

PRODUCT CATALOGUE



World-leading solutions For Lifelong Strength



KEY PRODUCT FACTS

COMPUTERIZED TRAINING AND
OPERATIONS

CLOSE TO ZERO STARTING LOAD

100G AND 1KG INCREMENTS

AUTOMATIC RESISTANCE INCREASE

SAFE NATURAL MOVEMENT

AIR RESISTANCE

HUR MEDICAL CONCEPTS WITH
TRAINING PROGRAMMES

WORLD-LEADING SOLUTIONS FOR LIFELONG STRENGTH

As the world-leading supplier of exercise solutions to active ageing, rehabilitation and the inclusive wellness markets, HUR's mission is to provide the best concepts and products For Lifelong Strength.

HUR provides advanced, modern and science-based exercise technology. **This is the culmination of almost 30 years of close co-operation with leading researchers in biomechanics and exercise physiology.**

The computerized air pressure equipment is especially designed to meet the needs of rehabilitation, senior exercise and inclusive wellness users, who are the preferred customers of today's fitness industry.



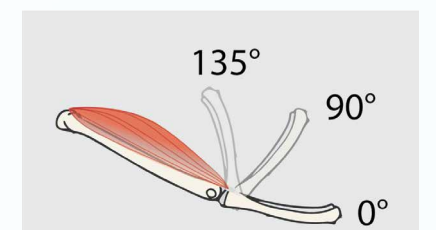
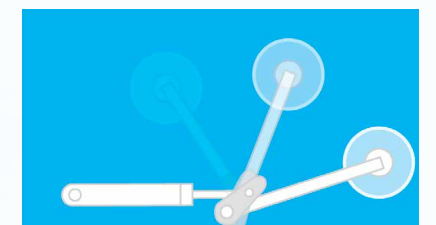
Ergonomic and efficient exercise for all users

HUR exercise equipment is designed to address our individuality: everyone's strength levels and abilities vary. Therefore, resistance starts at close to zero load, to accommodate the weakest users, and can be increased by 100g/ 0.5 lb increments. **This means that loads can be set to the users' exact needs, for each and every training session. The result is increased safety and faster progress.**

The HUR "Natural Transmission" air pressure resistance system provides optimal loading for muscles throughout the range of motion. The technology simulates the natural function/movement of your muscles, and you can train harder in a more comfortable way, regardless of your fitness level, without damaging your

joints and connective tissue. With this method, based on pneumatic technology, resistance is adapted in accordance with the production of force, regardless of the speed of the movement, which also allows for speed training.

All HUR machines work muscles in both concentric and eccentric phases.





Smart systems provide valuable outcomes and operational benefits

Having manufactured computerized exercise equipment since 1999, **HUR has reached its 5th generation of machines and software: HUR SmartTouch Hi5** (page 5-7). The system simplifies the instructor's work and provides an enhanced training experience for the users or patients. HUR SmartTouch is available in either cloud-based or local installation.

For the facility operator, the system provides a competitive advantage for the facility, will provide the metrics to track exercise performance, save staff resources and automatically provide documentation of patients' progress.

For the instructor, the system will speed up the introduction of new users and eliminate paperwork and mundane tasks. The loads can be increased automatically as the person progresses, and the system will provide the documentation needed to track progress. This enables instructors to focus more on patients who really need their assistance.

Users will be empowered and able to exercise independently. The machines are easy to access and the loads are set up automatically.

The touch screen display provides instructions, goals and feedback on progress. This gives an immediate sense of achievement and keeps people motivated.

Product lines offer versatility

The range of HUR products covers a variety of solutions for different needs of exercising and rehabilitation.

HUR Premium Line (from page 12) is especially designed for rehabilitation and senior exercise.

HUR Active Line (from page 20) offers well designed solutions for health clubs, hotels, companies etc.

HUR Pulley (from page 30) offers a large range of exercises in one machine. Its versatility makes it suitable for regular exercisers, athletes, senior citizens, wheelchair users and patients in rehabilitation.

The overall design, modern technology and attention to detail complete with small footprint and silent, easy-to-use machines, make HUR products a compelling choice. The flexible upgradability of HUR solutions means that your investment is ready for new features just by upgrading the software.

HUR SmartTouch

A combination of scientific exercise equipment and an intelligent exercise system that represent a smart and comprehensive exercise solution For Lifelong Strength - **providing a holistic, motivating and evidence-based training and rehabilitation experience for the customer, and an evidence-based automated management tool for clinic and gym owners.**

THE SYSTEM INCLUDES THE FOLLOWING:

- HUR Strength training and testing equipment
- HUR Balance testing and training equipment
- HUR Pulley Functional training
- HUR FreeTrainer with registration of equipment-free exercises
- Compatible with selected cardio equipment and other third-party solutions
- Possibility to integrate with other systems
- Operating software
- Automated benchmarking and reporting capabilities
- Optional online training and rehabilitation protocols
- Remote viewing to track utilization and efficiency



HUR SmartTouch integrations with other systems

HUR SmartTouch can be integrated with other applications/programs using Web Services or by using an integration engine for the HL7 interface. These solutions enable importing of clients/patients into HUR SmartTouch or exporting them to other applications. Also the training information can be exported. A local integration partner is needed to build the custom integration. For more information, contact HUR on www.hur.fi.

Automatic resistance increase when user progresses

Individual training programme with automatically pre-set resistance and repetitions

Automated electronic adjustments of seat and lever arms

Automated documentation and reporting

Online seamless operating for physiotherapist/trainers and operators

Convenient RFID personal user identification interface (no sign-ins needed)

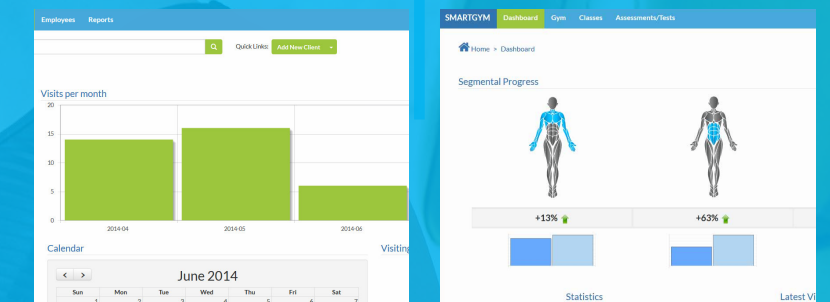
Testing possibilities and follow-up: strength and balance

HUR SmartTouch benefits

Evidence-based exercise programs with effective outcomes

BENEFITS OF HUR SMARTTOUCH:

- A comprehensive exercise system provides a **complete, motivating and smooth training experience**
- Evidence-based concepts with training programs **provide favorable outcomes**
- Automated activities speed up introduction of new customers, facilitate reporting and **reduce mundane tasks**
- The intelligent system stores training data and visualizes the progress.
- Automatic **detailed machine adjustments according to the personal training plan** makes the training safe and smooth
- Complete control with **local version or cloud version** allows also for managing multiple locations in one system



HUR Medical Concepts

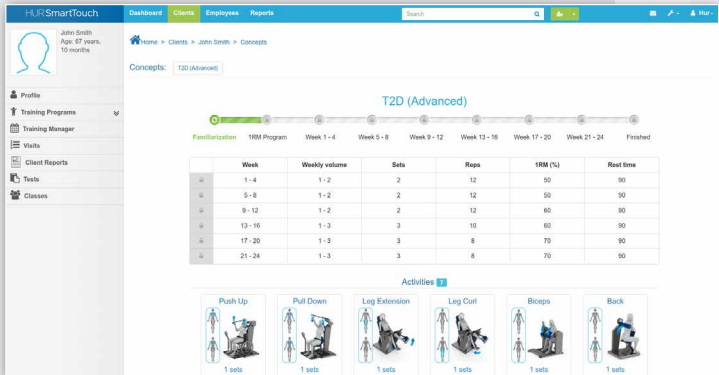
For effective exercise outcomes in preventive exercise, disease management and rehabilitation.

The HUR Medical Concepts help professionals to provide the best practice of exercise as medicine based on the latest international treatment guidelines, with the help of HUR solutions and products. The concepts have their origin in research findings from all over the world. In addition, we have also included learnings from almost 30 years of feedback and best practice we have encountered working with research institutes, professionals and different organizations within these fields.

The HUR Medical Concepts are an integrated part of the HUR SmartTouch software. The ready to use process, templates, questionnaires and training programmes, which are all a part of the HUR Medical Concepts, effective outcomes and save time for professionals by erasing mundane tasks.

BENEFITS

- Evidence-based concepts for sound exercise outcomes
- Sound exercise outcomes enhance the client's quality of life
- Sound exercise outcomes improve the reputation and brand value of the facility
- Automation eliminates mundane tasks and saves time for professionals
- Safe science-based solution makes professionals feel secure
- Comprehensive easy-to-use solution with testing and training makes the work of the professionals streamlined and provides a smoother training experience for clients
- Automated solution enables group instruction, which saves time and improves profitability per client



NOTE: The treatment of diseases should always follow the guidelines given by the treating party



FALLS PREVENTION

Includes learnings about falls and a method for preventing falls.

HYPERTENSION

Is designed to use strength training as a therapeutic modality in treatment of elevated blood pressure (BP)

TYPE 2 DIABETES

The HUR type 2 diabetes (T2D) concept is designed to use strength training as a therapeutic modality in treatment

CARDIAC REHABILITATION

Helps the rehabilitation professionals to provide the best practice of exercise as medicine based on the latest international treatment guidelines.

HIP & KNEE REHABILITATION

The effectiveness of exercise in hip and knee disorders improve muscle function, preventing abnormal movement and restore normal biomechanics of hip and knee.

Introducing features for HUR SmartTouch software:

Power

Power is an important exercise objective for sport activities, improved functional capacity for aging adults, as well as for rehabilitation purposes. Muscular power is defined as the product of force generation and movement velocity, which is demonstrated as the highest power output attainable during a given movement or repetition.

The HUR SmartTouch Power feature motivates users to perform their exercise correctly and thus help to improve the individuals' muscle strength. The previous exercises are analyzed automatically, and individual Power targets are shown during the exercise.

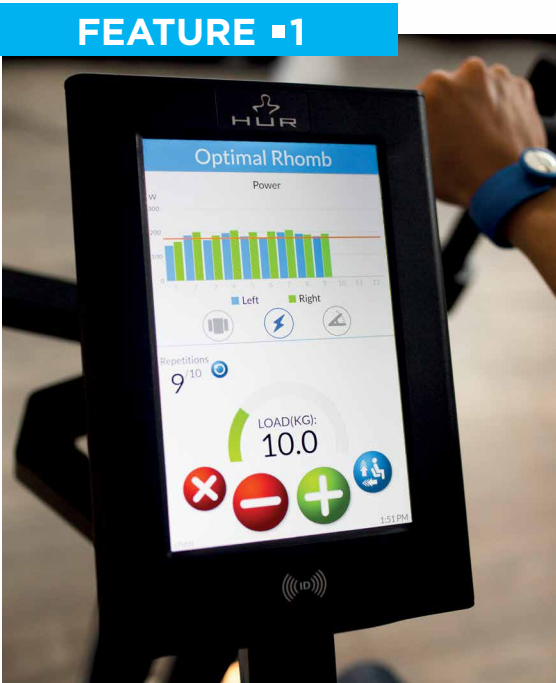
Power for individual users

The user interface displays vertical bars which demonstrate the peak power of each repetition, while a horizontal line represents the power target. Over time, users can see real-time, visual reporting of their progress they make. This motivates the users to reach for maximum effort, gaining the best possible outcome from the time invested in exercise.

Power feature for Instructors

Ensuring the quality of the exercise is the key to improving the user's strength. With HUR SmartTouch Power feature, instructors can observe the peak power of individual repetitions and the power trend to optimize the exercise components, including repetitions, resistance and speed according to the set target. Individually optimized training programs motivate users to perform at the top effort, reaching for maximal results.

Individually optimized training program motivates users to reach their best and give the maximal effort to get the maximal results.



Introducing features for HUR SmartTouch software:

Range of Motion

HUR SmartTouch enabled machines provide range of motion which help determine where the user's individual movement starts and ends. Motivate individuals to exercise safely, independently and improve their range of motion by using HUR SmartTouch pneumatic technology machines.

Effective Workouts for Individuals

With the Range of Motion feature users are guided to exercise in their optimal area of range of motion. Our intelligent technology demonstrates the user's individual range of motion which is defined together with the instructor. Range of Motion feature motivates user to perform the full movement in order to maximize the benefit of each repetition.

Quality assurance for Instructors

Defining an individual's range of motion is important for ensuring an optimal and effective exercise experience. With HUR SmartTouch Range of Motion, instructors can easily set the individual range of motion and guide the users to exercise in their maximal range of motion. HUR SmartTouch automated data capture provides the instructors with valuable insights about the quality of each repetition that the user has performed during the exercise.

Automated data capture provides instructors valuable insights into the quality of the individual's exercises.



HUR SmartTouch features - HUR Mobile App

Capture Every Exercise, at home or at the gym, with the HUR Mobile App

The HUR Mobile App extends SmartTouch workouts into the home with an easy-to-use app for tablets and smartphones. The app includes 140+ equipment-free exercises complete with exercise videos and simple instructions. The app collects key exercise data to maximize individual training experience and provide outcome data to the trainer or therapist

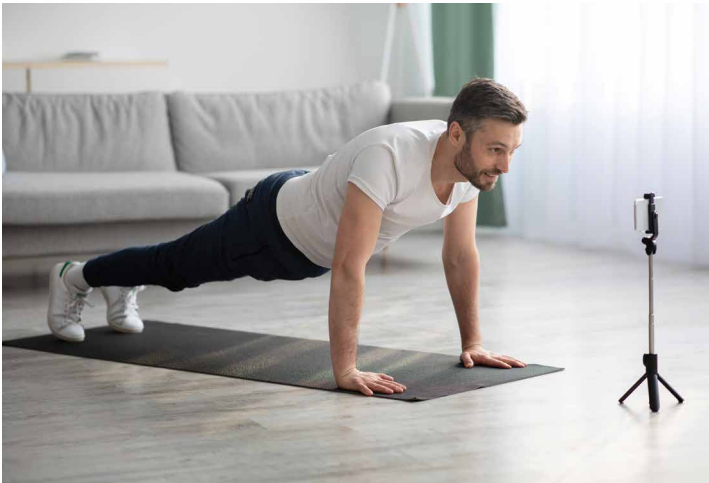
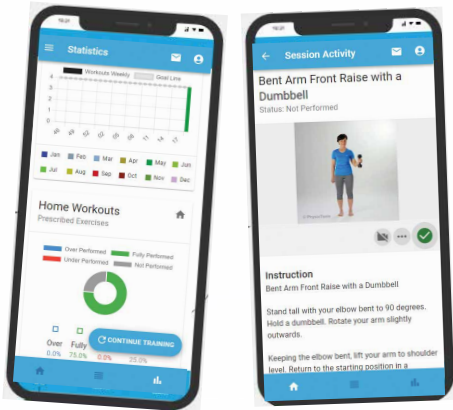
More options for instructors and supervisors

With the HUR Mobile App, instructors can easily create individual training programs that include functional training, balance, flexibility, and other home-based activities. Gym-based exercises can also be included, with **data from HUR SmartTouch equipment automatically updated in the app.**

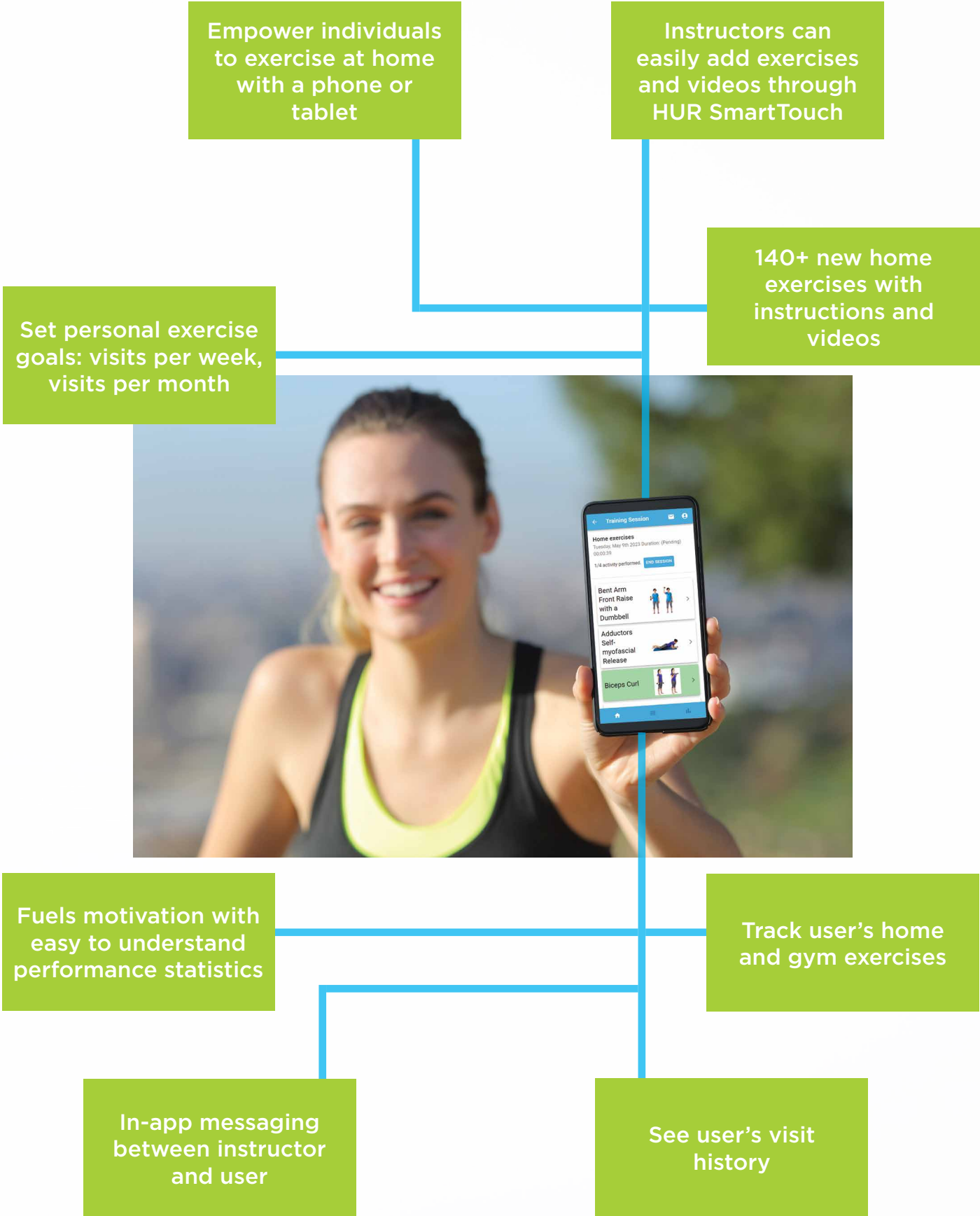
The HUR Mobile App makes it easier to assess individual performance and customize individual training programs. Instructors and users can easily send messages to one another with in-app messaging. **User can easily download the app with an auto-generated QR code.**

More motivation and flexibility for individual users

The HUR Mobile App makes it easier than ever for individuals to independently exercise by including in home and gym based exercises. **Clear written instructions, images, and videos ensure each exercise is completed properly.** The app fuels motivation by providing easy to understand performance statistics and outcome reporting.



App Features





HUR Premium Line

For rehabilitation and senior exercise

HUR’s most developed range offers world-leading, university level equipment for use in senior exercise and rehabilitation. In these sectors it is crucial, for efficient and safe training and operation, to have **a computerized system for automated reporting and the possibility for individual safe training with pneumatic resistance** – as well as a close to zero starting load and 100g/1kg resistance increments.

This equipment range, which is suitable for a variety of ages and abilities, incorporates many features that enhance safety and facilitate rehabilitation, for example, range limiters and additional supports.

UPPER BODY



STE5120-Hi5 PUSH UP/PULL DOWN

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 13 Dual function
- 19 Electrically adjustable seat¹⁾ (STE)
- 10 Anti-tilt plate
- 11 Belt
- 39 Range limiters (with start and end position)
- 29 Isometric Testing Connector
- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 24 Foot rest for upper body machine (4131)
- 2 Additional seat cushion (9097-2)
- 45 Tube Grip Glove (8216, 8217)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
110	43	150	59	181	71	79	174



ST9120-Hi5 PUSH UP/PULL DOWN EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 13 Dual function
- 11 Belt
- 39 Range limiters (with start and end position)
- 29 Isometric Testing Connector
- 49 Base plate

EQUIPMENT OPTIONS:

- 5 Adjustable easy access chair (EA9060)
- 45 Tube Grip Glove (8216, 8217)
- 23 Heavy duty

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
113	44	127	50	179	70	73	161



STE5140-Hi5 CHEST PRESS

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

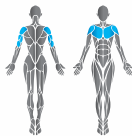
- 19 Electrically adjustable seat¹⁾ (STE)
- 40 Range limiters (with start position)
- 29 Isometric Testing Connector
- 35 Multigrip handles
- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 24 Foot rest for upper body machine (4131)
- 2 Additional seat cushion (9097-2)
- 45 Tube Grip Glove (8216, 8217)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
119	47	125	49	137	54	87	192

NOTE: Complete numbered list of standards & options on page 38-41 ¹⁾ Only for SmartTouch machines



**ST9140-Hi5 CHEST PRESS
EASY ACCESS**

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

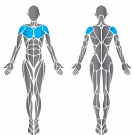
**STANDARD EQUIPMENT
FEATURES:**

- 35 Multigrip handles
- 32 Lock mechanism
- 29 Isometric Testing Connector
- 49 Base plate

**EQUIPMENT
OPTIONS:**

- 5 Adjustable easy access chair (EA9060)
- 45 Tube Grip Glove (8216, 8217)
- 23 Heavy duty

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
131	52	137	54	105	41	84	185



STE5160-Hi5 PEC DECK

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

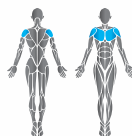
**STANDARD EQUIPMENT
FEATURES:**

- 19 Electrically adjustable seat¹ (STE)
- 27 Handgrips for additional support
- 40 Range limiters (with start position)
- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

**EQUIPMENT
OPTIONS:**

- 24 Foot rest for upper body machine (4131)
- 2 Additional seat cushion (9097-2)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
118	46	100	39	132	52	74	163



ST9160-Hi5 PEC DECK EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

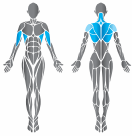
**STANDARD EQUIPMENT
FEATURES:**

- 27 Handgrips for additional support

**EQUIPMENT
OPTIONS:**

- 5 Adjustable easy access chair (EA9060)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
143	56	113	44	138	54	82	181



STE5175-Hi5 OPTIMAL RHOMB

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

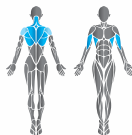
**STANDARD EQUIPMENT
FEATURES:**

- 19 Electrically adjustable seat¹ (STE)
- 35 Multigrip handles
- 40 Range limiters (with start position)
- 54 Adjustable feet with floor mounting option

**EQUIPMENT
OPTIONS:**

- 45 Tube Grip Glove (8216, 8217)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
106	42	131	52	113	44	77	170



**ST9175-Hi5 OPTIMAL RHOMB
EASY ACCESS**

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

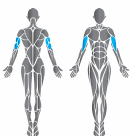
**STANDARD EQUIPMENT
FEATURES:**

- 35 Multigrip handles
- 4 Adjustable chest support
- 41 Release function

**EQUIPMENT
OPTIONS:**

- 5 Adjustable easy access chair (EA9060)
- 45 Tube Grip Glove (8216, 8217)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
110	43	106	42	115	45	82	181



**ST9110-Hi5 BICEPS/TRICEPS
EASY ACCESS**

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

**STANDARD EQUIPMENT
FEATURES:**

- 13 Dual function
- 29 Isometric Testing Connector
- 49 Base plate

**EQUIPMENT
OPTIONS:**

- 5 Adjustable easy access chair (EA9060)

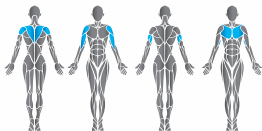
Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
127	50	115	45	128	50	91	201

NOTE: Complete numbered list of standards & options on page 38-41

NOTE: ¹ Only for SmartTouch machines

NOTE: Complete numbered list of standards & options on page 38-41

NOTE: ¹ Only for SmartTouch machines



ST9125-Hi5 DIP/SHRUG
EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

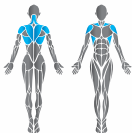
STANDARD EQUIPMENT
FEATURES:

- 13 Dual function
- 28 Horizontally adjustable lever arms
- 11 Belt
- 39 Range limiters (with start and end position)
- 29 Isometric Testing Connector
- 49 Base plate

EQUIPMENT
OPTIONS:

- 5 Adjustable easy access chair (EA9060)
- 45 Tube Grip Glove (8216, 8217)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
107	42	130	51	108	43	72	159



ST9150-Hi5 LAT PULL EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT
FEATURES:

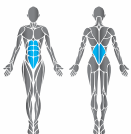
- 35 Multigrip handles
- 32 Lock mechanism
- 4 Adjustable chest support
- 41 Release function
- 29 Isometric Testing Connector

EQUIPMENT
OPTIONS:

- 5 Adjustable easy access chair (EA9060)
- 45 Tube Grip Glove (8216, 8217)
- 23 Heavy duty

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
116	46	105	41	118	46	80	176

CORE BODY



STE5310-Hi5 ABDOMEN/BACK

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT
FEATURES:

- 19 Electrically adjustable seat¹ (STE)
- 20 Electrically adjustable vertical seat position¹ (STE)
- 17 Electrically adjustable lever arm (STE) ¹
- 13 Dual function
- 39 Range limiters (with start and end position)
- 29 Isometric Testing Connector
- 54 Adjustable feet with floor mounting option

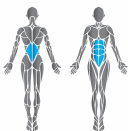
EQUIPMENT
OPTIONS:

- 43 Reversible roller (4103)
- 2 Additional seat cushion (9097-2)
- 11 Belt (9081)
- 25 Foot support

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
86	34	90	35	130	51	71	157

NOTE: Complete numbered list of standards & options on page 38-41

NOTE: ¹ Only for SmartTouch machines



ST9310-Hi5 ABDOMEN/BACK
EASY ACCESS

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

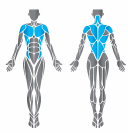
STANDARD EQUIPMENT
FEATURES:

- 14 Easy access handgrips
- 13 Dual function
- 19 Electrically adjustable seat¹ (STE)
- 20 Electrically adjustable vertical seat position¹ (STE)
- 25 Foot support
- 42 Reversible back support
- 43 Reversible roller

EQUIPMENT
OPTIONS:

- 11 Belt
- 39 Range limiters (with start and end position)
- 29 Isometric Testing Connector
- 54 Adjustable feet with floor mounting option

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
85	34	131	52	171	67	89	196



ST5340-Hi5 TWIST REHAB

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

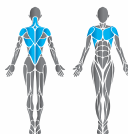
STANDARD EQUIPMENT
FEATURES:

- 51 Adjustable start position
- 3 Adjustable back support
- 12 Dual function (left & right)
- 14 Easy access handgrips
- 39 Range limiters (with start and end position)
- 29 Isometric Testing Connector
- 54 Adjustable feet with floor mounting option

EQUIPMENT
OPTIONS:

- 11 Belt (9081)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
140	55	101	40	120	47	75	165



ST9330-Hi5 TWIST EASY ACCESS

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT
FEATURES:

- 33 Lockable lever arm
- 43 Reversible rollers
- 12 Dual function (left & right)
- 54 Adjustable feet with floor mounting option

EQUIPMENT
OPTIONS:

- 23 Heavy duty

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
80	31	125	49	126	50	63	139

NOTE: Complete numbered list of standards & options on page 38-41

NOTE: ¹ Only for SmartTouch machines

LOWER BODY



ST5510-Hi5 BODY EXTENSION

OPERATING SYSTEM OPTIONS:

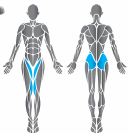
55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 14 Easy access handgrips
- 40 Range limiters (with start position)
- 11 Belt
- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
112	44	125	49	114	45	86	190



ST5520-Hi5 ADDUCTION/ ABDUCTION

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 13 Dual function
- 14 Easy access handgrips
- 39 Range limiters (with start and end position)
- 29 Isometric Testing Connector
- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 2 Additional seat cushion (9097-2)
- 11 Belt (9081)
- 1 Additional back support (9033-3)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
147	58	123	48	126	50	73	161



STE5530-Hi5 LEG EXTENSION/CURL

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

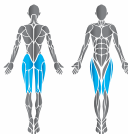
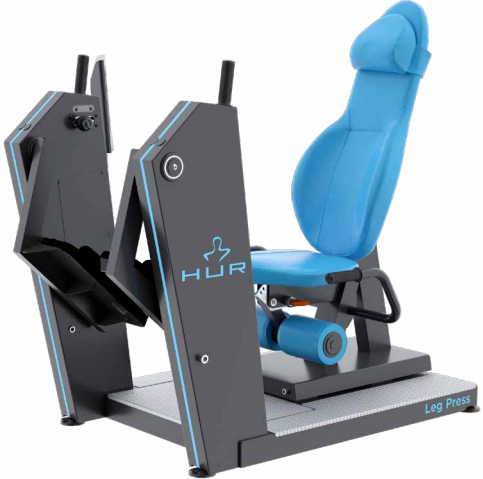
- 15 Electrically adjustable back support¹ (STE)
- 18 Electrically adjustable lever arms¹ (STE)
- 11 Belt
- 13 Dual function
- 14 Easy access handgrips
- 31 Leg straps
- 39 Range limiters (with start and end position)
- 29 Isometric Testing Connector

- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 2 Additional seat cushion (9034-2)
- 1 Additional back support (9033-3)
- 46 Step for Leg Extension/Curl (4257)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
112	44	155	61	140	55	104	229



STE5540-Hi5 LEG PRESS

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

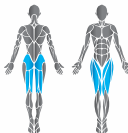
- 21 Electrically adjustable seat position²
- 14 Easy access handgrips
- 47 Foot straps
- 32 Lock mechanism
- 30 Knee hyper-extension eliminator
- 29 Isometric Testing Connector
- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

- 21 Electrically adjustable seat position

EQUIPMENT OPTIONS:

- 2 Additional seat cushion (9034-2)
- 38 Plate for joining levers¹ (4134)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
103	41	170	67	135	53	127	280



STE5546-Hi5 LEG PRESS INCLINE

OPERATING SYSTEM OPTIONS:

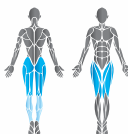
55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 50 Adjustable foot plate
- 14 Easy access handgrips
- 53 Electrically adjustable back support & shoulder rollers
- 57 Lock mechanism for Leg Press Incline
- 29 Isometric Testing Connector
- 36 Neck cushion

EQUIPMENT OPTIONS:

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
93	37	222	87	128	50	107	236



STE5549-Hi5 LEG PRESS CC

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 14 Easy access handgrips
- 29 Isometric Testing Connector
- 50 Adjustable foot plate
- 53 Electrically adjustable back support & shoulder rollers
- 16 Electrically adjustable seat for optimal start position
- 52 Low step-up height
- 36 Neck cushion

EQUIPMENT OPTIONS:

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
94	37	227	89	151	59	175	286

NOTE: Complete numbered list of standards & options on page 38-41 NOTE: ¹ Only for SmartTouch machines

NOTE: Complete numbered list of standards & options on page 38-41 NOTE: ² Comes with old type lever arm



HUR Active Line

For active living

HUR's Active range offers easy to use machines with minimal adjustment points. The unique Natural Transmission system provides a safe and effective workout with **no damaging stress on joints and connective tissues** – the workload is applied specifically to the muscles. Furthermore the silent machines take up very little space and add another design element to wellness centres, hotels, companies etc.

UPPER BODY

STE3110-Hi5 BICEPS/TRICEPS

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 13 Dual function
- 19 Electrically adjustable seat¹ (STE)
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 29 Isometric Testing Connector (4254)



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
115	45	103	41	124	49	88	194

ST3120-Hi5 PUSH UP/PULL DOWN

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 13 Dual function
- 9 Adjustable seat height
- 10 Anti-tilt plate
- 11 Belt
- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

Equipment Options:

- 24 Foot rest for upper body machine (4131)
- 2 Additional seat cushion (9097-2)
- 39 Range limiters (with start and end position) (4252)
- 29 Isometric Testing Connector (4254)
- 45 Tube Grip Glove (8216, 8217)
- 23 Heavy duty²



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
110	43	150	46	181	71	76	168

STE3125-Hi5 DIP/SHRUG

OPERATING SYSTEM OPTIONS:

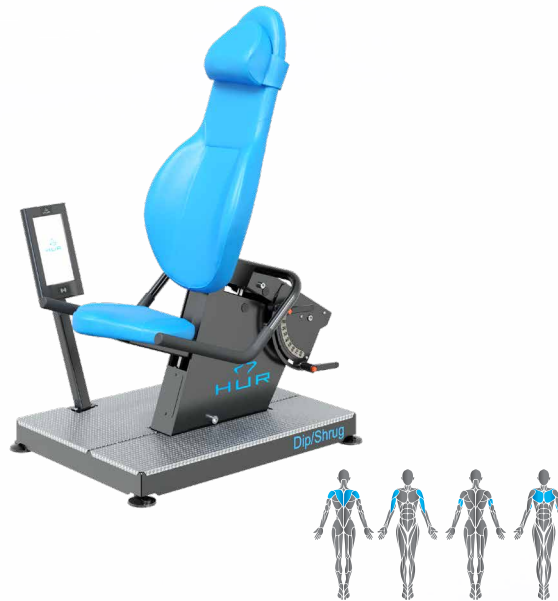
55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 19 Electrically adjustable seat¹ (STE)
- 13 Dual function
- 36 Neck cushion
- 39 Range limiter (with start and end position)
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 24 Foot rest for upper body machine (4131)
- 2 Additional seat cushion (9097-2)
- 29 Isometric Testing Connector (4254)
- 45 Tube Grip Glove (8216, 8217)



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
90	35	98	39	137	54	69	152

NOTE: Complete numbered list of standards & options on page 38-41 NOTE: ¹ Only for SmartTouch machines ² Not compatible with range limiters



ST3140-Hi5 CHEST PRESS

OPERATING SYSTEM OPTIONS:
55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 9 Adjustable seat height
- 35 Multigrip handles
- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 24 Foot rest for upper body machine (4131)
- 2 Additional seat cushion (9097-2)
- 40 Range limiters (with start position) (4252)
- 29 Isometric Testing Connector (4254)
- 45 Tube Grip Glove (8216, 8217)
- 23 Heavy duty²

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
113	44	125	49	137	54	82	181



ST3175-Hi5 OPTIMAL RHOMB

OPERATING SYSTEM OPTIONS:
55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 9 Adjustable seat height
- 35 Multigrip handles
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 29 Isometric Testing Connector
- 40 Range limiters (with start position)
- 45 Tube Grip Glove (8216, 8217)
- 23 Heavy duty²

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
106	42	131	52	113	44	75	165



STE3150-Hi5 LAT PULL

OPERATING SYSTEM OPTIONS:
55 SmartTouch • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 19 Electrically adjustable seat¹ (STE)
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 29 Isometric Testing Connector (4254)
- 45 Tube Grip Glove (8216, 8217)
- 23 Heavy duty²

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
94	37	132	52	107	42	73	161

CORE BODY



ST3310-Hi5 ABDOMEN/BACK

OPERATING SYSTEM OPTIONS:
55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 13 Dual function
- 8 Adjustable seat position
- 9 Adjustable seat height
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 6 Adjustable lever arm (4100)
- 43 Reversible roller (4103)
- 39 Range limiters (with start and end position) (4252)
- 29 Isometric Testing Connector (4254)
- 2 Additional seat cushion (9097-2)
- 11 Belt (9081)
- 23 Heavy duty²

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
86	34	90	35	130	51	65	143



ST3160-Hi5 PEC DECK

OPERATING SYSTEM OPTIONS:
55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 9 Adjustable seat height
- 27 Handgrips for additional support
- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 24 Foot rest for upper body machine (4131)
- 2 Additional Seat cushion (9097-2)
- 39 Range limiters (with start and end position) (4252)
- 29 Isometric Testing Connector (4254)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
118	46	100	39	132	52	68	148



STE3320-Hi5 BACK EXTENSION

OPERATING SYSTEM OPTIONS:
55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 19 Electrically adjustable seat¹ (STE)
- 26 Foot support
- 54 Adjustable feet with floor mounting option

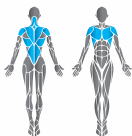
EQUIPMENT OPTIONS:

- 2 Additional seat cushion (9097-2)
- 11 Belt (9081)
- 23 Heavy duty²

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
86	34	111	44	115	45	75	165

NOTE: Complete numbered list of standards & options on page 38-41 NOTE: ¹ Only for SmartTouch machines ² Not comptible with range limiters

NOTE: Complete numbered list of standards & options on page 38-41 NOTE: ¹ Only for SmartTouch machines ² Not comptible with range limiters



ST3330-Hi5 TWIST

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 12 Dual function (left & right)
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 29 Isometric Testing Connector (4254)
- 23 Heavy duty²

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
80	31	125	49	126	50	59	130

LOWER BODY



ST3510-Hi5 BODY EXTENSION

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

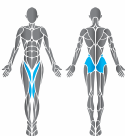
STANDARD EQUIPMENT FEATURES:

- 14 Easy access handgrips
- 36 Neck cushion
- 11 Belt
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 40 Range limiters (with start position) (4252)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
109	43	125	49	114	45	85	187



ST3520-Hi5 ADDUCTION/ABDUCTION

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 13 Dual function
- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 29 Isometric Testing Connector
- 2 Additional seat cushion (9097-2)
- 11 Belt (9081)
- 1 Additional back support (9033-3)
- 14 Easy access handgrips
- 39 Range limiters (with start and end position) (4252)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
147	58	123	48	126	50	71	157



ST3530-Hi5 LEG EXTENSION/CURL

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

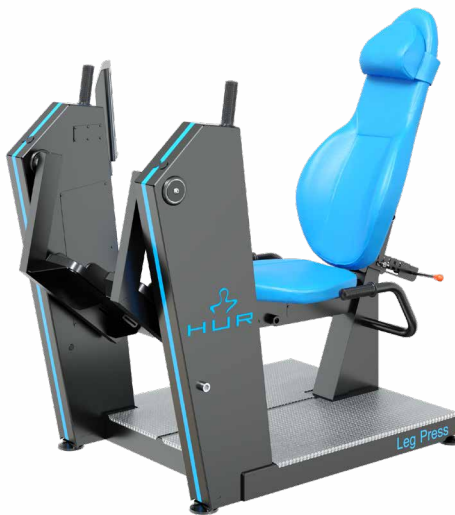
STANDARD EQUIPMENT FEATURES:

- 48 Steplessly adjustable back support
- 7 Adjustable lever arms (4101)
- 13 Dual function
- 14 Easy access handgrips
- 31 Leg straps
- 11 Belt
- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 29 Isometric Testing Connector
- 2 Additional seat cushion (9034-2)
- 1 Additional back support (9033-3)
- 39 Range limiters (with start and end position) (4252)
- 23 Heavy duty²
- 46 Step for Leg Extension/Curl (4257)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
109	43	160	63	137	54	93	205



ST3540-Hi5 LEG PRESS

OPERATING SYSTEM OPTIONS:

55 SmartTouch Hi5 • 56 Analog display

STANDARD EQUIPMENT FEATURES:

- 3 Adjustable back support
- 14 Easy access handgrips
- 47 Foot straps
- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 29 Isometric Testing Connector
- 1 Additional back support (9033-3)
- 2 Additional seat cushion (9034-2)
- 3 Plate for joining levers¹ (4134)
- 30 Knee hyper-extension eliminator (4136)
- 32 Lock mechanism

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
103	41	170	67	135	53	122	269

NOTE: Complete numbered list of standards & options on page 38-41 NOTE: ¹ Only for analog machines ²Not compatible with range limiter

NOTE: Complete numbered list of standards & options on page 38-41 NOTE: ¹ Comes with old type of lever arm ²Not compatible with range limiter

BENCHES

1100 STANDING HYPER EXTENSION

Bench for effective training of back muscles.

1200 ABDOMINAL ISOLATOR

Bench for effective targeting of abdominal muscles. Movement can be made easier or harder by adjusting the incline of the back support.

1300 INCLINE BENCH

Bench for training, for example, with dumbbells and barbells. Back support can be adjusted from horizontal position all the way up to an almost vertical position of 80 degrees.

EQUIPMENT OPTIONS

44 Transfer wheels (4140)



1100 Standing Hyper Extension



1200 Abdominal Isolator



1300 Incline Bench

EASY ACCESS CHAIR

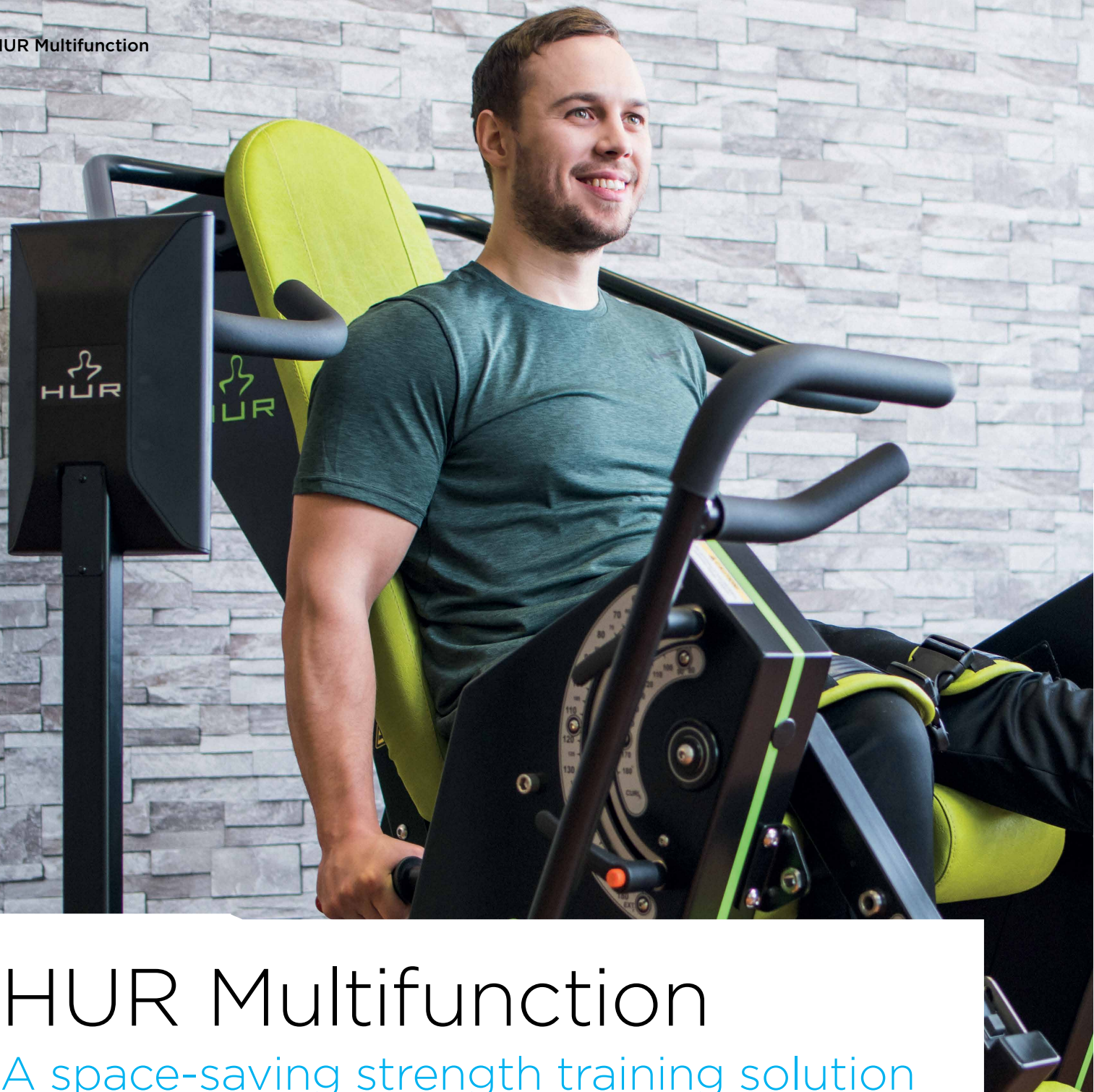
EA9060 ADJUSTABLE EASY ACCESS CHAIR (ROLLAWAY)

Steady rollaway seat makes it possible to train with Easy Access machines with or without a wheelchair. Steplessly adjustable seat height with gas spring assistance helps to find the correct and safe exercise position.



► DID YOU KNOW?

On the HUR website you can find our partners and learn more about their products. Looking for e.g. cardio equipment to go with HUR machines? Please visit www.hur.fi.

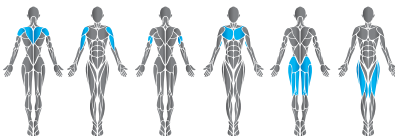


HUR Multifunction

A space-saving strength training solution

HUR Multifunction Machines are multi-purpose strength training machines. **The main benefit of the machines is that they require less space but still provide four or five different exercises for multiple muscle groups.** Changing between exercises is quick and easy by using the touch screen display.

The versatility of the machines makes them suitable for regular exercisers, athletes, seniors and rehabilitation patients. As with all HUR machines, the Natural Transmission mechanism makes the equipment easy and safe to use regardless of the speed of movement. **HUR Multifunction Machines are only available with the HUR SmartTouch system.**



STE8540-Hi5 4X MULTIFUNCTION MACHINE

OPERATING SYSTEM OPTIONS:

56 SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

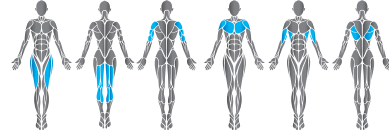
- 34 Multifunction:
 - Dip/Shrug (range limiters & isometric testing)
 - Leg Press (lock mechanisms & isometric testing)
 - Assisted Squat
- 14 Easy access handgrips
- 21 Electrically adjustable seat position
- 47 Foot straps

- 32 Lock mechanism
- 39 Range limiters (with start and end position)
- 29 Isometric Testing Connector
- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 2 Additional seat cushion (9034-2)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
103	41	188	74	132	52	154	340



ST8530-Hi5 5X MULTIFUNCTION MACHINE

OPERATING SYSTEM OPTIONS:

56 SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 34 Multifunction:
 - Chest Press (isometric testing)
 - Leg Extension/Curl (range limiters & isometric testing)
 - Push Up/Pull Down (range limiters & isometric testing)
- 48 Steplessly adjustable back support
- 7 Adjustable lever arms

- 35 Multigrip handles
- 31 Leg straps
- 39 Range limiters (with start and end position)
- 29 Isometric Testing Connector
- 11 Belt
- 36 Neck cushion
- 54 Adjustable feet with floor mounting option

EQUIPMENT OPTIONS:

- 2 Additional seat cushion (9034-2)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
122	48	190	75	184	72	144	317

NOTE: Complete numbered list of standards & options on page 38-41



HUR Pulley Functional Trainer

A large range of exercises in one machine

HUR Pulley offers a large range of exercises in one machine. Its versatility makes it suitable for regular exercisers, athletes, senior citizens, wheelchair users and patients in rehabilitation. As with all HUR machines the Natural Transmission mechanism makes the equipment easy and safe to use, regardless of the speed of movement. **HUR Pulley is available as wall mounted or floor mounted models and as a crossover station.**

PULLEY

- ST8820-Hi5 WALL MOUNTED** max load 40 kg (per cable 20 kg)
- ST8821-Hi5 FREE STANDING PULLEY** max load 40 kg (per cable 20 kg)
- ST8830-Hi5 WALL MOUNTED** max load 60 kg (per cable 30 kg)
- ST8831-Hi5 FREE STANDING PULLEY** max load 60 kg (per cable 30 kg)

Pulley 2 in 1 and 3 in 1 configurations available as option



OPERATING SYSTEM OPTIONS:

56 SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 3 Hand grip (2 pieces) (8210)
- 2 Leg strap (8211)
- 4 Strap extension (8214)
- 1 Adjustable support handles

EQUIPMENT OPTIONS:

- 5 Crossover (8805)
- 6 Pulley rowing bench (8206)
- 3 Hand grip (8210)
- 2 Leg strap (includes 8214 Strap extension) (8211)

- 9 Thigh/shoulder strap (includes 8214 Strap extension) (8212)
- 8 Waist strap (includes 8214 Strap extension) (8213)
- 4 Strap extension (8214)
- 10 Tetra glove (8215)
- 7 Gripeeze tube grip left (8216)
- 7 Gripeeze tube grip right (8217)
- 12 Pulley pulldown grip (8220)
- 11 Pulley triceps grip (8221)
- 13 Pulley accessories package (8223)
- 14 Removable Chest support for Pulley (8224)
- 15 Pulley 2 in 1 legs (8202)¹⁾
- 16 Pulley 3 in 1 legs (8203)¹⁾

Wall mounted

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
83	33	87	34	215	85	49	109

Free Standing

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
136	54	145	57	215	85	82	181

NOTE: ¹⁾ Measures depending on type of installation **NOTE:** Complete numbered list of pulley standards & options on page 42-43

HUR Cardio Equipment

Versatile solutions for rehab and conditioning

HUR Rehab Treadmill



Features

- Zero starting speed
- Speed Range 0.16-19 km/h (0.1-12 MPH)
- Speed increment 0.1
- Low step-up height: 14 cm (5'5")
- Reversing belt
- Hand-held Remote Stop-Start Switch
- Incline 15%
- Extended parallel handrails
- Rust-free aluminium frame
- 4 HP continuous duty drive motor
- Orthopedic suspension system
- Interactive contact heart rate crossbars
- User weight capacity 180 kg (400 pounds)

Dimensions

Running surface	Wide 50 cm / 20 in	Length 147 cm / 58 in
Physical footprint	Wide 89 cm / 35 in	Length 193 cm / 35 in

HUR Rehab Upright Bike



Features

- Self-powered, no electrical requirements
- Self-balanced pedals with adjustable straps
- Seat Adjustment: raise/lower with 12 settings
- Racing style handlebars with contact heart-rate monitoring and resistance controls
- Flywheel weight 6.8 kg (15 pounds)
- Eddy current magnetic braking system
- Resistance range 1-20
- Max User Weight: 160 kg (350 pounds)
- Transport Wheels

Dimensions

Width	Length	Height	Weight
63 cm 24.72 in	113 cm 44.56 in	148 cm 58.11 in	72 kg 159 lb

HUR Rehab Elliptical



Features

- Orthopedic "gel" footpads provide optimal comfort and relieve foot fatigue
- Integrated rear step reduces step up height to 19 cm (7")
- Resistance level 1-20
- Integrated side-frame footrests with non-skid surfaces allow for isolated upper-body workouts
- Moving handrails feature
- molded contoured finger grips
- The patented Rollmentum™ center-drive replicates the body's natural motion
- The elliptical brake is 1100 Watts
- Interactive contact heart-rate crossbars
- User weight capacity 226 kg (500 pounds)

Dimensions

Active footprint	Wide 89 cm / 35 in	Length 193 cm / 76 in
Physical footprint	Wide 89 cm / 35 in	Length 173 cm / 68 in

HUR Rehab Recumbent Bike



Features

- Step-through frame with low step over height
- Self-powered, no electrical requirements
- Self-balanced pedals with adjustable straps
- Forward/backwards seat adjustment with 15 settings
- Console grip bars and seat grips with contact heart-rate monitoring and resistance control
- Flywheel weight 6.8 kg (15 pounds)
- Eddy current magnetic braking system
- Resistance range 1-20
- Max User Weight: 160 kg (350 pounds)
- Transport Wheels

Dimensions

Width	Length	Height	Weight
64 cm 25.31 in	167 cm 65.74 in	133 cm 52.20 in	93 kg 205 lb

HUR Offload

The HUR Offload is an unweighing system powered by air-pressure that provides adjustable support to patients while they participate in walking, as well as a full range of other therapeutic activities. By reducing body weight, patients are able to engage early in the rehabilitation process in a safe and secure environment.

HUR's unique two-rope system provides enhanced support and safety. The open design of the HUR Offload provides therapists full access to the patient's lower extremities, and can be used with any treadmill with a maximum width of 950mm. For best results, the HUR treadmill is recommended.

FEATURES

Air-Pressured Technology

Unweighing is achieved through using air pressure (pneumatic) providing constant support in a smooth movement

Affordable Durable Design

A high quality and cost-effective solution made in Finland

Incremental Adjustments

Small incremental adjustments allows for controlled progress

Easy Access

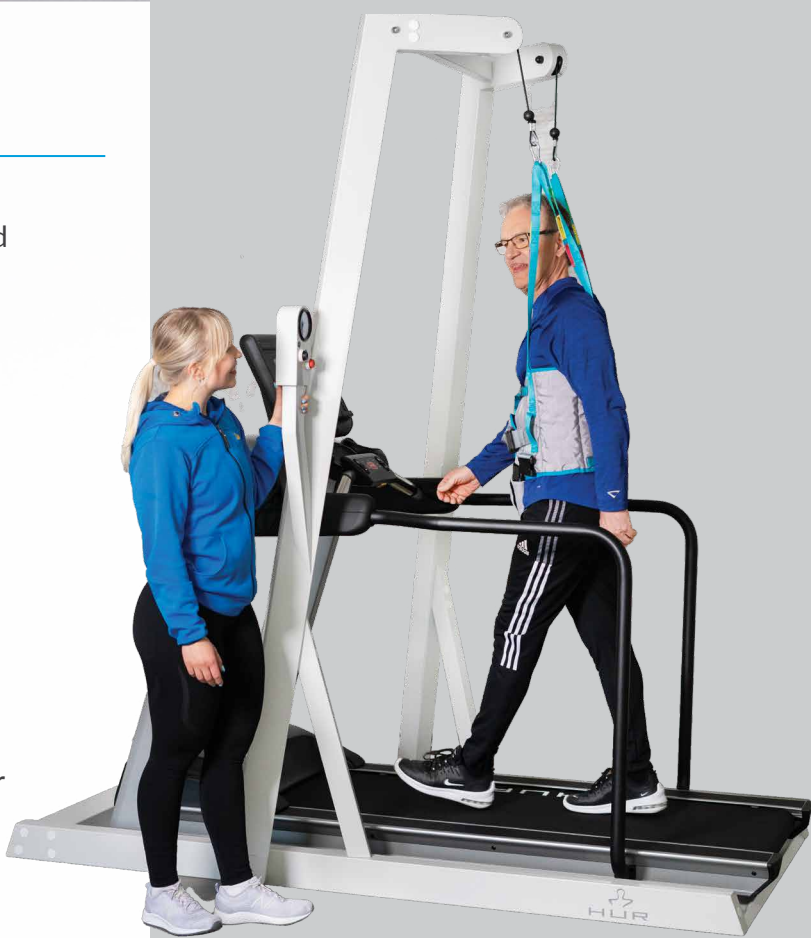
An open design removes barriers and is ideal for older adults and wheelchair users

User Friendly

Easily adjust the compensation weight with a simple push of a button

Two-Rope Support System

Enhanced support for walking efficiency and stability

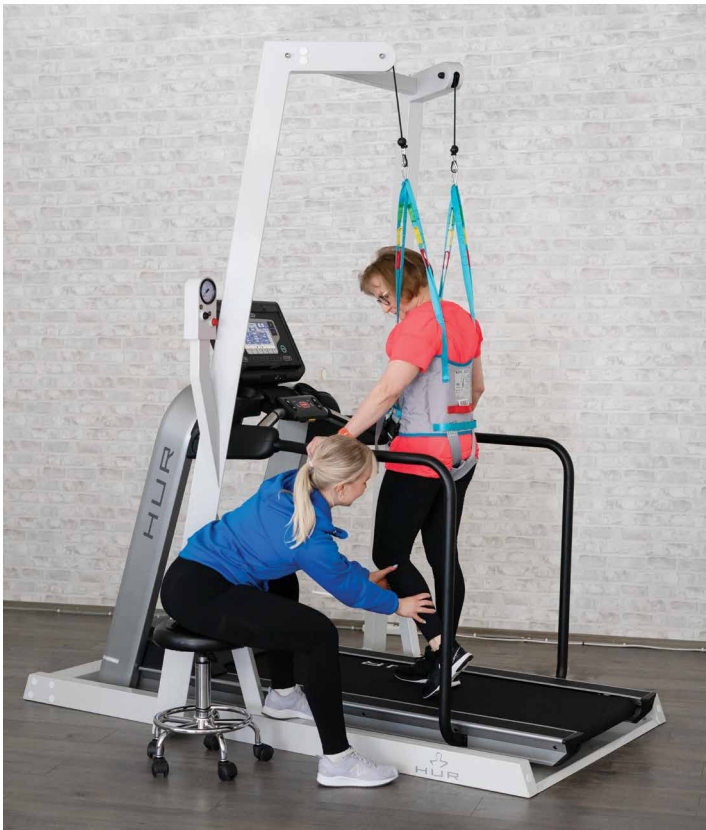


Dimensions:
Max User Weight: 250kg (550 lb)
Max Unweighing Capacity: 139kg (306 lb)
Max Width of the Treadmill: 95cm (37 in)

Available in two different heights:
Product 6100
142 x 216 x 239 cm (55.8" x 84.9" x 93.9")
95 kg (209 lbs)
Product 6102
142 x 216 x 258 cm (55.8" x 84.9" x 101.7")
97 kg (214 lbs)

WHAT IT IS USED FOR:

- Stroke
- Spinal Cord Injuries
- Vestibular Disorders
- Neurological Disorders
- Balance Training
- Amputees
- Orthopedic



HUR Running Harness

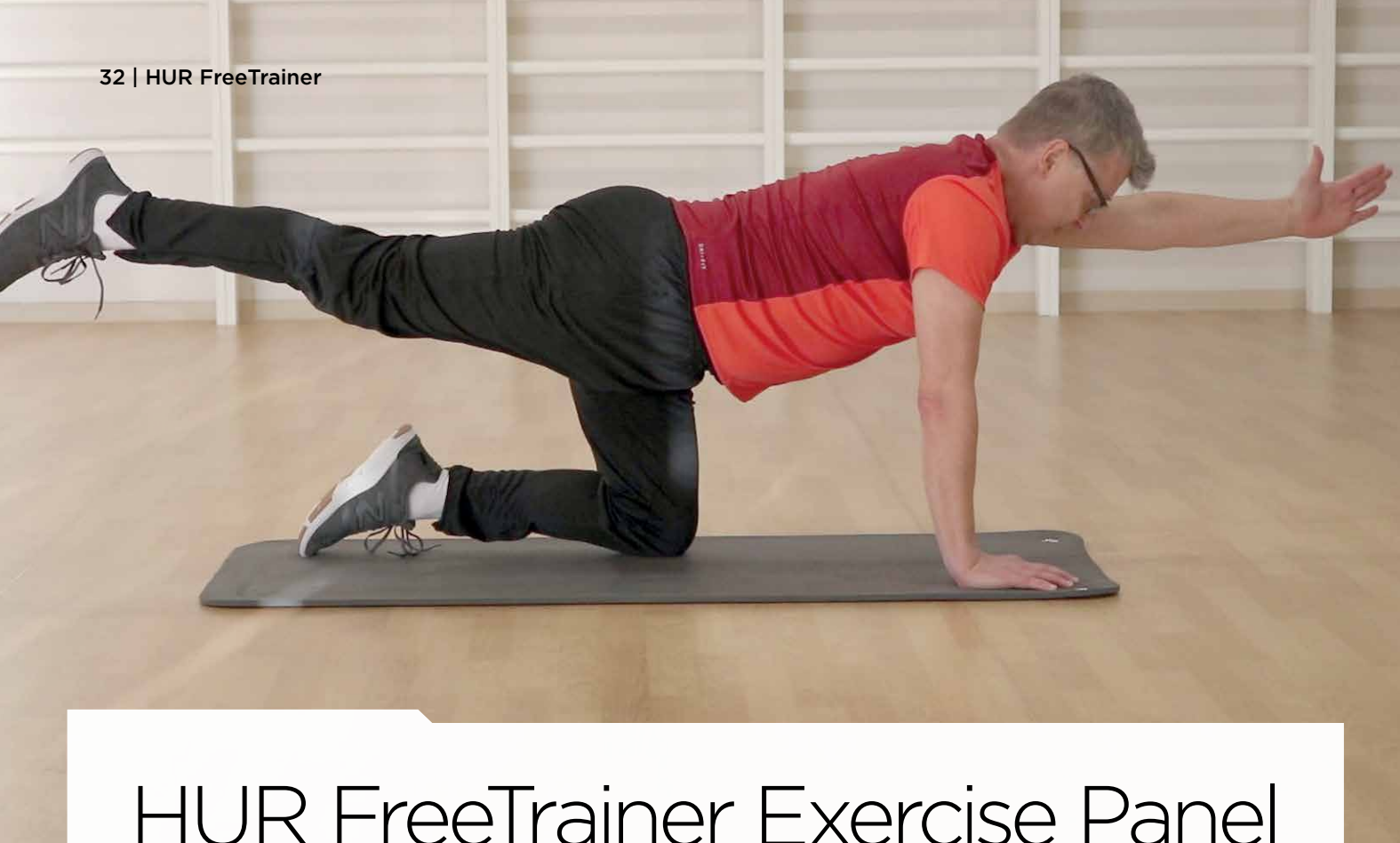
The running harness provides a high level of comfort which promises weight relief and the possibility of both functional and continuous running exercise. Without limiting the range of motion in the lower extremities, the design evenly distributes pressure through the hip straps, gluteal straps, and lumbar-thoracic area. It is especially helpful in early rehabilitation after injuries to the lower extremities or back. The harness is available in sizes S to XL.



HUR Walking Harness

The Walking Harness provides excellent support for the upper body and groin area during walking training/exercises. The design maintains full range of motion in the lower extremities while evenly distributing pressure over the hip straps, gluteal straps, and lumbar-thoracic region. It is especially useful during general rehabilitation. The harness is available in sizes XXS to XL.





HUR FreeTrainer Exercise Panel

Quickly add equipment-free exercises to your HUR SmartTouch profile

The **HUR FreeTrainer** is designed for a holistic training experience with a comprehensive training programme and smart follow-up in mind. **It allows you to add new equipment-free exercises, e.g. stretching and active static workouts, into your exercise palette and training programmes**, in addition to regular exercises performed with HUR machines.

The **HUR FreeTrainer** can be placed on a wall next to a free training area in the gym or clinic. It makes the workout convenient and paper-free with easy-to-follow electronic instructions and automated synchronization with the HUR SmartTouch system.

One customer profile with all the exercises and collected data maximizes the training experience and possibilities for every individual user.

- Perform equipment-free exercises within the HUR SmartTouch Ecosystem
- In sync with the user's HUR SmartTouch profile
- Paper-free training programmes and instructions
- Automatic follow-up and reporting



Compatibility

HUR SmartTouch software is now compatible with many testing and cardio products. This takes the complete computerized exercise solution to the next level.

ISOMETRIC TESTING

Isometric maximum force testing is possible with HUR Performance Recorder. Isometric tests can be part of the training program and results are shown in HUR SmartTouch software.

HUR TESTING PRODUCTS

HUR SmartBalance for balance testing and training has a given place in the HUR SmartTouch Ecosystem.

CARDIO

Cardio equipment from selected brands can be connected to the HUR SmartTouch system. Please check the HUR webpage to view the full list of cardio brands and equipment www.hur.fi (Products, Compatible cardio equipment)

[See more pages](#)

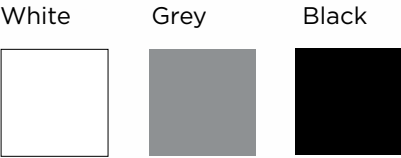
See pages 32-33 for more information about the HUR SmartTouch Ecosystem



Customize your own style

FRAME COLOURS

STANDARD FRAME COLOURS, ALSO FOR PULLEY



CUSTOM FRAME COLOURS

Custom frame colours available at additional price and longer delivery time.

EXAMPLES

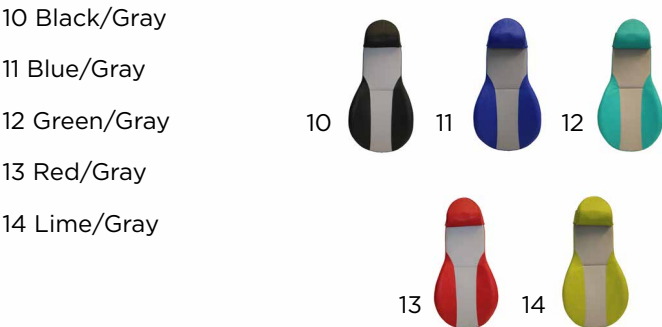


CUSHION COLOURS

STANDARD UPHOLSTERY COLOURS (SKAI PLATA)



STANDARD UPHOLSTERY DUAL COLOURS



CUSTOM UPHOLSTERY COLOURS

Custom upholstery colours, such as Perle, Orange etc. Please contact info@hur.fi for more information.

Custom upholstery colours available at additional price and longer delivery time.

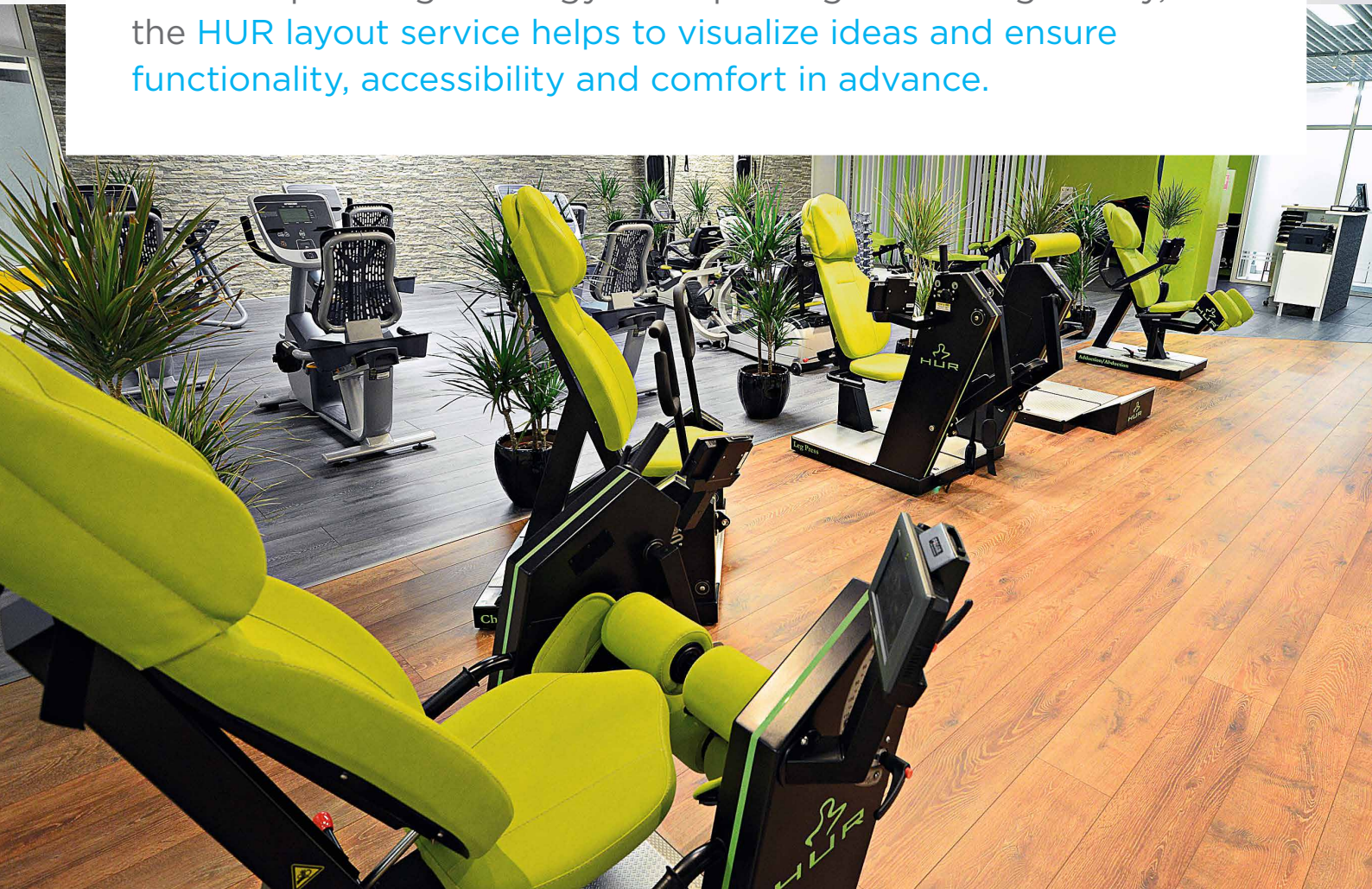
*These colour examples do not exactly match the real cushion colours. Please contact info@hur.fi to order a colour map with the precise colour choices.

*The white upholstery color which is seen in the machine



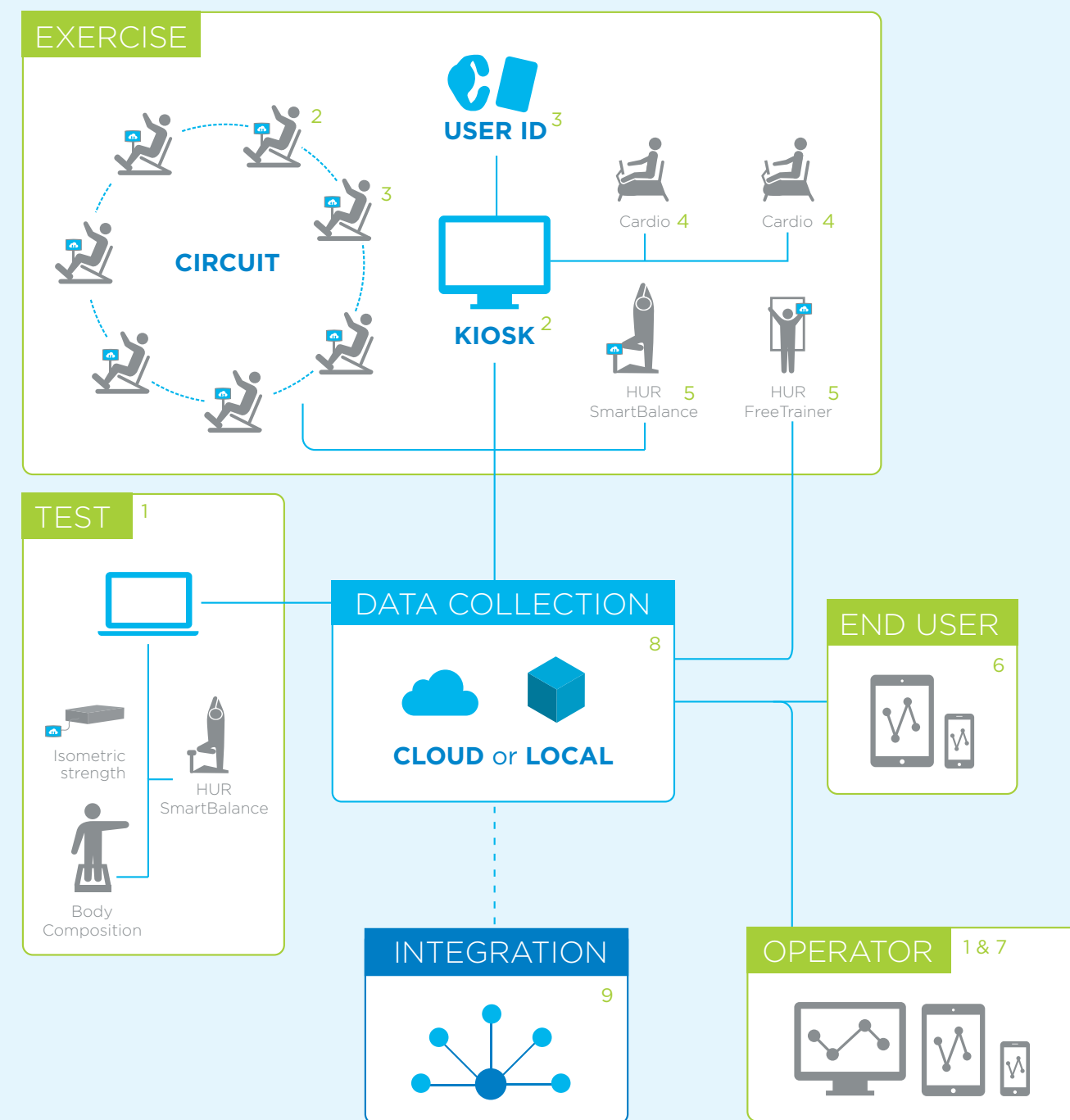
Layout planning service

Whether planning a new gym or updating an existing facility, the **HUR layout service** helps to visualize ideas and ensure functionality, accessibility and comfort in advance.



HUR SmartTouch Ecosystem

- 1 Make a training programme for your client. If desired, balance and isometric strength tests can be performed to evaluate the initial fitness level of the user. The testing equipment is a part of the HUR SmartTouch system.
- 2 Your customer starts exercising by logging in at the Kiosk or by going directly to the first HUR SmartTouch exercise device. In HUR circuit, rotation proceeds in a precise order, which results in less queuing for machines.
- 3 When the customer shows their USER ID to a HUR strength training machine, the lever arms, seat, load and repetitions set up automatically.
- 4 The HUR SmartTouch system also includes cardio workouts.
- 5 With HUR FreeTrainer, equipment-free exercises can be added to the training programme.
- 6 Your customer can follow their progress online in their HUR SmartTouch end user profile.
- 7 HUR SmartTouch provides the metrics to track your clients' exercise performance, their progress, use of equipment and the status of your facility (facilities).
- 8 The HUR SmartTouch installation can be cloud-based or connected to a local server.
- 9 HUR SmartTouch can be integrated with other applications/programs using Web Services or by using an integration engine for the HL7 interface.



Active & Premium line

Standards & Options

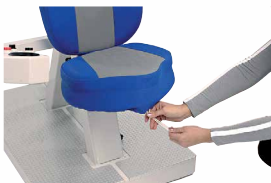
1. Additional back support (9033-3)

The additional back support helps to adjust the exercise position for different sizes of users.



2. Additional seat cushion (9034-2, 9097-2)

The seat cushion helps to adjust the exercise position for different sizes of users.



3. Adjustable back support

Back support can be adjusted for comfortable use.



4. Adjustable chest support

Variable height settings for additional comfort and support during exercise.



5. Adjustable easy access chair EA9060 (rollaway)

Steady rollaway seat makes it possible to train with Easy Access machines with or without a wheelchair. Steplessly adjustable seat height with gas spring assistance helps to find the correct and safe exercise position.



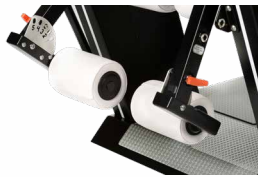
6. Adjustable lever arm (4100)

To make the machine match different sizes of users (Abdomen and Abdomen Back machines).



7. Adjustable lever arms (4101)

Adjustable lever arms are used to accommodate different limb lengths (Leg Extension/Curl machines).



8. Adjustable seat position

Find the optimal exercise position for different sizes of users, and vary the emphasis on the muscle group that is used.



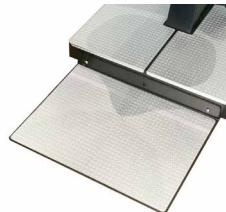
9. Adjustable seat height

Helps users to find a correct, safe and effective exercise position.



10. Anti-tilt plate (4135)

A floor panel fixed to the front of the machine prevents machine movement and tilting during exercise. It also acts as a stable and non slip platform for the user's feet.



11. Belt (9081)

Offers more support especially when the user has balance issues.



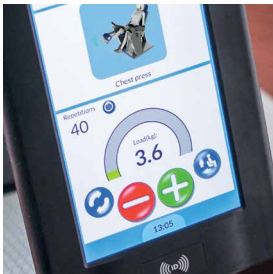
12. Dual function (left & right)

Dual function equipment allows exercising for both the left and right sides of body for Twist, Twist Easy Access and Twist Rehab machines.



13. Dual function

Dual function equipment allows users to exercise opposing muscle groups, without changing machines. Exercise is selected by touchscreen (SmartTouch machines).



14. Easy access handgrips (4108)

Handgrips improve access into and out of machine.



15. Electrically adjustable back support (STE)

The back support is electrically adjusted by touch screen. Only available for SmartTouch machines.



16. Electrically adjustable seat for optimal start position (STE)

The distance between the seat and the footplate is adjusted by touchscreen.



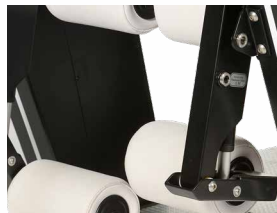
17. Electrically adjustable lever arm for Abdomen/Back machines (STE) (4102)

The lever arm is electrically adjusted by touch screen. Only available for SmartTouch machines



18. Electrically adjustable lever arms for Leg Extension/curl machine (STE) (4106)

The lever arms are electrically adjusted by touch screen. Only available for SmartTouch machines.



19. Electrically adjustable seat (STE)

The seat height is electrically adjusted by touch screen. Only available for SmartTouch machines.



20. Electrically adjustable vertical seat position (STE)

The seat position is electrically adjusted by touch screen. Only available for SmartTouch machines.



21. Electrically adjustable seat position for Hi5 4X Multifunction and Leg Press machines.

The distance between the seat and lever arms is adjusted by touchscreen



22. Electrically adjustable seat

The seat height is adjusted electrically for easier and safer use (9310 Abdomen/ Back Easy Access machine)



23. Heavy duty

Allows higher maximum resistance. Factory option, cannot be installed afterwards.

24. Foot rest for upper body machines (4131)

Foot rest assists in stabilization during the exercise, especially for short users.



25. Foot support for Abdomen/Back Easy Access machine

Foot support provides stability during the exercise, especially for shorter users.



26. Foot support for Back Extension

Foot support provides stability during the exercise, especially for shorter users.



27. Handgrips for additional support

Conveniently positioned handgrips assist access and egress.



28. Horizontally adjustable lever arms

The width of the lever arms can be adjusted.



29. Isometric Testing Connector (4254)

Isometric measurements like maximum strength and muscular balance can be measured using a separate Performance Recorder -device (9200).



30. Knee hyper-extension eliminator (4136)

Consists of two rollers which can be adjusted to prevent hyper-extension of knees.



31. Leg straps

Padded leg straps can be used to stabilize the thighs particularly during leg curl function.



32. Lock mechanism (4252)

The lever arm can be locked with a lock mechanism. The lock mechanism also acts as a range limiter to set the desired start (flexion) point for a movement.



33. Lockable lever arm

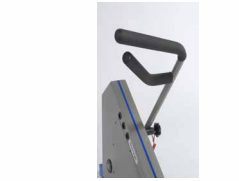
The lever arm can be locked in two different positions to make it easier for the user get into and out of the machine only Twist Easy Access machine.

34. Multifunction

Multifunction devices allow the user to work several muscle groups without changing between machines. The desired exercise is selected using a touch screen.

35. Multigrip handles

Both horizontal and vertical grips are possible. This feature allows exercises using different grip positions.



36. Neck cushion

Ergonomic cushion for additional support.



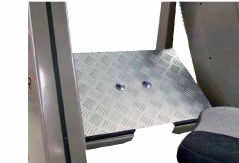
37. Performance Recorder (9200)

For isometric measurements. Requires the Isometric Testing Connector (4254)



38. Plate for joining levers (4134)

For use on Leg Press if independent use of limbs is not possible or desirable.



39. Range limiters (with start & end position) (4252)

Range limiters can be used to limit the range of motion.



40. Range limiters (with start position) (4252)

Range limiters can be used to limit the range of motion.



41. Release function

Handles move towards the user for easier reach.



42. Reversible back support

Makes it easy for the user to get into and out of the machine.



43. Reversible roller(s) (4103)

Reversible roller(s) make(s) it easy to get into and out of the machine.



44. Transfer wheels (4140)

Factory option for benches.



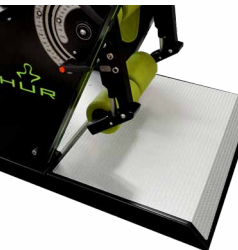
45. Tube grip glove (8216 & 8217)

The tube grip glove helps holding grip while exercising. A tube grip glove is a suitable tool for those suffering loss of grip or aching joints etc. Gloves are available in black, for both hands or for a single hand.



46. Step for Leg Extension/Curl (4257).

Helps user to enter and exit the machine



47. Foot straps (9089)

Foot straps are used to fasten the user's feet to the footplate(s) on Leg Press and Leg Press Incline machines



48. Steplessly adjustable Back support can be adjusted forward steplessly



49. Base plate

Base plate prevents machine movement and tilting during exercise. It also acts as a stable and non slip platform for the user's feet.



50. Adjustable foot plate

The foot plate can be adjusted to set a different joint angle for exercise.



51 Adjustable start position

The mechanism under the seat can be used to set the movement start position.



52. Low Step-up height

Access to the device requires less movement from the hip.



53. Electrically adjustable back support & shoulder rollers (STE)

Back support and shoulder rollers are adjusted electrically. Machine can easily be optimized for users of different sizes.



54. Adjustable feet with floor mounting option

Makes the machine more stable during the training and machine can easily be mounted on the floor.



55. SmartTouch Hi5 10 " touch screen, used with the HUR SmartTouch machines, is easy to use and a clear display guides users; resistance can be adjusted via the screen and the training program, repetitions are displayed. Android technology enables new features and provides a better user experience.



56. Analog display

uses more traditional technology. Resistance is adjusted step-by-step through the help of "plus" and "minus" buttons, even during an exercise.



57. Lock mechanism for Leg Press Incline (4252)

The lever arm can be locked with a lock mechanism. The lock mechanism also acts as a range limiter to set the desired start (flexion) point for a movement.



Pulley

Standards, Options & Assemblies

1. Pulley adjustable support handles

Standard equipment for HUR Pulley includes two adjustable support handles, which can be used to support the resting hand during an exercise. The handles can also be turned to an upright position ensuring full access to the machine.



2. Pulley leg strap (8211)

Standard equipment of HUR Pulley includes a padded leg strap. It can be used as both an ankle and wrist strap. A leg strap is also available as an HUR Pulley accessory.



3. Pulley handgrip (8210)

Standard equipment of HUR Pulley includes two single handed handgrips. A handgrip is also available as HUR Pulley accessory.



4. Pulley strap extension (8214)

Standard equipment for HUR Pulley includes a strap extension, which can be used to facilitate training with other HUR Pulley accessories.



5. Pulley crossover station (8805)

The modular design of HUR Pulley machines makes it possible to flexibly create different machine variants. For example, HUR Pulley 2 in 1 and HUR Pulley 3 in 1 can be combined to create one crossover station. This example has five exercise stations and a crossover. HUR Pulley crossover station can be combined with all HUR Pulley machines.



6. Pulley rowing bench (8206)

A rowing bench is an HUR Pulley accessory, which enables the use of the HUR Pulley as a rowing machine or even for lateral pull-downs.



7. Pulley tube grip glove (8216 & 8217)

The tube grip glove helps holding grip while exercising, for example, with HUR Pulley pulldown grip (8220). A tube grip glove is a suitable tool

for those suffering loss of grip or aching joints etc. Gloves are available in black, for both hands or for a single hand.



8. Pulley waist strap (8213)
A padded waist strap is an HUR Pulley accessory and it includes a strap extension (8214).



9. Pulley thigh/shoulder strap (8212)
A padded thigh-shoulder strap is an HUR Pulley accessory, which includes a strap extension (8214).



10. Pulley tetra glove (8215)
A tetra glove is an HUR Pulley accessory, which enables exercise with Pulley even if the user lacks grip force.



11. Pulley triceps grip (8221)
A triceps grip is an HUR Pulley accessory, a narrow pull-down bar for triceps exercises.



12. Pulley pulldown grip (8220)
A wide pull down bar is an HUR Pulley accessory for pull down exercises.

13. Pulley accessories package (8223)
includes; 8211, 8212, 8213, 8216, 8217, 8220, 8221



14. Removable Chest support for Pulley (8224)

Pulley Chest support is a tool for wheelchair users for stabilizing the upper body for example during rowing exercises. Easy to install, easy to remove. Can be also used with adjustable easy access chair EA9060.



15. Pulley 2 in 1 legs (8202)
To combine two Pulleys

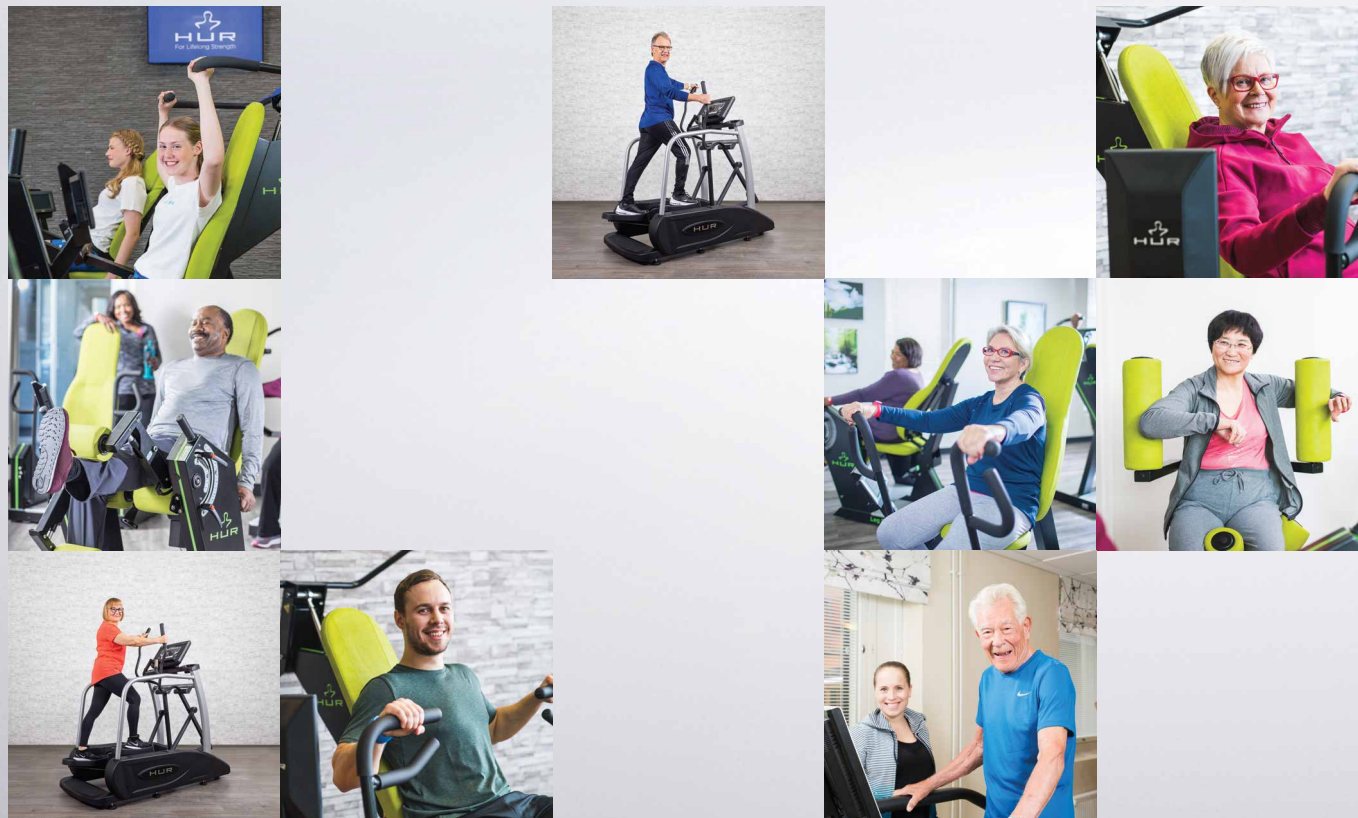


16. Pulley 3 in 1 legs (8203)
To combine three Pulleys.

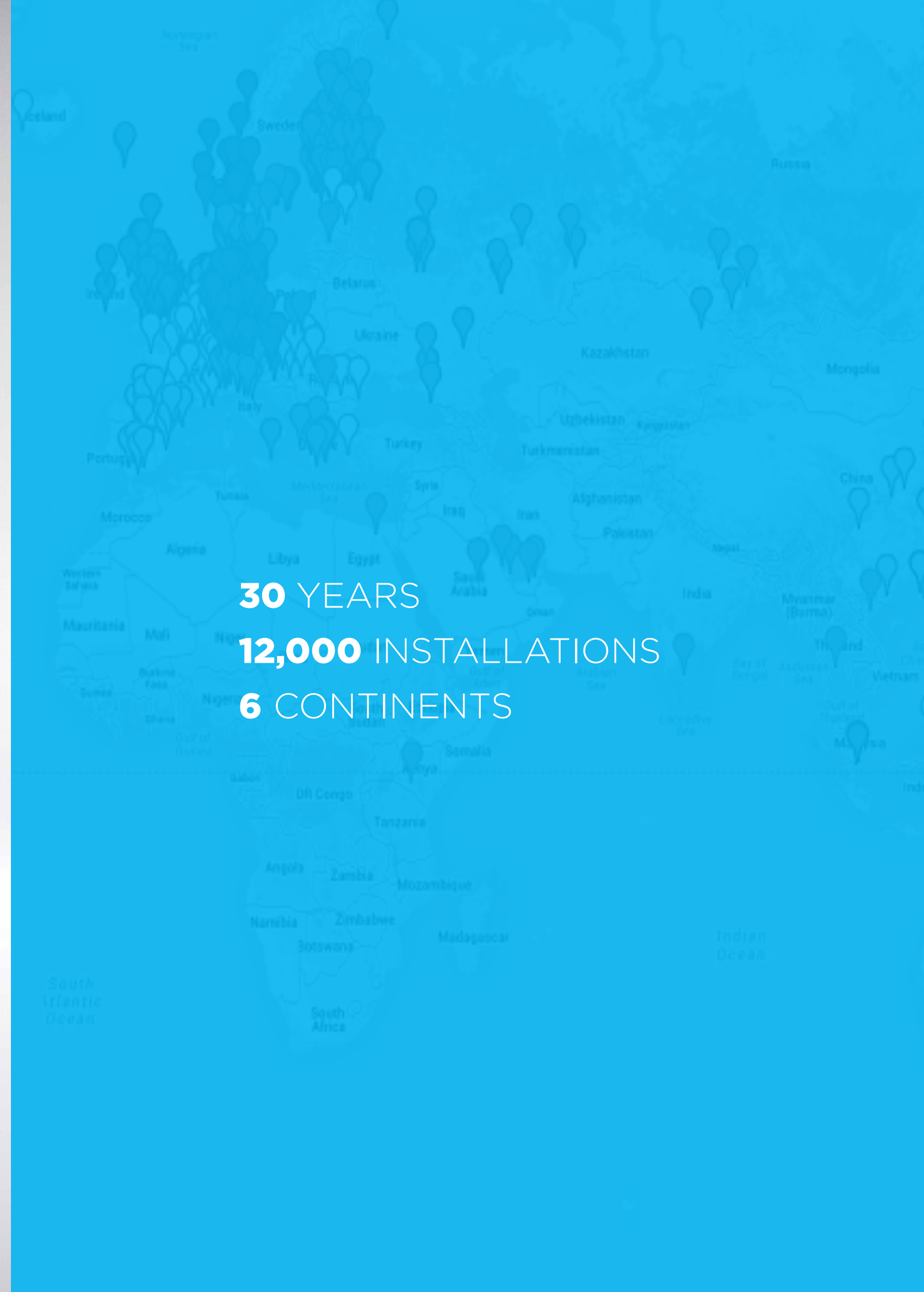




PEOPLE OF **DIFFERENT AGES**
AND ABILITIES WORLDWIDE
 ARE #POWEREDBYHUR



30 YEARS
12,000 INSTALLATIONS
6 CONTINENTS

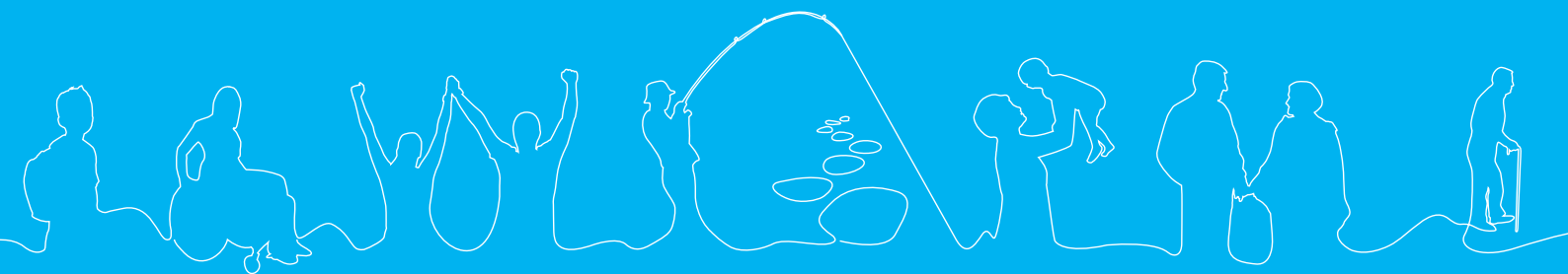




YOUR PARTNER FOR LIFELONG STRENGTH

Strength and balance are key factors for a long, happy and independent life.

The world-leading HUR scientific solutions consisting of intelligent equipment and software offer a smart and enjoyable training and rehabilitation experience that provide results. The effect is evident in the well-being of the user, the easy and motivating work processes for the instructor, and in the efficiency and profitability for the facility owner.



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