

WHY STRENGTH MATTERS!

[The National Institute on Aging](#) recommends strength-training exercises two to three days per week with a rest day between sessions. Strength-training is ideal for:

Overall Wellness

A regular program of strengthening, combined with aerobic exercises, can help reduce or prevent many functional declines associated with growing older.

Fall Prevention

Muscular strength is directly connected to functional ability and balance control, which helps with the management of everyday chores and maintaining functional ability.

Lower Back Pain

Strengthening the core muscles of the abdomen and lower back often helps relieve lower back pain.

Rehabilitation

Strength-training modalities are critical to recovery following various injuries, surgeries or illnesses.

*As with any fitness program, participants should be sure to talk to their doctor before starting a strength-training program.



WHY HUR?

Traditional equipment is often intimidating and not appropriate for a wide range of abilities. Whether individuals have exercised all their life or never stepped foot into a gym, HUR fitness equipment offers **the strength they need for the results they want.**

POWERED by HUR Analog Equipment



- **Pneumatic Resistance**
Resistance from air pressure - not weight stacks - is easy on joints and connective tissues (and is quiet too!).
- **Analog Equipment**
Powered completely by air pressure and does not use electricity or software.
- **Easy Access**
Strong and sturdy hand grips and ergonomic seating makes it easy for on and off access.
- **Eliminates Inertia**
Pneumatic resistance provides a consistent load throughout the entire range of motion
- **Near Zero Starting Loads**
Low starting weight makes HUR equipment ideal for a wide range of abilities.
- **Small, Incremental Resistance**
Easily adjust resistance in small increments through a simple + and - button located on the display.
- **Global Industry Leader**
HUR is a world-wide leader in strength training for older adults with over 30 years of experience and 15,000 installations on five continents

HUR Strength Training Equipment distributed by:



Scan the code to view our catalog.



The HUR machines are great! Operating with air allows for an even stretch and no jolts to my joints or body. With free weights I had to be careful not to injure myself. But, on the HUR machines, I feel comfortable and safe."

~ Eileen H., Member of Walker Methodist Fitness Center

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