty Classique upholstery: 1 year

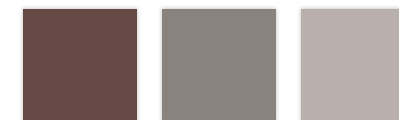
### Premium (Polyurethane)



Ash black

Midnight blue

Camel brown



Natural brown

Light taupe

Pigeon grey

Warranty Premium upholstery: 3 years

## Cryotherapy



## TECAR & Diathermy



## Shockwave Therapy



## Physio Care



## Treatment Tables



## Electrotherapy



## Active Motion



Your dealer

[gymna.com](http://gymna.com)

***gymna***<sup>®</sup>

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