

Categorie Premio

Accessibilità

Sostenibilità

Qualità della vita

Product Name

The Access

Designer

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Description of innovation social values

- product category
- formal and functional features
- problems solved by innovation
 - user
 - field of application

In a non-scientific survey conducted in 2006, two hundred fitness clubs from across the US were asked if they provided fitness equipment accessible to wheelchairs users. The results were staggering. **Over 94% of these clubs did not offer any accessible equipment.**

"The Access" is universal fitness equipment that is designed to accommodate all users regardless of their age, size, range of mobility, or fitness level. Current fitness equipment excludes numerous demographics (wheelchair users, geriatrics, wounded war veterans, etc). While able-bodied users can operate current machines, others with less abilities are often neglected and not considered in the design criteria.

Current fitness equipment designs, while focusing solely on the form of the exercise to be performed, often overlook the true interaction and interface between the user and machine. Every touch point on The Access has been simplified to its purest form allowing even the most limited user, and incomplete quadriplegic, to be independently capable of operating the machine with ease.

To eliminate current segregation in fitness clubs, the intended user is everyone. The Access provides a means for all users to share accessible fitness equipment and equally have an opportunity to maintain a healthy lifestyle. It is intended to first be placed into public fitness centers across the globe, and additionally be placed within rehabilitation centers, retirement homes, and personal homes.

Description of technical features

- operations
- technology

Every interaction with the machine has been carefully designed to ensure ease of use and to allow the user to feel comfortable with the machine. Innovative engineering allows the machine to be positioned in infinite configurations allowing it to accommodate to all users of all sizes. Replacing the traditional exposed weight stacks and pull pins, is an enclosed weight stack system in which the desired weight is selected through a simple push of a button. Numerous support pads are simplified to one multi-purpose pad that enables the user to articulate and pivot into virtually any position desired. Traditional carabiner clips are replaced with simple 'J' hooks that allow for easy attachment/detachment in a single-handed operation. To transition between exercises, a simple push button engages and disengages the arms allowing the user to easily choose the desired exercise. A removable seat is included to allow able-bodied users to perform seated exercises. The seat also easily detaches and wheels out of the way to accommodate wheelchair users.

Dimensions

The Access approx. is 66" tall, 79.25" wide with the arms perpendicular to the body and 51.0" deep.

Materials

The Access is constructed of seven and eleven gauge steel that has been electro-statically powder-coated. The internal components are incased in smoked acrylic. The inside solenoids are OEM parts. Iron weight plates are used for exercise resistance.

Certifications

International Design Excellence Awards (IDEA) 2007 Student Gold, Best in Show, and People's Choice award winner

Benefits for environment

The Access eliminates the need for several machines for different exercises. All the functions of an entire circuit of equipment are in this one machine. Each piece of equipment in a fitness line requires its own tooling and manufacturing process. By minimizing machines needed, the negative effects on the environment by manufacturing is reduced to a fraction. Highly durable steel is also used, providing a lifespan of 10+ years. Once obsolete, it can be recycled into new.

Benefits for human being

Physical exercise is an important aspect to everyday life. Emotionally it increases confidence, alleviates stress and increases productivity/efficiency. Physically it increases overall strength, produces energy and improves functioning of the heart. Public gyms were established to provide exercise facilities for everyone; **they failed**. These gyms should contain equipment that does not segregate according to physical capabilities. They should offer equal opportunity for **ALL** of their users. The Access provides a means for ALL members of society to maintain a healthy lifestyle and live long, healthy lives.