



HUR

For Lifelong Strength

PLANT THE
SEED OF
PHYSICAL ACTIVITY



ALMOST **30 YEARS**
10,000 INSTALLATIONS
SIX CONTINENTS



INITIATING THE JOURNEY FOR LIFELONG STRENGTH

Our children are the most important things we have. As a mother of four and grandmother of six I am deeply saddened by the fact that serious cuts in exercise at schools is discouraging active exercise. The worst-case scenario will be a large proportion of a whole generation who never got to experience the joy of movement. This negative impact may have a knock-on effect for kids in their teens - when building blocks for adulthood are constructed - and later in life when our habits start affecting our everyday lives.

Good physical health acts as a solid foundation for self-esteem and for lifelong strength. With HUR equipment we can establish a safe and easy-to-use training solution for children and adolescents, also for those with special needs.

For over 25 years we have been working together with the research community to develop the best strength equipment possible, and today we have around 10,000 installations worldwide. Thanks to extensive research, state of the art technology and a great deal of passion for our mission, we are able to provide safe and efficient exercise solutions for a variety of ages and abilities, which is beneficial not only for the individual but for society as a whole.

Lena Karjaluoto,
HUR, Executive Vice President

For a stronger future

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.

Schools can promote physical activity through comprehensive school physical activity programmes, including recess, classroom-based physical activity, intramural physical activity clubs, interscholastic sports, and physical education. Schools should ensure that physical education is provided to all students in all grades, and is taught by qualified teachers, or work with community organisations to provide out-of-school-time physical activity programmes and share physical activity facilities. **The HUR Strength Training Equipment together with the intelligent HUR SmartTouch exercise system is a complete solution, optimal for encouraging young people to lead a more healthy and active lifestyle.**



EXERCISE IMPROVES STUDENTS' ACADEMIC PERFORMANCE

Regular physical activity in childhood:

- Helps build and maintain healthy bones and muscles
- Helps reduce the risk of developing obesity and chronic diseases, such as diabetes, cardiovascular disease, and colon cancer
- Reduces feelings of depression and anxiety and promotes psychological well-being
- May help improve students' academic performance, including
 - › Academic achievement and grades
 - › Academic behavior, such as time on task
 - › Factors that influence academic achievement, such as concentration and attentiveness in the classroom

DID YOU KNOW?

Long-term consequences of physical inactivity

- Overweight and obesity, which are influenced by physical inactivity and poor diet, can increase the risk of diabetes, high blood pressure, high cholesterol, asthma, arthritis, and poor health status.
- Physical inactivity increases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.

14 

Recommended for
ages 14 and older

THE SMARTEST CHOICE FOR AN ACTIVE YOUTH

Computerized strength training, controlled movements, versatile testing and possibility for more independent and motivating training sessions.



EASY TO USE AND MORE INDEPENDENT ACTIVITIES WITH COMPUTERIZED EXERCISE - HUR SMARTTOUCH

HUR machines are computerized and come with touch screens. The machines automatically adjust seats and lever arms, sets, repetitions, resistance and heart rate limits thanks to individual training programs. **The user shows an ID to the machine (card, wrist band etc.) and the machine knows immediately what to do.** It counts repetitions and lets the user know when the exercise is done. All exercise information is stored for automatic analysis and follow-up. **The computerized system makes the work of the physiotherapist or nurse streamlined and reduces mundane tasks.**



A COMPLETE SOLUTION FOR TRAINING AND TESTING

HUR offers a wide range of strength training devices for exercise and rehabilitation, a smart exercise system with software for automated reporting and follow-up - HUR SmartTouch, compatible cardio products and versatile testing products for assessing balance, maximum strength and jumps (more about the HUR SmartTouch system on pages 10 and 11).



SAFE - LOW IMPACT

HUR equipment with air pressure makes exercise low impact on joints, thereby preventing stiffness and pain. The equipment is comfortable with back and neck support, and dual core cushions. With the range limiters you can even restrict the range of motion - to further increase safety.



CLOSE TO ZERO STARTING LOAD

If you can move one arm or one leg you can exercise with a HUR machine. **The starting resistance is close to zero.**



INCREASE RESISTANCE WITH AS LITTLE AS 100G/ 1/4 LBS

HUR machines are suitable for all strength levels and recognize all levels of progress. You can also set up the machine to increase resistance automatically as you proceed. The computerized system displays all progress and keeps the user motivated and focused on the goal.



FOR WHEELCHAIR USERS

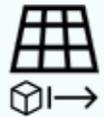
HUR Easy Access machines meet the specific needs of **wheelchair users** and those with mobility and sensory impairments.





MAXIMUM PERFORMANCE

Thanks to the **Heavy Duty** option you can train with maximum training resistance and gain absolute max performance out of your body.



SMALL FOOTPRINT

Space is no issue. Many of HUR machines are dual function, they require little space and are also very quiet which offers the possibility to place them almost anywhere, for example in a coffee room or in a hall.



HIGH-SPEED TRAINING

HUR equipment with air pressure allows high-speed exercise with low impact on joints - all thanks to the unique HUR Natural Transmission™ technique. **Perform smooth high-speed training with pneumatic resistance in comfortable machines, where the resistance curve stays optimal in both slow and fast movements.**

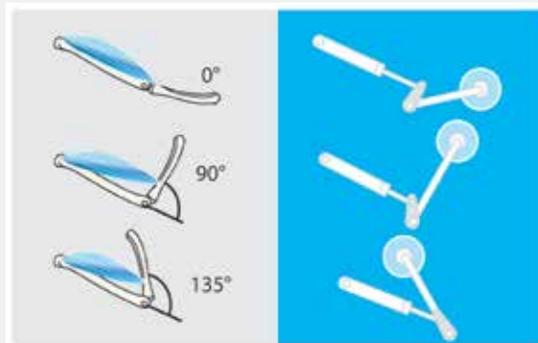


MEDICAL CERTIFICATED

HUR equipment is developed on a university level and HUR Quality Management System is certified with ISO 13485:2003 and ISO 9001:2008 standards.

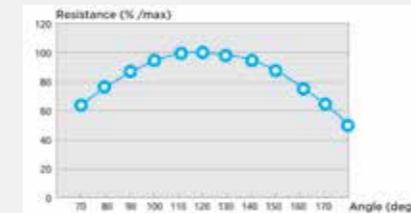


Pneumatic resistance

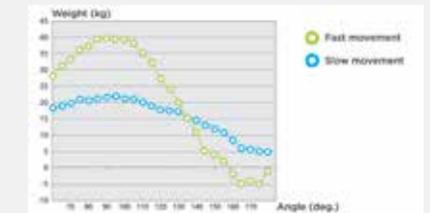


HUR machines function through a resistance method that employs a natural transmission of power, **Natural Transmission™, which simulates the natural function/movement of your muscles.** Using pneumatic technology and lever arms, resistance is adjusted in accordance with your muscles' natural generation of muscular force.

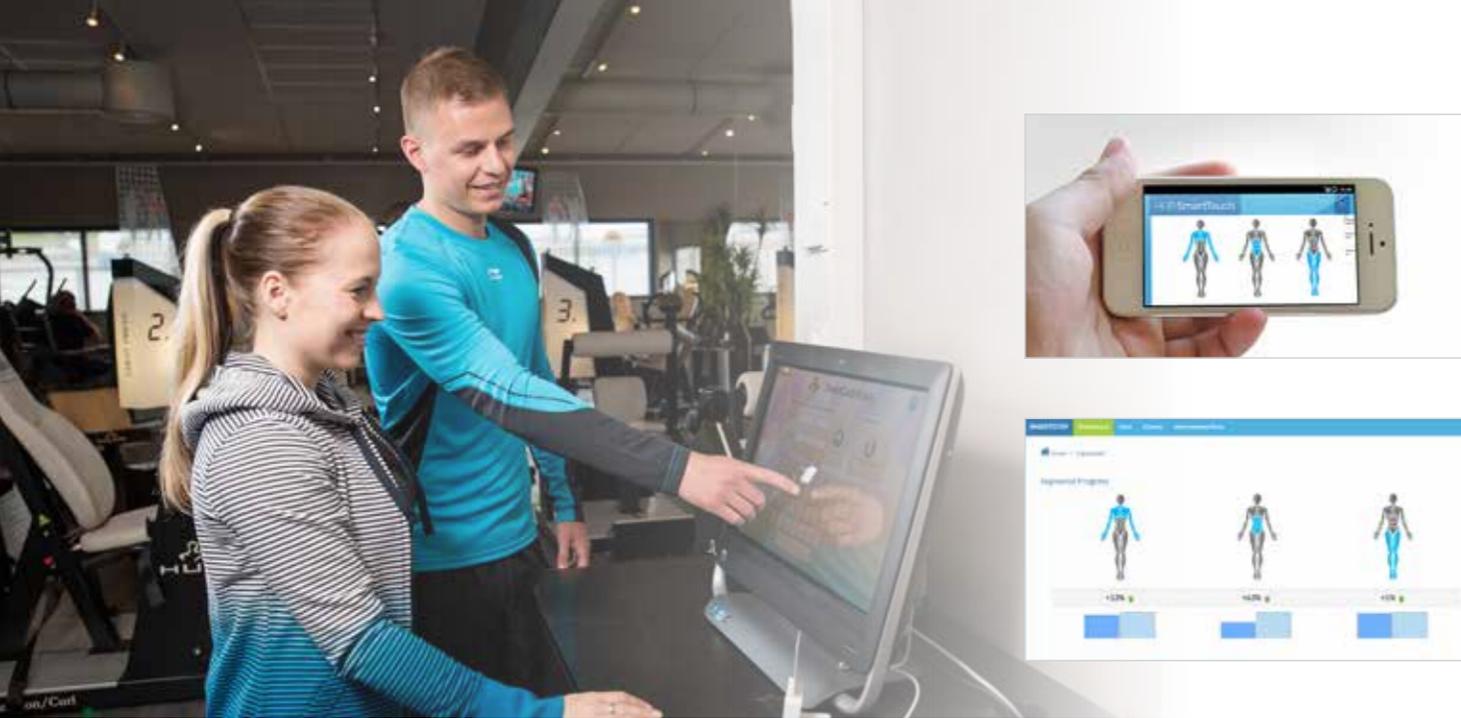
The workload is applied more specifically to the muscles for more effective results. **It mimics the natural function of the muscles.**



With HUR's **Natural Transmission** method, based on pneumatic technology, resistance is adapted in accordance with the production of force, regardless of the speed of the movement.



Weight stack machines are more suited to slow, controlled movements. An increase in speed produces inertia, distorting the loading on the muscle, impacting on the joint and reducing the training effect.



HUR SmartTouch - An intelligent training and testing system

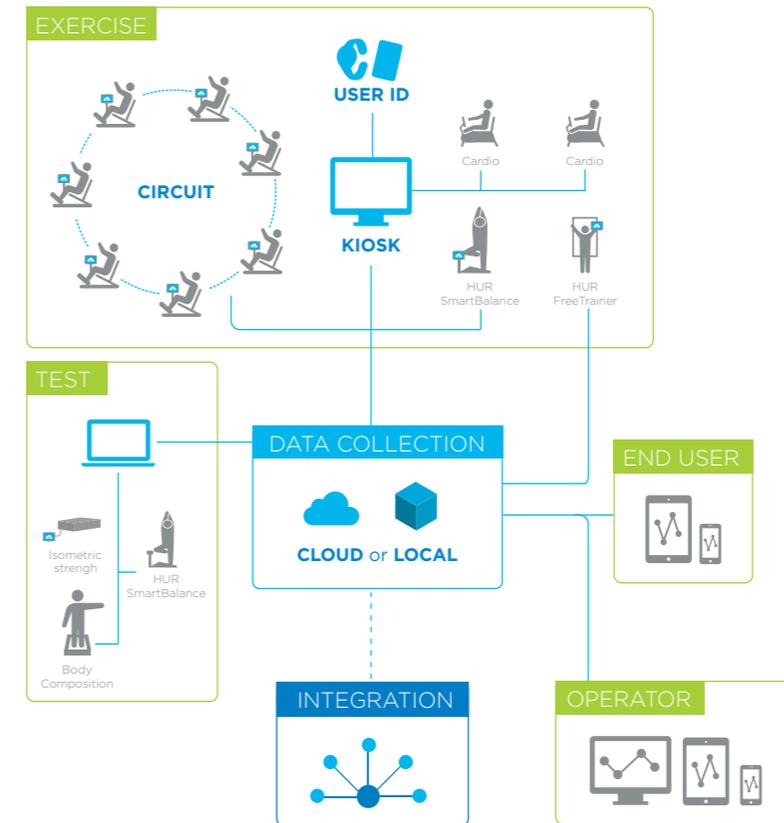
HUR equipment come complete with a computerized, automated training system, HUR SmartTouch, which allows for evidence-based, smart and more independent exercise and rehabilitation

The necessity and use of data within exercise and rehabilitation has increased immensely in recent years. HUR recognized this early and a lot of the development has been put into computerized exercise. For over 15 years HUR has been offering customers all over the world an intelligent exercise system for preventive,

maintaining and rehabilitative training, as well as for research.

The HUR SmartTouch exercise system, with pneumatic strength training equipment, comprehensive testing equipment and an intelligent software, is the culmination of almost 30 years of close co-operation with leading researchers in biomechanics and exercise physiology, as well as of learnings from customers and a focused product development. 🚦

THE HUR SMARTTOUCH ECOSYSTEM



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
- › Can be integrated with other applications/programs (Web Services or by using an integration engine for the HL7 interface.)



HUR TRAINING SOLUTIONS

HUR is a complete solution for training and testing. HUR offers a wide range of strength training devices for exercise and rehabilitation, a smart exercise system with software for automated reporting and follow-up - HUR SmartTouch, compatible cardio products and versatile testing products for assessing balance, maximum strength and jumps

Check out the HUR Product Catalogue for a complete product list and detailed product information.

HUR Strength training equipment

This equipment range, which is suitable for almost all ages and abilities, incorporates many features that enhance safety and facilitate rehabilitation, for example, range limiters and additional supports. HUR Premium Line equipment is recognized as medical devices.



- › Computerized training and operations
- › Close to zero starting load
- › 100g / 1/4 lbs increments
- › Automatic resistance increase
- › Safe natural movements
- › Air resistance
- › HUR Medical Concepts with training programmes
- › Group test comparison

HUR Pulley Functional Trainer



HUR Pulley offers a large range of exercises in one machine. As with all other HUR machines it uses pneumatic technology which enables perfect balance between exercise load and the muscles' output force, regardless of the speed of the movement.

- › Over 20 different exercises in one machine
- › The starting resistance is close to zero, and increase resistance with as little as 100g/ 1/4 lbs
- › Fully enclosed mechanism enhances safety and eastethics
- › Dual handles and an adjustable height cable column enable performing numerous exercises
- › With a wide range of accessories HUR Pulley is suitable for exercising the entire body

HUR FreeTrainer



The HUR FreeTrainer allows you to add 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.

- › 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.

Cardio Compability

Please check the HUR website for cardio equipment from selected brands that can be connected to the HUR SmartTouch system



HUR TESTING SOLUTIONS

HUR has specialized in developing and manufacturing professional products for measuring human performance. The products are manufactured to the highest quality, for researchers and research facilities, physical and occupational therapists, regular exercisers, sports coaches and teams alike.

HUR SmartBalance

HUR SmartBalance is a complete package for independent balance training and for basic fall risk assessment. The system is easily controlled via the touch screen computer featuring the **HUR SmartBalance software**.

- › Large normative data
- › Includes five training protocols with various levels and difficulty stages
- › Select your wanted protocol from a wide touchscreen and the training can begin
- › Based on the test results you can plan accurate balance training to strengthen the discovered weaknesses and enhance the person's balance



Jump testing



The **HUR Force Platform Software** is a complete package for your jump testing needs. It features **pre-programmed testing protocols** for squat, counter movement and drop jumps as well as a general data acquisition module which can be used for analyzing balance or reaction forces.

Included with the Force platform.
HUR Force Platform Software for professional athletes.



Isometric strength testing



The Performance Recorder is a portable general-purpose **strength measuring device**. It consists of an accurate industrial grade strength sensor (0-500 kg) and accompanying electronics which record the values from the sensor **a 100 times per second**. It can be directly connected to all HUR strength training exercise machines.

- › General data acquisition
- › Device database
- › Group and persons database
- › Record for later analysis
- › Printable test reports
- › Person test comparison
- › Group test comparison





CASE STUDY

A MORE ACTIVE ROLE MODEL IN SCHOOLS TO ENCOURAGE PHYSICAL ACTIVITY

Kokkola in Finland has incorporated HUR SmartTouch devices in their **AktiVoi (Activate) Project**, which aims to make young people healthier and more physically active.

Developed and implemented by **Kokkola University Consortium Chydenius**, the AktiVoi Project is seeking ways to ignite the spark and to get people of all ages moving. Designer **Lisette Nygård** is responsible for a portion of the project which focuses on the increased physical activity of school-age children.

A pilot program is currently being undertaken at Kokkola's **Lycium High School**, as well as at Kokkola's **Länsipuisto School**, involving ages 13-15. These schools specialize in athletics, and are also involved in a national school project called Liikkuva (Moving Project).

The school has introduced 10 HUR SmartTouch units of gym equipment. Enthusiastic reactions have come from the students, concerning the equipment using compressed air as its variable resistance, the online software and other advanced features on the network's profile.

"The youth today, is so accustomed to technology and its incorporation into everyday life. Girls, in particular, have been very active with training during recess. High school students are also using the devices during free periods."

Two eighth year classes have also become involved in the project; after testing, they were given their own gym programmes. Positive results were already seen from a 6-week training period, after which several of the students were able to train at a faster pace and with more weight resistance. Nygård praises the programme, since the students' progress is monitored by the instructor from their own computer. This enables the instructor to increase and adjust the pace of the programme, as well as select the weight resistance most suitable for the students.

A new pilot group will begin their autumn semester. The project has also been considered an AktiVoi Coach Program, where the most enthusiastic students will be "promoted" to Assistant Coach for the new fitness groups.

The studies and data provided by Länsipuisto School will be used in the future, as additional schools decide to introduce HUR fitness equipment and incorporate them

into their athletic programs. Modern technology also enables easier information finding via cloud-based services.

"It would be fantastic if this sort of programme was a possibility for each and every school," says Nygård.

"Länsipuisto School is our own living laboratory, where we are able to carry out new testing methods for increased physical activity in everyday life," Nygård says.

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"Länsipuisto School is our own living laboratory, where we are able to carry out new testing methods for increased physical activity in everyday life," -Lisette Nygård, Designer



Area size 36 m²/388 ft²

SETUPS

Recommended Entry Setup



5120 Push Up/Pull Down Rehab



5530 Leg Extension/Curl Rehab

8821 HUR Functional Trainer Pulley

9200 Performance Recorder

HUR FreeTrainer

Recommended Standard Setup



HUR SmartBalance



5310 Abdomen/Back Rehab



5530 Leg Extension/Curl Rehab



5175 Optimal Rhomb Rehab



5520 Adduction/Abduction Rehab



5140 Chest Press Rehab



5540 Leg Press Rehab



9200 Performance Recorder



HUR FreeTrainer

JOIN US IN ACTION FOR LIFELONG STRENGTH!

Contact us for a design of your training area
and for more information about the process of
starting a wellness programme in schools.



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