

# Follo Diem



Follo Diem Pull Down



Module with Pulley and Pull Down



Follo Diem Adjustable

Follo Diem is a product range that enables patients to seize the day and assist with the rehabilitation itself. Medical treatment training (MTT) is a training philosophy where patients train under professional supervision. The products are user friendly and of high quality. Follo Diem is developed in collaboration with physiotherapists, with focus on physic training.

The equipment program consists of a number of benches, weight based equipment, module and supplementary equipment.

Follo Futura offers a wide range of weight based equipment; pulleys, pulley explosive and pull downs. The pulley is flexible and provides the most optimal and flexible equipment for training all parts of the body. The products are fashionably designed.

A number of different accessories have been developed to increase training options. These include handles designed for specific exercises, pronation/supination handles, rowing handles, hand supports, triceps bars, latissimus bars, resistance pulleys and attachment units for walls and modules.

Follo Futura also offers the MTT benches; 3-section bench, and adjustable bench. The benches can be adjusted for a range of bodery excersices. The program who include a stool arm examination and excerciser table.

All products use the same standards and approaches hence, health personell might use less time user manuals and more time on the patient.

Follo Futura offers a comprehensive accessory program that makes the products even more flexible and user friendly.

All products are CE approved and produced and assembled in Norway.

Follo Futura AS  
 Brekkeveien 43, 1430 ÅS  
 Telefon: +4764942165  
 Fax: +4764942131  
 E-post: info@follo-futura.no  
 www.follo-futura.no

# MTT benches



Follo Diem 3-section with arm rotation trainer  
3-section: 136-012902  
Rotation trainer: 136-028936



Follo Diem 3-section with foot cushion  
3-section: 136-012902  
Foot cushion: 136-028930



Follo Diem Adjustable  
135-150-00



Follo Diem K  
114-213-00



Follo Diem Arm board  
139-231-00

# Weight based with supplementary equipment



Follo Diem Explosive  
Singel: 130-0122S  
Double: 130-0122D



Follo Diem Pulley  
20kg Singel: 130-0120S  
20kg Double: 130-0120D  
40kg Singel: 130-0121S  
40kg Double: 130-0121D



Follo Diem Pull Down  
50 kg: 131-012912  
80 kg: 131-012913



Follo Diem Slant Board mounted  
on module.  
Slantboard: 145-012936



Step Adjustable  
131-003620

# Supplementary equipment for weight based



Hand support  
130-028939



Rowing handle  
139-028937



Pron. Susp. Handle  
139-028947



Triceps bar with or without  
rotating mount  
139-028946



Latitimus bar  
130-029511



Extra weights  
0,25kg: 230-33  
0,5kg: 230-32  
0,1kg: 230-34



Extra weight 2,2 kg  
139-029526



Neck exerciser  
130-215



Relief hoop  
131-000640



Step Adjustable  
131-003620

# Supplementary equipment



Follo Diem trolley  
144-013374



Follo Diem dumbbell trolley  
144-012929



Follo Diem Mat holder  
145-012941



Bolster