

PRODUCT CATALOGUE



World-leading solutions For Lifelong Strength



WORLD-LEADING SOLUTIONS FOR LIFELONG STRENGTH

HUR's strength training solutions are specifically designed to provide safe, targeted training and testing appropriate for a diverse range of ability and stamina levels. Thanks to 30 years of close cooperation with leading researchers in biomechanics and exercise physiology, our product lines are the culmination of three key innovations: Natural Transmission™, Computerized Technology, and State-of-the-Art Equipment.

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

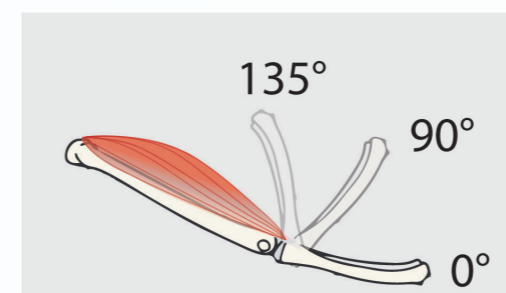
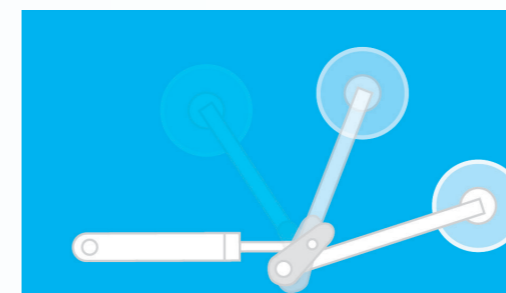
Ergonomic, safe and efficient exercise for all users

HUR machines function via a pneumatic (air resistance) method. Natural Transmission™ simulates the natural movement of muscle, supporting safe and effective training at both low and high speeds. Combined with lever arms, resistance is adjusted in accordance with your muscles' natural generation of force, allowing you to train harder with less risk of injury.

Everyone's strength levels and abilities vary, therefore, resistance starts at a load close

to zero to accommodate the weakest users, and can be increased by as little as 100g (0.5 lb) increments. This means that loads can be set at 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 and movement of your muscles, allowing for harder training in a more comfortable way, regardless of fitness level and without damage to joints and connective tissue.



With this system 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

FOR INSTRUCTORS

Instructors are able to quickly and easily familiarize users with HUR equipment, streamline user follow-up, and eliminate mundane tasks and paperwork.

› **Custom Programs** can be created manually or via our library of training and rehabilitation protocols.

› **Automated Adjustments** for resistance, repetitions, lever arms and seat placement can be pre-set for individual users.

› **Automatic Resistance Increases** can be enabled to support user progression.

› **User Tracking** is automated with benchmarking, outcome tracking, and equipment usage reports.

› **Isometric Testing** (to evaluate maximum muscle strength) accurately identifies baseline performance, tracks milestones, assesses progress, and helps inform effective program customizations.

FOR FACILITY OPERATORS

Facility Operators gain a competitive advantage with powerful, effective equipment, while smart automation saves on staff resources.

› **Multi-Site Management** is streamlined via our cloud-based operating software that offers complete control in one system - whenever, wherever.

› **Automated Reporting** tracks key performance metrics of your clinic's or centre's data, including facility status, equipment usage, and user outcomes.

› **Outcomes Tracking** can be reported across time and peer groups.

› **Reduced Waiting Times** thanks to automated equipment and efficient circuit formats.

› **Equipment-Free Exercises**, such as stretching and active static workouts, can be tracked with paper-free recording, easy-to-follow instructions and automated user-synchronization.

› **Cardio Equipment Integrations** available for selected brands.

› **Application/Software Integration** enables importing and exporting of client/patient information and program details using Web Services or an integration engine with our HL7 interface.

FOR USERS

Users are empowered to safely train independently as our intelligent software conveniently loads custom training settings and communicates milestones.

› **RFID Wristbands** enable automatic user identification and sign-ins, providing training program activation with a single touch.

› **Touchscreen Interfaces** display animated workout instructions, customized settings, heart rate, progress visuals and individual goals.

› **Pre-Set Equipment Adjustments** automatically load the resistance, repetitions, lever arm placement and seat height for each user to encourage independent training.

› **Automatic Resistance** Increases support users' progression based on their personal training plans.

› **Online User Profiles** allow users to track their progress online and on mobile, in or outside of the gym.

› **Messaging** between the user and instructor online and on mobile.

Having manufactured computerized exercise equipment since 1999, HUR has reached its 5th generation of machines and software: HUR SmartTouch Hi5. 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.

State-of-the-art equipment developed with all levels, ages, and abilities in mind

Many of our original machines manufactured in 1989 are still in use. HUR equipment is designed based on cutting-edge, university-level findings in research and technology. We strive to ensure each machine lasts the test of time and continues to evolve as the world of exercise advances.

The range of HUR products covers a variety of solutions for different needs of exercising, including senior exercise and 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 HI5 equipment utilizes a 15.6" touch screen, used with the HUR SmartTouch machines and is easy to use. Its clear display guides users; resistance can be adjusted via the screen and the training program, and repetitions are displayed. Android technology enables new features and provides a better user experience.

HUR Analogue equipment utilizes the same advanced exercising method found on all HUR strength equipment but uses a manual interface. Individuals can easily adjust resistance through a "plus" and "minus" button located on the display.



HUR Analogue manual interface on the left, HUR HI5 display on the right.



HUR SmartTouch

Intelligent Exercise Technology

Benefits of HUR SmartTouch:

- A comprehensive exercise system that provides a complete, motivating and smooth training experience
- Evidence-based concepts with training programs provide favourable 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

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
- HUR Mobile App for capturing every exercise at home and at the gym
- 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.hurglobal.com.



HUR SmartTouch is a world's leading training and operating solution for individuals, clinics, and wellness centres. It provides a comprehensive and motivating training and rehabilitation experience for the customer, and an evidence-based, automated management tool for clinic and gym owners.

Individual training programme with automatically pre-set resistance and repetitions

Automatic resistance increase when user progresses

Automated documentation and reporting

Online seamless operating for physiotherapist/trainers and operators

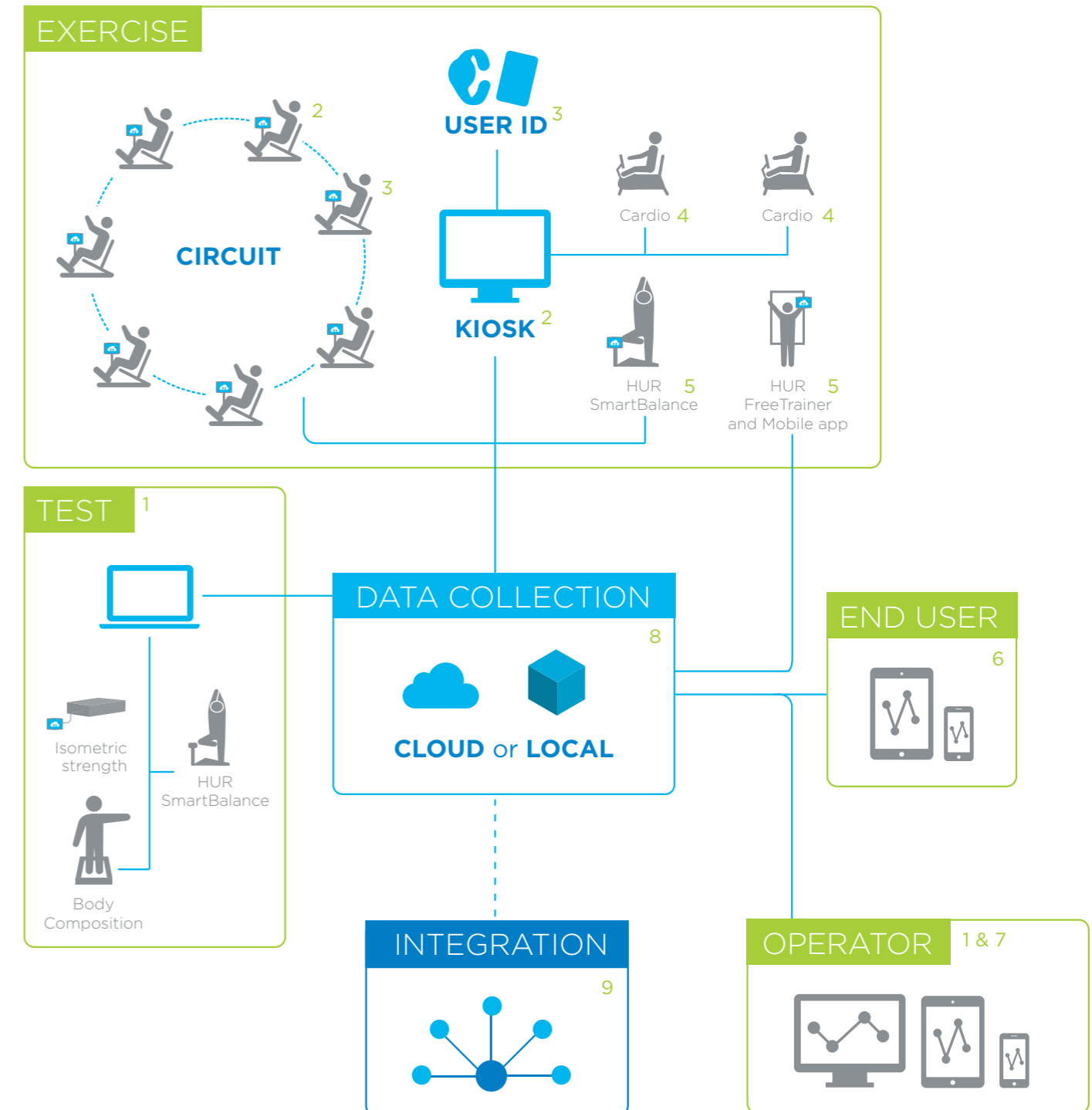
Convenient RFID personal user identification interface (no sign-ins needed)

Automated electronic adjustments of seat and lever arms

Testing possibilities and follow-up: strength and balance

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,** and Mobile app, 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.





HUR Medical Concepts

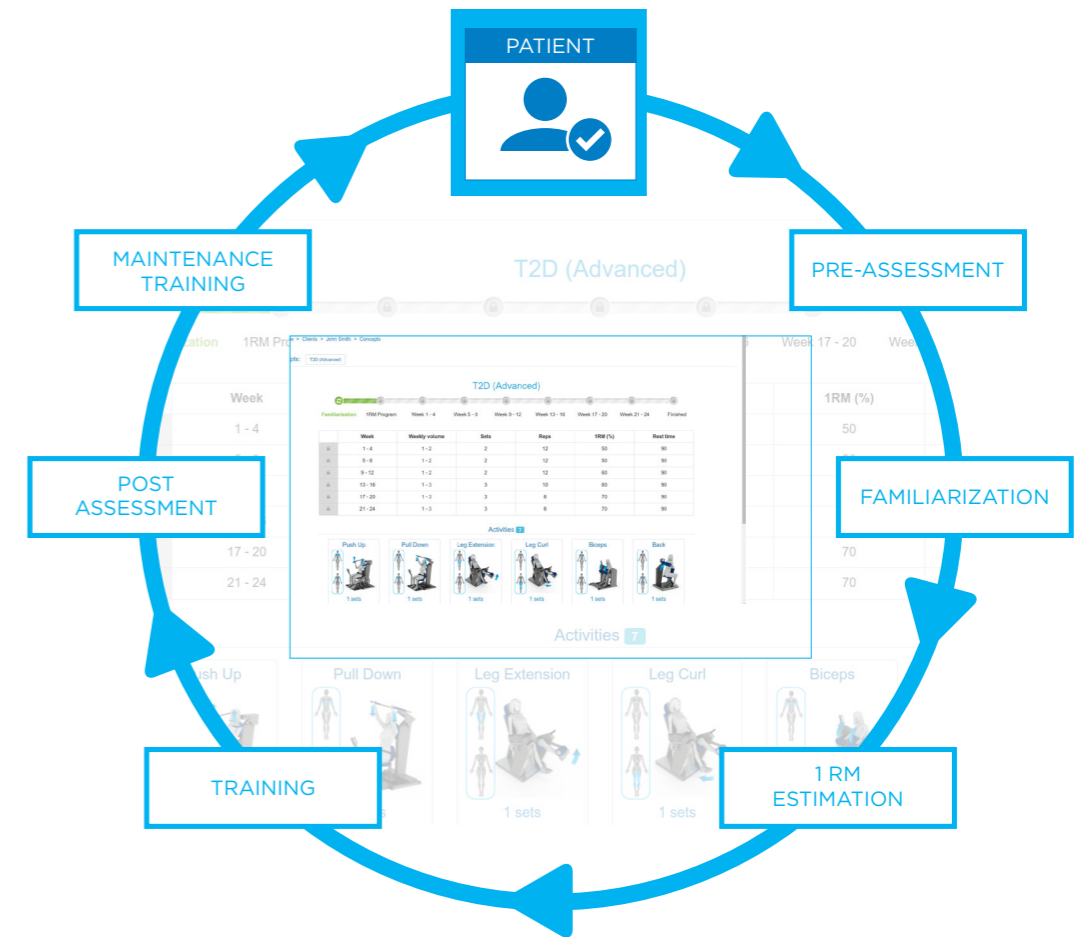
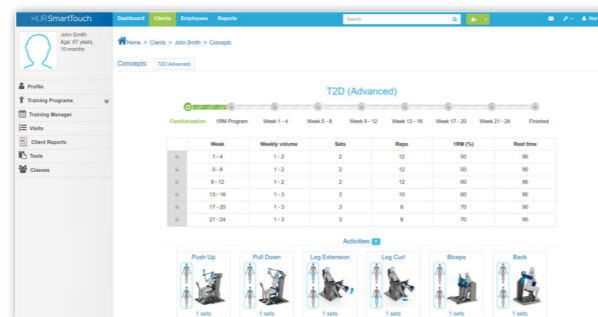
For effective exercise outcomes in preventive exercise, disease management and rehabilitation.

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



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 REHAB

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

HIP & KNEE REHAB

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

Feature of the 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.

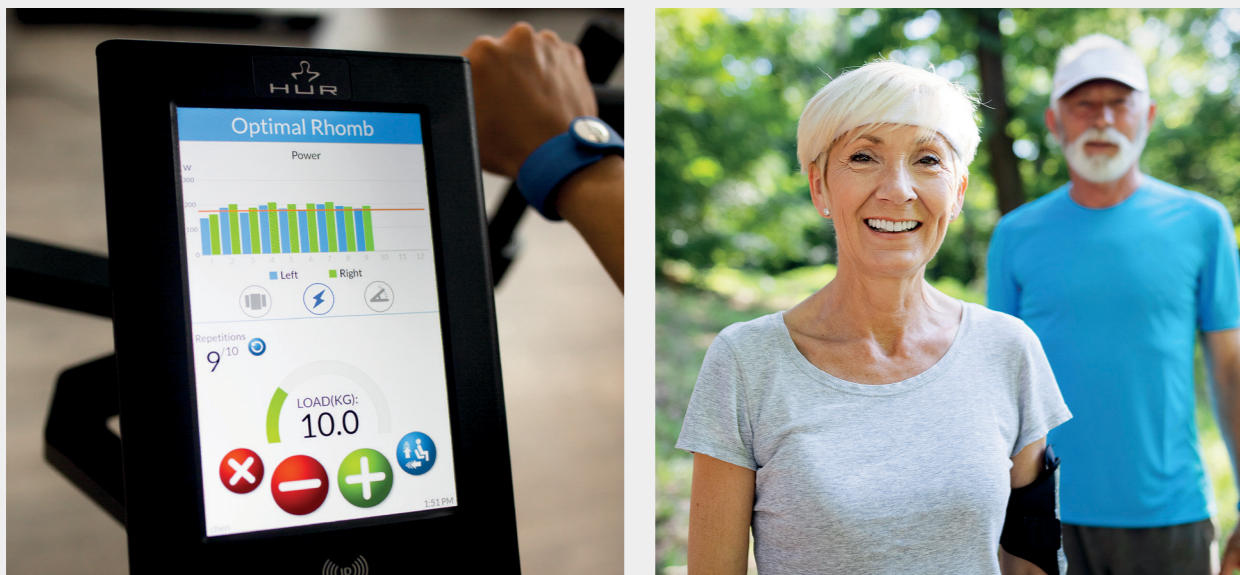
Power for individual users

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.

POWER FEATURE



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

Feature of the 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.

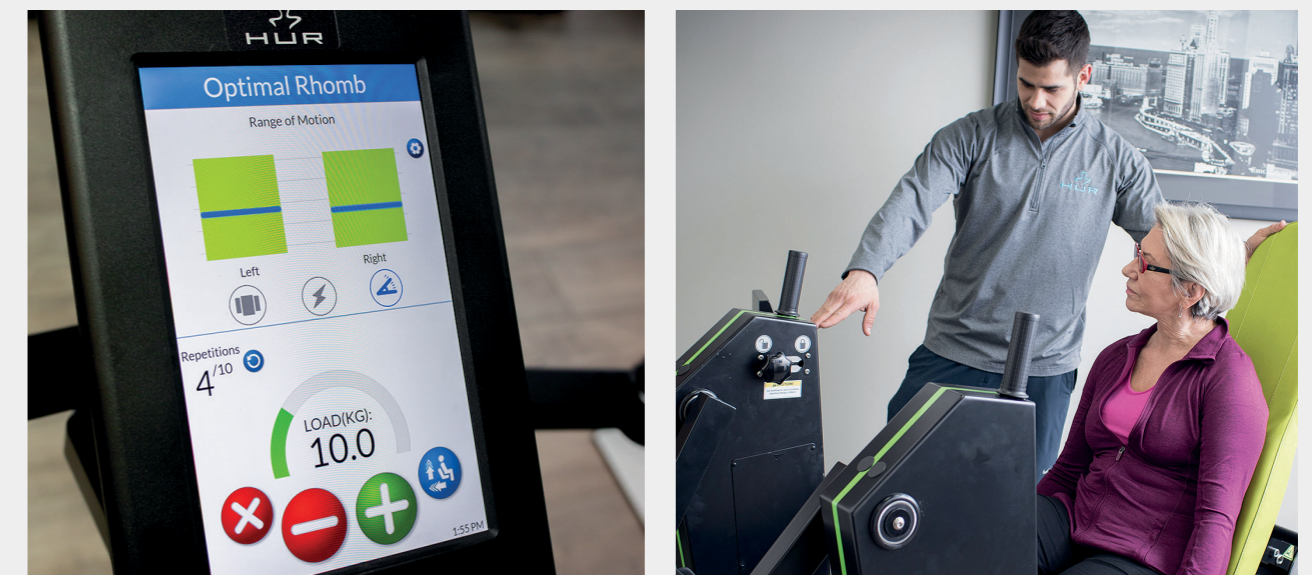
Effective Workouts for Individuals

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.

RANGE OF MOTION FEATURE



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

Capture every exercise, whether at home or at the gym, with the HUR Mobile App

The HUR Mobile App brings SmartTouch workouts to your home with an easy-to-use app for tablets and smartphones. It offers over 140 equipment-free exercises complete with exercise videos and simple instructions. The app also tracks key exercise data to maximize personal training experience and provide outcome data to the trainer or therapist. User can quickly download the app using a QR code.

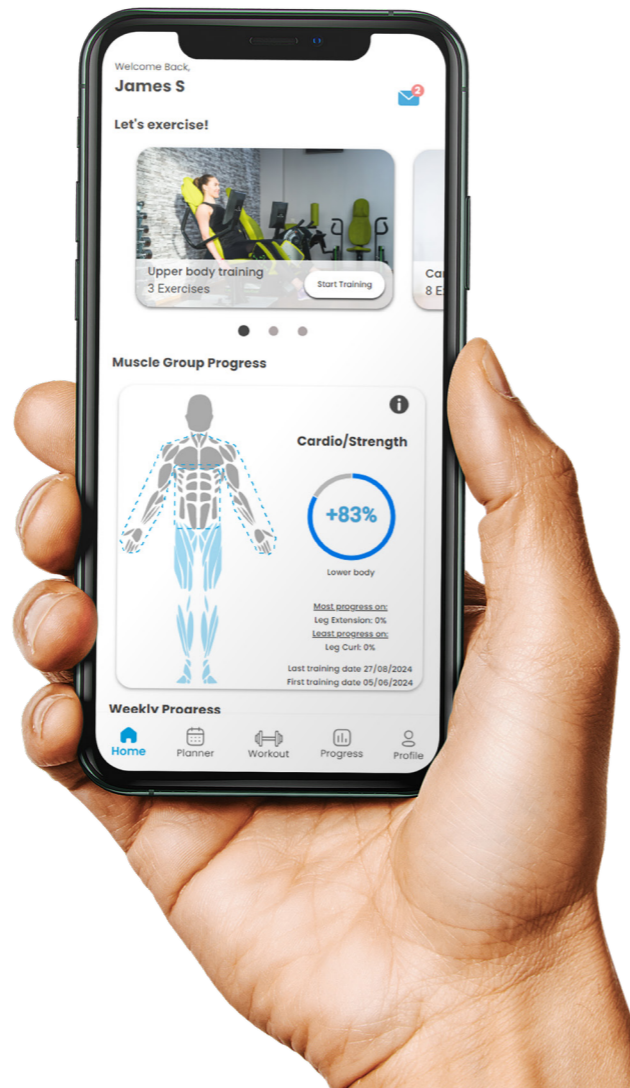
More options for Instructors and supervisors

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 Smart-Touch equipment automatically updated in the app.

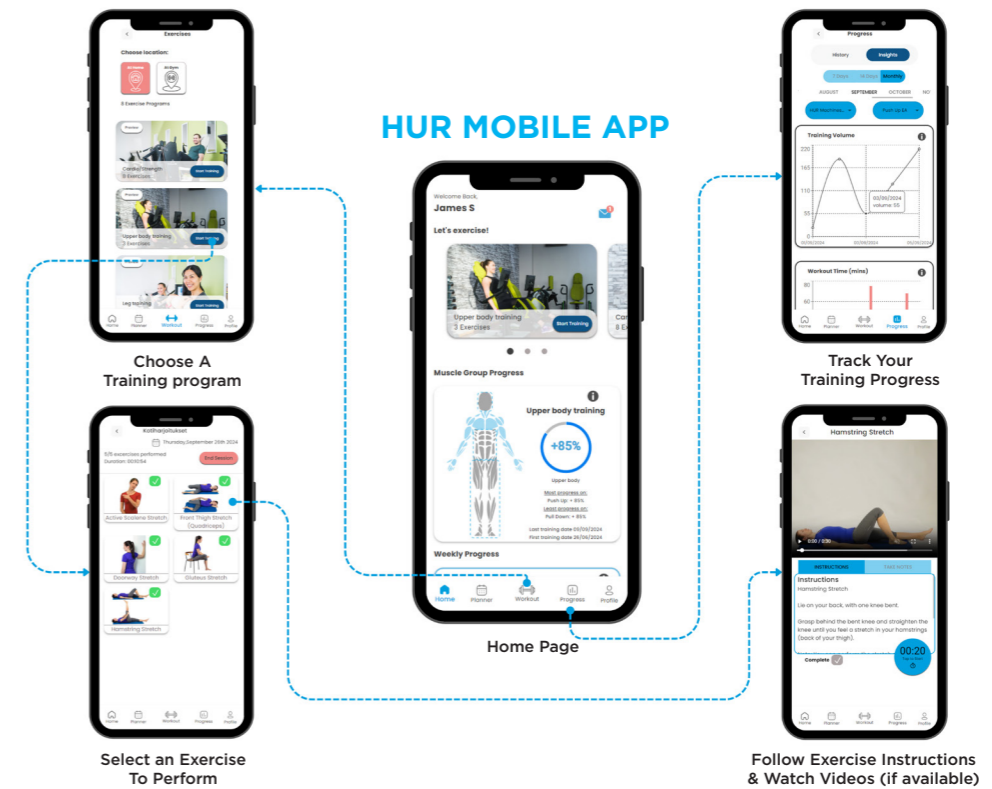
The HUR Mobile App makes it easier to assess individual performance and customize individual training programs. Instructors and users can easily send messages to one another with in-app messaging.

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



USER INTERFACE:

- User-friendly with easy navigation and strong contrast for enhanced readability and user experience.

HOME TRAINING:

- Images or videos of each exercise with exercise instructions.
- Option to add personal notes.
- Countdown timer for stretching exercises.

GYM TRAINING:

- Exercise instructions with machine images.
- Details on sets, repetitions and resistances.
- Exercises are marked as complete when finished.
- Monitor your training program and see which exercises are up next to complete.
- View exercises categorized as not performed, underperformed, fully performed, or overperformed.

STAY CONNECTED:

- Effortlessly message your instructor within the app.

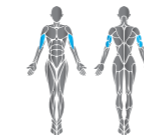
TRACKING PROGRESS:

- Set weekly goals for both home and gym exercises.
- Track muscle progress and overall training progress or for specific activities.
- Monitor training volume on a weekly, 2-week period and monthly basis.
- View training details including workout time, date, start time, and duration.
- Access workout history and total workout time for both home and gym sessions.



UPPER BODY

BICEPS/TRICEPS



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
115	45	103	41	124	49	85	187

DISPLAY

55 Hi5 Touchscreen STE5110-Hi5 56 Analogue Display 5110

PRODUCT FEATURES

19 Electrically adjustable seat height	✓	
9 Manually adjustable seat height		✓
29 Isometric Testing Connector	✓	✓
54 Adjustable feet with floor mounting option	✓	✓
13 Dual function	✓	✓

PRODUCT OPTIONS

HUR Premium Line

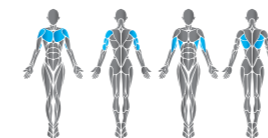
Superior Quality and Advanced Design

HUR Premium Line represents the apex of exercise equipment, designed for those who demand the highest standards in both performance and precision. With its advanced pneumatic resistance system and close to zero starting load, it offers seamless and safe training for users of all levels. The system allows for precise resistance adjustments as small as 100g or 1kg, ensuring an optimal balance of effectiveness and joint protection.

Equipped with SmartTouch technology, **HUR Premium Line enables individualized training programs, automatic adjustments, and comprehensive progress tracking.** This cutting-edge design ensures safe and efficient workouts, incorporating range limiters and additional support features for enhanced safety.

HUR Premium Line sets a new standard in performance, versatility, and usability, meeting the demands of even the most advanced users.

PUSH UP/PULL DOWN



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

DISPLAY

55 Hi5 Touchscreen STE5120-Hi5 56 Analogue Display 5120

PRODUCT FEATURES

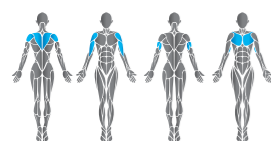
19 Electrically adjustable seat height	✓	
9 Manually adjustable seat height		✓
10 Anti-tilt plate	✓	✓
11 Safety Belt	✓	✓
13 Dual function	✓	✓
29 Isometric Testing Connector	✓	✓
36 Neck cushion	✓	
39 Range limiters (with start and end position)	✓	✓
54 Adjustable feet with floor mounting option	✓	✓

PRODUCT OPTIONS

2 Additional seat cushion (9097-2)	✓	✓
24 Foot rest for upper body machine (4131)	✓	✓
36 Neck cushion (9096-2)		✓
45 Gripeeze tube grip glove (8216 & 8217)	✓	✓
23 Heavy duty	✓	

NOTE: Complete numbered list of standards & options on page 48-51 **NOTE:** The measurements shown in the tables are for touchscreen devices

DIP/SHRUG



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
86	34	98	39	137	54	69	152

DISPLAY

55 Hi5 Touchscreen STE5125-Hi5	56 Analogue Display 5125
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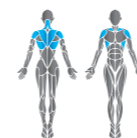
PRODUCT FEATURES

19 Electrically adjustable seat height	✓	
9 Manually adjustable seat height		✓
13 Dual function	✓	✓
29 Isometric Testing Connector	✓	✓
36 Neck cushion	✓	
39 Range limiters (with start and end position)	✓	✓
54 Adjustable feet with floor mounting option	✓	✓

PRODUCT OPTIONS

2 Additional seat cushion (9097-2)	✓	✓
24 Foot rest for upper body machine (4131)	✓	✓
36 Neck cushion (9096-2)		✓
45 Gripeeze tube grip glove (8216 & 8217)	✓	✓

LAT PULL



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

DISPLAY

55 Hi5 Touchscreen STE5150-Hi5	56 Analogue Display 5150
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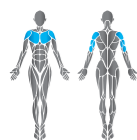
PRODUCT FEATURES

19 Electrically adjustable seat height	✓	
9 Manually adjustable seat height		✓
29 Isometric Testing Connector	✓	✓
54 Adjustable feet with floor mounting option	✓	✓

PRODUCT OPTIONS

45 Gripeeze tube grip glove (8216 & 8217)	✓	✓
23 Heavy duty	✓	

CHEST PRESS



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

DISPLAY

55 Hi5 Touchscreen STE5140-Hi5	56 Analogue Display 5140
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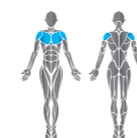
PRODUCT FEATURES

19 Electrically adjustable seat height	✓	
9 Manually adjustable seat height		✓
29 Isometric Testing Connector	✓	✓
35 Multigrip handles	✓	✓
36 Neck cushion	✓	
40 Range limiters (with start position)	✓	✓
54 Adjustable feet with floor mounting option	✓	✓

PRODUCT OPTIONS

2 Additional seat cushion (9097-2)	✓	✓
24 Foot rest for upper body machine (4131)	✓	✓
36 Neck cushion		✓
45 Gripeeze tube grip glove (8216 & 8217)	✓	✓
23 Heavy duty	✓	

PEC DECK



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

DISPLAY

55 Hi5 Touchscreen STE5160-Hi5	56 Analogue Display 5160
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PRODUCT FEATURES

19 Electrically adjustable seat height	✓	
9 Manually adjustable seat height		✓
27 Handgrips for additional support	✓	✓
36 Neck cushion	✓	
40 Range limiters (with start position)	✓	✓
54 Adjustable feet with floor mounting option	✓	✓

PRODUCT OPTIONS

2 Additional seat cushion (9097-2)	✓	✓
24 Foot rest for upper body machine (4131)	✓	✓
36 Neck cushion (9096-2)		✓

OPTIMAL RHOMB



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

DISPLAY

55 Hi5 Touchscreen STE5175-Hi5	56 Analogue Display 5175
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PRODUCT FEATURES

19 Electrically adjustable seat height	✓	
9 Manually adjustable seat height		✓
35 Multigrip handles	✓	✓
40 Range limiters (with start position)	✓	✓
54 Adjustable feet with floor mounting option	✓	

PRODUCT OPTIONS

45 Gripeeze tube grip glove (8216 & 8217)	✓	✓
23 Heavy Duty	✓	

CORE BODY

ABDOMEN/BACK



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

DISPLAY

55 Hi5 Touchscreen STE5310-Hi5	56 Analogue Display 5310
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PRODUCT FEATURES

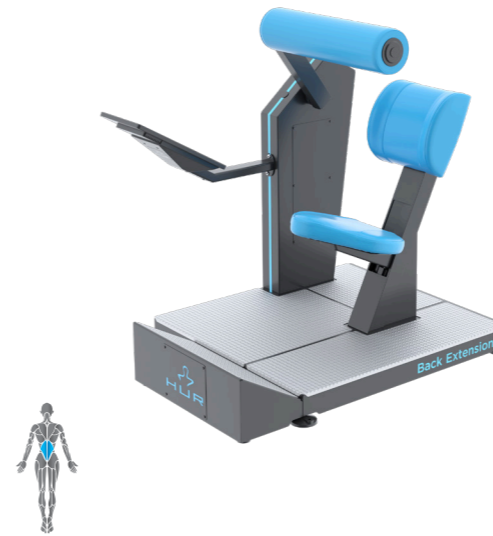
17 Electrically adjustable lever arm	✓	
19 Electrically adjustable seat height	✓	
20 Electrically adjustable horizontal seat position	✓	
6 Manually adjustable lever arm		✓
9 Manually adjustable seat height		✓
8 Manually adjustable horizontal seat position		✓
13 Dual function	✓	✓
29 Isometric Testing Connector	✓	✓
39 Range limiters (with start and end position)	✓	✓
54 Adjustable feet with floor mounting option	✓	✓

PRODUCT OPTIONS

2 Additional seat cushion (9097-2)	✓	✓
11 Safety belt (9081)	✓	✓
25 Foot support	✓	✓
43 Reversible roller ¹	✓	✓
21 Heavy duty ²	✓	

NOTE: Complete numbered list of standards & options on page 48-51 **NOTE:** The measurements shown in the tables are for touchscreen devices **NOTE:** ¹ Not compatible with electrically or manually adjustable lever arm, ² Not compatible with electrically adjustable lever arm

BACK EXTENSION



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

DISPLAY

55 Hi5 Touchscreen STE5320-Hi5	56 Analogue Display 5320
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PRODUCT FEATURES

19 Electrically adjustable seat height	✓	
26 Foot support	✓	✓
9 Manually adjustable seat height		✓
54 Adjustable feet with floor mounting option	✓	✓

PRODUCT OPTIONS

2 Additional seat cushion (9097-2)	✓	✓
11 Safety belt (9081)	✓	✓
23 Heavy duty	✓	

TWIST



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
80	32	125	49	126	50	59	130

DISPLAY

55 Hi5 Touchscreen ST5330-Hi5	56 Analogue Display 5330
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PRODUCT FEATURES

12 Dual function (left & right)	✓	✓
29 Isometric Testing Connector	✓	✓
54 Adjustable feet with floor mounting option	✓	✓

PRODUCT OPTIONS

23 Heavy duty	✓
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NOTE: Complete numbered list of standards & options on page 48-51 **NOTE:** The measurements shown in the tables are for touchscreen devices

TWIST REHAB



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

DISPLAY

PRODUCT FEATURES

	55 Hi5 Touchscreen ST5340-Hi5	56 Analogue Display 5340
12 Dual function (left & right)	✓	✓
14 Easy access handgrips	✓	✓
29 Isometric Testing Connector	✓	✓
39 Range limiters (with start and end position)	✓	✓
51 Adjustable start position	✓	✓
54 Adjustable feet with floor mounting option	✓	✓
59 Manually adjustable back support height	✓	✓

PRODUCT OPTIONS

11 Safety belt (9081)	✓	✓
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LOWER BODY

BODY EXTENSION



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

DISPLAY

PRODUCT FEATURES

	55 Hi5 Touchscreen ST5510-Hi5	56 Analogue Display 5510
11 Safety belt	✓	✓
14 Easy Access handgrips	✓	✓
36 Neck cushion	✓	✓
40 Range limiters (with start position)	✓	✓
54 Adjustable feet with floor mounting option	✓	✓
46 Emergency release button	✓	✓

PRODUCT OPTIONS

11 Safety belt	✓	✓
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NOTE: Complete numbered list of standards & options on page 48-51 **NOTE:** The measurements shown in the tables are for touchscreen devices

ADDUCTION/ABDUCTION



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

DISPLAY

PRODUCT FEATURES

	55 Hi5 Touchscreen ST5520-Hi5	56 Analogue Display 5520
13 Dual function	✓	✓
14 Easy access handgrips	✓	✓
29 Isometric Testing Connector	✓	✓
36 Neck cushion	✓	✓
39 Range limiters (with start and end position)	✓	✓
54 Adjustable feet with floor mounting option	✓	✓

PRODUCT OPTIONS

1 Additional back support (9033-3)	✓	✓
2 Additional seat cushion (9097-2)	✓	✓
11 Safety belt (9081)	✓	✓
36 Neck cushion (9096-2)	✓	✓

LEG EXTENSION/CURL



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
112	44	157	62	145	57	104	229

DISPLAY

PRODUCT FEATURES

	55 Hi5 Touchscreen STE5530-Hi5	56 Analogue Display 5530
15 Electrically adjustable back support	✓	
18 Electrically adjustable lever arms	✓	
48 Stepplessly adjustable back support		✓
7 Manually adjustable lever arms		✓
11 Safety belt	✓	✓
13 Dual function	✓	✓
14 Easy access handgrips	✓	✓
29 Isometric Testing Connector	✓	✓
31 Leg straps	✓	✓
36 Neck cushion	✓	✓
39 Range limiters (with start and end position)	✓	✓
54 Adjustable feet with floor mounting option	✓	✓

PRODUCT OPTIONS

1 Additional back support (9033-3)	✓	✓
2 Additional seat cushion (9097-2)	✓	✓
36 Neck cushion (9096-2)	✓	✓
21 Heavy duty	✓	✓

NOTE: Complete numbered list of standards & options on page 48-51 **NOTE:** The measurements shown in the tables are for touchscreen devices

LEG PRESS

DISPLAY

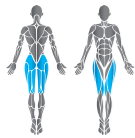
55 Hi5 Touchscreen STE5540-Hi5 56 Analogue Display 5540

PRODUCT FEATURES

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

PRODUCT OPTIONS

- 2 Additional seat cushion (9097-2) ✓
- 36 Neck cushion (9096-2) ✓
- 38 Plate for joining levers[†] (4134) ✓



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

LEG PRESS INCLINE

DISPLAY

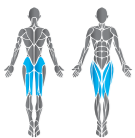
55 Hi5 Touchscreen STE5546-Hi5 56 Analogue Display 5546

PRODUCT FEATURES

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

PRODUCT OPTIONS

- 36 Neck cushion (9096-2) ✓



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

LEG PRESS CC

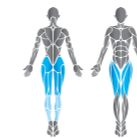
DISPLAY

55 Hi5 Touchscreen STE5549-Hi5

PRODUCT FEATURES

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

PRODUCT OPTIONS



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
94	37	227	89	159	62	175	386

NOTE: Complete numbered list of standards & options on page 48-51 **NOTE:** The measurements shown in the tables are for touchscreen devices **NOTE:** [†] Comes with different type lever arm

NOTE: Complete numbered list of standards & options on page 48-51 **NOTE:** The measurements shown in the tables are for touchscreen devices



HUR Accessible Line

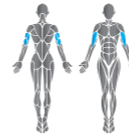
An Accessible Training Solution for Everyone

HUR's Accessible Line is designed for both wheelchair users and non-disabled individuals, offering independent training through its open U-shaped design and rollaway seat. The pneumatic Natural Transmission™ system ensures smooth, safe movements, making the equipment ideal for inclusive fitness and rehabilitation.

With wheelchair accessibility and SmartTouch technology, HUR enables personalized, efficient training for a wide range of users, empowering everyone to train confidently.

UPPER BODY

BICEPS/TRICEPS EASY ACCESS



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

DISPLAY

55 Hi5 Touchscreen ST9110-Hi5	56 Analogue Display 9110
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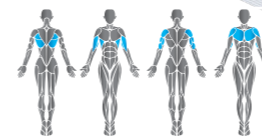
PRODUCT FEATURES

13 Dual function	✓	✓
29 Isometric Testing Connector	✓	✓
49 Base plate	✓	✓
58 Large mushroom buttons	✓	✓

PRODUCT OPTIONS

5 Adjustable easy access chair (EA9060)	✓	✓
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PUSH UP/PULL DOWN EASY ACCESS



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

DISPLAY

55 Hi5 Touchscreen ST9120-Hi5	56 Analogue Display 9120
-------------------------------	--------------------------

PRODUCT FEATURES

11 Safety belt	✓	✓
13 Dual function	✓	✓
29 Isometric Testing Connector	✓	✓
39 Range limiters (with start and end position)	✓	✓
49 Base plate	✓	✓
58 Large mushroom buttons	✓	✓

PRODUCT OPTIONS

5 Adjustable easy access chair (EA9060)	✓	✓
23 Heavy duty	✓	
45 Gripeeze tube grip glove (8216 & 8217)	✓	✓

DIP/SHRUG EASY ACCESS

DISPLAY

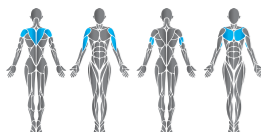
55 Hi5 Touchscreen ST9125-Hi5 56 Analogue Display 9125

PRODUCT FEATURES

11 Safety belt	✓	✓
13 Dual function	✓	✓
28 Horizontally adjustable lever arms	✓	✓
29 Isometric Testing Connector	✓	✓
39 Range limiters (with start and end position)	✓	✓
49 Base plate	✓	✓
58 Large mushroom buttons	✓	✓

PRODUCT OPTIONS

5 Adjustable easy access chair (EA9060)	✓	✓
45 Gripeeze 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

CHEST PRESS EASY ACCESS

DISPLAY

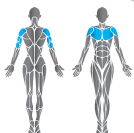
55 Hi5 Touchscreen ST9140-Hi5 56 Analogue Display 9140

PRODUCT FEATURES

29 Isometric Testing Connector	✓	✓
32 Lock mechanism	✓	✓
35 Multigrip handles	✓	✓
49 Base plate	✓	✓
58 Large mushroom buttons	✓	✓

PRODUCT OPTIONS

5 Adjustable easy access chair (EA9060)	✓	✓
23 Heavy duty	✓	✓
45 Gripeeze tube grip glove (8216 & 8217)	✓	✓



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

LAT PULL EASY ACCESS

DISPLAY

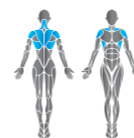
55 Hi5 Touchscreen ST9150-Hi5 56 Analogue Display 9150

PRODUCT FEATURES

4 Adjustable chest support	✓	✓
29 Isometric Testing Connector	✓	✓
32 Lock mechanism	✓	✓
35 Multigrip handles	✓	✓
41 Release function	✓	✓
58 Large mushroom buttons	✓	✓

PRODUCT OPTIONS

5 Adjustable easy access chair (EA9060)	✓	✓
23 Heavy duty	✓	✓
45 Gripeeze tube grip glove (8216 & 8217)	✓	✓



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

PEC DECK EASY ACCESS

DISPLAY

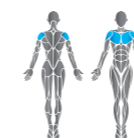
55 Hi5 Touchscreen ST9160 56 Analogue Display 9160

PRODUCT FEATURES

27 Handgrips for additional support	✓	✓
58 Large mushroom buttons	✓	✓

PRODUCT OPTIONS

5 Adjustable easy access chair (EA9060)	✓	✓
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Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
143	56	113	44	138	54	82	181

OPTIMAL RHOMB EASY ACCESS



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
126	50	106	42	114	45	82	181

PRODUCT FEATURES

- 4 Adjustable chest support
- 35 Multigrip handles
- 41 Release function
- 58 Large mushroom buttons

DISPLAY

55 Hi5 Touchscreen ST9175-Hi5	56 Analogue Display 9175
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PRODUCT OPTIONS

- 5 Adjustable easy access chair (EA9060)
- 45 Gripeeze tube grip glove (8216 & 8217)

CORE BODY

ABDOMEN/BACK EASY ACCESS



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
85	34	154	61	171	67	89	196

PRODUCT FEATURES

- 11 Safety belt
- 13 Dual function
- 14 Easy access handgrips
- 19 Electrically adjustable seat
- 20 Electrically adjustable horizontal seat position
- 25 Foot support
- 29 Isometric Testing Connector
- 39 Range limiters (with start and end position)
- 42 Reversible back support
- 43 Reversible roller
- 54 Adjustable feet with floor mounting option
- 58 Large mushroom buttons

DISPLAY

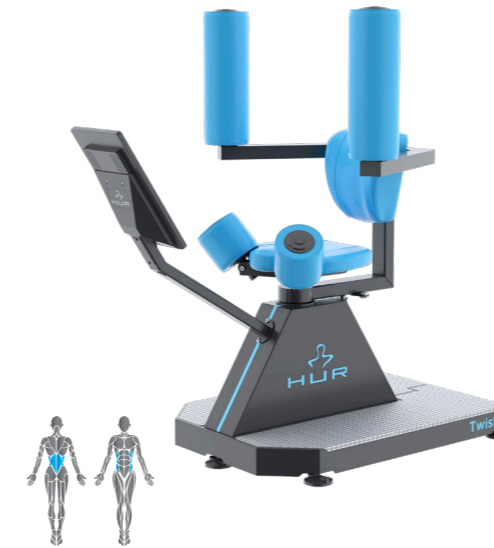
55 Hi5 Touchscreen ST9310-Hi5	56 Analogue Display 9310
----------------------------------	-----------------------------

PRODUCT OPTIONS

- 23 Heavy duty

NOTE: Complete numbered list of standards & options on page 48-51 **NOTE:** The measurements shown in the tables are for touchscreen devices

TWIST EASY ACCESS



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

PRODUCT FEATURES

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

DISPLAY

55 Hi5 Touchscreen ST9330-Hi5	56 Analogue Display 9330
----------------------------------	-----------------------------

PRODUCT OPTIONS

- 23 Heavy duty

NOTE: Complete numbered list of standards & options on page 48-51 **NOTE:** The measurements shown in the tables are for touchscreen devices



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.**

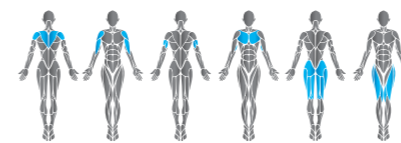
4X MULTIFUNCTION MACHINE

DISPLAY

55 Hi5 Touchscreen
STE8540-Hi5

PRODUCT FEATURES

- 14 Easy access handgrips ✓
- 21 Electrically adjustable seat position ✓
- 29 Isometric Testing Connector ✓
- 32 Lock mechanism ✓
- 34 Multifunction:
 - Dip/Shrug (range limiters & isometric testing) ✓
 - Leg Press (lock mechanisms & isometric testing)
 - Assisted Squat
- 36 Neck cushion ✓
- 47 Foot straps ✓
- 39 Range limiters (with start and end position) ✓
- 54 Adjustable feet with floor mounting option ✓



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

PRODUCT OPTIONS

- 2 Additional seat cushion (9097-2) ✓

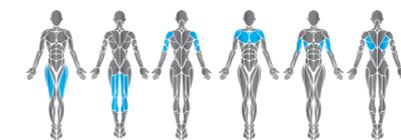
5X MULTIFUNCTION MACHINE

DISPLAY

55 Hi5 Touchscreen
ST8530-Hi5

PRODUCT FEATURES

- 7 Adjustable lever arms ✓
- 11 Safety belt ✓
- 29 Isometric Testing Connector ✓
- 31 Leg straps ✓
- 34 Multifunction:
 - Chest Press (isometric testing) ✓
 - Leg Extension/Curl (range limiters & isometric testing)
 - Push Up/Pull Down (range limiters & isometric testing)
- 35 Multigrip handles ✓
- 36 Neck cushion ✓
- 48 Steplessly adjustable back support ✓
- 39 Range limiters (with start and end position) ✓
- 54 Adjustable feet with floor mounting option ✓



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
124	49	185	73	184	72	144	317

PRODUCT OPTIONS

- 2 Additional seat cushion (9034-2) ✓

NOTE: Complete numbered list of standards & options on page 48-51



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 VERSIONS

55 Hi5 Touchscreen

56 Analogue Display

- Pulley Wall Mount ✓ (ST8820-Hi5) ✓ (8820)
- Pulley Free Standing Pulley ✓ (ST8821-Hi5) ✓ (8821)
- Pulley Wall Mount Heavy Duty ✓ (ST8830-Hi5) ✓ (8830)
- Pulley Free Standing Heavy Duty ✓ (ST8831-Hi5) ✓ (8831)



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

OPERATING SYSTEM OPTIONS:

56 SmartTouch Hi5 • 56 Analog Display

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⁾
- 17 Neck Exerciser, Head Harness (8225)

Wall mounted

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
83	33	87	34	215	85	49	108

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 50-51

HUR Benches

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.
 Please visit www.hurglobal.com



HUR Easy Access machine with chair (left), and with wheelchair (right).

YOUR PARTNER FOR LIFELONG STRENGTH

Every “body” needs movement to stay strong and healthy. HUR solutions are built for variety of abilities. Pneumatic (air-pressure) technology eliminates inertia and reduces stress on joints and limbs, while our low-impact equipment design results in a far more effective experience for athletes, seniors, rehabilitation, and “every body” in-between.

BALANCE

UPPER BODY

CORE BODY

LOWER BODY



HUR SmartBalance Package (2031 & 2032)

- BTG4 Balance Platform
- Touchscreen Computer
- iSupport Rail
- HUR SmartBalance Software
- Foam

Features

- Low step up height
- Wide entry
- Sturdy and height adjustable support rail for safety
- Large interactive touch screens
- Easy to use software with clear traffic light coloured results, balance scores and guidelines for training
- Client mode for independent training
- Motivating training with interactive computer games

NOTE: ¹⁾ Touchscreen computer is not included in the 2032 package

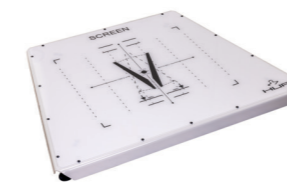
HUR SmartBalance

Balance is critical not only for athletic performance, but in supporting our everyday activities, like climbing stairs, getting out of bed, or carrying groceries.

As a technology-driven testing, training and reporting system, HUR SmartBalance is the perfect solution for assessing balance, accurately identifying users with a high risk for falling and implementing results-based fall prevention and balance training programs.

HUR SmartBalance makes it easier than ever for next-generation rehabilitation and senior living providers to respond to healthcare’s increasingly results-driven demands, while providing athletes with the performance-enhancing training they need to be their best.

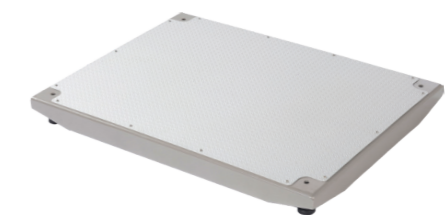
BTG4 PLATFORM (2204)



Width	Length	Height	Weight
mm	mm	mm	kg
960	700	65	15

- Largest of the standard platforms
- Full testing and training capabilities
- Enables seated core balance training for even larger wheelchairs
- Still portable - weight 15 kg
- Perfect for professional balance testing and training

FORCE PLATFORM (2003)



Width	Length	Height	Weight
mm	mm	mm	kg
810	610	60	16,45

- Highly accurate portable & mounted force platforms for jump testing.
- Featuring easy-to-use software which displays over 20 parameters right after the jump, needing no user calculation.
- Used by sports coaches, top sports teams and sports research facilities worldwide.

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 / 76 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	113 cm	148 cm	72 kg
24.72 in	44.56 in	58.11 in	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	167 cm	133 cm	93 kg
25.31 in	65.74 in	52.20 in	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/running, 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 115 cm.



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/running efficiency and stability

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.



Product Specification

6100 HUR OFFLOAD - LOW FRAME

Frame type	Dimensions (cm)	Dimensions (in)	Weight	Max Treadmill width
Standard	149 × 236 × 231	59 × 93 × 91	95 kg (209 lb)	95 cm (37 in)
Wide	169 × 236 × 231	67 × 93 × 91	95 kg (209 lb)	115 cm (45 in)

6102 HUR OFFLOAD

Frame type	Dimensions (cm)	Dimensions (in)	Weight	Max Treadmill width
Standard	149 × 236 × 259	59 × 93 × 102	97 kg (214 lb)	95 cm (37 in)
Wide	169 × 236 × 259	67 × 93 × 102	97 kg (214 lb)	115 cm (45 in)

Max Unweighing Capacity for both 6100 and 6102: 139kg (306 lb)

NOTE: Dimensions listed as W × L × H (Width × Length × Height)



HUR FreeTrainer

The HUR FreeTrainer makes it easy to create a comprehensive exercise program for your clients to support stretching, functional training, balance, flexibility, active static workouts, and other equipment-free training.

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 hurglobal.com

[See more pages](#)

See pages 8-9 for more information about the HUR SmartTouch Ecosystem



Customize your own style

FRAME COLOURS

STANDARD FRAME COLOURS, ALSO FOR PULLEY



CUSTOM UPHOLSTERY COLOURS

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

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

CUSHION COLOURS

STANDARD UPHOLSTERY COLOURS* (TORONTO EN)



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 Premium & Accessible line

Standards & Options

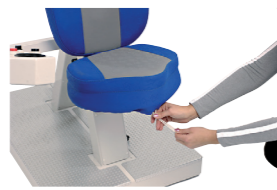
1. Additional back support (9033-3)

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. Manually 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.



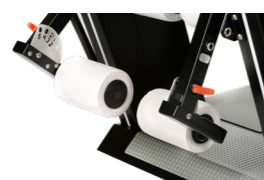
6. Manually adjustable lever arm (4100)

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



7. Manually adjustable lever arms (4101)

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



8. Manually adjustable horizontal seat position

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



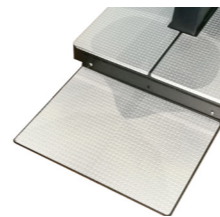
9. Manually adjustable seat height

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



10. Anti-tilt plate

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. Safety 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), or with a switch (Analog machines).



14. Easy access handgrips

Handgrips improve access into and out of machine.



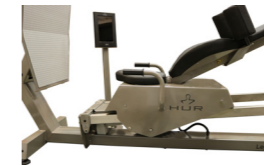
15. Electrically adjustable back support

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



16. Electrically adjustable seat for optimal start position

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



17. Electrically adjustable lever arm for Abdomen/Back machines

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



18. Electrically adjustable lever arms for Leg Extension/curl machine

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



19. Electrically adjustable seat height

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



20. Electrically adjustable horizontal seat position

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.



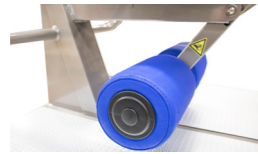
29. Isometric Testing Connector

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



30. Knee hyper-extension eliminator

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

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 (9096-2)

Ergonomic cushion for additional support.



37. Performance Recorder (9200)

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



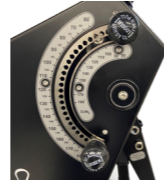
38. Plate for joining levers (4134)

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



39. Range limiters (with start & end position)

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



40. Range limiters (with start position)

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. Gripeeze 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. Emergency release button

Exercise resistance and lever arms can be released quickly to allow users to exit the machine easily.

47. Foot straps

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



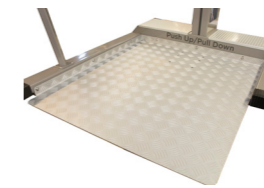
48. Steplessly adjustable Back support

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

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 15.6" 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.



58. Large mushroom buttons

Resistance is adjusted using large push buttons that make adjustment easy and safe.



59. Manually adjustable back support height

Back support can be adjusted for comfortable use..

HUR 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. Dimensions: 363 x 61 x 23,4 cm (143 x 24 x 9,2 in) Weight: 30 kg (66 lb)



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.

Pulley as a rowing machine or even for lateral pull-downs.



7. Gripeeze 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.



17. Neck Exerciser, Head Harness (8225)





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



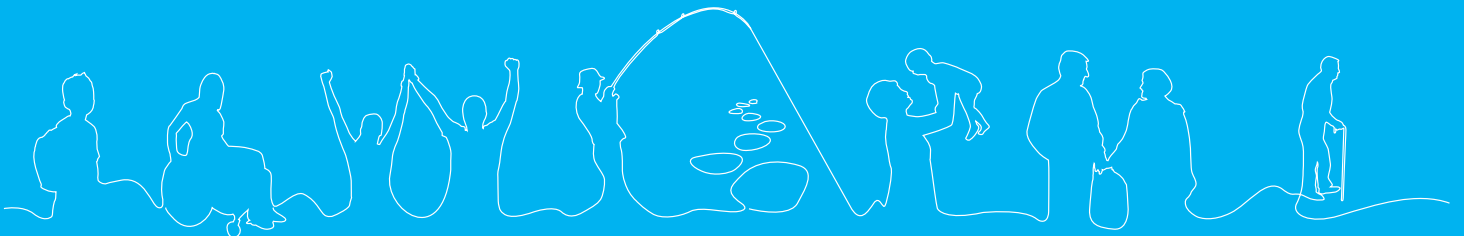
35 YEARS
12,000 INSTALLATIONS
6 CONTINENTS



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.



Ab HUR Oy

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