

AT.R



AI IoT-Enabled Sports and Health Equipment Brochure

ATR solves the problem



Type II diabetes

The prevalence rate of adult diabetes in China has reached 13%, and there are 141 million adult diabetes patients. Patients with diabetes are often required to take drugs for life. With the increase of complications, the types and quantities of drugs also increase in a stepwise manner.



Cardiovascular disease

The incidence rate and mortality rate of cardiovascular diseases in China still rank first. In 2019, the incidence of cardiovascular diseases in rural areas and urban areas accounted for 46.74% and 44.26% of the causes of death, respectively. Two out of every five deaths died from cardiovascular diseases.



Risk of falling

Currently, falls have become the leading cause of death from accidental injuries among people aged 65 and above, with 33% of elderly people falling at least once a year. Aging is a key risk factor for falling and causing serious injury or death.

Data:

- A study shows that 30% of the population in China suffer from chronic pain, and the majority are elderly people. Among them, 80% to 85% of elderly people over the age of 65 suffer from at least one pain related disease.
- 75% of elderly people aged 60 and above suffer from at least one chronic disease.
- 43% have multiple comorbidities (simultaneously suffering from two or more diseases).
- Between the ages of 25 and 50, muscle mass decreases slowly, about 10%; The rate of muscle mass loss rapidly increases after the age of 50; Reduced muscle mass by 40% from the age of 50 to 80; However, the muscle strength of elderly people over 70 years old is only about 50% of that when they were young.

ATR Evaluation Training Management Integration

Online

Offline

The AT team has been conducting research and development in the sports rehabilitation industry for over 10 years, providing an intelligent, comprehensive, and simple set of AI digital fitness assessment and training programs for clinical, elderly care, sports, teaching, and prevention.

Focus on the rehabilitation process of "assessment-training-reassessment".

Implementing more efficient, safe, and professional rehabilitation solutions through AI.



Online: Cloud management and guidance.

- YunKang Cloud app
- Access exercise prescriptions,
- Rehabilitation training, and movement correction,
- View reports.



Offline: Digital rehabilitation specialist

- YunKang Cloud + devices
- Exercise evaluation + body metrics assessment,
- Rehabilitation training execution plan,
- Training feedback and correction.



Sports ability assessment and training area Enhancement Zone

Flexibility, strength, power, endurance, agility, explosiveness, balance, and exercise prescription formulation;

Aerobic and Physical Fitness Assessment

Anaerobic evaluation, burst training, anaerobic training;

Injury and chronic disease exercise prescription management and training area

Quantitatively evaluate muscle strength, scientifically develop strength plans, increase muscle mass, protect joints, improve athletic ability, and reduce the risk of falls;

ATR Rehabilitation IoT System

IoT=InternetofThings system

Provide a one-stop, digital operation and service management platform. For rehabilitation center operators; Real time monitoring of user/member training data and the growth of new/old users. Monthly cumulative visits/training frequency, monthly course execution frequency. Set system operation permissions based on identity, effectively manage the work and records of operation personnel; Real time monitoring of equipment usage data, average load, and effective development of equipment maintenance plans.

The image displays a variety of rehabilitation equipment, each with a descriptive label. In the center, there is a diagram of an 'AI evaluation loop' with several interconnected components.

Equipment Labels:

- Intelligent IoT Pneumatic resistance seated knee Flexion/Extension Trainer
- Four-Lim Coordination
- Intelligent IoT Pneumatic Resistance Path-Free Functional Trainer
- Intelligent IoT Pneumatic Resistance One-Station Six-Function Trainer
- Intelligent IoT Pneumatic Resistance Seated Pull down/shoulder press Trainer
- Intelligent IoT Pneumatic Resistance Seated Torso rotation Machine
- Intelligent physical examination all-in-one machine
- Intelligent IoT Pneumatic Resistance Core Muscle Trainer
- measurement machine
- Intelligent IoT Pneumatic Resistance Abduction/Adduction Trainer
- Intelligent IoT Pneumatic Resistance seated Chest press and Back pull Trainer
- Intelligent body
- Intelligent IoT Pneumatic Resistance Electric Adjustable Leg Press Trainer

AI Evaluation Loop Diagram Components:

- Dynamic monitoring
- AI led training
- Evaluation testing
- Cardiopulmonary Aerobic Training
- Pneumatic resistance
- data transmission
- Local management system

ATR17

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Intelligent IoT Pneumatic Resistance Seated Pull down/shoulder press Trainer ATR17

1



Paired with an IoT intelligent operating system, it can achieve:

maximum 1RM test;
Refined and targeted exercise prescription training;
Built in exercise guide for heart rehabilitation and diabetes rehabilitation;
Realize 0kg load adjustment and intelligent adjustment of 0.1kg resistance increase or decrease; Can be operated independently to complete daily functional training.

Characteristics of standard equipment:

It has dual functions of push up training and pull down training;
Two training modes, centrifugal and centripetal, can be used to achieve balanced exercise of antagonistic muscles in the same group.

2



High end equipment configuration(ATR17-H):

AI digital human, 55 inch large screen, walnut wood decoration.

Indication:

Shoulder cuff injury, shoulder cuff reconstruction, shoulder periartthritis, weakness of chest muscle, Cardiac rehabilitation , diabetes.

3



Standard equipment configuration(ATR17-C):

No AI digital human, no screen, acrylic decoration.

ATR16

Intelligent IoT Pneumatic Resistance seated Chest push and Back pull Trainer ATR16

1



Paired with an IoT intelligent operating system, it can achieve:

Maximum 1RM test;
Refined and targeted exercise prescription training;
Built in exercise guide for heart rehabilitation and diabetes rehabilitation;
Realize 0kg load adjustment and intelligent adjustment of 0.1kg resistance increase or decrease; Can be operated independently to complete daily functional training.

One machine completes multi parts training:

There are two training modes for the pectoralis major muscle, anterior deltoid muscle, triceps brachii muscle, serratus anterior muscle, latissimus dorsi muscle, rhombus muscle, posterior deltoid muscle, teres major muscle, biceps brachii muscle, and trapezius muscle; Two training modes, centrifugal and centripetal, enable balanced exercise of antagonistic muscles in the same group.

Characteristics of standard equipment:

Has dual functions of left and right chest and back pushing training;
Two training modes, centrifugal and centripetal, can be used to achieve balanced exercise of antagonistic muscles in the same group.

Indication:

Shoulder cuff injury, shoulder cuff reconstruction, shoulder periartrosis, chest muscle weakness, cardiac rehabilitation, diabetes, myopia, etc.

2



High end equipment configuration(ATR16-H):

AI digital human, 55 inch large screen, walnut wood decoration.

3



Standard equipment configuration(ATR16-C)

No AI digital human, no screen, acrylic decoration.

ATR15

Intelligent IoT Pneumatic Resistance Core Muscle Trainer ATR15

1



Paired with an IoT intelligent operating system, it can achieve:

Maximum 1RM test;
Refined and targeted exercise prescription training;
Built in exercise guide for heart rehabilitation and diabetes rehabilitation;
Realize 0kg load adjustment and intelligent adjustment of 0.1kg resistance increase or decrease; Can be operated independently to complete daily functional training.

One machine completes multi parts training:

Rectus abdominis, internal oblique muscle, external oblique muscle, erector spinae muscle, and quadratus lumborum muscle.

Characteristics of standard equipment:

It has four functions of training abdominal muscles, dorsal muscles, internal oblique muscles, and external oblique muscles;
Two training modes, centrifugal and centripetal, can be used to achieve balanced exercise of antagonistic muscles in the same group.

Indication:

Weak core strength, cardiac rehabilitation, diabetes, myopenia, and fall prevention.

2



High end equipment configuration(ATR15-H):

AI digital human, 55 inch large screen, walnut wood decoration.

3



Standard equipment configuration(ATR15-C):

No AI digital human, no screen, acrylic decoration.

Intelligent IoT Pneumatic resistance seated knee Flexion/Extension Trainer ATR11

1



Paired with an IoT intelligent operating system, it can achieve:

Maximum 1RM test;
Refined and targeted exercise prescription training;
Built in exercise guide for heart rehabilitation and diabetes rehabilitation;
Realize 0kg load adjustment and intelligent adjustment of 0.1kg resistance increase or decrease; Can be operated independently to complete daily functional training.

One machine completes multi parts training:

Hamstring muscles (biceps femoris, semitendinosus, semimembranosus), quadriceps femoris.

Characteristics of standard equipment:

Has dual functions of leg flexion and extension training;
Two training modes, centrifugal and centripetal, can be used to achieve balanced exercise of antagonistic muscles in the same group.

Indication:

Knee ligament reconstruction, lower limb postoperative rehabilitation, cardiac rehabilitation, diabetes, myopenia, and fall prevention.

2



High end equipment configuration(ATR11-H):

AI digital human, 55 inch large screen, walnut wood decoration.

3



Standard equipment configuration(ATR11-C):

No AI digital human, no screen, acrylic decoration.

ATR12

Intelligent IoT Pneumatic Resistance Abduction/Adduction Trainer ATR12

1



Paired with an IoT intelligent operating system, it can achieve:

Maximum 1RM test;
Refined and targeted exercise prescription training;
Built in exercise guide for heart rehabilitation and diabetes rehabilitation;
Realize 0kg load adjustment and intelligent adjustment of 0.1kg resistance increase or decrease; Can be operated independently to complete daily functional training.

One machine completes multi parts training:

Adductor major, gracilis femoris, adductor longus, pubis major, lateral bundle of gluteus maximus, gluteus medius, tensor fascia lata, sartorius muscle.

Characteristics of standard equipment:

Has dual functions of thigh adduction and abduction training;
Two training modes, centrifugal and centripetal, can be used to achieve balanced exercise of antagonistic muscles in the same group.

Indication:

Lower limb postoperative rehabilitation, knee ligament reconstruction, cardiac rehabilitation, diabetes, myopenia, and fall prevention.

2



High end equipment configuration(ATR12-H):

AI digital human, 60 inch large screen, walnut wood decoration.

3



Standard equipment configuration(ATR12-C):

No AI digital human, no screen, acrylic decoration.

Intelligent IoT Pneumatic Resistance Path-Free Functional Trainer ATR18

1



Paired with an IoT intelligent operating system, it can achieve:

Maximum 1RM test;
Refined and targeted exercise prescription training;
Built in exercise guide for heart rehabilitation and diabetes rehabilitation;
Realize 0kg load adjustment and intelligent adjustment of 0.1kg resistance increase or decrease; Can be operated independently to complete daily functional training.

One machine completes multi parts training:

Adductor major, gracilis femoris, adductor longus, pubis major, lateral bundle of gluteus maximus, gluteus medius, tensor fascia lata, sartorius muscle.

Characteristics of standard equipment:

Has dual functions of flexion and extension training;
Two training modes, centrifugal and centripetal, can be used to achieve balanced exercise of antagonistic muscles in the same group.

Indication:

Body posture correction, neuro-rehabilitation, orthopedic rehabilitation, sports injury rehabilitation, functional reconstruction.

2



High end equipment configuration(ATR18-H):

AI digital human, 55 inch large screen, walnut wood decoration.

3



Standard equipment configuration(ATR18-C):

No AI digital human, no screen, acrylic decoration.

ATR14

Intelligent IoT Pneumatic Resistance Electric Adjustable Leg Press Trainer ATR14

1



Paired with an IoT intelligent operating system, it can achieve:

Maximum 1RM test;
Refined and targeted exercise prescription training;
Built in exercise guide for heart rehabilitation and diabetes rehabilitation;
Realize 0kg load adjustment and intelligent adjustment of 0.1kg resistance increase or decrease; Can be operated independently to complete daily functional training.

One machine completes multi parts training:

Gluteus maximus, hamstring (biceps femoris, semitendinosus, semimembranosus), quadriceps femoris, gluteus medius.

Characteristics of standard equipment:

Equipped with kick training function;
Two training modes, centrifugal and centripetal, can be used to achieve balanced exercise of antagonistic muscles in the same group.

Indication:

lower limb injuries, lower limb post operative rehabilitation, myopenia neuro rehabilitation, etc.

2



High end equipment configuration(ATR14-H):

AI digital human, 55 inch large screen, walnut wood decoration.

3



Standard equipment configuration(ATR14-C):

No AI digital human, no screen, acrylic decoration.

Intelligent IoT Pneumatic Resistance Seated Torso rotation Machine ATR13

1



Paired with an IoT intelligent operating system, it can achieve:

Maximum 1RM test;
 Refined and targeted exercise prescription training;
 Built in exercise guide for heart rehabilitation and diabetes rehabilitation;
 Realize 0kg load adjustment and intelligent adjustment of 0.1kg resistance increase or decrease; Can be operated independently to complete daily functional training.

One machine completes multi parts training:

Internal oblique muscle, external oblique muscle, erector spinae muscle, quadratus lumborum muscle, pectoralis major muscle, serratus anterior muscle, anterior bundle of deltoid muscle.

Characteristics of standard equipment:

Has dual functions of left and right rotation training;
 Two training modes, centrifugal and centripetal, can be used to achieve balanced exercise of antagonistic muscles in the same group.

Indication:

Chronic disease rehabilitation patients, myopenia, orthopedic rehabilitation, and stroke.

2



High end equipment configuration(ATR13-H):

AI digital human, 55 inch large screen, walnut wood decoration.

3



Standard equipment configuration(ATR13-C):

No AI digital human, no screen, acrylic decoration.

Intelligent IoT Pneumatic Resistance One-Station Six-Function Trainer ATR19

1



Paired with an IoT intelligent operating system, it can achieve:

Maximum 1RM test;
Refined and targeted exercise prescription training;
Built in exercise guide for heart rehabilitation and diabetes rehabilitation;
Realize 0kg load adjustment and intelligent adjustment of 0.1kg resistance increase or decrease; Can be operated independently to complete daily functional training.

One machine completes multi parts training:

Pectoralis major, anterior deltoid, triceps brachii, serratus anterior, latissimus dorsi, rhombus, posterior deltoid, teres major, biceps brachii, trapezius, brachii, serratus anterior, superior trapezius, hamstring (biceps femoris, semitendinosus, semimembranosus), quadriceps femoris, gluteus maximus, and gluteus medius.

Characteristics of standard equipment:

It has six training modes: seated chest pushing training, seated back pulling training, seated push up, seated pull down, seated leg kicking, and inverted kicking;

Two training modes, centrifugal and centripetal, can be used to achieve balanced exercise of antagonistic muscles in the same group.

Indication:

Rehabilitation populations such as rotator cuff surgery reconstruction, knee joint surgery reconstruction, chronic disease patients, sarcopenia, bone joint surgery, stroke, etc.

2



High end equipment configuration(ATR19-H):

AI digital human, 55 inch large screen, walnut wood decoration.

3



Standard equipment configuration(ATR19-C):

No AI digital human, no screen, acrylic decoration.



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