

 **MEYRA**®



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**iMOVE**  
stay active!

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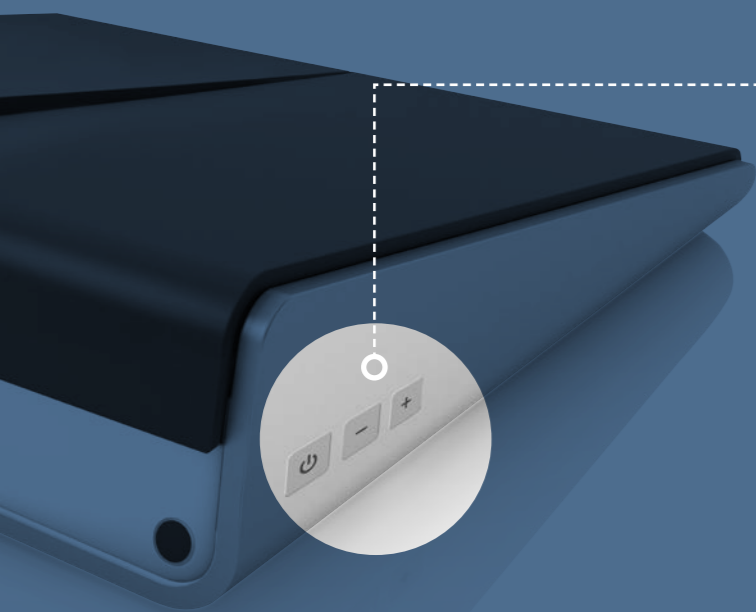
THE ACTIVE FOOTREST FOR  
MORE MOVEMENT WHILE SEATED



# iMOVE

## Versatile

The iMove enables exercising objectives such as relief of tired and heavy legs, stimulation of the venous pump, improved circulation, loosening of the shoulders and neck and relaxation to be achieved from a sitting, all-fours or lying position. The iMove can also be used as a sleeping aid.



## Flexible

### COMPACT AND EASY TO TRANSPORT, QUICKLY READY FOR USE

The iMove can be integrated simply and easily into the daily routine. Whether at home on the sofa, at your desk at work or in a wheelchair due to illness - the compact and lightweight iMove is versatile and quick to assemble. Other activities like reading, watching television or working can be performed with ease while exercising.

## Simple

### INTUITIVE OPERATION

#### Directly on the device

The buttons for switching the device on and off and regulating the speed (frequency) of the seesaw movement are on the left-hand side of the iMove.



#### By remote control (at a surcharge)

A Bluetooth connection means you can switch the iMove on and off and regulate the speed (frequency) of the seesaw movement with ease.



#### By app (optional)

The free app is available for iOS and Android. The iMove can be operated via a Bluetooth interconnection which also provides other benefits such as exercising evaluations.

### MORE INFORMATION

[www.meyra.de/amg](http://www.meyra.de/amg)

### THE ACTIVE FOOTREST FOR MORE MOVEMENT WHILE SEATED

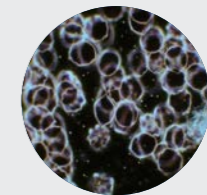
The iMove is a new, innovative exercise device suitable for practically everyone. It enables uncomplicated exercising as a side effect while seated, at the same time ensuring utmost protection of the joints.

## Effective

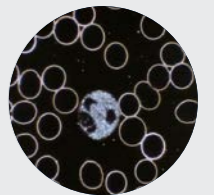
Reports based on experience using the iMove show that it can loosen and relax the muscles, boost metabolism and circulation, and improve lymph and venous drainage.

### RESULTS OF A LIVE BLOOD ANALYSIS: IMPROVED BLOOD COUNT WITH THE IMOVE

The red blood cells are arranged in a more orderly fashion and do not stick together, the plasma is clear. Optimum microcirculation and organ metabolism are ensured.



without iMove



with iMove

Photos of patient Matthias Wagner in January 2016 in the Arno Leixner (alternative practitioner) naturopathy group practice in Landsberg am Lech.

## Effortless

### MOBILISES VIRTUALLY THE ENTIRE BODY WITHOUT ANY EFFORT AS A SIDE EFFECT

Simply set it up on a level and low-vibration indoor surface, switch it on and let the iMove exercise you at your own ideal speed. The automatic, opposite-motion pedals can be adjusted for speed (frequency). By varying foot or hand positions, posture and the counter-pressure exerted, a wide range of exercising effects can be achieved.



# SPECIFICATIONS

## DIMENSIONS AND WEIGHT

## iMOVE

Type	MEYRA iMove
Serial number	see nameplate
Weight	approx. 5 kg
Max. load	25 kg
Overall dimensions (L x W x H)	320 x 340 x 90 mm
Frequency	approx. 1 - 12 Hz
Max. amplitude	approx. +/- 4 mm
Travel	approx. 8 mm

## ELECTRICAL DATA

Power supply unit	MW model no. GST60A24-P1J
Input	100 - 240 Volt AC, 50/60Hz, 1.4A
Output	24 Volt, direct current 2.5 A
Power consumption	Max. 60 watt






The MEYRA iMove is part of the AMG concept, the new MEYRA series for independent living within your own four walls.

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