

ottobock.

Tour Start!

Handbikes for daily use and recreation

Quality for life

Information for users





Learning from the pros

Our commitment to sports for the disabled is important to us and we have been supporting the Paralympic Games since 1988. We work closely with great athletes. They serve as a role model for many, demonstrating that today's handicapped people are active and providing inspiration with their sports performance.

Everyone views their goals differently – having goals is the main thing! Sport brings people together, serves as motivation and allows them to experience community and team spirit in professional as well as popular sports.

It is with this in mind that Ottobock offers bikes for recreational sports with the new handbikes – the manual a-mano.3 and the e-mano.3 with electric support. In doing so we – and ultimately of course you – benefit from the know-how of experienced Paralympic athletes who were closely involved in the product development process. They know from personal experience what counts in a sports product and what requirements a handbike has to meet.

Your limits of yesterday are today's challenges

a-mano.3 Manual Handbike

You are in good shape and seeking challenges? The manual a-mano.3 is a sporty recreational handbike that can be upgraded with numerous extras. Good road handling, a comfortable 8-gear transmission as standard equipment and top-quality bike components stand for ambitious recreation.



e-mano.3 Handbike with Electric Support

You want to ride a handbike but lack the required support? With a bit of help, you are on your way. The e-mano.3 is the only handbike on the market with electric support that is integrated rather than retrofitted. It is fully integrated into the bike design. Professional Bosch drive system technology finally makes handbiking a recreational sport – and your sport!





Photo: e-mano.3



Manual Handbike a-mano.3 Dynamically challenging

You rise to the challenge in sun, wind and rain, your breath comes fast, this is when you need strength, feeling your body as your pulse races, while your eyes are firmly fixed on your destination: the a-mano.3 handbike challenges you to push your personal limits, to give a lot and get a lot in return – freedom and the incredible feeling when you succeed through your own performance.

a-mano.3

Take up the challenge

1 Gearshift

For handbike riders with sporting ambitions who want to train hard for fitness and performance, the a-mano.3 is the recreational bike of choice for use on streets and bike paths. A special version with suspension chassis also handles cobblestone streets and dirt tracks.

8 gears in the standard version make sure you have the required energy, even in case of challenging road conditions or on hills. The a-mano.3 is equipped with the mechanical trigger shifting system, which is familiar from the bicycle industry.

2 Seat

You choose your position – sitting upright with a good overview, or leaning back for more stability and reduced wind resistance. The entire seating unit is equipped with adaptable seat and back upholstery, and you can add your seat cushion. Footrests support the legs and the feet are additionally secured with hook-and-loop straps – so that nothing stands in the way of your fast-paced tour!

3 Adaptation

Sitting position, seat length, back angle and leg length – adapting your bike to you is quick and simple. This ensures the optimum transfer of your strength into energy on the street.

4 Frame

Torsion-resistant aluminium ensures the required bike stability and your safety. It also makes the frame as lightweight as possible. This benefits you during street tours and also makes it easy to load the bike into the car. The rear wheels – equipped with threaded axles for safety – are easy to remove for this purpose.

5 Drive system

The a-mano.3 is steered by hand and driven via a hand crank. Force is transmitted from the hand crank directly to the front wheel by a chain. The brakes and gearshift are operated comfortably using the levers, without taking your hands off the crank during a tour.

Optional accessories

- 8-gear automatic transmission
 - Individually adaptable seat and back padding
 - Front and rear LED lighting
 - Front guard
 - Suspension
 - 3 disc brakes
 - Ergonomic crank handles
 - Bottle holder
 - Head and neckrest
 - Custom equipment for tetraplegics
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Electric Handbike e-mano.3 Sporty support

Dare to try. You can do it. Take back your leisure time, conquer life bit by bit, don't let yourself be limited: the e-mano.3 handbike with electric support makes handbiking possible for you too! Become part of the community and experience the happiness of touring shared with other handbikers and cyclists. You are there and your world expands when you go cross-country, off the beaten track.

e-mano.3

The handbike for you

1 Bosch drive system technology

The fully integrated Bosch drive system technology installed inside the crankcase provides direct support as soon as you start to move. If you seek your sporting challenges by going cross-country and off the beaten track, or if you generally need support in terms of strength and endurance, then the e-mano.3 opens up entirely new possibilities for you starting now! With Bosch drive system technology, even starting off from an unfavourable position on hills or riding across uneven terrain is no longer a problem. The electronics feature 4 different performance programmes. This allows you to choose the right level of support for you and the respective situation. The 3-gear transmission in the standard version is entirely sufficient thanks to the electric power, with 8 gears available as an option.

2 Battery

The battery is integrated behind the seating unit, resulting in virtually no visual difference compared to the a-mano.3 manual sister model. Depending on the speed level and terrain, the range is 45 to 120 km. You can take a replacement battery along conveniently. When you take a break to replenish your own energy, the battery can also be charged quickly within 2 hours.

3 Suspension

If you travel cross-country, you can add a spring suspension system to the e-mano.3. It consists of two independent dampers with individually adjustable stiffness, which are mounted on the rear swinging forks.

Mountain bike version

Attention cross-country fans: in addition to the trekking version, the e-mano.3 is also available as a mountain handbike. It has been designed and equipped especially for cross-country riding.

- Fully all-terrain
- Special suspension
- Heavy-duty tyres
- 3 disc brakes

Optional accessories

- 8-gear transmission
 - 8-gear automatic transmission
 - Individually adaptable seat and back padding
 - Front and rear LED lighting
 - Front guard
 - Suspension
 - 3 disc brakes
 - Ergonomic crank handles
 - Bottle holder
 - Head and neckrest
 - Custom equipment for tetraplegics
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