



# Premium Medical-Grade Fitness Equipment

高端醫用級健身器材

# Smart Fitness Medical-Grade Assurance

## 智慧健身 醫療級保障

醫學認證的健身設備，結合數據與科學，讓每一次運動更安心、更高效。

為用家與教練提供深度洞察，啟動健康新生活，打造充滿活力的社區。

Medical-Certified Fitness Equipment, Powered by Data and Science  
Enhancing every workout with greater safety and efficiency.

Providing users and trainers with deep insights to inspire healthier lifestyles and build vibrant communities.



# Medical Concepts in Chinese and Western Traditions

## 中西方醫療概念

### 運動科學觀點

- 肌力訓練追求身體機能的提升
- 通過運動增強肌肉力量、耐力、心肺功能等
- 促進新陳代謝
- 預防慢性疾病

### 中醫觀點

- 「陰陽平衡」、「氣血調和」
- 認為健康是人體內外環境和諧的結果
- 預防疾病，通過調理飲食、情志、起居來增強體質



# Medical Concepts in Chinese and Western Traditions

## 中西方醫療概念

### Exercise Science Perspective

- Strength training aims to enhance overall physical function.
- Through exercise, it improves muscle strength, endurance, and cardiorespiratory fitness,
- Boosts metabolism,
- and Helps prevent chronic diseases.

### Traditional Chinese Medicine Perspective

- “Balance of Yin and Yang” and “Harmony of Qi and Blood”
- Health is regarded as the result of harmony between the body’s internal and external environments.
- Disease prevention is achieved by regulating diet, emotions, and daily living habits to strengthen the constitution.

# Mutual Compensation Between Eastern and Western Medicine

## 中西方互補不足

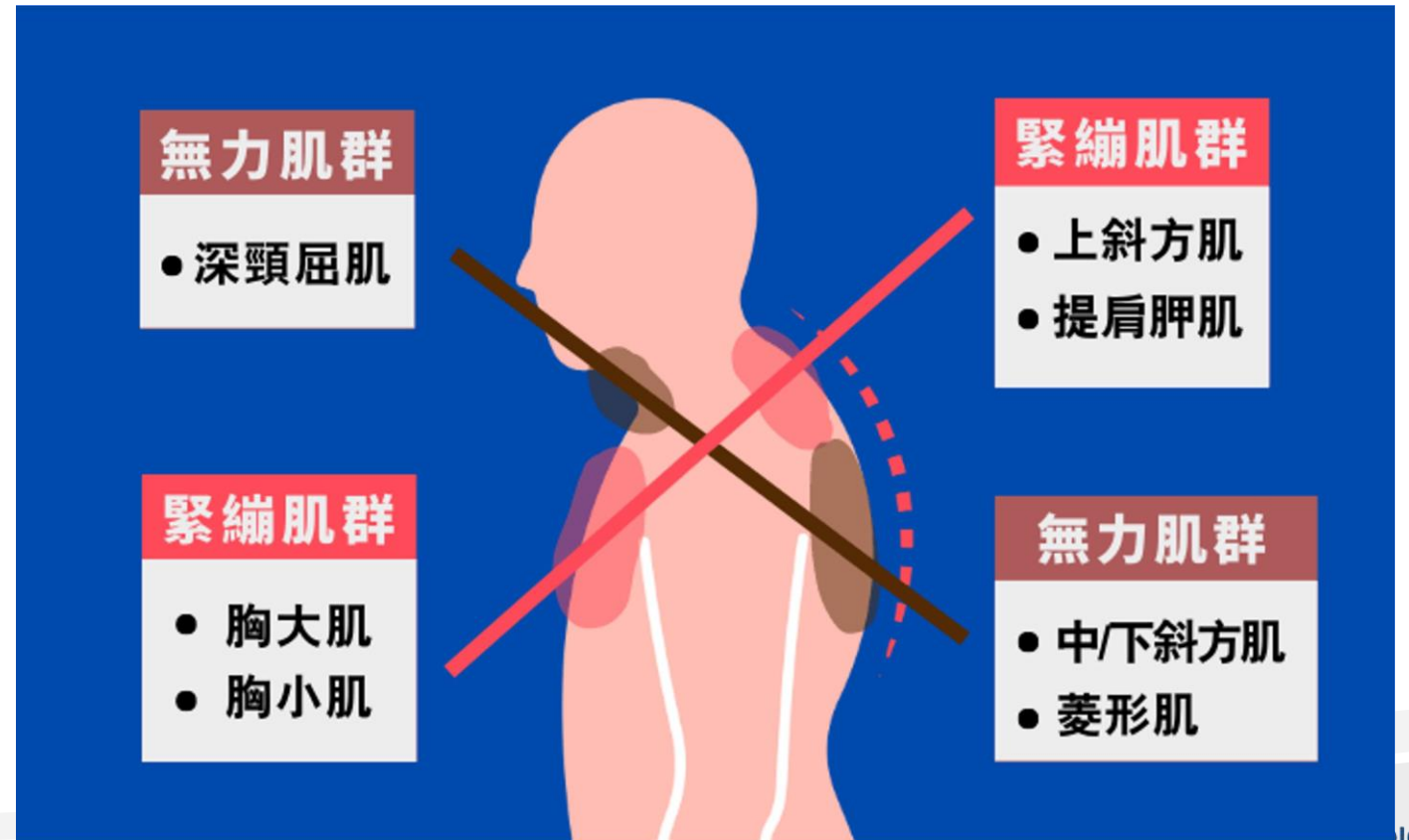
### 中醫的治療

拔罐，針灸可以針對及放鬆緊繃的肌群

### 肌力訓練

可以訓練本身偏弱或無力的肌群

從而協助客人改善體態，中醫療法（如拔罐、針灸）能有效針對發炎及過勞的肌群；同時，肌力訓練則可強化原本較為薄弱的肌肉，達致均衡而健康的身體狀態。



# Mutual Compensation Between Eastern and Western Medicine

## 中西方互補不足

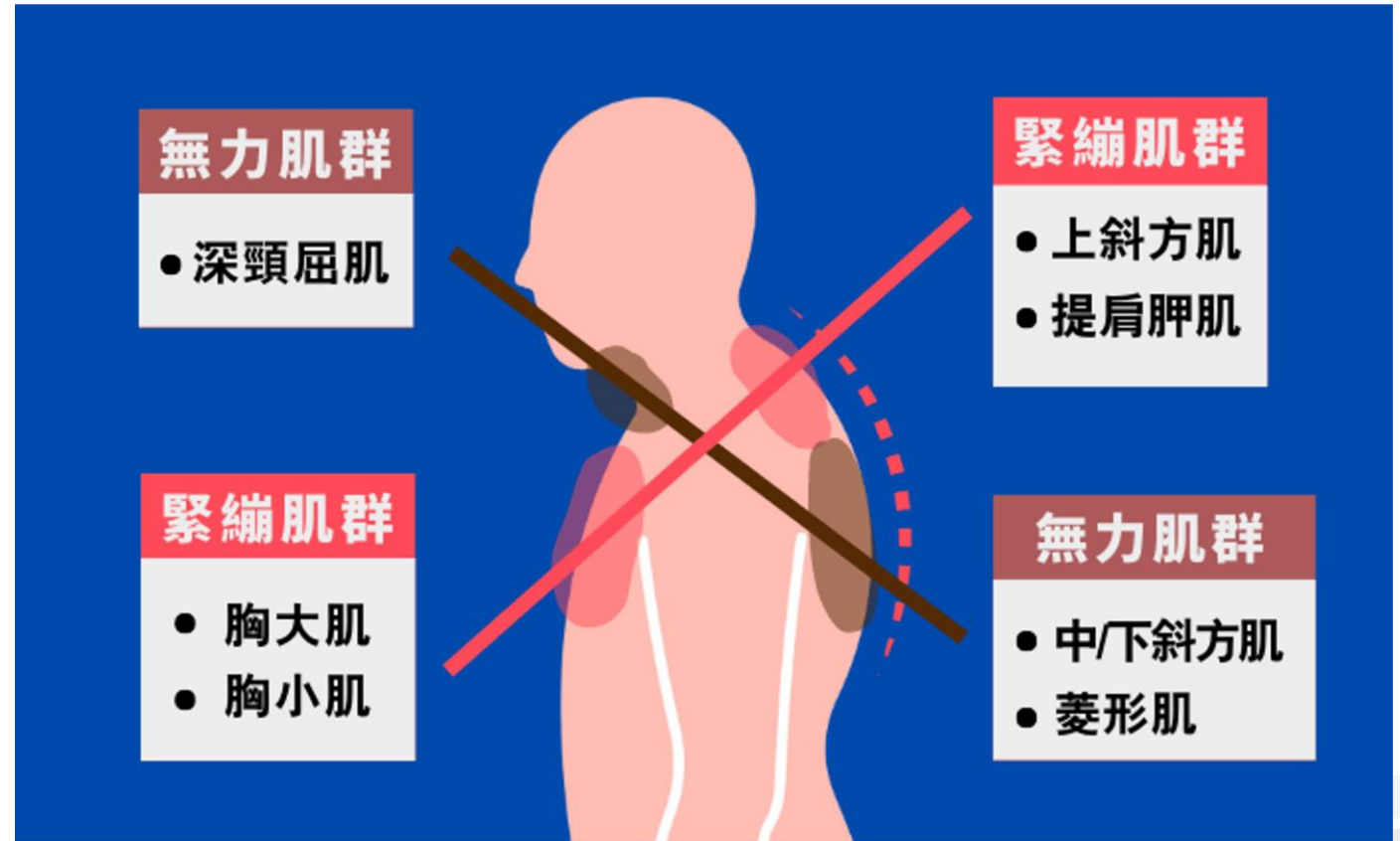
### Traditional Chinese Medicine Treatments

Cupping and acupuncture can target and relax tense muscle groups.

### Strength Training

Helps to train muscles that are weak or lacking strength.

Together, these approaches assist clients in improving posture and body alignment. Traditional Chinese therapies (such as cupping and acupuncture) effectively address inflamed and overworked muscles, while strength training reinforces weaker muscle groups—achieving a balanced and healthy physical condition.



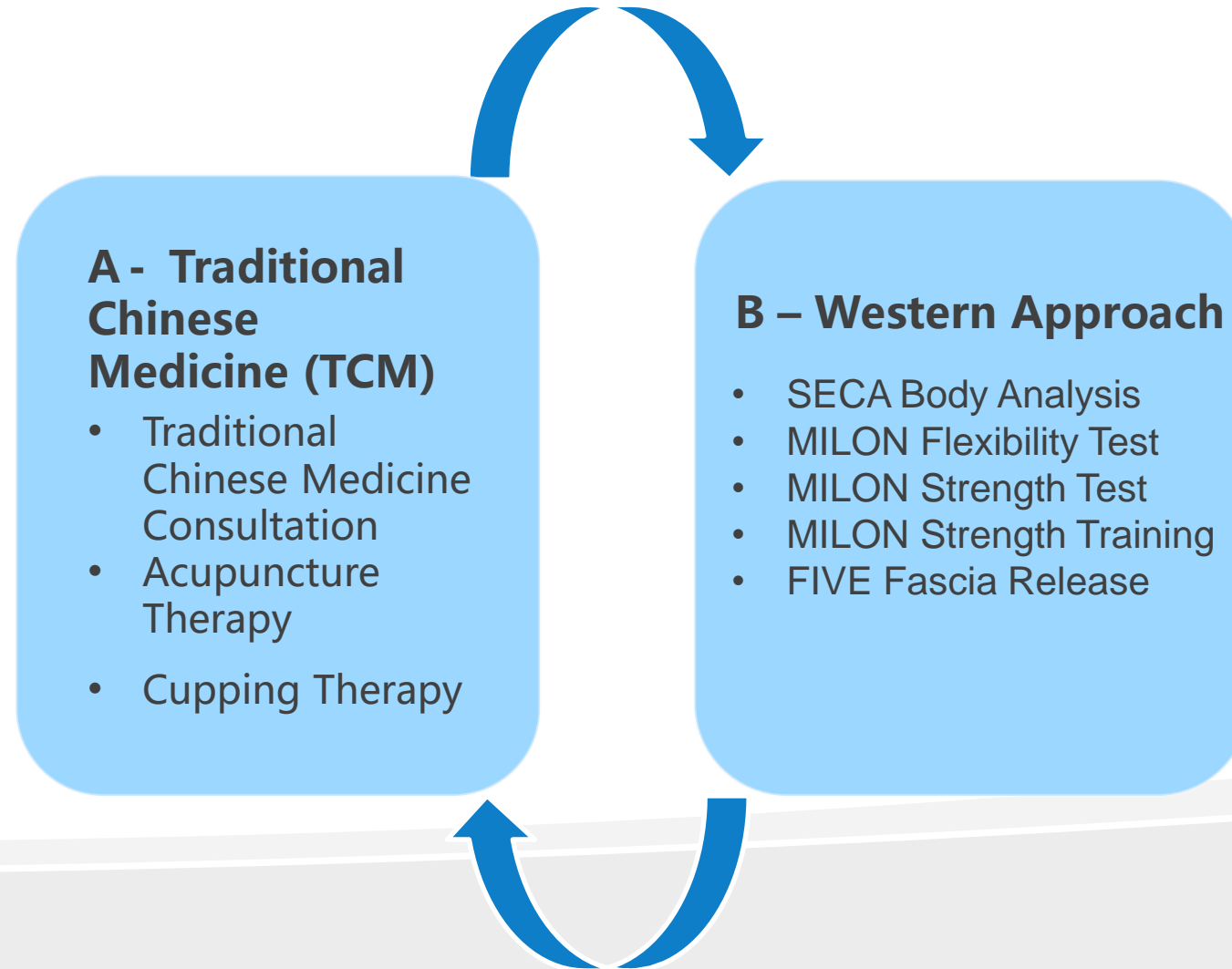
# Integration of Eastern and Western Approaches – Practice and Combination

## 中西合璧 - 實踐及組合



# Integration of Eastern and Western Approaches – Practice and Combination

## 中西合璧 - 實踐及組合



# Traditional Fitness Equipment vs Smart Exercise Equipment

## 傳統健身器材 vs 智能運動器材

### 傳統健身器材

- 障礙1 - 訓練知識不足
- 障礙2 - 使用器械時的受傷風險
- 障礙3 - 時間管理

### 智能運動器材

#### 個性化計劃

設備能根據用戶的健身水平與目標，制定量身定制的訓練方案，減少不安與恐懼，讓用戶在運動過程中更有信心。

#### 安全保障設計

- 特徵掃描：透過先進的特徵掃描技術，設備可自動調整運動幅度，有效降低受傷風險。
- 等速測試：此技術能快速評估使用者的力量，並依據結果自動調整訓練強度，確保高效且精準的鍛煉時間管理。

#### 用戶友好界面

直觀的操作設計，清晰解釋訓練動作的節奏，簡化整個鍛煉流程，讓初學者也能輕鬆上手，享受安全而高效的健身體驗。

# Traditional Fitness Equipment vs Smart Fitness Equipment

## 傳統健身器材 vs 智能運動器材

### Traditional Fitness Equipment

- Barrier 1 – Lack of Training Knowledge
- Barrier 2 – Risk of Injury When Using Equipment
- Barrier 3 – Time Management Challenges

### Smart Fitness Equipment

#### Personalized Programs

The equipment can create tailored training plans based on the user's fitness level and goals, reducing anxiety and building confidence.

#### Safety-Oriented Training Design

- **Feature Scanning:** With advanced scanning technology, the equipment automatically adjusts movement range to lower injury risk.
- **Isokinetic Testing:** This technology allows users to quickly assess their strength and automatically adjusts training intensity based on the results, ensuring efficient time management during workouts.

#### User-Friendly Interface

An intuitive design explains the rhythm of each exercise, simplifying the training process and making it easier for beginners to get started.



# SECA, MILON, FIVE 對中醫診所的 協同作用和益處




Milon 鍛煉通過高效、低衝擊的運動促進血液循環  
增加個血氣運行從而增加快樂的荷爾蒙



FIVE 刺激壓力點，釋放肌肉緊張  
中醫穴位與筋膜的關聯

## 治療止痛一時，運動強健一世



# Synergistic Effects and Benefits of SECA, MILON, and FIVE for Traditional Chinese Medicine Clinics



Milon training promotes blood circulation through efficient, low-impact exercise, enhancing the flow of vital energy and stimulating the release of “happy hormones.”



FIVE stimulates pressure points to release muscle tension, highlighting the connection between Traditional Chinese Medicine acupoints and the fascia.

**Therapy relieves for a moment, exercise  
strengthens for a lifetime**



# SECA Medical-Grade Body Composition Analyzer



- 透過臨床驗證測量標準，計算出身體成分數據。  
不同於其他品牌使用相同的計算方式DEXA來計算骨骼肌重和除脂重
- 與全身磁共振造影 MRI 數據相比，評估骨骼肌重的準確度達 **97%**
- 與 4 Compartment模型相比，評估脂肪重和除脂重的準確度達 **98%**

## 協同使用方式

在中醫諮詢之前，先透過生物電阻抗分析這種高效且非侵入性的檢測方法，全面掌握身體狀況；隨後再結合舌診與脈診，讓傳統智慧與現代科技相輔相成，為病人提供更精準、更全面的健康管理。



# SECA 醫療等級的身體成分分析儀



- Using clinically validated measurement standards, SECA precisely calculates body composition data.
- Unlike other brands that rely solely on DEXA algorithms to estimate skeletal muscle mass and lean mass, SECA adopts a more rigorous approach.
- Compared with whole-body MRI data, the accuracy of skeletal muscle mass assessment reaches 97%;
- Compared with the 4-Compartment Model, the accuracy of fat mass and lean mass assessment reaches as high as 98%.

## Collaborative Usage

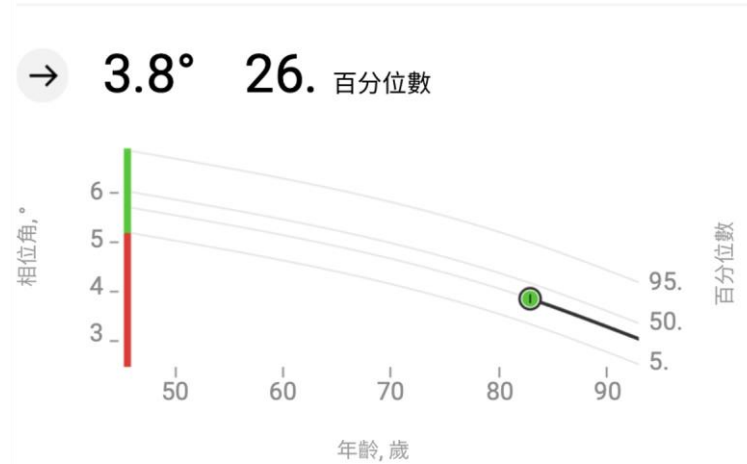
Before a Traditional Chinese Medicine consultation, patients undergo Bioelectrical Impedance Analysis — an efficient and non-invasive method to comprehensively assess body condition. This is then complemented by tongue and pulse diagnosis, seamlessly integrating modern technology with traditional wisdom to deliver more accurate and holistic health management.

# SECA Cellular Phase Angle

## SECA 的細胞相位角 (Phase Angle)



相位角 - PhA



- 細胞相位角是一項國際公認的評估指標，可用於判斷細胞的質量與數量狀態。健康的肌肉組織通常呈現較高的相位角；相反地，若出現水腫或炎症反應，則會導致相位角數值下降。
- 當數值偏低時，可能意味著細胞膜受損、營養不足或存在慢性疾病，並預示著免疫功能相對較弱。

### 協同使用方式

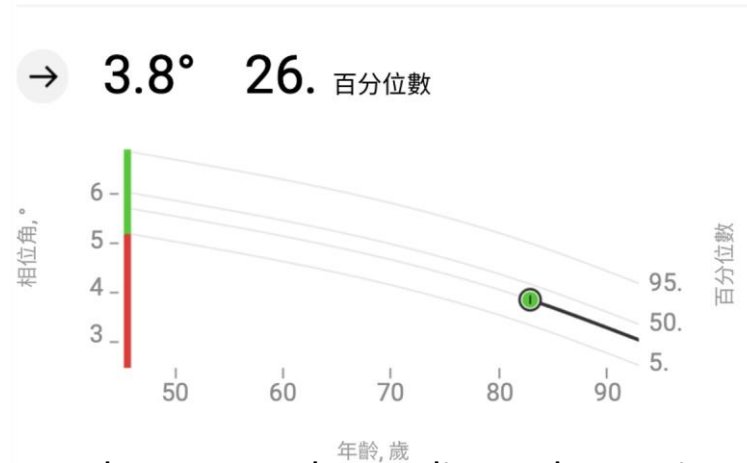
進一步協助病人調理身體狀況，並結合專業的飲食與營養建議，打造更全面的健康管理方案。

# SECA Cellular Phase Angle

## SECA 的細胞相位角 (Phase Angle)



相位角 - PhA



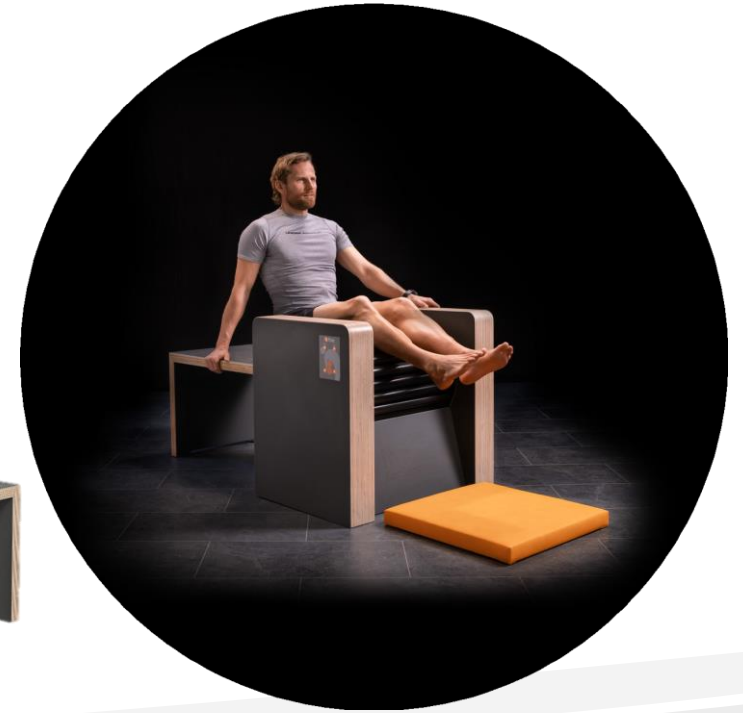
- **Phase Angle** is a widely recognized evaluation indicator used to assess the quality and quantity of cells. Healthy muscle tissue typically shows a higher phase angle, whereas edema or inflammatory responses can lead to lower values.
- A reduced phase angle may indicate cell membrane damage, malnutrition, or chronic disease, and often suggests weakened immune function.

### Collaborative Usage

Further assist patients in regulating their physical condition, while integrating professional dietary and nutritional guidance to create a more comprehensive health management plan.

# FIVE 靈活度訓練系統

- 針對性靈活度訓練能有效擴展運動範圍，提升身體的柔韌度與表現。
- 透過深層筋膜刺激，可快速且徹底地放鬆多種筋膜結構，促進全身舒展。
- 同時，更能輕鬆針對胸部、脊椎及肋間區域的筋膜進行按摩，帶來更全面的放鬆與修復。



# FIVE: Unlock Your Body's Full Range

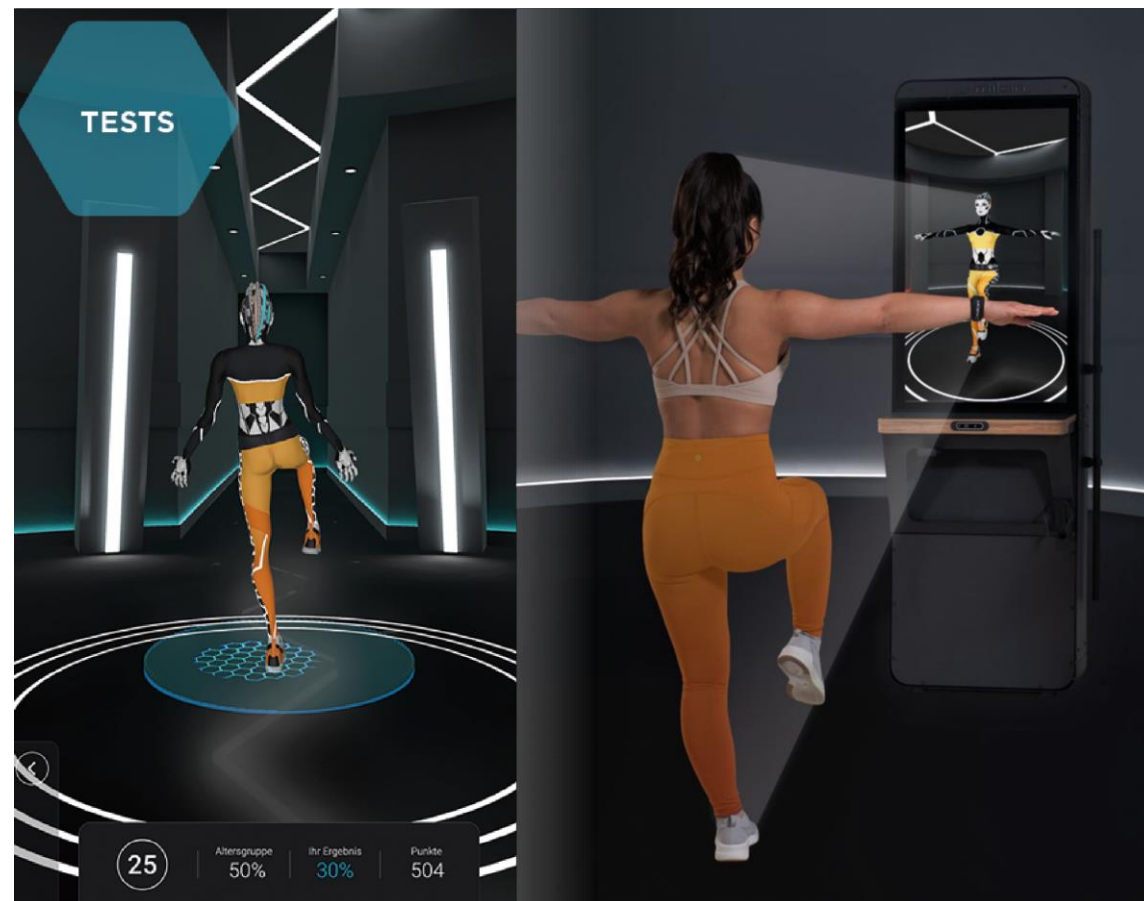
- Targeted flexibility training can effectively expand the range of motion and enhance physical performance.
- Through deep fascia stimulation, it quickly and thoroughly relaxes various fascia structures, promoting overall release.
- It also makes it easier to massage fascia in the chest, spine, and intercostal areas, providing more comprehensive relaxation and recovery.



# MILON YOU 智能體測系統

## 智能分析 全面管理

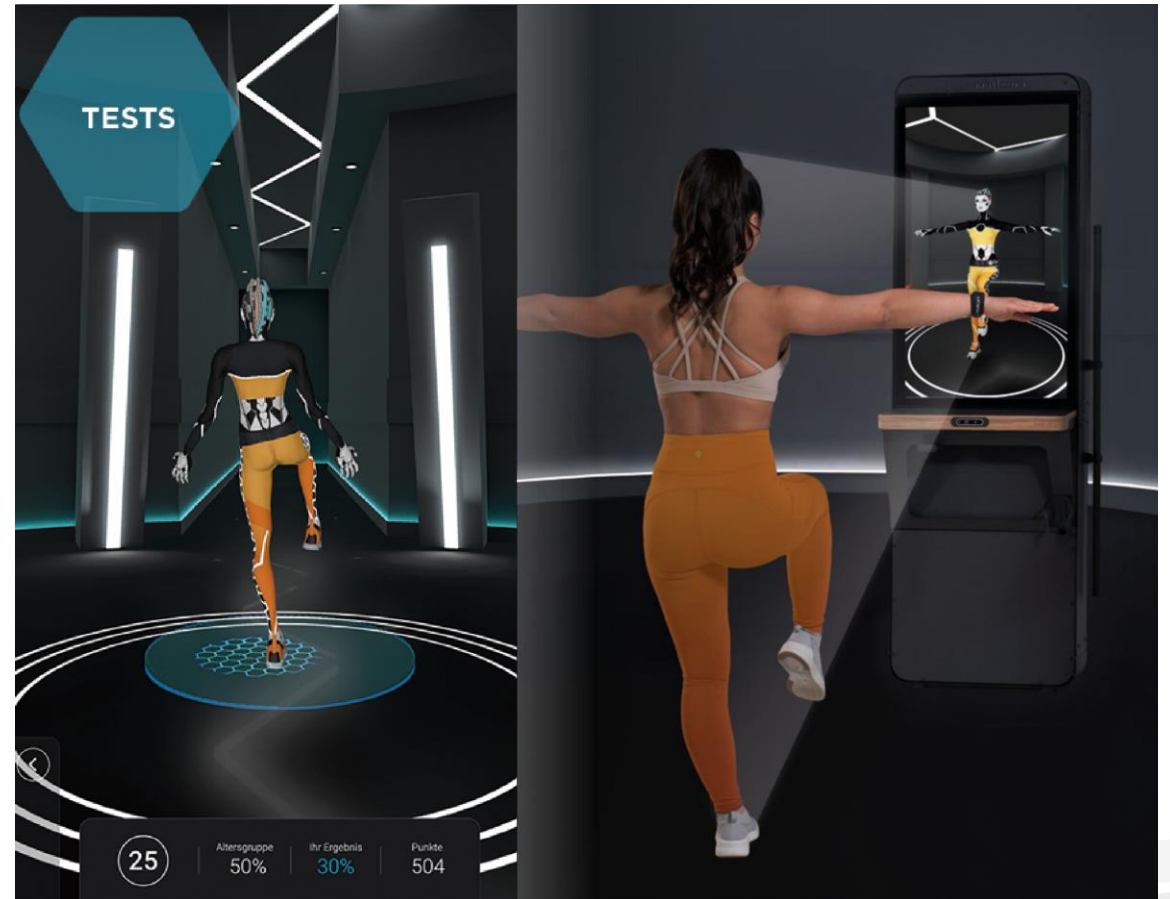
- Milon YOU 智能體測系統可執行八項專業檢測，包含四項靈活度測試與四項體能檢測。
- 其數據不僅能與同年齡層、同性別群體進行標準化比對，更能評估肌少症（Sarcopenia）的潛在風險等級。
- 透過定期進行 Milon YOU 檢測，系統將自動儲存歷次數據並生成趨勢分析圖表，讓使用者能直觀掌握自身訓練進展與身體變化趨勢。



# MILON YOU Intelligent Body Measurement System

## Smart Analysis, Holistic Management

- Milon YOU Intelligent Body Measurement System can perform 8 professional assessments (including 4 flexibility tests and 4 fitness tests).
- The data can be standardized and compared with individuals of the same age and gender, while also evaluating the potential risk level of sarcopenia.
- By conducting Milon YOU assessments regularly, the system automatically stores historical data and generates trend analysis charts, enabling users to clearly track their training progress and physical changes over time.



# MILON Q+ 系列訓練器材

- 最大肌力測試功能可精準追蹤訓練進度，激勵使用者持續突破與進步。
- 系統提供四種阻力訓練模式：正常模式、自適應模式、等速模式與離心模式，滿足不同訓練需求。
- 具備個性化運動範圍（ROM）設定與限制選項，確保安全與效率兼顧。
- 以毫米為單位的個性化自動座椅調整，為使用者打造最貼合的訓練姿勢。
- 訓練可視化功能提供即時回饋，顯示動作節奏（如擺錘與蛇形），幫助使用者更直觀地掌握與控制動作。



# MILON Q+ Series Training Equipment

- The maximum strength testing function precisely tracks training progress, motivating users to continuously break through and improve.
- The system offers four resistance training modes: standard mode, adaptive mode, isokinetic mode, and eccentric mode, meeting diverse training needs.
- It features personalized range of motion (ROM) settings and restriction options, ensuring both safety and efficiency.
- With millimeter-level automatic seat adjustment, users can achieve the most tailored training posture.
- The training visualization function provides real-time feedback, displaying movement rhythms (such as pendulum and serpentine), helping users intuitively control and refine their actions.



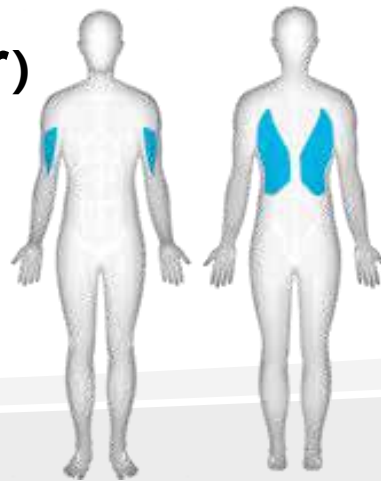
# MILON Q+ Series Training Equipment

## MILON Q+ 系列訓練器材

### LAT PULLDOWN (背部下拉機)

肌肉群 Muscle Group:

- 背闊肌 (Latissimus Dorsi)
- 二頭肌 (Biceps)
- 菱形肌 (Rhomboids)
- 斜方肌 (中、下段)  
(Trapezius - Middle & Lower)



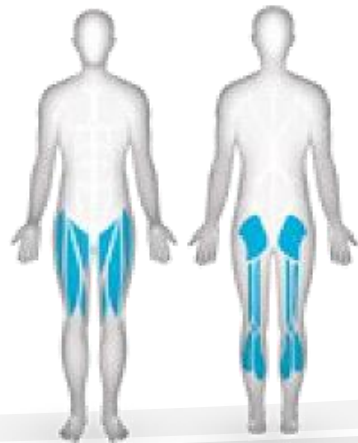
# MILON Q+ Series Training Equipment

## MILON Q+ 系列訓練器材

### LEG PRESS (腿部推舉機)

肌肉群 Muscle Group:

- 股四頭肌 (Quadriceps)
- 臀肌 (Glutes)
- 腿後肌群 (Hamstrings)
- 小腿肌群 (Calf)



# MILON Q+ Series Training Equipment

## MILON Q+ 系列訓練器材

### CROSSTRAINER (橢圓機)

#### 肌肉群 **Muscle Group:**

#### 腿部肌群 **Leg Muscles**

- 股四頭肌 ( **Quadriceps** )
- 臀肌 ( **Glutes** )
- 腿後肌群 ( **Hamstrings** )
- 小腿肌群 ( **Calf** )

#### 核心肌群 **Core Muscles**

- 腹肌與腰背肌 ( **Chest and back muscles** )

#### 上半身肌群 ( 若使用手把 )

#### **Upper Body Muscles (when using handlebars)**

- 胸肌與背肌 ( **Chest and back muscles** )
- 肩膀與手臂 ( 二頭肌、三頭肌 ) ( **biceps, triceps** )



# MILON Q+ Series Training Equipment

## MILON Q+ 系列訓練器材

### CHEST PRESS (推胸機)

- 胸大肌 (Pectoralis Major)
- 前三角肌 (Anterior Deltoid)
- 肱三頭肌 (Triceps Brachii)



# MILON Q+ Series Training Equipment

## MILON Q+ 系列訓練器材

### BACK EXTENSION (背部伸展機)

- 豎脊肌 (Erector Spinae)
- 臀大肌 (Gluteus Maximus)
- 腿後肌群 (Hamstrings)
- 核心肌群 (Core Muscles)



# MILON Q+ Series Training Equipment

## MILON Q+ 系列訓練器材

### Rotator (旋轉訓練機)

- 棘上肌 (Supraspinatus)
- 棘下肌 (Infraspinatus)
- 小圓肌 (Teres Minor)
- 肩胛下肌 (Subscapularis)

