GET FIT. STAY FIT.

The new generation of Galileo® therapy systems. Whole-body muscle training beyond standard treatment. High technology Made in Germany.
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Healthy muscles and bones with Galileo®

Selective muscle training on Galileo effectively helps to prevent common illnesses such as weak pelvic floor muscles, back pain, osteoporosis or articular degeneration and also provides practical assistance with therapy and the rehabilitation process for orthopaedic and neurological diseases. Patients can use simple training exercises on the Galileo to achieve the goal of their therapy more quickly and with less pain. The successful therapy can then be maintained or even improved upon through independent, long-term training on Galileo after the initial goal has been achieved. Galileo has been extensively scientifically investigated. Numerous studies have confirmed the effectiveness of the system.

How does training with Galileo® work?

The working principle of Galileo is based on the natural gait pattern of humans. Galileo’s system with side-alternating motion is similar to a seesaw movement with variable amplitude and frequency and therefore stimulates a movement pattern similar to the human gait. The rapid movement of the training platform causes a tilting movement of the pelvis which is similar to walking, but is much more frequent. The body compensates and responds with rhythmic muscle contractions, alternating between the left and right side of the body. From a frequency of about 12 Hertz onwards these muscle contractions are not a conscious process but a reflex action based on the physiological stretch reflex. These reflexes are better co-ordinated than voluntary movements and involve less effort. The training activates the muscles from the legs and up into the trunk, significantly improving blood circulation in the legs and stimulating the metabolism.

Amplitude and frequency

The amplitude, i.e. the deflection of the training platform up and down, is selected by the foot position. Widening the foot position makes the training on the Galileo more intensive. The body posture and body stiffness are used to selectively direct the vibrations to the different parts of the body.

The frequency given in Hertz (oscillations per second) is set on the device and is always selected according to the training goal. Low frequencies are selected for mobilisation, medium frequencies are selected to train the muscle function and high frequencies are selected to increase muscle power.

Selection of training frequency according to the training goal. *)

*) For sports and therapeutic applications up to 36 Hz. For dumbbell systems up to 40 Hz.
Many possible uses

Application areas

**Muscle power**
- Increasing muscle power and muscle force
- Muscle development after immobilisation
- Osteoporosis prevention and therapy
- Treatment of weak pelvic floor muscles

**Muscle function**
- Improvement of the muscle function
- Improvement of flexibility and range of motion
- Tension relief
- Treatment of back pain

**Mobilisation**
- Improvement of balance and co-ordination
- Fall prevention

Galileo training has a particularly gentle effect on the cardiovascular system, increases blood circulation and increases the metabolism. Numerous scientific studies have confirmed the effectiveness of training with Galileo.

Contraindications

- Pregnancy
- Acute thrombosis (acute vascular constriction)
- Implants in trained body parts (i.e. artificial joints)
- Acute inflammations of the musculoskeletal system, activated arthrosis or arthropathy (i.e. acute swelling and inflammation of joints)
- Acute tendinopathies in trained body parts (i.e. acute inflammation of tendons)
- Acute hernia (protrusion of tissue)
- Acute discopathy (i.e. acute slipped disk)
- Fresh fractures in trained body parts
- Gall, bladder & kidney stones
- Directly post-surgery, fresh wounds and scars in trained body parts (tissue healing process must be completed)
- Rheumatoid arthritis
- Epilepsy (secondary risk of injury)
Application examples for Galileo® training used for therapeutic treatment

The crucial importance of muscles for a healthy and efficient organism has been increasingly recognised in recent years and investigated in numerous scientific studies. Fully-functioning and powerful muscles are a condition for healthy joints and bones and are able to prevent and facilitate treatment of musculoskeletal disorders. Galileo finds application in physiotherapy and rehabilitation in combination with conventional forms of therapy such as manual therapy. The high repetition frequency in a short time enables Galileo to support the therapist by significantly increasing the efficiency of the therapy.

Neuronal disorders.
The sinusoidal, repetitive motion of Galileo results in motor and neuronal learning effects. The reflex reaction triggered by training with Galileo makes it ideal to quickly and effectively activate existing remaining functions and to learn selective movement patterns. Galileo training is used to treat neuronal conditions such as multiple sclerosis, Parkinson’s disease, incomplete paraplegia and stroke patients. Depending on the indication and individual condition, different frequencies improve the progress of the therapy. The Wobbel function challenges and trains the neural system with random changes in frequency to which the muscles must respond.

Orthopaedic disorders.
Galileo training in orthopaedic treatment facilities focuses on back pain, injury to tendons, ligaments and muscles and the treatment of atrophy-related loss of muscle force and power. In the case of back pain, relaxation or invigoration exercises are carried out to assist mobilisation. Galileo training forms part of the post-operative treatment of traumatic injuries, e.g. damage to ligaments. The use of Galileo training in combination with hoists or dumbbells has proven to be successful. The resulting increase in blood circulation and improved metabolism enable the acceleration of the healing process under professional guidance and support of a therapist.

Back pain.
Incorrect posture and one-sided loads often result in painful muscle spasms. Selective training on Galileo strengthens weak structures, relieves muscle tension and reduces back pain in the long-term.

A stroke.
There are often considerable complications after a stroke. If treatment is begun early enough Galileo training can be used to effectively treat mild impairments and serious paretic conditions. Under the guidance of an experienced therapist using Galileo the muscles can be trained and spasticity and muscle tone effectively controlled. Due to the high number of repetitions during Galileo training, residual functions are activated more quickly.

Polyneuropathy.
Prophylactic training with Galileo and Galileo training to accompany therapy (e.g. chemotherapy) frequently helps to avoid or slow down polyneuropathies which occur as a side effect of chemotherapeutics, which are a long term consequence of diabetes mellitus or which result from other types of circulatory disorders. This helps to largely preserve or re-establish a good quality of life.

Weak pelvic floor muscles.
Around the world millions of people suffer from weak pelvic muscles. The slackening of these muscles and the problems associated with this are often age-related or the result of pregnancy and childbirth. Galileo Training strengthens the pelvic floor muscles and has a verifiably positive effect on the symptoms of the associated diseases.

Osteoporosis.
Osteoporosis is characterised by loss of bone mass, bone strength, and an increased risk of fracture. Fracture prevention in the form of successful fall-prevention is therefore the core goal of osteoporosis treatment with Galileo. In addition, the targeted gain of muscle force (indirect, positive effect on bone parameters) and the improvement of elasticity, flexibility and muscle function are further treatment goals. These objectives are achieved through Galileo training at different frequencies.
The side-alternating movement of the Galileo systems offers a number of advantages compared to conventional vibration systems with vertical up and down movement. For example, the back muscles are effectively trained at the same time in a similar way as with walking, jogging and running. This enables training without a significant vibration of the head. The mechanically guided movement of the training platform generates sinusoidal, harmonic movements resulting in forces transmitted to the body. The form of motion also enables effective training with higher amplitudes. The training conditions such as amplitude and frequency are reproducible at all times and independent of body weight or stiffness of the user.

The advantages of Galileo® at a glance

Why Galileo®?
- Side-alternating technology / seesaw function
- 15 years of market success, with medical products since 2004
- Comprehensive documentation with more than 100 reviewed studies (extensive list of literature available at www.galileo-training.com)
- 10 year service warranty
- New device series for all application areas
- High technology Made in Germany

What does Galileo® offer?
- Whole-body, functional muscle training through physiological range of motion
- High customer acceptance through quick training success
- Numerous application possibilities
- Time saving through short training periods
- Low maintenance costs
- Suitable for users of all ages
- Stepless amplitude adjustment
- Weight-independent sinusoidal (harmonic) movement and force transmission
- Reproducible training conditions
Galileo® for physiotherapy and the doctor’s surgery

Galileo training can be used to enhance therapy for the effective treatment of many different forms of musculoskeletal disorders or also “just” to increase muscle power. The models of the Galileo floor-standing devices with stand-alone control panel offer you and your patients the greatest possible freedom of movement.

For guided treatment or independent training.
You can use Galileo for the selective treatment of your patients in the context of guided therapy and also for independent training sessions for users.

Long-term customer loyalty.
Qualified supervision from your personnel in the initial treatment phase forms the basis for the long-term treatment and training success of your patients. This investment in your personnel and their time management serves to keep customers in your practice through a comprehensive offer of competent guidance and modern devices. In particular, for typical orthopaedic disorders there is a demand for long-term and sustainable treatment concepts. Due to this many practice owners have complemented their standard physiotherapy with additional offers to win and retain customers. In combination with competent guidance from a qualified therapist or trainer, Galileo training can make a significant contribution towards making your practice more attractive.

With our support.
In addition to the devices, we offer you and your employees qualified seminars for training and diagnostics especially for the field of therapy in order to create the best initial conditions for the use of Galileo in your practice.
The equipment you have in your practice has to meet the demands of patients. This does not mean always having to have the most expensive device. Depending on the organisation of the practice, you can choose between the standard version suitable for mainly guided therapy sessions or for the optional chip card system which enables time account billing for independent training sessions for your users. In medical practices a Galileo dumbbell system can make a significant contribution to the success of treatment in the area of the neck and shoulders. Specialised practices, on the other hand, can use the Delta TiltTable system to allow severely disabled persons unable to stand to also benefit from vibration training and to therefore offer their customers a highly effective therapy medium.

**Our device recommendation**

*Galileo® Med Advanced*
- For intensive individual therapy with extended functionality
- Flexible transport possibility

*Galileo® Med M*
- The entry level system to complement a varied range of therapy

*Galileo® Med L*
- The standard system for the medical practice
- With generously dimensioned training platform and clear controls

*Galileo® Med L Plus*
- Wider range of controls in comparison to Galileo Med L
- Training program can be configured for independent training

*Galileo® Med L Chip*
- Galileo Med L Plus model for personalised training
- Access control, billing and creation of individual training plans

*Galileo® Delta A TiltTable*
- For use with patients unable to stand

*Galileo® Mano 30*
- User-friendly operation
- Synchronous operation with two dumbbells possible
- Selective treatment of hands, arms and shoulders

*A MEDICAL PRODUCT FOR EACH APPLICATION AREA AND EACH BUDGET.*

**QUALIFIED CONSULTATION AND TRAINING – THROUGH 15 YEARS OF EXPERTISE IN THE FIELD OF MUSCLES AND BONES.**
Galileo® training in geriatrics

As people age, the number of problems in everyday life tend to increase. Our force and power is diminished and going up the stairs becomes more difficult, getting dressed takes more time and many jobs in the home are made more complicated by reduced mobility and pain in the joints. This in turn leads to a higher risk of falling and bone fracture, which can have long-term consequences and frequently leads to a premature need for care and loss of independence. The integration of Galileo training in your therapy will efficiently counteract loss of mobility and result in indirect bone atrophy of your older patients. All models of the Galileo standing series with a holding possibility for patients are suitable for use in the area of geriatrics.

Mobility also in old age.
Selective training on Galileo increases muscular performance which according to the results of studies is connected to a lower risk of falling. A well-trained, powerful musculature is important to maintain and increase bone density. And when your patients are able to move quickly and dynamically, they are well-equipped in case they stumble. An intercepting or compensating movement can then quickly take place and a fall is avoided. Galileo Training helps you to achieve this therapy goal through the improvement of power, performance, balance and extensibility.

Further positive effects.
Galileo training increases blood circulation and has a verifiably positive effect on the symptoms of weak pelvic floor muscles. This is because in addition to the resulting comprehensive muscle stimulation, the leg and trunk muscles and pelvic floor muscles are trained very effectively.

Safe therapeutic method.
Numerous scientific studies have confirmed the effectiveness and safety of Galileo training, also for patients in old age. Under your medical guidance the training can also be carried out with various cardiovascular diseases or chronic obstructive pulmonary disease.

Guided therapy or independent training.
You can use Galileo for the selective treatment of your patients in the context of guided therapy or also for independent training sessions.
Use Galileo training in geriatric rehabilitation to enhance therapy with an easy to use training device which is well received by fragile patients. The Galileo dumbbell systems are excellently suited to treat post apoplectic conditions to improve hand or arm co-ordination or to build up muscles for the arms and upper part of the body. The Galileo Delta TiltTable is available for the rehabilitation of patients, e.g. with paresis, who are unable to stand. The TiltTable can be used to effectively reactivate remaining functions easily within a short period of time. And last but not least, the peripheral circulation in the feet and legs is considerably improved, a welcome effect for patients confined to bed.

Our device recommendation

**Galileo® Med M Plus**
- Space saving, low-cost alternative
- Ideal to supplement existing therapy offer, e.g. in convalescent homes

**Galileo® Med L**
- The standard model for the therapeutic practice for guided therapy session with generously sized footplate

**Galileo® Med L Plus**
- The alternative to Galileo Med L with four programmable training program buttons when independent training is required for the user

**Galileo® Med L Chip**
- Galileo Med L Plus model for personalised training
- Access control, billing and creation of individual training plans

**Galileo® Med Chair**
- For pelvic floor training and back training; For treatment of neurological conditions

**Galileo® Mano 30**
- Vibration training specially for hands, arms, shoulders and upper part of the body
- For therapy support after a stroke, e.g. with hemiparesis

**Galileo® Delta A TiltTable system**
- The model for users unable to stand up to a height of 1.90 m
- Stepless adjustment from the lying and standing positions

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**STRONG MUSCLES – LESS RISK OF FALLING.**

**EFFICIENT MUSCLE TRAINING FOR ALL AGE GROUPS.**
Galileo® training in the clinic

Modern clinics are characterised by competent staff and a wide range of treatment and diagnostic methods. Efficient material and human resource management forms the basis for the economic operation of the facility. Galileo systems are appropriate for each budget and the benefits are many. Depending on the required application area within the clinic, the recommendation may be for a large or more compact model from the Galileo device series.

**Galileo® for therapeutic treatment in the ward.**
The earliest possible physiotherapeutic treatment in the ward is the most important step towards rehabilitation. After operations, Galileo can, for example, reduce the length of the hospital stay and enable a quick return of the patient to everyday life. Particularly for elderly patients the early activation of the body can shorten or even avoid the subsequent lengthy rehabilitation phase. Galileo training is an easy to use and versatile means of therapy. After a short time and without time-intensive preparation, the muscular status of the patient is quickly and selectively reconstructed while having a very gentle effect on the cardiovascular system. The time factor is an especially important component when the device is used in the ward. Galileo enables a maximum training effect on musculature, balance and circulation with a minimum of time and personnel costs.

**Galileo® for outpatient rehabilitation.**
The integration of the patient in an outpatient rehabilitation facility of the clinic as a follow-up to an in-patient stay is supported by competent, medical and physiotherapeutic care and through a modern, varied and naturally competitive therapy offer. In comparison to other common, therapeutic means and devices Galileo systems are reasonably priced in relation to the costs of acquisition and maintenance, in particular considering the many benefits and easy application. After initial guided therapy sessions Galileo can also be used without risk in independent training sessions by patients.
A maximum of 15 minutes is required for a daily, intensive and guided therapy session with Galileo. You can use Galileo to build up muscles or for the selective warming and loosening up as a preparation for the manual therapy. The peripheral circulation in the trained extremities is also considerably improved. After the respective initial instruction the use of Galileo is also possible in independent training sessions without any risk. A small training room with Galileo in the ward offers mobile patients the possibility of supplementing their scheduled physiotherapy with more frequent training sessions which will relieve your personnel.

Our device recommendation

**Galileo® Med M Plus**
- For independent training in the ward

**Galileo® Med M**
- Mainly for guided therapy sessions in the ward

**Galileo® Med L**
- For stationary installation
- Standard model for mainly guided therapy sessions

**Galileo® Med L Plus**
- For stationary installation
- Also suitable for independent user training

**Galileo® Med L Chip**
- Galileo Med L Plus model for personalised training
- Access control, billing and creation of individual training plans

**Galileo® Med Chair**
- Entry level device
- For pelvic floor and back training
- For treatment of neurological disorders

**Galileo® Mano 30**
- Mobile system for treatment of the upper limbs
**Galileo® training in health clinics**

In the same way as with clinics, modern health clinic facilities are obliged to offer a wide range of services in different therapeutic areas. Organisations which offer more opportunities for therapy and leisure activities are seen to be more attractive and the stay of the customer at the facility can be made more varied. Younger and older health clinic patients respectively appreciate age-based activities. Where elderly health clinic patients after a hip operation require an individual and guided physiotherapy, the patient in his mid-forties suffering from stress rather values a well-equipped medical fitness area where after initial instruction and with occasional guidance he can occupy himself and expend energy at his own pace. In addition to the alleviation of physical ailments, it is often important for health clinic patients to find their natural balance particularly as mental problems are frequently in the foreground.

**Galileo® for all requirements.**

Galileo can be used for selective treatment within the scope of guided therapy and also used for independent user training sessions. Depending on the emphasis of the health clinic facilities this is not necessarily always the largest and most expensive device. If the focus is mainly on physiotherapeutic treatment and possibly even with a connected medical fitness area, investment in a large system will pay for itself. If, however, the services offered by the health clinic are mainly for the treatment of mental components, then a medium-sized Galileo System will contribute to the general well-being of patients visiting the health clinic facility along the lines of the saying “Mens sana in corpore sano”, i.e. a healthy mind in a healthy body.

**Noticeable success in a short time.**

In particular, for stays at a health clinic facility of a short duration from three to six weeks it is very important to have effective treatment methods at your disposal. Thanks to the high repetition rates with the use of Galileo it is also possible for patients to achieve sustainable treatment success within the typical period of time a patient stays at a health clinic.
Regardless of whether the health clinic patient wishes intensive, guided therapy session or a short, demanding workout, Galileo is able to meet both requirements. Your health clinic patients can use Galileo independently in their leisure time during the stay after an indication-related initial instruction and therefore benefit even more from the advantages of Galileo. You can choose your Galileo System according to the requirements of your health clinic and so improve your range of useful equipment.

Our device recommendation

Galileo® Med M Plus
- All-round system to complement your range of health clinic services
- Supplement for the medical fitness area

Galileo® Med L Plus
- Stationary installation for selective therapeutic treatment
- Comprehensive control panel also suitable for independent use

Galileo® Med L Chip
- Galileo Med L Plus model for personalised training
- Access control, billing and creation of individual training plans

Galileo® Mano 30
- Medical fitness for the upper part of the body at the highest level
- Option for synchronous use of two dumbbells
- Treatment of muscular deficiencies in the arms, neck and shoulders
- Relief and relaxation for the upper part of the body
Overview of device recommendations

Are you searching for the right model mainly for guided therapy sessions or rather for mostly independent training carried out by the patients after individual instruction? Here is an overview for you to discover which device best fits to your specific requirements.

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Further information on the different devices such as technical details and scope of delivery are listed from page 16. For more information on using Galileo in the private sphere, in paediatrics, with severe disabilities or in the area of fitness, sport or wellness, please ask for our special brochures for Galileo training devices (without medical certification) and Galileo therapy devices (with medical certification).
Galileo® Med Advanced

Hands-on physiotherapy

Compact technology and extended functionality for intensive individual therapy. Galileo Med Advanced with integrated Wobbel function combines a generously sized footplate with extended functionality for intensive individual therapy. This model integrates proven technology in a compact design and has a very low weight. Galileo Med Advanced supports the patient and therapist with maximum movement flexibility and is flexible to use. The scope of delivery includes a remote control to switch the device on or off, to easily change the training frequency or training time during the training and also to use the Wobbel function.

Scope of delivery and specifications

Wobbel remote control
- With buttons for start/stop, frequency +/-, control of Wobbel mode

Base unit
- Integrated control panel with buttons and display
- Dimensions: 650 x 510 x 120 mm
- Footplate: 530 x 310 mm
- Weight: 36 kg
- Amplitude: 0.+-/-4.5 mm (Hub: 9.0 mm)
- Frequency range: 5 - 30 Hertz
- Max. load (body weight): 130 kg
- Power requirements: 230 V AC, 50/60 Hz, 400 VA
- CE0123 certificate (medical device) acc. to regulation 93/42/EEC

Included accessories
- Power cable and operating manual
- Training poster with basic Galileo exercises
- Training manual
The Wobbel function integrated in Galileo Med Advanced enables Galileo training with random changing frequencies. The training frequency changes more quickly or slowly depending on the selected degree of difficulty. The Wobbel function is very suitable for balance and coordination exercises such as required for neurological indications as the user cannot predict how the frequency will change during the course of the training.
Galileo® Med M Plus

Muscle training for the elderly

The compact medical device for training in geriatrics. Galileo Med M Plus offers the ideal conditions for geriatric applications. The flat design and hand rail enables easy and safe use even for frail patients. The generously sized training platform offers adequate space for basic exercises for fall prevention, balance and stretching. The frequency range of 5 to 30 Hz enables functional training of proprioception and muscle hypertrophy.

Scope of delivery and specifications

Hand rail with control panel including key switch
- Dimensions: 730 x 790 x 1200 mm
- Weight: 18 kg

Base unit
- Dimensions: 650 x 510 x 120 mm
- Footplate: 530 x 310 mm
- Weight: 36 kg
- Amplitude: 0 +/- 4.5 mm (stroke: 9.0 mm)
- Frequency range: 5 - 30 Hz
- Max. load (body weight): 140 kg
- Power requirements: 230 V AC, 50/60 Hz, 400 VA
- CE0123 certificate (medical device) acc. to regulation 93/42/EEC

Included accessories
- Power cable and operating manual
- Training poster with basic Galileo exercises
- Training manual

Control panel on hand rail
The user-friendly control panel on the hand rail of Galileo Med M Plus is equipped with a key switch, four programmable training procedures and quick selection buttons for training time and training frequency.

Available as option

Galileo® TPM Training plan manager

- Creation and printout of individually tailored training plans
- More information from page 36
Galileo® Med M

The alternative to Galileo® Med M Plus

Separate standing control panel for guided therapy.
The separate standing control panel of the Galileo Med M gives therapists full control of the training session while the hand rail provides additional safety for the patient. This device variation is particularly suitable for guided therapy sessions. If freedom of movement is required for the patient, as opposed to the model Med M Plus the hand rail can be removed.

Scope of delivery and specifications

Hand rail
- Dimensions: 730 x 760 x 1150 mm
- Weight: 17 kg

Separate standing control panel with key switch
- Dimensions: diameter 250 x 1060 mm
- Weight: 9 kg

Base unit
- Dimensions: 650 x 510 x 120 mm
- Footplate: 530 x 310 mm
- Weight: 36 kg
- Amplitude: 0 +/- 4.5 mm (stroke: 9.0 mm)
- Frequency range: 5 - 30 Hz
- Max. load (body weight): 140 kg
- Power requirements: 230 V AC, 50/60 Hz, 400 VA
- CE0123 certificate (medical device) acc. to regulation 93/42/EEC

Included accessories
- Power cable and operating manual
- Training poster with basic Galileo exercises
- Training manual
The separate standing control panel of the Galileo Med M is equipped with a key switch and quick selection buttons for training time and training frequency.

MAINLY FOR GUIDED THERAPY.
Galileo® Med L

The model for all therapeutic applications

Freedom of movement for therapist and patient. Integrated Wobbel function.
Galileo Med L is the medical alternative to Galileo Fit. The integrated Wobbel function effectively trains balance and co-ordination. The separate standing control panel, the generously-sized training platform and amplitude makes Galileo Med L ideal for all therapeutic applications. The scope of delivery includes a remote control to switch the device on and off and easily adjust the training frequency during the training.

Scope of delivery and specifications

Hand rail, attached to base unit
- Height: 1200 mm

Separate standing control panel with key switch
- Dimensions: diameter 250 x 1060 mm
- Weight: 9 kg

Remote control
- With 3 buttons: start/stop, frequency +/-

Base unit
- Integrated control panel with buttons and display
- Dimensions: 875 x 640 x 138 mm (without rail) / 875 x 710 x 1200 mm (with rail)
- Footplate: 580 x 370 mm
- Weight: 47 kg
- Amplitude: 0 +/- 5.2 mm (stroke: 10.4 mm)
- Frequency range: 5 - 36 Hz
- Max. load (body weight): 200 kg
- Power requirements: 230 V AC, 50/60 Hz, 800 VA
- CE0123 certificate (medical device) acc. to regulation 93/42/EEC

Included accessories
- Power cable and operating manual
- Training poster with basic Galileo exercises
- Training manual
Available as option

Colour variations
- Black
- Carmine red
- Daffodil yellow
- Signal blue
- Further special colours available on request
  (also metallic finish)

Colour samples are only for orientation. Production-related deviations are possible.

The models of the Med L series include the Wobbel function as standard. More information on this function is available from page 34.
Galileo® Med L Plus

Therapy model with additional functionality

User-friendly for independent training sessions.
As well as being suitable for guided therapy, the possibility of preset training programs make this device variation suitable for use with independent patient training. As special added value for the treatment of neuronal disorders, this model also offers the Wobbel function to train the neuronal system through random frequency changes.

Scope of delivery and specifications

Hand rail, attached to base unit
  • Height: 1200 mm

Separate standing control panel with key switch
  • Dimensions: 250 x 1060 mm
  • Weight: 10 kg

Remote control
  • With 3 buttons: start/stop, frequency +/-

Base unit
  • Integrated control panel with buttons and display
  • Dimensions: 875 x 640 x 138 mm (without rail) / 875 x 710 x 1200 mm (with rail)
  • Footplate: 580 x 370 mm
  • Weight: 47 kg
  • Amplitude: 0 +/- 5.2 mm (stroke: 10.4 mm)
  • Frequency range: 5 - 36 Hz
  • Max. load (body weight): 200 kg
  • Power requirements: 230 V AC, 50/60 Hz, 800 VA
  • CE0123 certificate (medical device) acc. to regulation 93/42/EEC

Included accessories
  • Power cable and operating manual
  • Training poster with basic Galileo exercises
  • Training manual
INDEPENDENT TRAINING THROUGH PRESET TRAINING PROGRAMMES.

Available as option

Colour variations
- Black
- Carmine red
- Daffodil yellow
- Signal blue
- Further special colours available on request (also metallic finish)

Colour samples are only for orientation. Production-related deviations are possible.

Galileo Med L Plus in the colour white aluminium metallic.
**Best possible therapy through personalised training**

Access control, billing and creation of individual training profiles.
Selective training through personalisation is possible with the chip version of Galileo Med L Plus. Individual training plans are prepared based on specific user profiles. This minimises the work for the patient and therapist. They both benefit from the access control, the billing of training times and the selective, quick adjustment of training units.

**Scope of delivery and specifications**

**Hand rail, attached to base unit**
- Height: 1200 mm

**Separate standing control panel with key switch**
- Dimensions 250 x 1060 mm
- Weight: 10 kg

**Chip version**
- Chip card reader + 30 chip cards
- CD TPM software

**Remote control**
- With 3 buttons: start/stop, frequency +/-

**Base unit**
- Integrated control panel with buttons and display
- Dimensions: 875 x 640 x 138 mm (without rail) / 875 x 710 x 1200 mm (with rail)
- Footplate: 580 x 370 mm
- Weight: 47 kg
- Amplitude: 0 +/- 5.2 mm (stroke: 10.4 mm)
- Frequency range: 5 - 36 Hz
- Max. load (body weight): 200 kg
- Power requirements: 230 V AC, 50/60 Hz, 800 VA
- CE0123 certificate (medical device) acc. to regulation 93/42/EEC

**Included accessories**
- Power cable and operating manual
- Training poster with basic Galileo exercises
- Training manual
Galileo TPM Training plan manager, the computer software of the chip version, allows easy calculation of the training times and the setting of individually tailored training plans which can be printed out or saved on the chip card.

Accessories of the chip version
More information from page 36.

Available as option

Colour variations
- Black
- Carmine red
- Daffodil yellow
- Signal blue
- Further special colours available on request (also metallic finish)

Colour samples are only for orientation. Production-related deviations are possible.
Galileo® Mano 30

Training for arms and upper part of the body

The Galileo Mano dumbbell systems are particularly used to reduce spasticity or used to alleviate movement restrictions and circulatory disorders and improve motor function or invigorate the muscles.

The ideal addition to the standing device.
The Galileo Mano 30 dumbbell system enables relaxing and demanding training sessions as the situation requires. Muscular deficiencies of the upper extremities and the area of the shoulder and neck are quickly and effectively treated so that the freedom of movement for example after an injury to the shoulder is restored after a very short time. The switching on of the integrated Wobbel function enables a random changing training frequency (vibrations per second).

As an option, a second dumbbell can also be used.

Scope of delivery and specifications

Separate standing control panel
- Solid plastic housing
- Input voltage range broad range mains adapter: 100 - 240 V AC
- Dimensions: 250 x 160 x 80 mm
- Weight: 1.9 kg
- Frequency range: 5 - 40 Hz
- Power consumption: max. 200 VA

Dumbbell
- Dimensions: 280 x 200 x 60 mm
- Weight: 2.6 kg
- Amplitude: 2 mm (stroke: 4 mm)
- Max. additional weight: 5 kg
- CE0123 certificate (medical device) acc. to regulation 93/42/EEC

Included accessories
- Power cable and operating manual

A pair of weight disks each with 1.25 kg
- Including fastening clips
Easily combine your Galileo dumbbell with your rubber or pulley device and through the hanging function benefit from the advantage of weight reduction with beginners or elderly patients or enhance classic pulley training with selective exercises.

Available as option

Second dumbbell
- Parallel operation

Footswitch
- To easily switch off the Galileo system

Remote control for control panel
Wobbel remote control
Galileo® Med Chair

Side-alternating muscle stimulation while sitting

Selective training for pelvic floor, back and trunk.
In contrast to the standing devices or TiltTable systems, the training on the Galileo Med Chair takes place in the sitting position. Important target parameters here are precise pelvic floor training, back mobilisation, trunk stabilisation, pain prevention and relaxation. Furthermore, Galileo Med Chair can be used for the treatment of neurological disorders. In particular, patients with difficulty standing up or insecure users are able to train independently with Galileo Med Chair and also in the familiar environment of the home.

Scope of delivery and specifications

Med Chair
- Integrated control panel with buttons and display
- Dimensions: 670 x 400 x 520 mm
- Sitting area: 480 x 320 mm
- Weight: 28 kg
- Amplitude: 0 +/-6.0 mm (stroke: 12.0 mm)
- Frequency range: 2 - 20 Hz
- Max. load (body weight): 150 kg
- Power requirements: 230 V AC, 50/60 Hz, 400 VA
- CE0123 certificate (medical device) acc. to regulation 93/42/EEC

Included accessories
- Power cable and operating manual
The Galileo Med Chair is a particularly useful tool in geriatric applications as it can be used for the multifactorial conditions often found in this area. The simple Galileo Med Chair can also effectively and quickly train and provide therapy for people who are difficult to motivate. The Galileo Med Chair is indispensable for the elderly as it provides Galileo training for special applications areas such as pelvic floor training, neurotraining or blood circulation stimulation.

Available as option

Wobbel function including remote control

- Training of balance and co-ordination
- More information from page 34
Galileo® Delta A TiltTable

Side-alternating muscle stimulation for users unable to stand

Use with adults.
The Galileo Delta series enables users unable to stand to benefit from the training and therapy success with Galileo. The primary training targets are the improvement of the muscular status of the legs and trunk, the alleviation of contractures and the stimulation of blood circulation. The scope of delivery includes a remote control to control the base unit, for stepless adjustment of the TiltTable and to control the Wobbel mode. The model Delta A TiltTable with a lying length of 1.90 m offers the ideal conditions for training with adults.

Scope of delivery and specifications

**Delta remote control**
- With buttons for start/stop, frequency +/-, tilt angle +/-, control of Wobbel mode

**TiltTable with angle display and fastening straps for legs and trunk**
- For persons with a height up to 1.90 m and 120 kg weight
- Total dimension in horiz. position: 2400 x 700 x 950 mm
- Lying area: 1900 x 600 mm
- Weight: 80 kg

**Base unit Galileo Med S**
- Dimensions: 615 x 405 x 117 mm
- Footplate: 470 x 270 mm
- Weight: 31 kg
- Amplitude: 0 +/- 3.9 mm (stroke: 7.8 mm)
- Frequency range: 5 - 27 Hz
- Power requirements: 230 V AC, 50/60 Hz, 400 VA
- CE0123 certificate (medical device) acc. to regulation 93/42/EEC

**Included accessories**
- Power cable and operating manual
The Galileo TiltTable systems have been used successfully for years with adults with congenital or acquired disorders of the musculoskeletal system.

Available as option

Tilting table with rollers
- For more mobility of the Galileo tilting table
Galileo® Wobbel function

Effective training of balance and co-ordination

Training with random frequency changes.
The Wobbel function allows Galileo training with random changing frequencies. The training frequency (vibrations per second) changes more quickly or slowly depending on the selected degree of difficulty. The speed of the frequency changes can be selected to be an easy, medium or high degree of difficulty. In addition, it is even possible to raise or lower the middle frequency around which the random frequencies are based in the middle of a training session.

The Wobbel function is very suitable for balance and coordination exercises such as required for neurological indications as the user cannot predict how the frequency will change during the course of the training.

Scope of delivery and specifications

Wobbel remote control to activate the Wobbel function
- With buttons for start/stop, frequency +/-, control of Wobbel mode
- Dimensions: 150 x 65 x 30 mm
- Weight: 150 g
- Including practical hanging strap
- Batteries included and easy to change

Functions
- Selection of difficulty level from easy, medium or difficult
- Intuitive operation with five buttons
- Retrofit possible on request
- Setting of the training time

Integrated control panel with display in the Wobbel selection mode

Wobbel remote control, random frequency changes
Use the Wobbel function to spoil your customers with additional training possibilities. The Wobbel function can in particular be used for balance and co-ordination exercises with neurological indications and efficiently combined with additional tasks for the patients such as ball games or single leg exercises. In addition, the Wobbel function is suitable for increasing motivation in connection with demanding workout exercises with high frequencies.
Galileo® TPM Training plan manager

Scalable training plan management

Create and manage training plans.
Use Galileo TPM to quickly, easily and intuitively create and manage training plans for Galileo. You can choose the supplied training plans or create your own individual training plan.

Scope of functions

Training plan creation
• The user-friendly interface of Galileo TPM helps you to create your own training plans. First you just define the required training group and the training level and then you select from a list of suggested exercises. The training plan editor then shows you a preview picture of each exercise and depending on the training group and training level proposes appropriate training parameters. These training parameters can be individually adjusted as required.

Chip card creation
• Use Galileo TPM to create chip cards for all Galileo models with an up-to-date chip option. This enables access control and calculation of the training time. Furthermore, you specify the training parameters or complete training programs.

Scalable training plan management
• There are exercise pictures, short instructions and fixed training parameters for each exercise. The easiest method for you is to create and print training plans for your customers. If you create chip cards with Galileo TPM, the respective exercise number is displayed on the control panel of the device, which can be found in the Galileo training manual and on the Galileo training banners and posters.

Customer management
• Galileo TPM includes a database to manage customers. In the database you see the contact data and training history of each customer. Every time data is saved to the chip card the change is recorded and displayed on the time account. This gives you a constant overview of the training history of each customer. In connection with the auto training mode of Galileo PT you can also read out and adjust the training level of the training groups.

<table>
<thead>
<tr>
<th>Device class</th>
<th>All Galileo® therapy systems</th>
<th>Galileo® therapy systems with chip option</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manage and print training plans (manual input of training parameters on Galileo device required).</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Access control via chip card.</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Save training programs on chip card (training parameters are set automatically on Galileo device and exercise number is displayed on the control panel).</td>
<td></td>
<td>✓</td>
</tr>
</tbody>
</table>

The functions available depend on the device class.

Display of customer data
The interface

Program parts
1. Customer
2. Time account
3. Training plan – preview mode screen
4. Search mask
5. List view of customer data
6. Customer address data screen

Time account screen
7. Card type with and without time account
8. Time credit

Training plan preview mode screen
9. Available training plans and training plan sets
10. Training plan preview
Product overview

All Galileo devices are designed and manufactured by us exclusively in Germany and distributed worldwide. The quality of our medical and training devices is ensured by a certified quality management system for medical products acc. to ISO 13485:2003.

### Our Systems with Seesaw Movement for Side-Alternating Muscle Stimulation.

**Vibration Dumbbell – The Ideal Addition to Your Standing Device.**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Classification</td>
<td>Professional</td>
<td>Professional</td>
<td>Professional</td>
<td>Professional</td>
<td>Professional</td>
<td>Professional</td>
</tr>
<tr>
<td>Medical product</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Certificate</td>
<td>CE0123</td>
<td>CE0123</td>
<td>CE0123</td>
<td>CE0123</td>
<td>CE0123</td>
<td>CE0123</td>
</tr>
<tr>
<td>Holding possibility</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Ext. control panel</td>
<td>No</td>
<td>Yes (at hand rail)</td>
<td>Yes (with separate stand)</td>
<td>Yes (with separate stand)</td>
<td>Yes (with separate stand)</td>
<td>Yes (with separate stand)</td>
</tr>
<tr>
<td>Integr. control panel</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Remote control</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Frequency (from/to)</td>
<td>5.30 Hz</td>
<td>5.30 Hz</td>
<td>5.30 Hz</td>
<td>5.36 Hz</td>
<td>5.36 Hz</td>
<td>5.36 Hz</td>
</tr>
<tr>
<td>Amplitude (from/to)</td>
<td>0.0/4,5 mm</td>
<td>0.0/4,5 mm</td>
<td>0.0/5,2 mm</td>
<td>0.0/5,2 mm</td>
<td>0.0/5,2 mm</td>
<td>0.0/5,2 mm</td>
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<tr>
<td>Stroke</td>
<td>9 mm</td>
<td>9 mm</td>
<td>10.4 mm</td>
<td>10.4 mm</td>
<td>10.4 mm</td>
<td>10.4 mm</td>
</tr>
<tr>
<td>Footplate (l/w)</td>
<td>530 x 310 mm</td>
<td>530 x 310 mm</td>
<td>530 x 310 mm</td>
<td>580 x 370 mm</td>
<td>580 x 370 mm</td>
<td>580 x 370 mm</td>
</tr>
<tr>
<td>Total weight</td>
<td>36 kg</td>
<td>54 kg</td>
<td>62 kg</td>
<td>56 kg</td>
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</tr>
<tr>
<td>Dimensions (l/w/h)</td>
<td>650 x 510 x 120 mm</td>
<td>730 x 790 x 1200 mm</td>
<td>730 x 760 x 1150 mm</td>
<td>875 x 710 x 1200 mm</td>
<td>875 x 710 x 1200 mm</td>
<td>875 x 710 x 1200 mm</td>
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<tr>
<td>Max. load</td>
<td>130 kg</td>
<td>140 kg</td>
<td>140 kg</td>
<td>200 kg</td>
<td>200 kg</td>
<td>200 kg</td>
</tr>
<tr>
<td>Wobbel function</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Option and accessories</td>
<td>TPM Training plan manager</td>
<td>TPM Training plan manager</td>
<td>Chip option including TPM Training plan manager</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Dumbbell system                      | Galileo® Mano 30      |
| Classification                        | Semi-professional     |
| Medical product                       | Yes                   |
| Certificate                           | CE0123                |
| Frequency (from/to)                   | 5.40 Hz               |
| Amplitude (from/to)                   | 2 mm                  |
| Stroke                                | 4 mm                  |
| Dimensions of dumbbell (l/w/h)        | 280 x 200 x 60 mm     |
| Dimensions of control panel (l/w/h)   | 250 x 160 x 80 mm     |
| Weight of dumbbell                    | 2.6 kg                |
| Weight of control panel               | 1.9 kg                |
| Max. additional weight                | 5 kg                  |
| Control panel                         | Solid plastic housing and broad range mains adapter for input voltages of 100 - 240 V AC |
| Wobbel function                       | Yes                   |
| Options and accessories               | 2. dumbbell, Footswitch, Remote control for control panel, Wobbel remote control |
Please see from page 6 to find out which device is best suited to your specific requirements with examples and device recommendation. For more information on using Galileo in the private sphere, in paediatrics, with severe disabilities or in the area of fitness, sport or wellness, please ask for our special brochures for Galileo training devices (without medical certification) and Galileo therapy devices (with medical certification).

### The importance of individual terms

**Classification**
- It is not always necessary to have the most expensive device. Depending on the training concept, you can choose between a small, compact model, a model with additional functionality and a high-end solution for professional use.

**Medical product**
- Therapy systems with a medical certificate must be constructed to observe the safety regulations, whereby according to the law compliance is only necessary as far as the device is to be used in connection with medical indications.

**Frequency**
- Concerning this value, a wider frequency range means a larger range of applications.

**Amplitude**
- Concerning this value, higher amplitude means that the maximum achievable training intensity is higher.

**Wobbel function**
- The Wobbel function for effective training of balance and coordination is integrated as standard in the models of the Med L series and Galileo Med Advanced.

---

<table>
<thead>
<tr>
<th>Lying and sitting devices</th>
<th>Galileo® Delta A</th>
<th>Galileo® Med Chair</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classification</td>
<td>Professional</td>
<td>Professional</td>
</tr>
<tr>
<td>Medical product</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Certificate</td>
<td>CE0123</td>
<td>CE0123</td>
</tr>
<tr>
<td>Holding possibility</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Ext. control panel</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Integr. control panel</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Remote control</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Frequency (from/to)</td>
<td>5.27 Hz</td>
<td>2.20 Hz</td>
</tr>
<tr>
<td>Amplitude (from/to)</td>
<td>0..-/+3.9 mm</td>
<td>0..-/+6.0 mm</td>
</tr>
<tr>
<td>Stroke</td>
<td>7.8 mm</td>
<td>12.0 mm</td>
</tr>
<tr>
<td>Lying/sitting surface (lw)</td>
<td>470 x 270 mm</td>
<td>480 x 320 mm</td>
</tr>
<tr>
<td>Total weight</td>
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<td>28 kg</td>
</tr>
<tr>
<td>Dimensions (lwh)</td>
<td>2400 x 700 x 950 mm</td>
<td>670 x 400 x 520 mm</td>
</tr>
<tr>
<td>Max. load</td>
<td>120 kg</td>
<td>150 kg</td>
</tr>
<tr>
<td>Wobbel function</td>
<td>Yes</td>
<td>Option</td>
</tr>
<tr>
<td>Option and accessories</td>
<td></td>
<td>Wobbel remote control</td>
</tr>
</tbody>
</table>
Promotion material for Galileo training are available in our online shop at www.galileo-training.com

Galileo® training manual. Exercises for beginners and advanced users. Detailed descriptions for each exercise with pictures, parameter recommendations and further exercise recommendations.

Advertising posters. Various themes for fitness and therapy.

Training posters. Poster package with basic exercises and theme-based training posters for body forming, back, pelvic floor, osteoporosis and fall prevention.

Information leaflet. For different target groups in fitness or therapy.

Banners and flags. As an eye catcher for your facility. A number of variations and themes.
The quality of our medical and training devices is ensured by a certified quality management system for medical products acc. to ISO 13485:2003.