

PRODUCT CATALOGUE



World-leading solutions For Lifelong Strength

HUR SMARTTOUCH Hi5 EDITION



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



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.

In this special issue we present the 5th generation of computerized strength training machines - HUR SmartTouch Hi5



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.

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 zero load, to accommodate the weakest users, and can be increased by 100g/ 1/4 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

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 10) is especially designed for rehabilitation and senior exercise.

HUR Active Line (from page 18) offers well designed solutions for health clubs, hotels, companies etc.

HUR Pulley (page 26-27) 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

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

Automated
documentation
and reporting



Online seamless operating for
physiotherapist/trainers and operators

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

Testing possibilities
and follow-up:
strength and
balance



HUR Medical Concepts

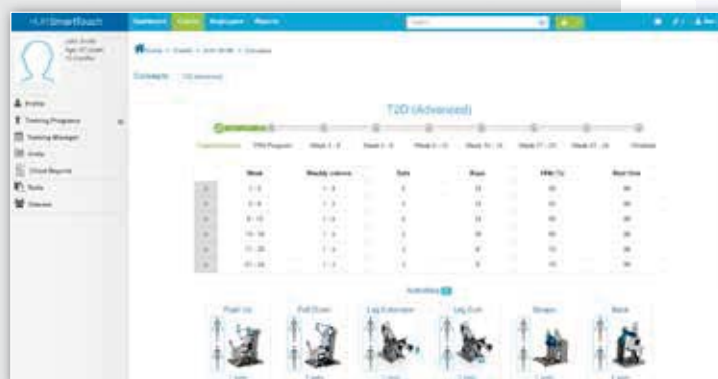
For effective exercise outcomes in preventive exercise, disease management and rehabilitation.

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 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.



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

ST5120-Hi5 PUSH UP/PULL DOWN

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 13 Dual function
- 9 Adjustable seat
- 10 Anti-tilt plate
- 11 Belt
- 39 Range limiters (with start and end position)
- 29 Isometric testing sensor attachment
- 36 Neck cushion

EQUIPMENT OPTIONS:

- 24 Foot rest for upper body machine (4131)
- 2 Additional seat cushion (9097)
- 23 Floor mount bracket (4256)
- 19 Electrically adjustable seat (STE)
- 45 Tube Grip Glove (8216, 8217)



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
100	39	123	48	181	71	75	165

ST9120-Hi5 PUSH UP/PULL DOWN EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

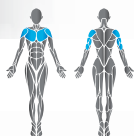
- 13 Dual function
- 11 Belt
- 39 Range limiters (with start and end position)
- 29 Isometric testing sensor attachment
- 49 Base plate

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	127	50	179	70	72	159



ST5140-Hi5 CHEST PRESS

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

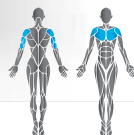
STANDARD EQUIPMENT FEATURES:

- 9 Adjustable seat height
- 40 Range limiters (with start position)
- 29 Isometric testing sensor attachment
- 35 Multigrip handles
- 36 Neck cushion

EQUIPMENT OPTIONS:

- 24 Foot rest for upper body machine (4131)
- 2 Additional seat cushion (9097)
- 23 Floor mount bracket (4256)
- 19 Electrically adjustable seat (STE)
- 45 Tube Grip Glove (8216, 8217)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
113	44	122	48	137	54	84	185



ST9140-Hi5 CHEST PRESS EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

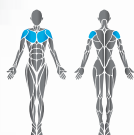
STANDARD EQUIPMENT FEATURES:

- 35 Multigrip handles
- 32 Lock mechanism
- 29 Isometric testing sensor attachment
- 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
130	51	137	54	105	41	84	185



ST5160-Hi5 PEC DECK

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 9 Adjustable seat height
- 27 Handgrips for additional support
- 40 Range limiters (with start position)
- 29 Isometric testing sensor attachment
- 36 Neck cushion

EQUIPMENT OPTIONS:

- 24 Foot rest for upper body machine (4131)
- 2 Additional seat cushion (9097)
- 23 Floor mount bracket (4256)
- 19 Electrically adjustable seat (STE)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
118	46	97	38	132	52	72	159



ST9160-Hi5 PEC DECK EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

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



ST5175-Hi5 OPTIMAL RHOMB

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

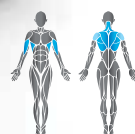
STANDARD EQUIPMENT FEATURES:

9 Adjustable seat height
 35 Multigrip handles
 40 Range limiters (with start position)
 29 Isometric testing sensor attachment

EQUIPMENT OPTIONS:

23 Floor mount bracket (4256)
 19 Electrically adjustable seat (STE)
 45 Tube Grip Glove (8216, 8217)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
108	43	130	51	108	43	67	148



ST9175-Hi5 OPTIMAL RHOMB EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

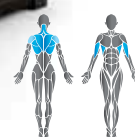
STANDARD EQUIPMENT FEATURES:

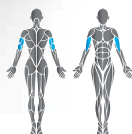
35 Multigrip handles
 4 Adjustable chest support
 41 Release function

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	114	45	82	181





ST9110-Hi5 BICEPS/TRICEPS EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

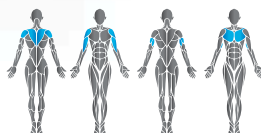
STANDARD EQUIPMENT FEATURES:

- 13 Dual function
- 29 Isometric testing sensor attachment
- 49 Base plate

EQUIPMENT OPTIONS:

- 5 Adjustable easy access chair (EA9060)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
118	46	115	45	128	50	90	198



ST9125-Hi5 DIP/SHRUG EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

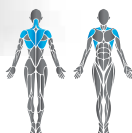
STANDARD EQUIPMENT FEATURES:

- 13 Dual function
- 28 Horizontally adjustable lever arms
- 11 Belt
- 39 Range limiters (with start and end position)
- 29 Isometric testing sensor attachment
- 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
110	43	130	51	108	43	71	157



ST9150-Hi5 LAT PULL EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

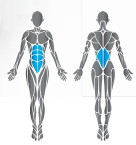
- 35 Multigrip handles
- 32 Lock mechanism
- 4 Adjustable chest support
- 41 Release function
- 29 Isometric testing sensor attachment

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
116	46	105	41	105	41	81	179

CORE BODY



ST5310-Hi5 ABDOMEN/BACK

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 6 Adjustable lever arm
- 8 Adjustable seat position
- 9 Adjustable seat height
- 13 Dual function
- 39 Range limiters (with start and end position)
- 29 Isometric testing sensor attachment

EQUIPMENT OPTIONS:

- 43 Reversible roller (4103)

- 23 Floor mount bracket (4256)
- 2 Additional seat cushion (9097)
- 11 Belt (9081)
- 19 Electrically adjustable seat (STE)
- 20 Electrically adjustable seat position (STE)
- 17 Electrically adjustable lever arm (STE)
- 25 Foot support

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
85	33	95	37	125	49	68	150



ST9310-Hi5 ABDOMEN/BACK EASY ACCESS

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

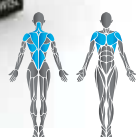
- 14 Easy access handgrips
- 13 Dual function
- 8 Adjustable seat position
- 25 Foot support
- 42 Reversible back support
- 43 Reversible roller
- 11 Belt
- 39 Range limiters (with start and end position)

- 29 Isometric testing sensor attachment
- 19 Electrically adjustable seat

EQUIPMENT OPTIONS:

- 23 Floor mount bracket (4256)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
86	34	128	50	171	67	89	196



ST9330-Hi5 TWIST EASY ACCESS

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 33 Lockable lever arm
- 43 Reversible rollers
- 12 Dual function (left & right)

EQUIPMENT OPTIONS:

- 23 Floor mount bracket (4256)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
80	31	125	49	126	50	64	141

LOWER BODY



ST5510-Hi5 BODY EXTENSION

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

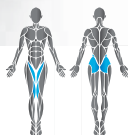
STANDARD EQUIPMENT FEATURES:

- 14 Easy access handgrips
- 40 Range limiters (with start position)
- 11 Belt
- 36 Neck cushion

EQUIPMENT OPTIONS:

- 23 Floor mount bracket (4256)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
114	45	125	49	113	44	87	192



ST5520-Hi5 ADDUCTION/ ABDUCTION

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 13 Dual function
- 14 Easy access handgrips
- 39 Range limiters (with start and end position)
- 29 Isometric testing sensor attachment
- 36 Neck cushion

EQUIPMENT OPTIONS:

- 2 Additional seat cushion (9097)
- 23 Floor mount bracket (4256)
- 11 Belt (9081)
- 1 Additional back support (9033)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
147	58	123	48	126	50	75	165



ST5530-Hi5 LEG EXTENSION/CURL

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 7 Adjustable lever arms
- 11 Belt
- 13 Dual function
- 14 Easy access handgrips
- 31 Leg straps
- 39 Range limiters (with start and end position)
- 29 Isometric testing sensor attachment
- 36 Neck cushion
- 48 Steplessly adjustable back support

EQUIPMENT OPTIONS:

- 23 Floor mount bracket (4256)
- 2 Additional seat cushion (9034)
- 1 Additional back support (9033)
- 15 Electrically adjustable back support (STE)
- 18 Electrically adjustable lever arms (STE)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
104	41	160	63	137	54	96	212

ST5540-Hi5 LEG PRESS

OPERATING SYSTEM OPTIONS:

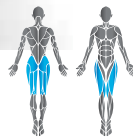
SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 3 Adjustable back support
- 14 Easy access handgrips
- 47 Foot straps
- 32 Lock mechanism
- 30 Knee hyper-extension eliminator
- 29 Isometric testing sensor attachment
- 36 Neck cushion

EQUIPMENT OPTIONS:

- 23 Floor mount bracket (4256)
- 2 Additional seat cushion (9034)
- 38 Plate for joining levers[ⓐ] (4134)
- 15 Electrically adjustable back support (STE)



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
105	41	175	69	132	52	120	265

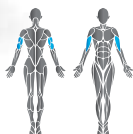


HUR Active Line

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

**ST3110-Hi5 BICEPS/TRICEPS****OPERATING SYSTEM OPTIONS:**

SmartTouch Hi5

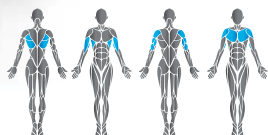
STANDARD EQUIPMENT FEATURES:

13 Dual function
9 Adjustable seat height

EQUIPMENT OPTIONS:

29 Isometric testing sensor attachment (4254)
23 Floor mount bracket (4256)
19 Electrically adjustable seat (STE)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
105	41	94	37	118	46	80	176

**ST3120-Hi5 PUSH UP/PULL DOWN****OPERATING SYSTEM OPTIONS:**

SmartTouch Hi5

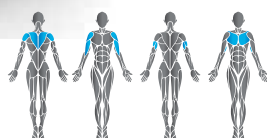
STANDARD EQUIPMENT FEATURES:

13 Dual function
9 Adjustable seat height
10 Anti-tilt plate
11 Belt
36 Neck cushion

EQUIPMENT OPTIONS:

24 Foot rest for upper body machine (4131)
2 Additional seat cushion (9097)
39 Range limiters (with start and end position) (4252)
29 Isometric testing sensor attachment (4254)
23 Floor mount bracket (4256)
45 Tube Grip Glove (8216, 8217)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
100	39	123	48	181	71	73	161

**ST3125-Hi5 DIP/SHRUG****OPERATING SYSTEM OPTIONS:**

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

13 Dual function
9 Adjustable seat height
36 Neck cushion
39 Range limiter (with start and end position)

EQUIPMENT OPTIONS:

24 Foot rest for upper body machine (4131)
2 Additional seat cushion (9097)
29 Isometric testing sensor attachment (4254)
23 Floor mount bracket (4256)
19 Electrically adjustable seat (STE)
45 Tube Grip Glove (8216, 8217)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
111	44	98	39	137	54	69	152



ST3140-Hi5 CHEST PRESS

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 9 Adjustable seat height
- 35 Multigrip handles
- 36 Neck cushion

EQUIPMENT OPTIONS:

- 24 Foot rest for upper body machine (4131)
- 2 Additional seat cushion (9097)
- 40 Range limiters (with start position) (4252)
- 29 Isometric testing sensor attachment (4254)
- 23 Floor mount bracket (4256)
- 45 Tube Grip Glove (8216, 8217)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
108	43	122	48	137	54	82	181



ST3160-Hi5 PEC DECK

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 9 Adjustable seat height
- 27 Handgrips for additional support
- 36 Neck cushion

EQUIPMENT OPTIONS:

- 24 Foot rest for upper body machine (4131)
- 2 Seat cushion (9097)
- 39 Range limiters (with start and end position) (4252)
- 29 Isometric testing sensor attachment (4254)
- 23 Floor mount bracket (4256)
- 19 Electrically adjustable seat

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
118	46	97	38	132	52	68	150



ST3175-Hi5 OPTIMAL RHOMB

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 9 Adjustable seat height
- 35 Multigrip handles

EQUIPMENT OPTIONS:

- 23 Floor mount bracket (4256)
- 19 Electrically adjustable seat (STE)
- 29 Isometric testing sensor attachment
- 40 Range limiters (with start position)
- 45 Tube Grip Glove (8216, 8217)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
108	43	130	51	108	43	67	148

CORE BODY

**ST3310-Hi5 ABDOMEN/BACK****OPERATING SYSTEM OPTIONS:**

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 13 Dual function
- 8 Adjustable seat position
- 9 Adjustable seat height

EQUIPMENT OPTIONS:

- 6 Adjustable lever arm (4100)
- 43 Reversible roller (4103)
- 39 Range limiters (with start and end position) (4252)
- 29 Isometric testing sensor attachment (4254)
- 23 Floor mount bracket (4256)
- 2 Additional seat cushion (9097)
- 11 Belt (9081)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
79	31	86	34	125	49	67	148

**ST3320-Hi5 BACK EXTENSION****OPERATING SYSTEM OPTIONS:**

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 9 Adjustable seat height
- 26 Foot support

EQUIPMENT OPTIONS:

- 23 Floor mount bracket (4256)
- 2 Additional seat cushion (9097)
- 11 Belt (9081)
- 19 Electrically adjustable seat (STE)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
86	34	116	46	115	45	72	159

**ST3330-Hi5 TWIST****OPERATING SYSTEM OPTIONS:**

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

- 12 Dual function (left & right)

EQUIPMENT OPTIONS:

- 23 Floor mount bracket (4256)
- 29 Isometric testing sensor attachment (4254)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
80	31	125	49	126	50	64	141

LOWER BODY



ST3510-Hi5 BODY EXTENSION

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

14 Easy access handgrips
36 Neck cushion
11 Belt

EQUIPMENT OPTIONS:

23 Floor mount bracket (4256)
40 Range limiters (with start position) (4252)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
114	45	125	49	113	44	87	192



ST3520-Hi5 ADDUCTION/ ABDUCTION

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

13 Dual function
36 Neck cushion

EQUIPMENT OPTIONS:

29 Isometric testing sensor attachment
2 Additional seat cushion (9097)
23 Floor mount bracket (4256)
11 Belt (9081)
1 Additional back support (9033)
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	75	165



ST3530-Hi5 LEG EXTENSION/CURL

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

13 Dual function
14 Easy access handgrips
31 Leg straps
11 Belt
36 Neck cushion
48 Steplessly adjustable back support

EQUIPMENT OPTIONS:

29 Isometric testing sensor attachment
23 Floor mount bracket (4256)
2 Additional seat cushion (9034)
1 Additional back support (9033)
15 Electrically adjustable back support (STE)
18 Electrically adjustable lever arms (STE)
39 Range limiters (with start and end position) (4252)
7 Adjustable lever arms (4101)

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
104	41	160	63	137	54	96	212

ST3540-Hi5 LEG PRESS

OPERATING SYSTEM OPTIONS:

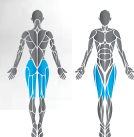
SmartTouch Hi5

STANDARD EQUIPMENT FEATURES:

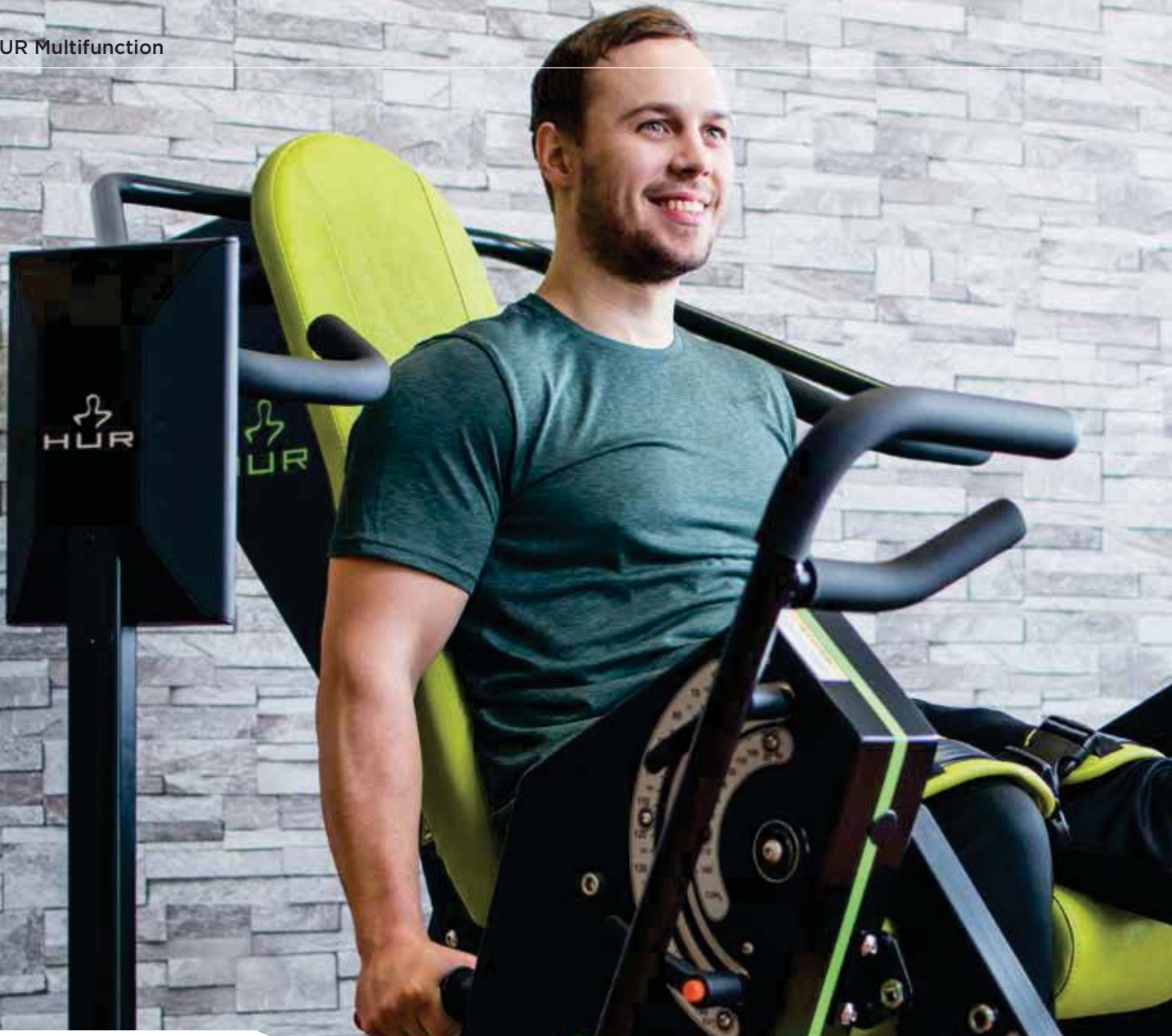
- 3 Adjustable back support
- 14 Easy access handgrips
- 47 Foot straps
- 32 Lock mechanism
- 36 Neck cushion

EQUIPMENT OPTIONS:

- 29 Isometric testing sensor attachment
- 23 Floor mount bracket (4256)
- 2 Additional seat cushion (9034)
- 3 Plate for joining levers[†] (4134)
- 15 Electrically adjustable back support (STE)
- 30 Knee hyper-extension eliminator (4136)



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
105	41	175	69	132	52	120	265



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.**



ST8540-Hi5 4X MULTIFUNCTION MACHINE

OPERATING SYSTEM OPTIONS:

SmartTouch Hi5

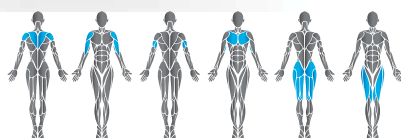
STANDARD EQUIPMENT FEATURES:

- 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 sensor attachment
- 36 Neck cushion

EQUIPMENT OPTIONS:

- 23 Floor mount bracket (4256)
- 2 Additional seat cushion (9034)



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:

SmartTouch Hi5

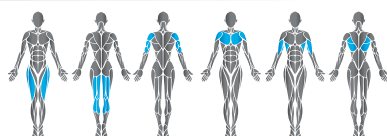
STANDARD EQUIPMENT FEATURES:

- 34 Multifunction:
 - Chest Press (isometric testing)
 - Leg Extension/Curl (range limiters & isometric testing)
 - Push Up/Pull Down (range limiters & isometric testing)
- 7 Adjustable lever arms
- 35 Multigrip handles

- 31 Leg straps
- 39 Range limiters (with start and end position)
- 29 Isometric testing sensor attachment
- 11 Belt
- 36 Neck cushion

EQUIPMENT OPTIONS:

- 23 Floor mount bracket (4256)
- 2 Additional seat cushion (9034)



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
127	50	190	75	184	72	144	317



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 20 kg

ST8821-Hi5 FREE STANDING PULLEY max load 20 kg

ST8830-Hi5 WALL MOUNTED max load 30 kg

ST8831-Hi5 FREE STANDING PULLEY max load 30 kg

PULLEY 2 IN 1 ¹⁾

ST8822-Hi5 PULLEY 2 IN 1 max load 20 kg

ST8832-Hi5 PULLEY 3 IN 1 max load 30 kg

PULLEY 3 IN 1 ²⁾

ST8823-Hi5 PULLEY 2 IN 1 max load 20 kg

ST8833-Hi5 PULLEY 3 IN 1 max load 30 kg



OPERATING SYSTEM OPTIONS:

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)

Wall mounted

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
80	31	90	36	220	86	43	95

Free Standing

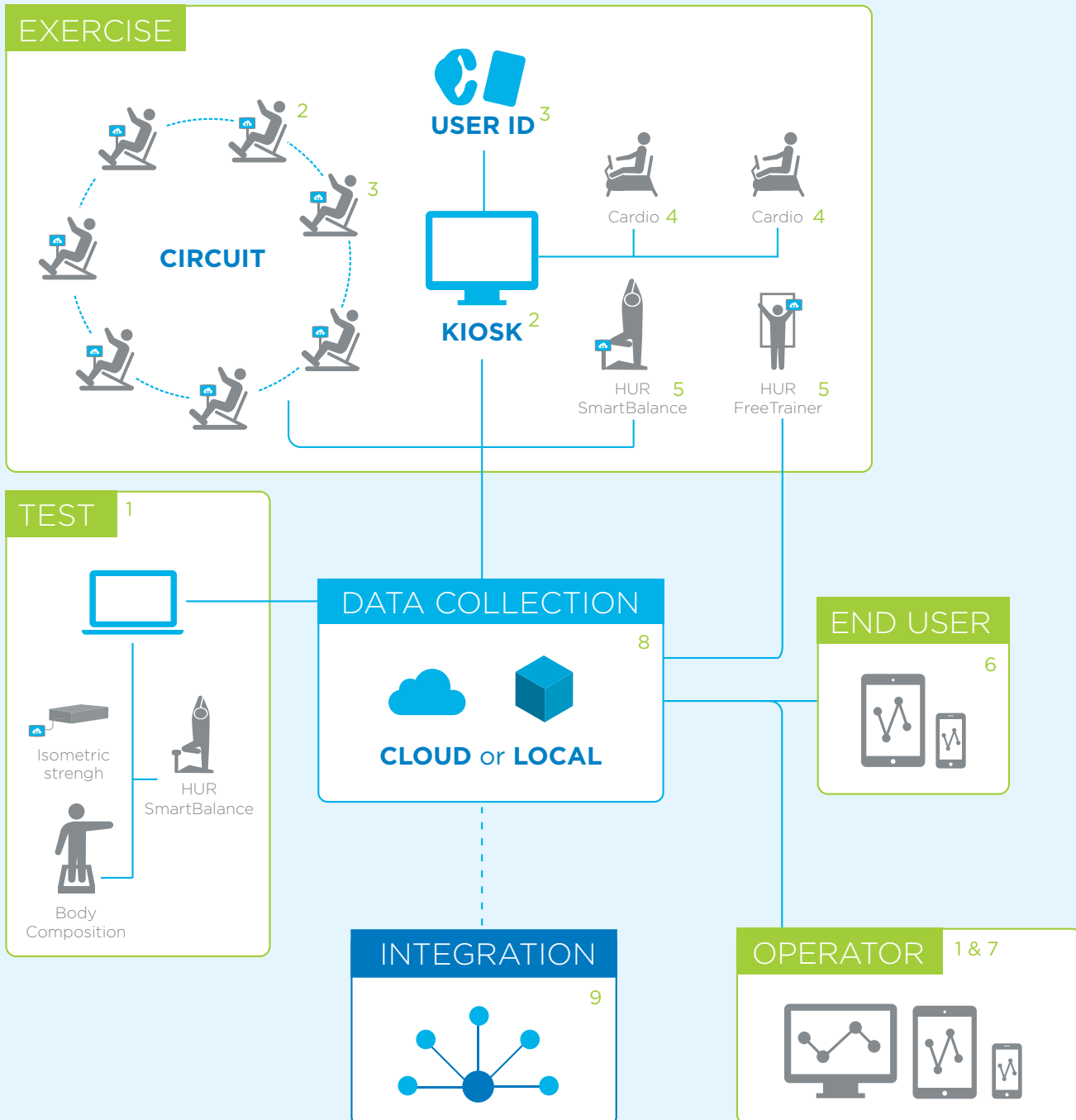
Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
137	54	145	57	220	86	78	172

NOTE: ¹⁾ Measures depending on type of installation

NOTE: Complete numbered list of pulley standards & options on page 34-35

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)

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



2. Additional seat cushion (9034, 9097)

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, and Twist Easy Access 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 back support for Delta/Lat Easy Access machine**

The height of the back support can be adjusted electrically by joystick

**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 4XMultifunction machine**

The distance between the seat and lever arms is adjusted electrically.

**22. Electrically adjustable seat**

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

**23. Floor mount bracket (4256)**

Equipment can be fixed to the floor.

**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 sensor attachment (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 sensor attachment (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**

Foot straps are used to fasten the user's feet to the footplate(s)

**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.



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)



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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