

Galileo® Mano 20/20 L

Galileo® Mano 20 – Dumbbell for one-handed exercises

The dumbbell system Galileo Mano 20 with reduced grip diameter and weight offers appropriate training options for children with customary ease of use. The dumbbell Galileo Mano 20 is particularly light and with its grip range of 160 mm designed for one-handed exercises. The elliptical movement of the dumbbell handle reaches a fixed amplitude of 2.5 mm.

Galileo® Mano 20 L – Dumbbell for ambidextrous exercises

The dumbbell system Galileo Mano 20 L is the extended version of the Mano 20 model with side-changing handle for use with both hands. The handle area has been extended to a comfortable 260 mm. The lateral alternating functioning of the dumbbell results in a variable amplitude in the range from 0 to 2.5 mm. The grip position of the hands determines the amplitude.

Scope of delivery and specifications

Separate standing control panel

- Solid plastic housing
- Input voltage range broad range mains adapter: 100..240 V AC
- Dimensions: 250 x 160 x 80 mm
- Weight: 1.9 kg
- Frequency range: 5..40 Hz
- Power consumption: max. 200 VA



Dumbbell Mano 20

- Dimensions: 217 x 151 x 46 mm
- Weight: 1.1 kg
- Grip area: 160 mm
- Amplitude: Fixed 2.5 mm
- Max. acceleration: 16.1 g
- CE marking

Dumbbell Mano 20 L

- Dimensions: 317 x 151 x 46 mm
- Weight: 1.4 kg
- Grip area: 260 mm
- Amplitude: Variable 0..+/-2.5 mm
- Max. acceleration: 16.1 g

Included accessories

- Power cable and operating manual



Rear view control panel



Galileo Mano 20 dumbbell system

MECHANO-STIMULATION FOR HANDS, ARMS AND SHOULDERS.
ADAPTED HANDLE DIAMETER FACILITATES APPLICATION
FOR CHILDREN.



Galileo Mano 20 L dumbbell system

The addition of the optional Wobbel function allows a randomly changing training frequency (oscillations per second).

Available options

Second dumbbell

- Parallel operation

Foot switch

- To easily switch off the Galileo system

Remote control for control panel

Wobbel remote control