



PRODUCT CATALOGUE

World-leading solutions for lifelong strength



KEY PRODUCT FACTS

COMPUTERIZED TRAINING AND
OPERATION

CLOSE TO ZERO STARTING LOAD

100G AND 1KG INCREMENTS

AUTOMATIC RESISTANCE INCREASE

SAFE NATURAL MOVEMENT

AIR RESISTANCE



HUR provides the most advanced exercise equipment technology available today. This is the culmination of over 25 years of close co-operation with leading researchers in biomechanics and exercise physiology. The computerized air pressure equipment is especially designed to meet the needs of rehabilitation, senior exercise and inclusive wellness users, who are the preferred customers of today's fitness industry.

Ergonomic and efficient exercise for all users

HUR exercise equipment is designed to address our individuality: everyone's strength levels and abilities vary. Therefore, resistance starts at zero load, to accommodate the weakest users, and can be increased by 100g/1/4lb 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. You can train harder in a more comfortable way, regardless of your fitness, without damaging your joints and connective tissue.

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.

Smart system brings operational benefits

Having manufactured computerized exercise equipment since 1999, **HUR has reached its 4th generation of machines and software: HUR SmartTouch.** This solution introduces even more operational benefits for the facility, 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 will provide the metrics to track exercise performance, it will 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 is especially designed for rehabilitation and senior exercise while **HUR Active Line** offers well designed solutions for health clubs, hotels, companies etc. All **HUR Premium Line** equipment is recognized as medical devices.

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.

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 systems flexible upgradability means that your investment is ready for new features just by upgrading the software.



HUR SmartTouch

The smartest, most comprehensive computerized exercise solution for lifelong strength

HUR SmartTouch software integrates all HUR SmartTouch compatible training and testing systems. HUR SmartTouch helps operators and users to achieve better results.



 **EXPLORE HUR SMARTTOUCH**



Scan the code and see HUR SmartTouch in action.



Computerized operating for evidence-based rehabilitation and exercise

BENEFITS

- Documentation, planning and managing of users and their training
- Automatic detailed machine adjustments according to training plan
- Complete control with local version or operate from different locations with cloud version
- Access from various devices (PC, laptop, iPad, tablet, smartphone)
- Connect to third-party systems using web service interface or export CSV-files

With HUR SmartTouch software, HUR continues to provide professionals easy-to-use and comprehensive training solutions for everyday use.





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 LABS TESTING PRODUCTS

iBalance SmartTouch and iBalance Premium for balance testing and training can also be connected to HUR SmartTouch.

SCIFIT CARDIO

Cardio machines such as StepOne from SCIFIT can be connected to HUR SmartTouch software.

EMOTION CARDIO LINE 600

Cycle, Relax, Cross, Body and Sprint from Emotion Fitness are compatible with HUR SmartTouch software.



[See more pages](#)

See pages 30-31 for more information about the HUR SmartTouch Ecosystem

Balance testing & training solutions

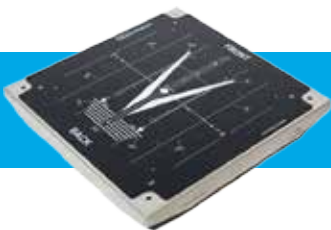


HUR Labs manufactures balance testing and training products to fit most customer needs - from highly portable platforms for the tester on the move to fully equipped testing and training stations for both rehabilitation and research.

You can also combine different components to make your most suitable package. For each platform there are two software options, iBalance Premium for laptop and iBalance SmartTouch for touch screen use. Both feature normative data for easy fall risk assessment in traffic light colors as well as full reporting capabilities. These products are all compatible with the HUR exercise equipment solutions.

[See more products](#) www.hur.fi

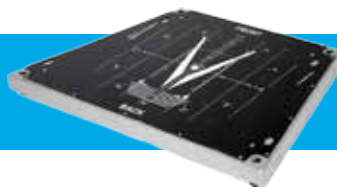
BT4 PLATFORM



Width	Length	Height	Weight
mm	mm	mm	kg
610	610	60	12,6

- Most versatile solution
- Full testing and training capabilities
- Excellent portability - weight 12,6 kg
- Perfect for field testing - No external power required
- A wide variety of test protocols - compare results to a large normative database
- Perfect for most users - from Rehab to Research

BTG4 PLATFORM



Width	Length	Height	Weight
mm	mm	mm	kg
960	685	60	18

- Largest of the standard platforms
- Full testing and training capabilities
- Enables seated core balance training for even larger wheelchairs
- Still portable - weight 18 kg
- Package consists of platform, foam pad, carrying bag and software
- Perfect for professional balance testing and training

FORCE PLATFORM



Width	Length	Height	Weight
mm	mm	mm	kg
810	610	60	13,1

- 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.
- Also available in other sizes



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



5120 PUSH UP/PULL DOWN REHAB

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Dual function
Adjustable seat
Belt
Range limiters (with start and end position)
Isometric testing sensor attachment

EQUIPMENT OPTIONS:

Foot pedal adjustment¹
Foot rest for upper body machine
Neck cushion
Seat cushion
SmartTouch upgrade kit
Floor mount bracket
Anti-tilt plate
Electrically adjustable seat²
Heavy Duty²
Heart rate receiver³

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



5140 CHEST PRESS REHAB

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Adjustable seat
Range limiters (with start position)
Isometric testing sensor attachment
Multigrip handles

EQUIPMENT OPTIONS:

Foot pedal adjustment¹
Foot rest for upper body machine
SmartTouch upgrade kit
Neck cushion
Seat cushion
Floor mount bracket
Electrically adjustable seat²
Heavy Duty²
Heart rate receiver³

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



5160 PEC DECK REHAB

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

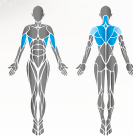
Adjustable seat
Handgrips for additional support
Range limiters (with start position)
Isometric testing sensor attachment

EQUIPMENT OPTIONS:

Foot pedal adjustment¹
Foot rest for upper body machine
SmartTouch upgrade kit
Neck cushion
Seat cushion
Floor mount bracket
Electrically adjustable seat²
Heart rate receiver³

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

NOTE: ¹ Only for analog machines ² Only for SmartTouch machines ³ Only for SmartTouch machines



5175 OPTIMAL RHOMB REHAB

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

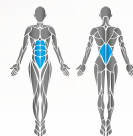
STANDARD EQUIPMENT FEATURES:

Adjustable seat
Multigrip handles
Range limiters (with start position)
Isometric testing sensor attachment

EQUIPMENT OPTIONS:

SmartTouch upgrade kit
Floor mount bracket
Electrically adjustable seat¹
Heavy Duty¹
Heart rate receiver²

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



5310 ABDOMEN/BACK REHAB

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

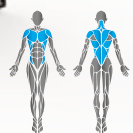
STANDARD EQUIPMENT FEATURES:

Adjustable seat
Adjustable lever arm
Adjustable seat position
Dual function
Range limiters (with start and end position)
Isometric testing sensor attachment

EQUIPMENT OPTIONS:

Reversible roller
SmartTouch upgrade kit
Floor mount bracket
Seat cushion
Belt
Electrically adjustable seat¹
Electrically adjustable seat position¹
Electrically adjustable lever arm¹
Heavy Duty¹
Heart rate receiver²

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



5340 TWIST REHAB

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Adjustable start position
Adjustable back support
Dual function (left & right)
Easy access handgrips
Range limiters (with start and end position)
Isometric testing sensor attachment

EQUIPMENT OPTIONS:

SmartTouch upgrade kit
Floor mount bracket
Belt
Heart rate receiver²

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
123	48	98	39	118	46	75	165

5510 BODY EXTENSION REHAB

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Release button¹
 Easy access handgrips
 Range limiters (with start position)
 Belt

EQUIPMENT OPTIONS:

SmartTouch upgrade kit
 Floor mount bracket
 Neck cushion
 Heavy Duty²
 Heart rate receiver³



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

5520 ADDUCTION/ABDUCTION REHAB

OPERATING SYSTEM OPTIONS:

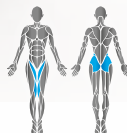
SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Dual function
 Easy access handgrips
 Range limiters (with start and end position)
 Isometric testing sensor attachment

EQUIPMENT OPTIONS:

Neck cushion
 Seat cushion
 SmartTouch upgrade kit
 Floor mount bracket
 Belt
 Heart rate receiver³



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

5530 LEG EXTENSION/CURL REHAB

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Dual function
 Adjustable lever arms
 Easy access handgrips
 Steplessly adjustable back support
 Leg straps
 Range limiters (with start and end position)
 Isometric testing sensor attachment
 Belt

EQUIPMENT OPTIONS:

Neck cushion
 SmartTouch upgrade kit
 Floor mount bracket
 Seat cushion
 Electrically adjustable back support²
 Electrically adjustable lever arms²
 Heavy Duty²
 Heart rate receiver³



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

5540 LEG PRESS REHAB

OPERATING SYSTEM OPTIONS:

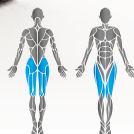
SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Adjustable back support
 Easy access handgrips
 Foot straps
 Lock mechanism
 Knee hyper-extension eliminator
 Isometric testing sensor attachment

EQUIPMENT OPTIONS:

Neck cushion
 SmartTouch upgrade kit
 Floor mount bracket
 Seat cushion
 Plate for joining levers³
 Electrically adjustable back support²
 Heart rate receiver⁴



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

5545 LEG PRESS INCLINE REHAB

OPERATING SYSTEM OPTIONS:

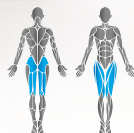
SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Adjustable foot plate
 Easy access handgrips
 Electrically adjustable back support & shoulder rollers
 Lock mechanism
 Isometric testing sensor attachment

EQUIPMENT OPTIONS:

SmartTouch upgrade kit
 Floor mount bracket
 Foot straps
 Seat cushion
 Heart rate receiver⁴



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
88	35	224	88	128	50	119	262

9110 BICEPS/TRICEPS EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

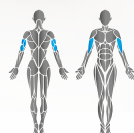
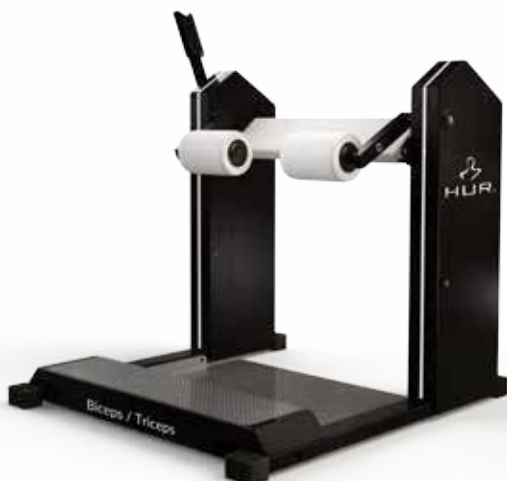
SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Large mushroom buttons¹
 Dual function
 Base plate
 Isometric testing sensor attachment

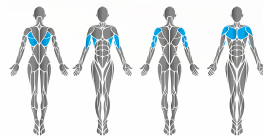
EQUIPMENT OPTIONS:

Easy access chair (EA 9000)
 Adjustable easy access chair (EA 9060)
 SmartTouch upgrade kit
 Heart rate receiver⁴



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

NOTE: ¹ Only for analog machines ² Only for SmartTouch machines ³ Comes with old type lever arm ⁴ Only for SmartTouch machines



9120 PUSH UP/PULL DOWN EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

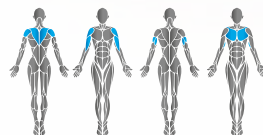
STANDARD EQUIPMENT FEATURES:

Large mushroom buttons¹
Dual function
Belt
Base plate
Range limiters (with start and end position)
Isometric testing sensor attachment

EQUIPMENT OPTIONS:

Easy access chair (EA 9000)
Adjustable easy access chair (EA 9060)
SmartTouch upgrade kit
Heavy Duty²
Heart rate receiver³

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
107	42	127	50	179	70	72	159



9125 DIP/SHRUG EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

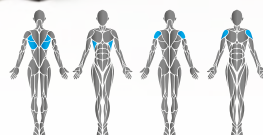
STANDARD EQUIPMENT FEATURES:

Large mushroom buttons¹
Dual function
Horizontally adjustable lever arms
Belt
Base plate
Range limiters (with start and end position)
Isometric testing sensor attachment

EQUIPMENT OPTIONS:

Easy access chair (EA 9000)
Adjustable easy access chair (EA 9060)
SmartTouch upgrade kit
Heart rate receiver³

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
110	43	130	51	108	43	71	157



9130 DELTA/LAT EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Large mushroom buttons¹
Dual function
Electrically adjustable back support
Base plate

EQUIPMENT OPTIONS:

Easy access chair (EA 9000)
Adjustable easy access chair (EA 9060)
SmartTouch upgrade kit
Heart rate receiver³

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
105	41	120	47	180	71	82	181

NOTE: ¹ Only for analog machines ² Only for SmartTouch machines ³ Only for SmartTouch machines

9140 CHEST PRESS EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Large mushroom buttons¹
 Multigrip handles
 Lock mechanism
 Base plate
 Isometric testing sensor attachment

EQUIPMENT OPTIONS:

Easy access chair (EA 9000)
 Adjustable easy access chair (EA 9060)
 SmartTouch upgrade kit
 Heavy Duty²
 Heart rate receiver³



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
130	51	137	54	105	41	84	185

9150 LAT PULL EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Large mushroom buttons¹
 Multigrip handles
 Lock mechanism
 Adjustable chest support
 Release function
 Isometric testing sensor attachment

EQUIPMENT OPTIONS:

Easy access chair (EA 9000)
 Adjustable easy access chair (EA 9060)
 SmartTouch upgrade kit
 Heavy Duty²
 Heart rate receiver³



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
116	46	105	41	105	41	81	179

9160 PEC DECK EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Large mushroom buttons¹
 Handgrips for additional support

EQUIPMENT OPTIONS:

Easy access chair (EA 9000)
 Adjustable easy access chair (EA 9060)
 SmartTouch upgrade kit
 Heart rate receiver³



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

9175 OPTIMAL RHOMB EASY ACCESS

*This machine can be used with wheelchair

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Large mushroom buttons¹
Multigrip handles
Adjustable chest support
Release function

EQUIPMENT OPTIONS:

Easy access chair (EA 9000)
Adjustable easy access chair (EA 9060)
SmartTouch upgrade kit
Heavy Duty²
Heart rate receiver³



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
110	43	106	42	114	45	82	181

9310 ABDOMEN/BACK EASY ACCESS

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Large mushroom buttons¹
Easy access handgrips
Dual function
Adjustable seat position
Electrically adjustable seat
Foot support
Reversible back support
Reversible roller
Belt
Range limiters (with start and end position)

Isometric testing sensor attachment

EQUIPMENT OPTIONS:

SmartTouch upgrade kit
Heavy Duty²
Heart rate receiver³



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

9330 TWIST EASY ACCESS

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

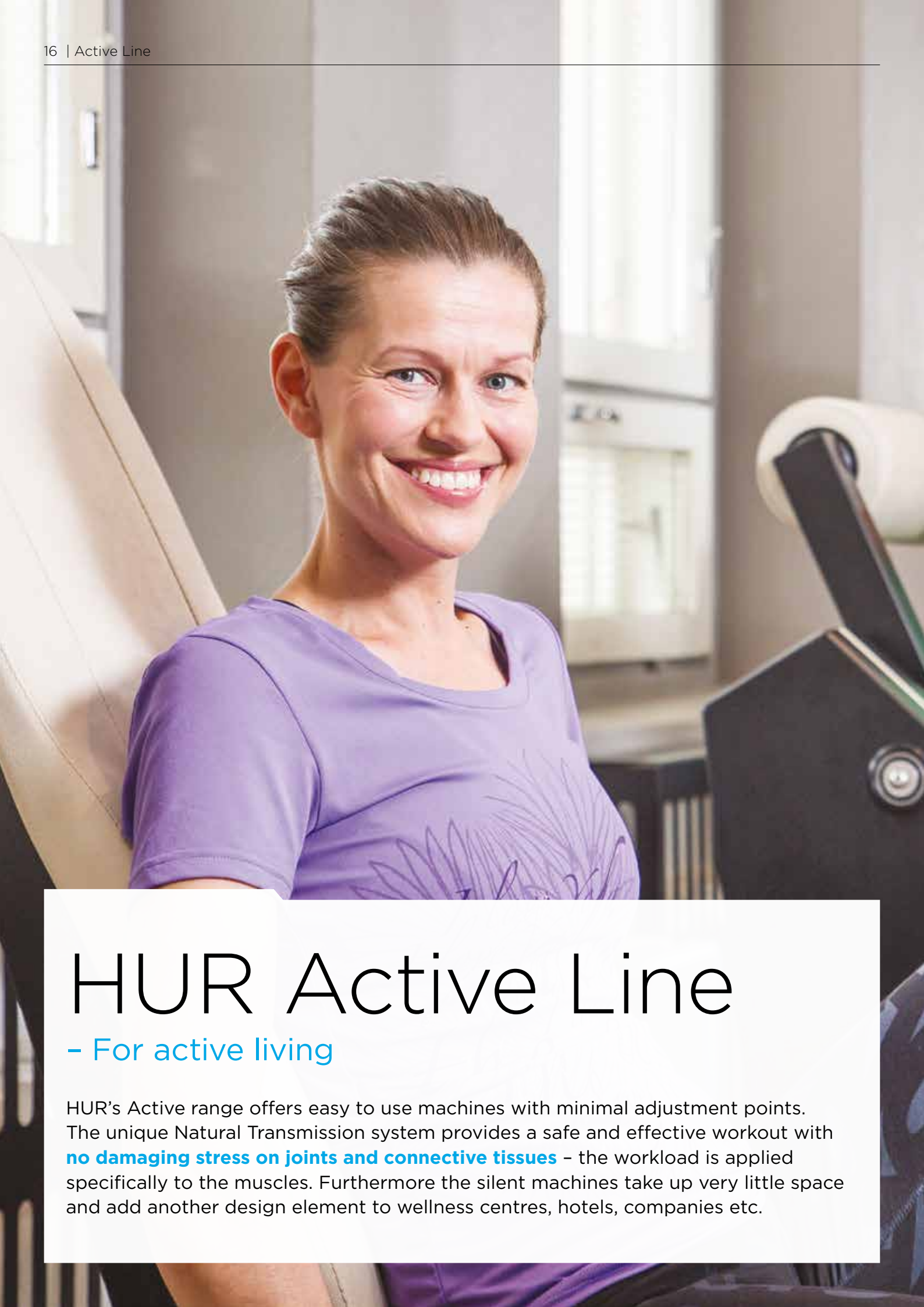
Large mushroom buttons¹
Lockable lever arm
Reversible rollers
Dual function (left & right)

EQUIPMENT OPTIONS:

SmartTouch upgrade kit
Heavy Duty²
Heart rate receiver³



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



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.



3110 BICEPS/TRICEPS

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

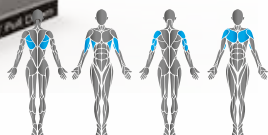
STANDARD EQUIPMENT FEATURES:

Dual function
Adjustable seat

EQUIPMENT OPTIONS:

SmartTouch upgrade kit
Isometric testing sensor attachment
Floor mount bracket
Electrically adjustable seat²
Heart rate receiver²

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



3120 PUSH UP/PULL DOWN

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

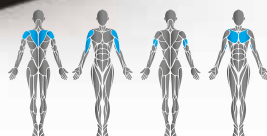
Dual function
Adjustable seat
Belt

EQUIPMENT OPTIONS:

Foot pedal adjustment¹
Foot rest for upper body machine
SmartTouch upgrade kit
Neck cushion

Seat cushion
Range limiters (with start and end position)
Isometric testing sensor attachment
Floor mount bracket
Anti-tilt plate
Electrically adjustable seat²
Heavy Duty²
Heart rate receiver²

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



3125 DIP/SHRUG

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Dual function
Adjustable seat
Range limiter (with start and end position)

EQUIPMENT OPTIONS:

Foot pedal adjustment¹
Foot rest for upper body machine
SmartTouch upgrade kit
Neck cushion
Seat cushion
Isometric testing sensor attachment
Floor mount bracket
Electrically adjustable seat²
Heart rate receiver²

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

NOTE: ¹ Only for analog machines ² Only for SmartTouch machines

3140 CHEST PRESS

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

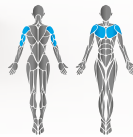
STANDARD EQUIPMENT FEATURES:

Adjustable seat
Multigrip handles

EQUIPMENT OPTIONS:

Foot pedal adjustment¹
Foot rest for upper body machine
SmartTouch upgrade kit
Neck cushion

Seat cushion
Range limiters (with start position)
Isometric testing sensor attachment
Floor mount bracket
Electrically adjustable seat²
Heavy Duty²
Heart rate receiver²



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

3150 LAT PULL

OPERATING SYSTEM OPTIONS:

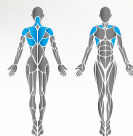
SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Adjustable seat
Release function

EQUIPMENT OPTIONS:

SmartTouch upgrade kit
Isometric testing sensor attachment
Floor mount bracket
Electrically adjustable seat²
Heavy Duty²
Heart rate receiver²



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
94	37	132	52	113	44	67	148

3175 OPTIMAL RHOMB

OPERATING SYSTEM OPTIONS:

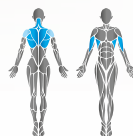
SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Adjustable seat
Multigrip handles

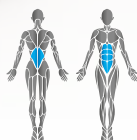
EQUIPMENT OPTIONS:

SmartTouch upgrade kit
Range limiters (with start position)
Isometric testing sensor attachment
Floor mount bracket
Electrically adjustable seat²
Heavy Duty²
Heart rate receiver²



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

NOTE: ¹ Only for analog machines ² Only for SmartTouch machines



3310 ABDOMEN/BACK

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Dual function
Adjustable seat
Adjustable seat position

EQUIPMENT OPTIONS:

Adjustable lever arm
Reversible roller
SmartTouch upgrade kit
Range limiters (with start and end position)

Isometric testing sensor attachment
Floor mount bracket
Seat cushion
Belt
Electrically adjustable seat¹
Electrically adjustable seat position¹
Electrically adjustable lever arm¹
Heavy Duty¹
Heart rate receiver¹

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



3320 BACK EXTENSION

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

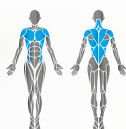
STANDARD EQUIPMENT FEATURES:

Adjustable seat
Foot support

EQUIPMENT OPTIONS:

SmartTouch upgrade kit
Floor mount bracket
Seat cushion
Belt
Electrically adjustable seat¹
Heavy Duty¹
Heart rate receiver¹

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



3330 TWIST

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Dual function (left & right)

EQUIPMENT OPTIONS:

SmartTouch upgrade kit
Isometric testing sensor attachment
Floor mount bracket
Heavy Duty¹
Heart rate receiver¹

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
89	35	125	49	126	50	60	132

3520 ADDUCTION/ABDUCTION

OPERATING SYSTEM OPTIONS:

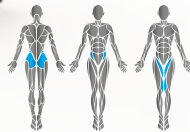
SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Dual function

EQUIPMENT OPTIONS:

Easy access handgrips
 Neck cushion
 Seat cushion
 SmartTouch upgrade kit
 Range limiters (with start and end position)
 Isometric testing sensor attachment
 Floor mount bracket
 Belt
 Heart rate receiver¹



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
147	58	123	48	126	50	70	154

3530 LEG EXTENSION/CURL

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

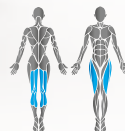
STANDARD EQUIPMENT FEATURES:

Dual function
 Easy access handgrips
 Steplessly adjustable back support
 Belt
 Leg straps

SmartTouch upgrade kit
 Range limiters (with start and end position)
 Isometric testing sensor attachment²
 Floor mount bracket
 Seat cushion
 Electrically adjustable back support¹
 Electrically adjustable lever arms¹
 Heavy Duty¹
 Heart rate receiver¹

EQUIPMENT OPTIONS:

Adjustable lever arms
 Neck cushion



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
98	39	148	58	137	54	93	205

3540 LEG PRESS

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Easy access handgrips
 Adjustable back support
 Foot straps

Isometric testing sensor attachment
 Floor mount bracket
 Neck cushion
 Seat cushion
 Plate for joining levers³
 Electrically adjustable back support¹
 Heart rate receiver¹

EQUIPMENT OPTIONS:

Lock mechanism
 Knee hyper-extension eliminator
 SmartTouch upgrade kit



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

NOTE: ¹ Only for SmartTouch machines ² Requires adjustable lever arms ³ Comes with old type lever arm

3545 LEG PRESS INCLINE

OPERATING SYSTEM OPTIONS:

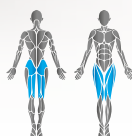
SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Electrically adjustable back support & shoulder rollers
Easy access handgrips
Floor mounting possibility

EQUIPMENT OPTIONS:

Lock mechanism
Foot straps
Isometric testing sensor attachment
SmartTouch upgrade kit
Seat cushion
Adjustable foot plate
Heart rate receiver¹



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
88	35	222	87	128	50	111	245

3548 LEG PRESS CC

OPERATING SYSTEM OPTIONS:

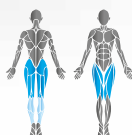
SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

Electrically adjustable foot plate for optimal start position
Electrically adjustable back support angle
Electrically adjustable shoulder support
Handgrips
Floor mounting possibility

EQUIPMENT OPTIONS:

Neck cushion
Chest belt
Foot straps
SmartTouch upgrade kit
Heart rate receiver¹



Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
94	37	200- 263	79- 103	143	56	158	348

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

Transfer wheels (4140)



1100 Standing Hyper Extension



1200 Abdominal Isolator

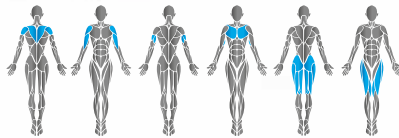


1300 Incline Bench

HUR Multifunction

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 SmartCard system.



8540 4X MULTIFUNCTION MACHINE REHAB

OPERATING SYSTEM OPTIONS:

Smart Card

STANDARD EQUIPMENT FEATURES:

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

- Foot straps
- Lock mechanism
- Range limiters (with start and end position)
- Isometric testing sensor attachment

EQUIPMENT OPTIONS:

- Neck cushion
- Floor mount bracket
- Seat cushion
- Heart rate receiver

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

8530 5X MULTIFUNCTION MACHINE REHAB

OPERATING SYSTEM OPTIONS:

Smart Card

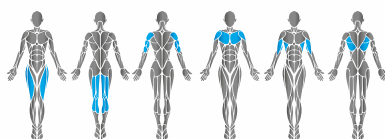
STANDARD EQUIPMENT FEATURES:

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

- Steplessly adjustable back support
- Leg straps
- Range limiters (with start and end position)
- Isometric testing sensor attachment
- Belt

EQUIPMENT OPTIONS:

- Neck cushion
- Floor mount bracket
- Seat cushion
- Heart rate receiver



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

More equipment on HUR website

[See more products](#) www.hur.fi



3130 Delta/ Lat



3145 Chest Curl



3160 Pec Deck



3180 Curl Up



3190 Curl Down



3315 Abdomen



3510 Body Extension

▶ DID YOU KNOW?

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

Active & Premium line

Standards & Options

[See product image](#)

1. **Adjustable back support**
2. **Adjustable chest support**
3. **Adjustable easy access chair EA 9060 (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. [See product image](#)
4. **Adjustable foot plate:** The foot plate can be adjusted to set a different joint angle for exercise. [See product image](#)
5. **Adjustable lever arm (4100, 4105):** To make the machine match different sizes of users (Abdomen and Abdomen Back machines). [See product image](#)
6. **Adjustable lever arms (4101):** Adjustable lever arms are used to accommodate different limb lengths (Leg Extension/Curl machines). [See product image](#)
7. **Adjustable seat position:** Find the optimal exercise position for different sizes of users, and vary the emphasis on the muscle group that is used. [See product image](#)
8. **Adjustable seat height:** Helps users to find a correct, safe and effective exercise position. [See product image](#)
9. **Adjustable start position**
10. **Analog display**
11. **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.
12. **Belt (9081):** Offers more support especially when the user has balance issues.
13. **Dual function (left & right):** Dual function equipment allows exercising for both the left and right sides of body.
14. **Dual function:** Dual function equipment allows users to exercise opposing muscle groups, without changing machines. Exercise is selected with a switch (analog machines) or by touch screen (SmartTouch machines).
15. **Easy access chair EA9000 (rollaway):** Used with Easy Access products, for the possibility to exercise with or without a wheelchair.
16. **Easy access handgrips (4108):** Handgrips improve access into and out of machine. [See product image](#)
17. **Electrically adjustable back support & shoulder rollers:** Back support and shoulder rollers are adjusted electrically. Thus, the Leg Press Incline can easily be optimized for users of different sizes.
18. **Electrically adjustable back support (STE):** The back support is electrically adjusted by touch screen. Only available for SmartTouch machines. [See product image](#)
19. **Electrically adjustable back support:** The height of the back support can be adjusted electrically by joystick (9130 Delta/Lat Easy Access machine).
20. **Electrically adjustable lever arm (STE) (4102):** The lever arm is electrically adjusted by touch screen. Only available for SmartTouch machines. [See product image](#)
21. **Electrically adjustable lever arms (STE) (4106):** The lever arms are electrically adjusted by touch screen. Only available for SmartTouch machines. [See product image](#)
22. **Electrically adjustable seat (STE):** The seat height is electrically adjusted by touch screen. Only available for SmartTouch machines.
23. **Electrically adjustable seat position (STE):** The seat position is electrically adjusted by touch screen. Only available for SmartTouch machines.
24. **Electrically adjustable seat position:** The distance between the seat and lever arms is adjusted electrically (in 4X Multifunction machine).
25. **Electrically adjustable seat:** The seat height is adjusted electrically for easier and safer use (9310 Abdomen Back Easy Access machine)
26. **Floor mount bracket (4256):** Equipment can be fixed to the floor.
27. **Floor mounting possibility**



3.



4.



5-6.



7.



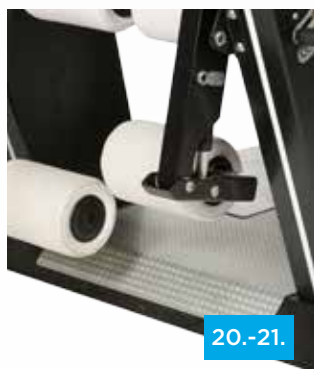
8.



16.



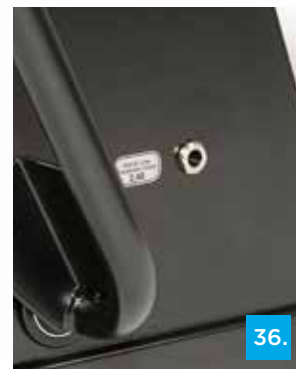
18.



20.-21.



30.



36.



40.



45.



47.



51.-52.

- 28. Foot pedal adjustment (4130):** This feature allows users to adjust resistance with their feet – even during an exercise. Available for upper body machines with analog display.
- 29. Foot rest for upper body machines (4131)**
- 30. Foot straps (9089):** Foot straps are used to fasten the user's feet to the footplate(s). ☺
- 31. Foot support:** Foot support provides stability during the exercise, especially for shorter users.
- 32. Handgrips for additional support:** Conveniently positioned handgrips assist access and egress.
- 33. Heavy duty (4255):** Allows higher maximum resistance. Only available for the following SmartTouch machines: 3120, 3140, 3145, 3150, 3175, 3180, 3190, 3310, 3315, 3320, 3330, 3510, 3530, 5120, 5140, 5175, 5310, 5510, 5530, 9120, 9140, 9150, 9175, 9310, 9330. Factory option, cannot be installed afterwards.
- 34. Heart rate receiver (4302):** Only available for SmartTouch machines.
- 35. Horizontally adjustable lever arms:** The width of the lever arms can be adjusted.
- 36. Isometric testing sensor attachment (4254):** Isometric measurements like maximum strength and muscular balance can be measured using a separate Performance Recorder -device, if the machine is equipped with a sensor attachment. ☺
- 37. Knee hyper-extension eliminator (4136):** Consists of two rollers which can be adjusted to prevent hyper-extension of knees.
- 38. Large mushroom buttons:** Resistance is adjusted using large push buttons that make adjustment easy and safe.
- 39. Leg straps:** Padded leg straps can be used to stabilize the thighs particularly during leg curl function.
- 40. 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. ☺
- 41. 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.
- 42. Multifunction:** Multifunction devices allow the user to work several muscle groups without changing between machines. The desired exercise is selected using a touch screen.
- 43. Multigrip handles:** Both horizontal and vertical grips are possible. This feature allows exercises using different grip positions.
- 44. Neck cushion (9096):** Ergonomic cushion for additional support.
- 45. Performance Recorder (9200):** For isometric measurements. Requires the Isometric testing sensor attachment (4254). ☺
- 46. Plate for joining levers (4134):** For use on Leg Press if independent use of limbs is not possible or desirable.
- 47. Range limiters (with start & end position) (4252):** Range limiters can be used to limit the range of motion. ☺
- 48. Range limiters (with start position) (4252):** Range limiters can be used to limit the range of motion.
- 49. Release button:** Exercise resistance and lever arms can be released quickly to allow users to exit the machine easily. This feature is only on analog machines.
- 50. Release function:** Handles move towards the user for easier reach.
- 51. Reversible back support:** Makes it easy for the user to get into and out of the machine.
- 52. Reversible roller(s) (4103):** Reversible roller(s) make(s) it easy to get into and out of the machine. ☺
- 53. Seat cushion (9034, 9097):** The seat cushion helps to adjust the exercise position for different sizes of users.
- 54. SmartTouch upgrade kit (4251, 4258):** Available for any machine with analog display of recent models.
- 55. Steplessly adjustable back support**
- 56. Transfer wheels:** Factory option for benches. Cannot be installed afterwards.



Functional Trainer Pulley

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 free standing models and as a crossover station.

PULLEY

8820 WALL MOUNTED max load 20 kg

8821 FLOOR MOUNTED PULLEY max load 20 kg

8830 WALL MOUNTED max load 30 kg

8831 FREE STANDING max load 30 kg

OPERATING SYSTEM OPTIONS:

SmartTouch • Analog display

STANDARD EQUIPMENT FEATURES:

8210 Hand grip (2 pieces)

8211 Leg strap

8214 Strap extension

Adjustable support handles

EQUIPMENT OPTIONS:

8802 Pulley 2 in 1¹

8803 Pulley 3 in 1¹

8805 Crossover

8206 Pulley rowing bench

8210 Hand grip

8211 Leg strap (includes 8214 Strap extension)

8212 Thigh/shoulder strap (includes 8214 Strap extension)

8213 Waist strap (includes 8214 Strap extension)

8214 Strap extension

8215 Tetra glove

8216 Gripeeze tube grip left

8217 Gripeeze tube grip right

8220 Pulley pulldown grip

8221 Pulley triceps grip

SmartTouch upgrade kit



Wall mounted

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
80	31	90	36	219	86	43	95

Free standing

Width		Length		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
137	54	136	54	220	86	66	146

NOTE: ¹ Measures depending on type of installation

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 2 in 1:** HUR Pulley 2 in 1 is a multifunction machine with two training stations. It can consist of any kind of two HUR Pulleys with any display (analogue or touch screen).
6. **Pulley 3 in 1:** HUR Pulley 3 in 1 is a multifunction machine with three training stations. It can consist of any kind of three HUR Pulleys with any display (analogue or touch screen).
7. **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.
8. **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.
9. **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.
10. **Pulley waist strap (8213):** A padded waist strap is an HUR Pulley accessory and it includes a strap extension (8214).
11. **Pulley thigh/shoulder strap (8212):** A padded thigh-shoulder strap is an HUR Pulley accessory, which includes a strap extension (8214).
12. **Pulley tetra glove (8215):** A tetra glove is an HUR Pulley accessory, which enables exercise with Pulley even if the user lacks grip force.
13. **Pulley triceps grip (8221):** A triceps grip is an HUR Pulley accessory, a narrow pull-down bar for triceps exercises.
14. **Pulley pulldown grip (8220):** A wide pull down bar is an HUR Pulley accessory for pull down exercises.
15. **SmartTouch upgrade kit:** Available for any machine with analogue or SmartCard display of recent models.





Customize your own style

FRAME COLOURS

STANDARD FRAME COLOURS, ALSO FOR PULLEY



White Grey Black

CUSTOM FRAME COLOURS

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

EXAMPLES



CUSHION COLOURS

STANDARD UPHOLSTERY COLOURS (SKAI PLATA)

05 Black (Schwarz)

06 Blue (Atoll)

07 Green (Agave)

08 Red (Mohn)

09 Lime (Limone)

20 Brown (Rodeo)

65 Beige (Nickel)



STANDARD UPHOLSTERY DUAL COLOURS

10 Black/Gray

11 Blue/Gray

12 Green/Gray

13 Red/Gray

14 Lime/Gray



CUSTOM UPHOLSTERY COLOURS

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

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

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



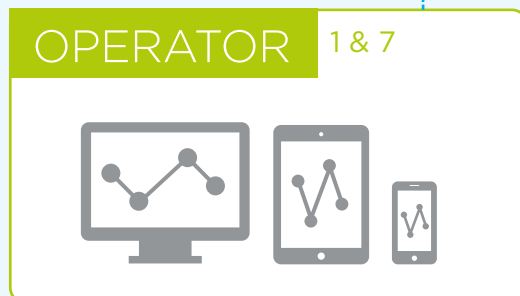
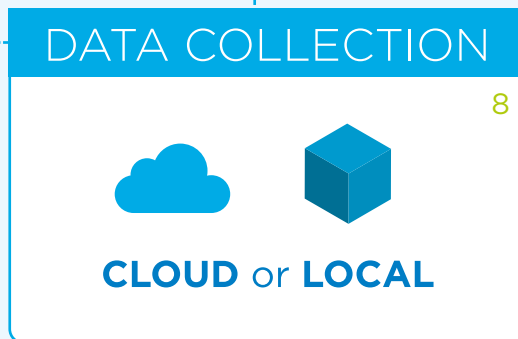
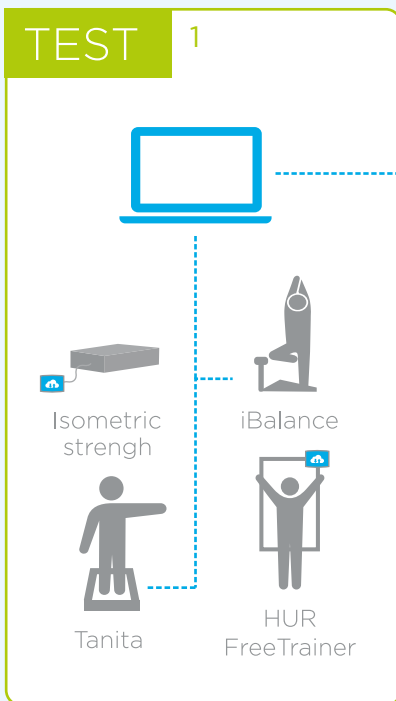
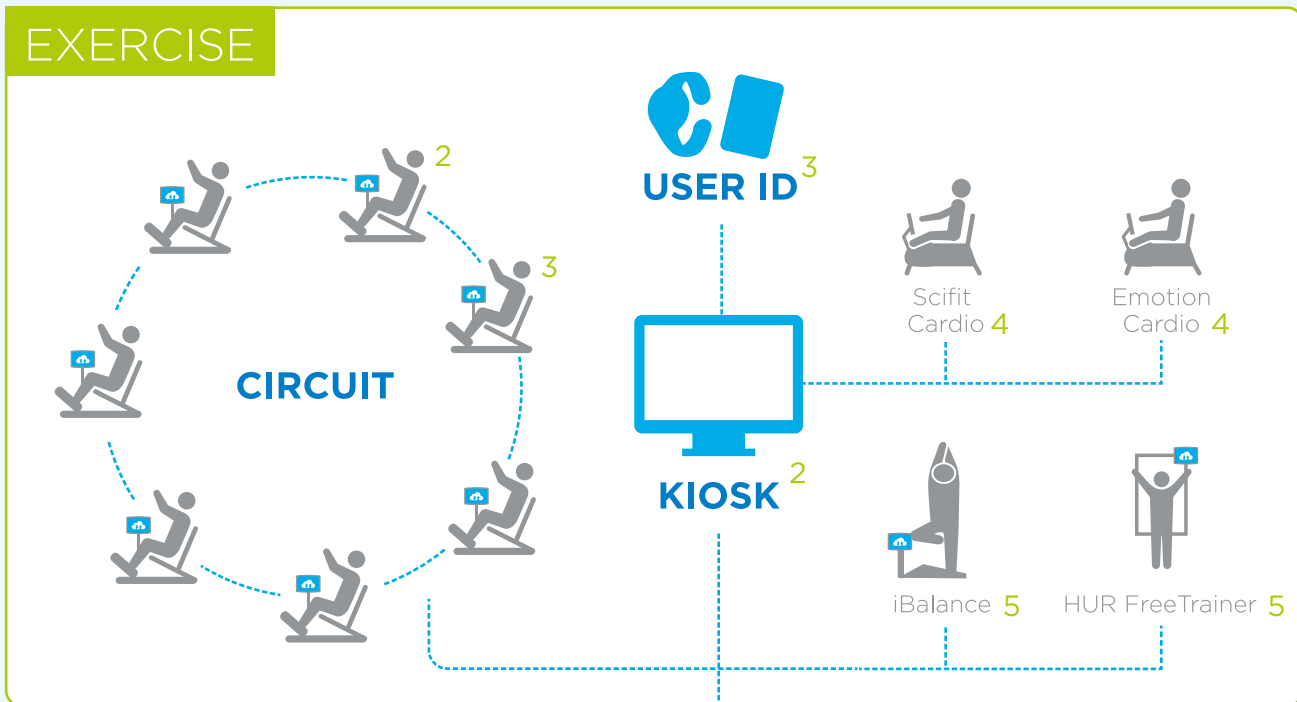
Layout planning service

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



HUR SmartTouch Ecosystem

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





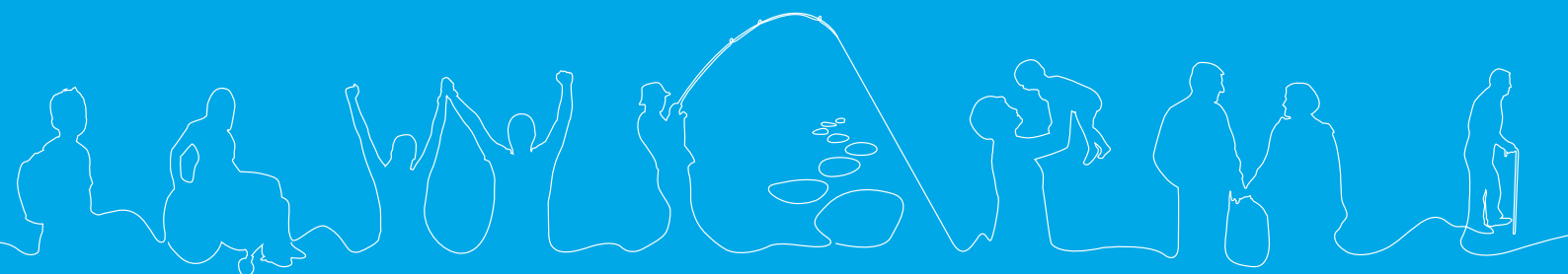
For Lifelong Strength

YOUR SAFE, CUSTOMER FRIENDLY AND PROFITABLE INVESTMENT

- University level product and concept development – an innovative partner.
- Computerized solutions bring operational benefits, document results and save resources and time.
- Comprehensive solutions, from facility design to after sales service, from a global network of reliable partners.
- All HUR devices are designed and manufactured in Finland.
- HUR Quality Management System is certified according to ISO 9001 and ISO 13485 standards.
- All HUR devices are ROHS/WEEE compliant.
- High class, ergonomic design and styles that can be tailored to your taste.
- Space is not an issue. Small footprint and dual function units provide an effective use of valuable space.

THE RIGHT PRODUCT FEATURES FOR REHABILITATION, SENIOR EXERCISE AND INCLUSIVE WELLNESS

- Computerized training and operation
- Close to zero starting load
- 100g and 1kg increments
- Automatic resistance increase
- Safe natural movement through air-pressure technology, less stress on joints and muscles



Ab HUR Oy

Patamäentie 4, 67100 Kokkola, Finland

+358 6 832 5500

sales@hur.fi

www.hur.fi