

## **CABL™ Health**

The CABL™ Health innovation provides all the benefits of rehabilitation, therapy and functional resistance training while avoiding the bulk of a weight-based machine.

A compact and inviting form, linear and constant resistance is delivered to the user at all weight selections through a patented hydraulic-strut resistance. Unlike traditional weights, CABL™ Health limits inertia or mechanical advantage during repetitions, resulting in a more challenging and fatiguing training experience each setting.

### **Applications and Benefits:**

- Muscle Testing
- Movement Assessment
- In-clinic Instruction
- Strength and Tone
- Prehab / Rehab
- Sports Therapy
- Core Stability
- Pilates Conditioning

Internal engineering is robust, with CABL™ Health having been extensively tested to withstand studio and clinical environments. Close stepped weight increments have been perfectly calibrated to suit rehab, therapy and moderate strengthening progressions.

Along with dozens of online exercise videos, CABL™ Health includes full access to the renowned TELEHAB Exercise Prescription App, showcasing over 6000 narrated exercise videos filmed in HD, including digital programming optionality.

The small size, ease of use and clean aesthetic combine with real performance; delivering a Gold-Award winning innovation to the rapidly growing fitness, physiotherapy and wellbeing sector.

### **Features:**

- 6 Weight Settings ranging 2kg-12kg (4.5lb-26.5lb)
- 9 Height Positions across 1.5m (5ft)
- Cable Extension of 1.4m (4.6ft)
- 170° Rotating Swivel Exit Pulleys
- Auto-lock Height Lever
- Patented gas-strut resistance system
- Patented quick-turn weight selector

**Includes:**

1. CABL™ HEALTH UNIT
2. WALL TRACK
3. ROPE ACCESSORY
4. ANKLE ACCESSORY
5. HANDLE ACCESSORY
6. USER GUIDE
7. INSTALL PACK - Screws and Drill Bit
8. TELEHAB QR SCAN CARD – Full access to the ‘TELEHAB Exercise Prescription App’ by VALD Performance

**Product Information:**

Product Weight: 3.4kg (7.5lbs)

Wall Track Weight: 2kg (4.5lbs)

Warranty: 18mths