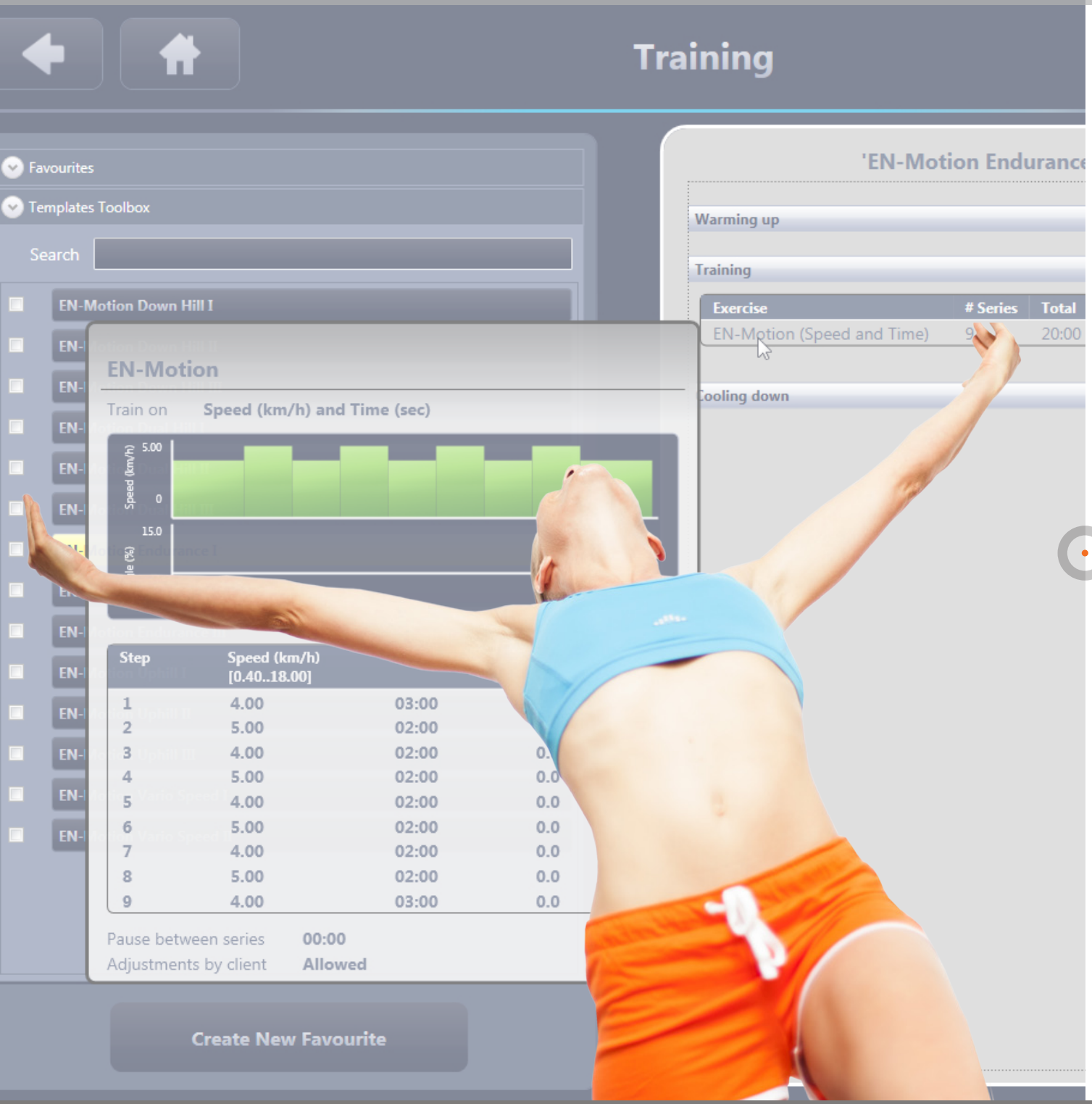
EN-Train

High quality training

the easy way!

ENRAF NONIUS

PARTNER FOR LIFE



EN-Train

EN-Train concept

EN-Train is the software concept by Enraf-Nonius for Medical Training Therapy (MTT) and Medical Fitness. A concept that allows you to design the best exercise programmes for your patients quickly and with ease. This can be achieved using 3 toolboxes that form a standard part of the program. For example, using pre-programmed exercise protocols, you can design a high quality cardio or strength training programme that meets your needs and insights completely.

High quality training the easy way!

EN-Train

Tests and measurements

EN-Train also has a lot to offer in the field of testing and measuring. Various tests (including 6MWT, Steep Ramp Test, 1RM strength test) and measurements (blood pressure, fat percentage, etc.) are a standard part of the package. You can save your favourite tests and exercise programmes under any name. In no time you can create a list of your personal "Favourites". These Favourites can be recalled with just a few mouse clicks and linked to each patient in your patient list (database).

Chipcard

EN-Train software is compatible with all Enraf-Nonius strength and cardio machines that are fitted with a chip card reader. All data (test results and personalised exercise programmes) are transferred from/to the PC and the exercise machines using a chip card and are automatically added to the patient file. The EN-Train program is extremely flexible and allows you to guide the rehabilitation process very efficiently from start to finish. Fast, simple and 100% tailored to your patient's level (of fitness) and the envisaged training goal.

Reporting options

The EN-Train package offers you excellent reporting options that give you insight into each exercise that has been performed and the progress.

THE concept for Medical Training Therapy and Medical Fitness.

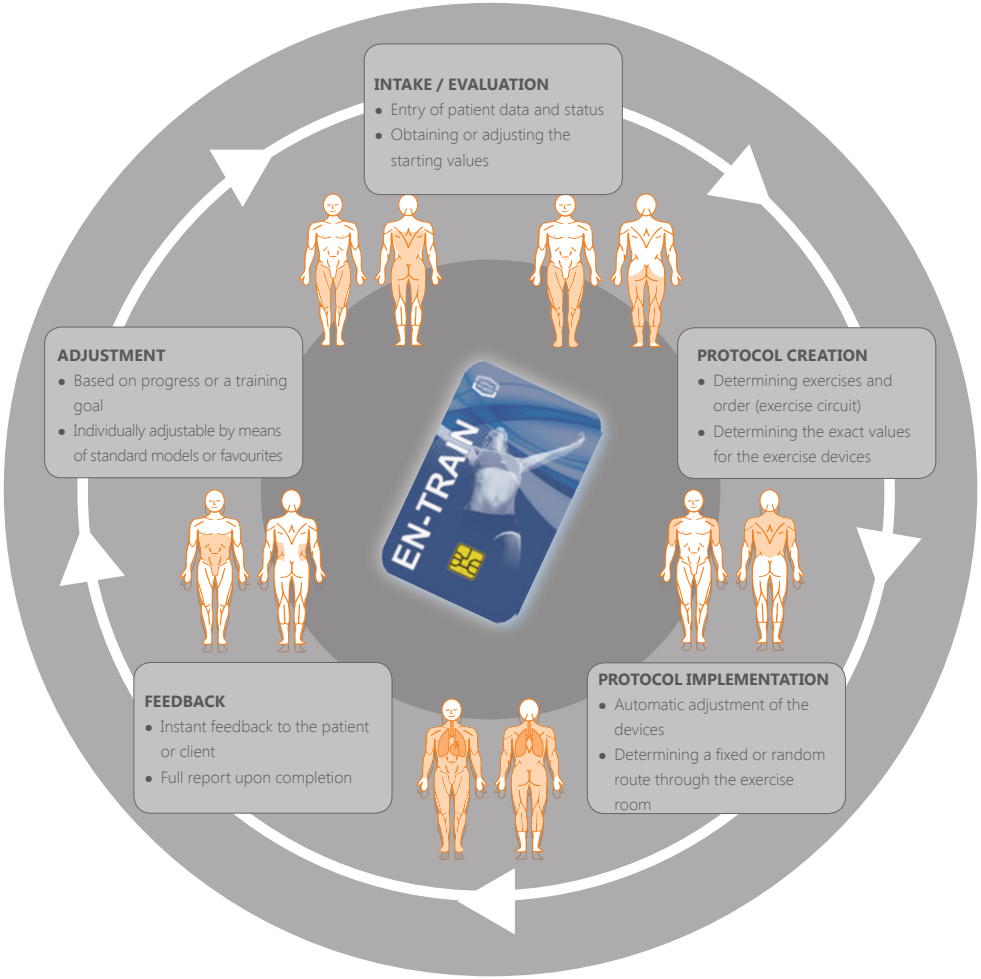
EN-Train

Complete solution

EN-Train is the best software package for therapists who are looking for a quality solution for Medical Training Therapy. The program offers you complete freedom in creating the training and control over the execution. EN-Train helps you to make the correct choice for optimum treatment during each phase of the rehabilitation process, quickly and with ease. EN-Train is a total concept. It allows you to:

- Objectively test and measure the status of the patient
- Design targeted exercise programmes
- Automate the route through the exercise room
- Monitor and adjust the progress of exercise programmes
- Optimise the utilisation of your exercise room

EN-Train helps to make rehabilitation a controlled care process. Both the therapist and the patient can gain insight into the progress and the results of their efforts at any time.



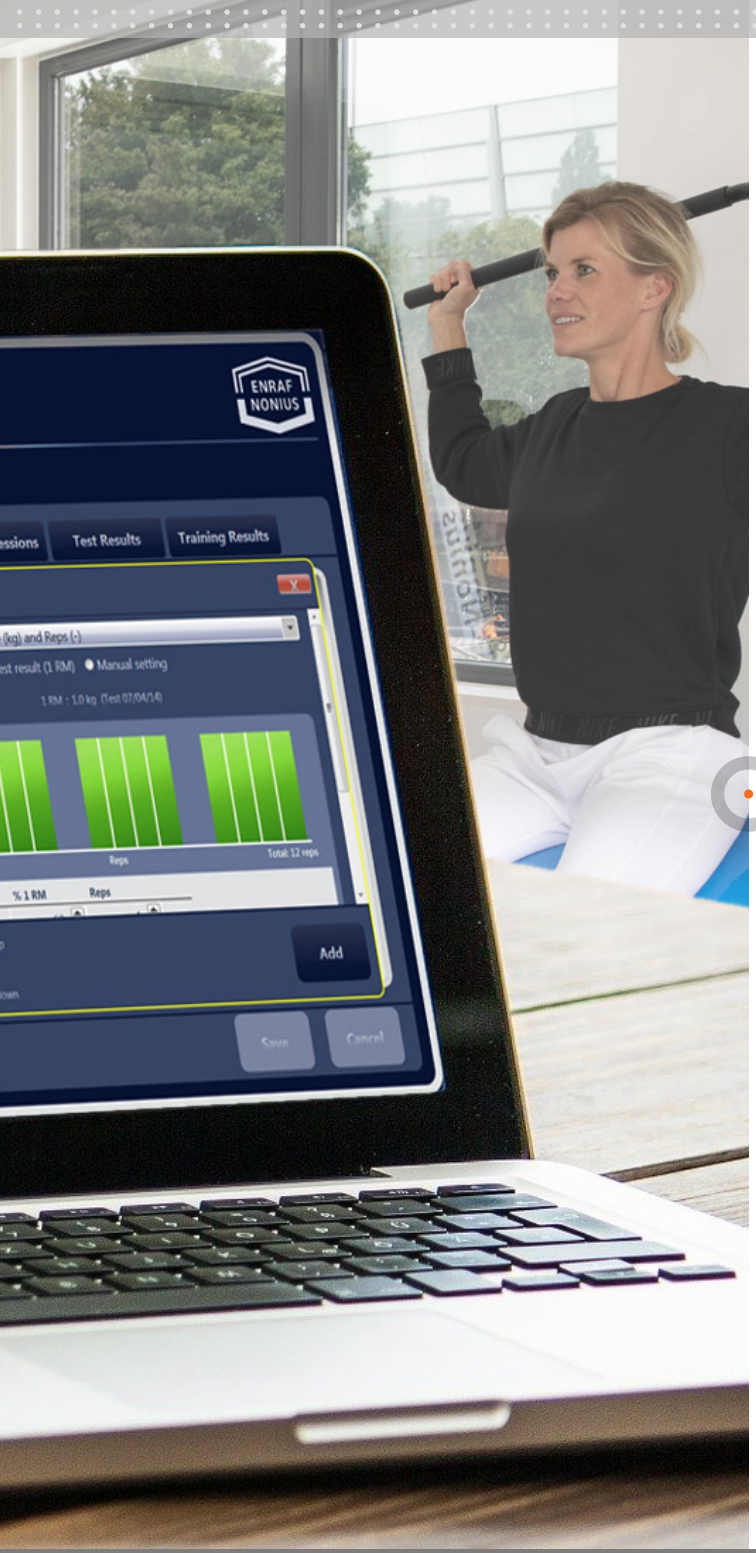
EN-Train

Objectively test and measure the status of the patient

EN-Train includes tests and measurements to determine the starting values. Tests can be performed using the Enraf-Nonius exercise machines to estimate the patient's capacity. For example:

- 1RM Test (EN-Dynamic strength machines and EN-TreeP multifunctional pulley)
- 6MWT, Claudication Test, 2km UKK Walking Test, Conconi Test (EN-Motion treadmill)
- VO2-max, Steep Ramp Test, 3 and 12 Minute Tests (Bike-Reha)

The results of other measurement instruments (e.g. blood pressure, fat percentage, saturation, etc.) that are present in the practice can also be entered and assessed in EN-Train. Test results are stored in EN-Train via a chip card and can be printed in the form of a test report.



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Design targeted exercise programmes

You can use the test results to compose a targeted exercise plan. The Toolbox offers a wide range of options to immediately compile the perfect training. Training protocols can be put together using recommendations ("tools") that have already been pre-programmed in EN-Train. These recommendations consist of special exercises to improve strength, coordination, stabilisation, mobility, endurance or fat loss. In addition, you can choose to compose the training based on machine-specific recommendations or from your list of favourites.

Exercise programmes can be adapted at any time based on the user's capacity. The complete exercise programme is offered to each patient on a chip card. For the EN-Motion treadmill, the pre-programmed recommendations (uphill, downhill, interval, etc.) are available as Quickstart profiles. EN-Train allows you to compile targeted exercise protocols for each patient in only a few mouse clicks.

Automate the route through the exercise room

You can determine the order of the exercises on the machines yourself (and thereby determine the route through the exercise room). This can be a fixed order (e.g. compulsory warm-up on the treadmill) or a "free" order. With the chip card you can adjust and control any EN-Train compatible machine. The duration and load are set automatically as soon as the chip card is inserted into the machine.

Next, the patient performs the exercise and the results are stored automatically on the chip card. Upon completion of the exercise, the display screen on the machine indicates what the next exercise station is. This shows your patient exactly where to go and what to do. And you do not lose valuable time, because EN-Train monitors the quality and the progress.

EN-Train

Monitor and adjust the progress of exercise programmes

Upon completion of the training, all data and results of the exercises performed are automatically stored. The therapist can see at any time how the entire training programme is progressing and whether the goals are being reached. Each training session can easily be adjusted to guarantee the optimum balance between load / capacity and, moreover, to monitor the changes during the rehabilitation process. You can evaluate the results based on a clear report. Patients always train at the correct level, both individually and as a group.

Optimise utilisation of your exercise room

Insight into the exercises performed allows you to achieve optimum lay-out and utilisation of your exercise room. You can determine how many patients you allow to train simultaneously, as well as the machines and the order in which they are used. This ensures that you retain complete control and overview of the use of your exercise room.

EN-Train

Also for Medical Fitness

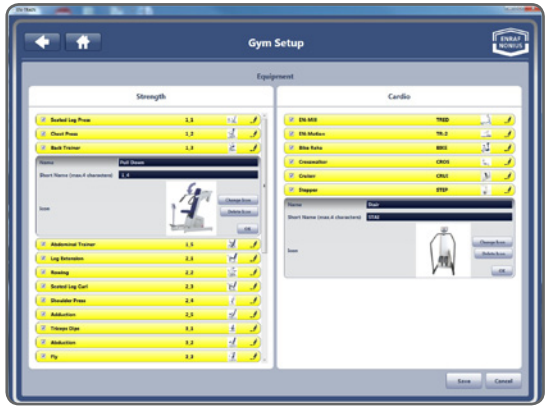
In addition to Medical Training Therapy, EN-Train is also extremely suitable for use in a Fitness or Wellness environment. All machines have been approved for medical use and are therefore safe. Users experience the training with the chip card as pleasant and uncomplicated.

Client Mode

An additional function has been included specifically for the use of EN-Train in a Fitness environment: the Client Mode. As soon as you activate this mode, clients can enroll themselves (by entering their date of birth) and load their training programme on the chip card. They can now start the training without you needing to intervene. The Client Mode can therefore still be used even if the supervisor cannot be present at the computer/desk.

Training sessions

Based on the available tests, complete training sessions can be set up, focusing on strength, condition, endurance, interval or fat loss. Training parameters can be adapted at any time based on the user's capacity. The EN-Train program offers options to reduce the risk of overload (including blocking the option for the user to adjust the resistance). This allows EN-Train to be used safely and efficiently for fitness purposes.



EN-Train

Created for optimum control of Enraf-Nonius training machines.

All Enraf-Nonius exercise machines have been approved for medical use. The exercise machines are therefore not only very effective and easily adjustable, but also perfectly safe. This makes the Enraf-Nonius exercise machines very user friendly and extremely suitable for Medical Training Therapy and Medical Fitness.

- EN-Dynamic
- EN-Cardio
- EN-Tree P

EN-Dynamic

A complete line of strength machines for the upper and lower extremities and for the core. The EN-Dynamic machines work with air pressure (pneumatic) and can be adjusted both manually and automatically (via a chip card). The EN-Dynamic strength line has been developed specifically for use in rehabilitation (patients) and fitness/wellness (clients).

EN-Train

EN-Cardio

A complete series of manually and automatically (chip card) adjustable cardio-respiratory exercise machines, including the EN-Motion treadmill, cycle ergometer Bike Reha, Crosswalker and Stair. All EN-Cardio machines can be controlled using EN-Train and are suitable for rehabilitation and prevention (post-rehabilitation).

EN-Tree P(ulley)

The EN-Tree P is a multifunctional pneumatic pulley, which allows you to perform both isolated mono-articular movements and complex multi-articular movements (“free” exercises). In addition to the traditional strength exercises, this pulley also allows you to perform explosive movements perfectly.

Software package

The software package and the chip card form the basis of the efficient planning, implementation and documentation of tests and exercises for strength and endurance. The chip card allows for fast and easy loading of exercises in the training machines * and ensures that test and training data are stored permanently.

EN-Train

Key features

- Easy to operate software program with a focus on functionality
- Aimed at the practical application of tests and training
- Logical and organised menu structure
- Speedy access to all functions (mouse-operated and/or touch screen)
- Flexible: completely adaptable to your insights and needs in the field of testing and training and can be fine-tuned to your patients' status
- Your favourites (tests and training programmes) can be created quickly and with ease, using various toolboxes that form a standard part of the program
- User friendly: chip card for entry of individual tests and training programmes and the storage of results of the tests and training sessions that have been performed
- Feedback: insight into the exercises that have been performed and the progress (progression) can be obtained at any time; Extensive, but clear reporting options
- Compatible with all Enraf-Nonius exercise machines fitted with a chip card reader (EN-Dynamic strength training machines, EN-Cardio machines and EN-Tree Pulley multifunctional machines)

EN-Train

ORDERING DATA

1411811 EN-Train installation kit, consisting of:

1411816	EN-Train software (DVD)
1411750	Operating instructions (included on DVD)
3444190	EN-Train chipcards, set of 10
3444333	Chipcard drive for EN-Train

Optional accessories (can be ordered separately)

3444190	EN-Train chipcards, set of 10
3444333	Chipcard drive for EN-Train

Minimum system requirements

- Operating system (OS): Windows 7, 8, 10 (32-bit and 64-bit)
- Microsoft .NET Framework version 4.0 or higher
- Free disk space:
  - EN-Train application: 10 MB
  - Chipcard driver: 2MB
  - Database Server: 1,32 GB (32-bit) / 1,37 GB (64-bit)
- Drive(s): DVD drive
- Screen resolution: 1280 x 800
- Use within a network: the database (server) is installed on one computer. The EN-Train application (and drive for the chip card reader) can then be installed on any computer that forms part of the local network. All connected computers can access the database simultaneously. This makes it possible, for example, for the receptionist to access and edit patient data from the reception desk. This reduces the number of administrative actions for the physiotherapist.

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