



# HUR SmartTouch

INTELLIGENT TRAINING & REHABILITATION







Offer Your customers an outstanding exercise experience. Build their strength and well-being with safe, efficient and motivating solutions that is exactly developed for their needs. Give them the opportunity to feel **empowered by being able to exercise and rehabilitate more independently.**

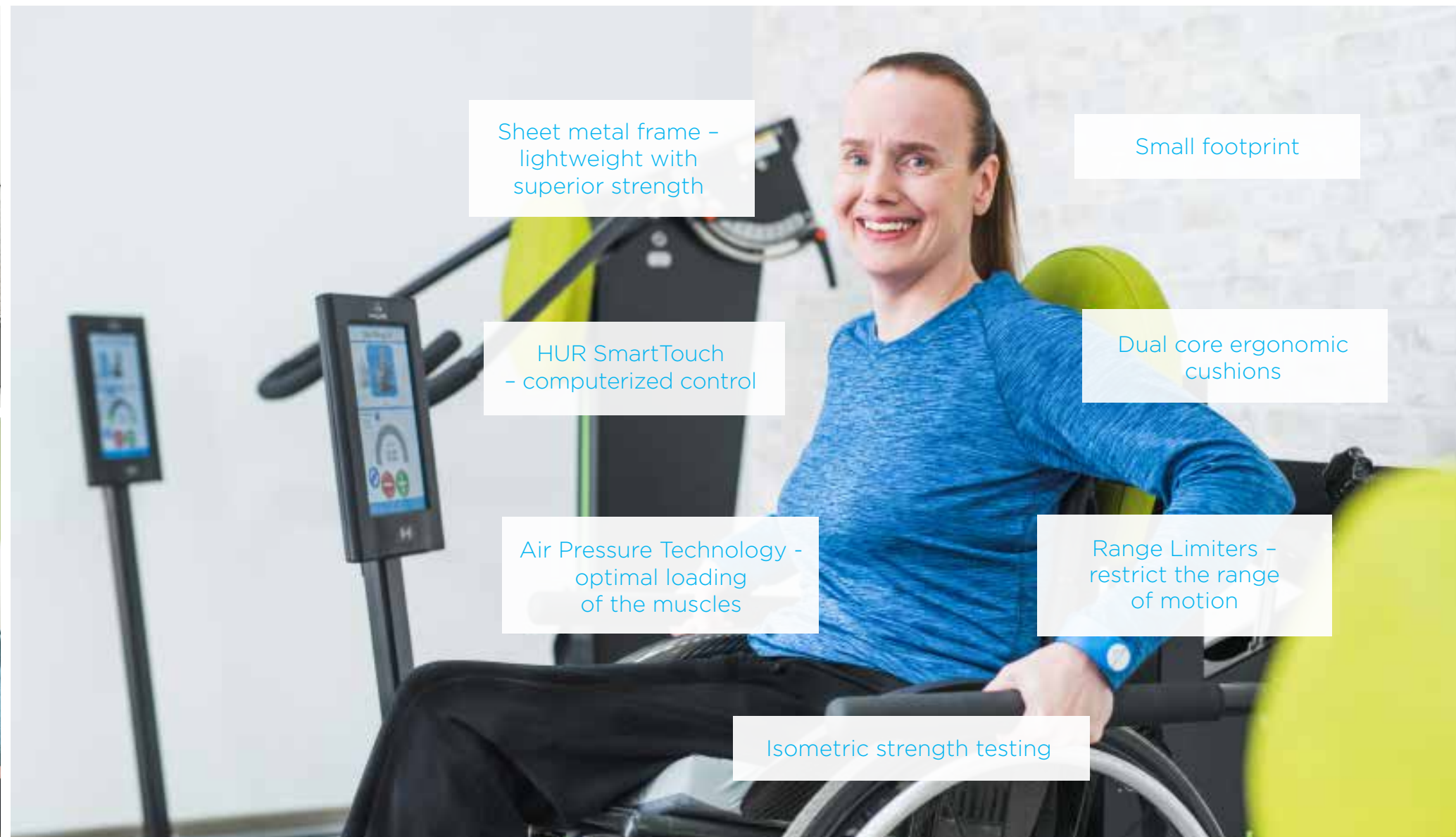
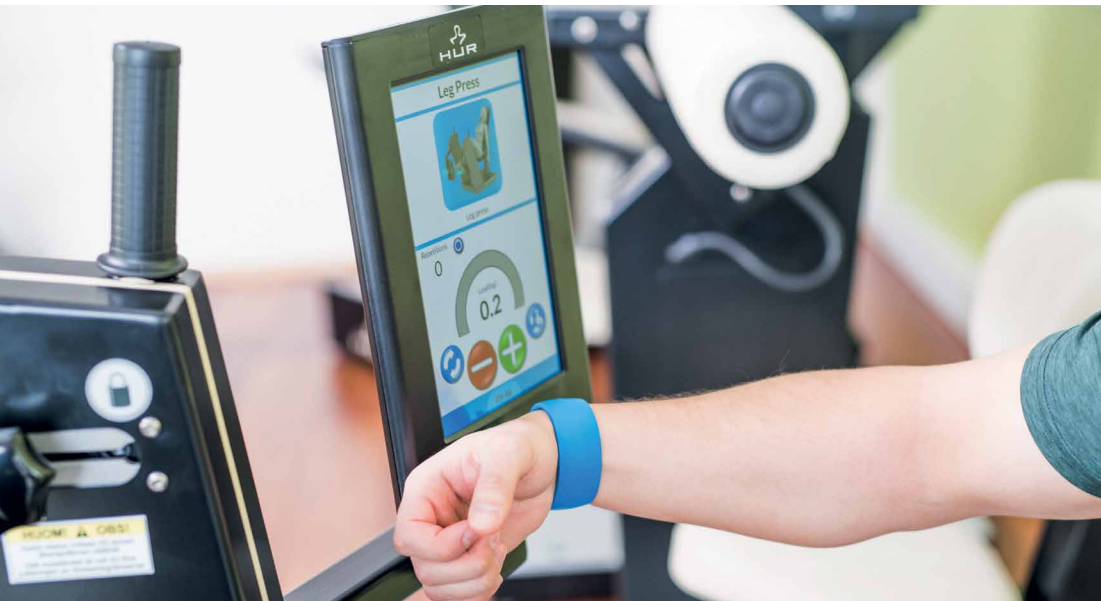
At the same time, streamline Your operations and find new revenue streams. Minimize mundane tasks, reduce costs and achieve a long-lasting competitive advantage, that won't be outdated. Offer Your staff the tools needed for **evidence-based preventive, maintaining and rehabilitative training.**

HUR SMARTTOUCH  
LEADS THE WAY  
**FOR LIFELONG STRENGTH**



# THE SOLUTION

Add an element of real-time, evidenced-based intelligence to your clients' exercise and your centre's operations with HUR pneumatic (air-resistance) equipment and the HUR SmartTouch technology.



Sheet metal frame -  
lightweight with  
superior strength

Small footprint

HUR SmartTouch  
- computerized control

Dual core ergonomic  
cushions

Air Pressure Technology -  
optimal loading  
of the muscles

Range Limiters -  
restrict the range  
of motion

Isometric strength testing

World-leading pneumatic exercise equipment, with a wide range of wheelchair accessible devices, together with the **HUR SmartTouch** automated software, represent a state-of-the-art solution for **strength training** and **rehabilitation** in the fields of **active ageing, rehabilitation and inclusive wellness**.

## The Heart of HUR

**Scientific HUR exercise equipment is designed to address our individuality: everyone's strength levels and abilities vary.**

**The pneumatic resistance of HUR equipment allows for:**

- › Independent training for different abilities.
- › Easy to train, especially for the beginner.
- › Close to zero starting load
- › Resistance adjustments by as little as 100g or 1kg

- › Minimal stress on joints and connective tissues
- › Both concentric and eccentric resistance
- › Speed-independent
- › HUR products covers a variety of solutions for different needs of exercising and rehabilitation
- › HUR Premium Line equipment are recognized as medical devices.
- › The HUR Premium Line also incorporates a wide range of HUR Easy Access devices which are truly inclusive allowing independent training for wheelchair users, those with other mobility and special needs, as well as the non-disabled.



Automatic resistance increase when user progresses

Individual training programme with automatically pre-set resistance and repetitions

Automated electronic adjustments of seat and lever arms

Automated documentation and reporting

Online seamless operating for physiotherapist/trainers and operators

# HUR SmartTouch

HUR equipment come complete with a computerized, automated training system, HUR SmartTouch, which allows for evidence-based, smart and more independent exercise and rehabilitation. The HUR SmartTouch ecosystem provides a holistic training experience for the customer and represents a perfect automated management tool for clinic and gym owners.

## THE SYSTEM INCLUDES THE FOLLOWING:

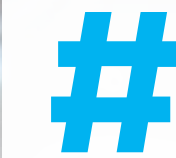
- › HUR Strength training and testing equipment
- › HUR Balance testing and training equipment
- › HUR Pulley Functional training
- › HUR FreeTrainer with registration of equipment-free exercises
- › Compatible with selected cardio equipment and other third-party solutions
- › Possibility to integrate with other systems
- › Operating software
- › Automated benchmarking and reporting capabilities
- › Optional online training and rehabilitation protocols
- › Remote viewing to track utilization and efficiency

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

Testing possibilities and follow-up: strength and balance

**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](http://www.hur.fi).



HUR's world-leading solution for rehabilitation and strength exercise goes back almost 30 years. With over 10.000 installations worldwide, an on-going collaboration with universities and research institutes all over the world, and a huge passion for Lifelong Strength, HUR wants to contribute to solving the big socio-economic challenges arising from an ageing society, improve quality of life for the user and increase revenues for HUR customers.



# THE BENEFITS



## Administrators

Differentiate your center with evidence-based outcomes reporting. HUR SmartTouch technology gives administrators the automated access they need to the metrics that demonstrate results.

HUR SmartTouch automates routine staff functions and empowers users to safely engage in managing their own training experience, thereby **saving staff resources and improving the user experience**. Multi-site operators appreciate the HUR SmartTouch option to monitor off-site activity and evaluate aggregate outcomes.

### HUR SmartTouch

- › Is a modern web-based software for **clinic and centre operating** – wherever, whenever
- › Provides the metrics and data to track performance of the clinic or centre
- › Saves staff resources
- › Comes as a **cloud based or local installation**
- › Supports multi-clinic and centre organizations
- › **Offers automated reporting** of client's progress, facility status, equipment usage etc.
- › Optional **automatic seat adjustment** saves time by setting the machines ready for the users



## Therapists & Instructors

The HUR SmartTouch software makes the introduction to new clients easy and eliminates redundant paperwork and mundane tasks.

An extension of your staff's caring expertise, HUR SmartTouch automatically sets and implements your custom strength training programs, systematically adjusts as needed and provides the necessary data to track a user's progress. **Real-time access to results provides easy documentation for staff** and concrete motivation for users.

### HUR SmartTouch

- › Speeds up the introduction of new members and eliminate paperwork and mundane tasks
- › **Increases resistance automatically** as the client progresses
- › Provides documentation needed to track the progress
- › Frees resources of the instructors to focus on the clients who really need the assistance
- › Optional **automatic seat adjustment** saves time by setting the machines ready for the users



## Users

HUR SmartTouch users can train and rehabilitate more independently. The equipment set up automatically according to the user's personal training programme.

The user-friendly **HUR SmartTouch touch-screen display** provides easy-to-understand instructions, goals and feedback on progress, which gives users an immediate sense of achievement and motivation. The user can also follow his/her progress online.



### HUR SmartTouch

- › Offers **easy, safe and ergonomic exercise** with pneumatic strength training equipment.
- › User-friendly touch screen displays repetitions, load, seat and lever position.
- › Offers **automatic electronic set-up** of machine: load, repetitions, seat and lever arms
- › Offers independent training: **RFID as identification** with own personal exercise or rehabilitation program
- › Stores and visualises progress and training programme in personal online/mobile profile
- › Offers close to **zero starting load**
- › Offers automatic resistance increase as client progresses
- › Enables **100g / 1/4 lbs.** increments of resistance
- › Comes with an own customer online/mobile profile
- › Offers messaging between operator and client

## HUR MEDICAL CONCEPTS FOR 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.

### HUR MEDICAL CONCEPTS

#### 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 Medical Concept Process



### Software view

Dashboard Clients Employees Reports Search

Home > Clients > John Smith > Concepts

Concepts: T2D (Advanced)

T2D (Advanced)

Week	Weekly volume	Sets	Reps	1RM (%)	Rest time
1-4	1-2	2	12	50	90
5-8	1-2	2	12	50	90
9-12	1-2	2	12	60	90
13-16	1-3	3	10	60	90
17-20	1-3	3	8	70	90
21-24	1-3	3	8	70	90

Activities 7

- Push Up 1 sets
- Pull Down 1 sets
- Leg Extension 1 sets
- Leg Curl 1 sets
- Biceps 1 sets
- Back 1 sets



## Power

Power is an important exercise objective for sport activities, improved functional capacity for aging adults, as well as for rehabilitation purposes. Muscular power is defined as the product of force generation and movement velocity, which is demonstrated as the highest power output attainable during a given movement or repetition.

The HUR SmartTouch Power feature motivates users to perform their exercise correctly and thus help to improve the individuals' muscle strength. The previous exercises are analyzed automatically, and individual Power targets are shown during the exercise.

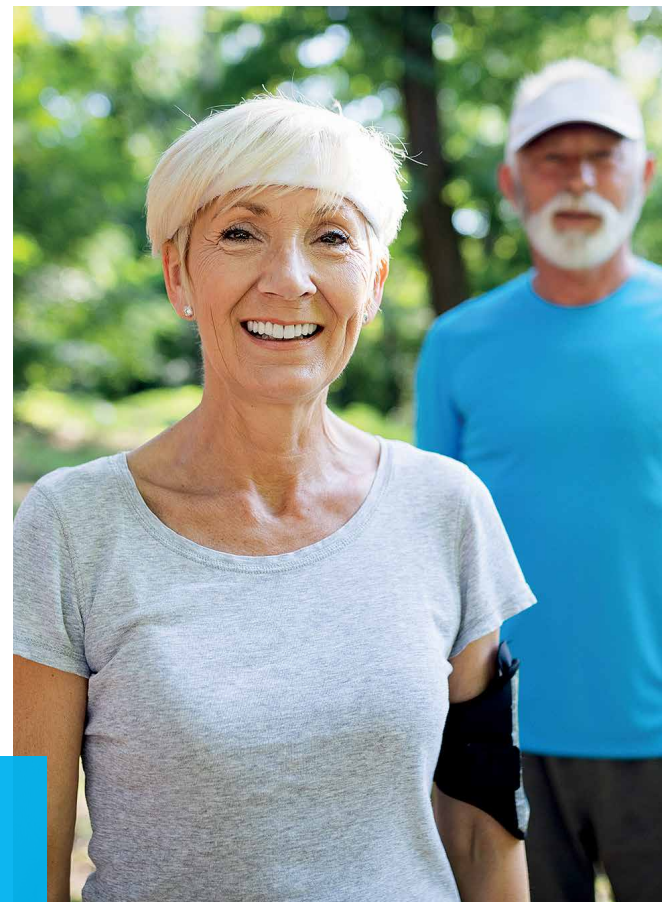
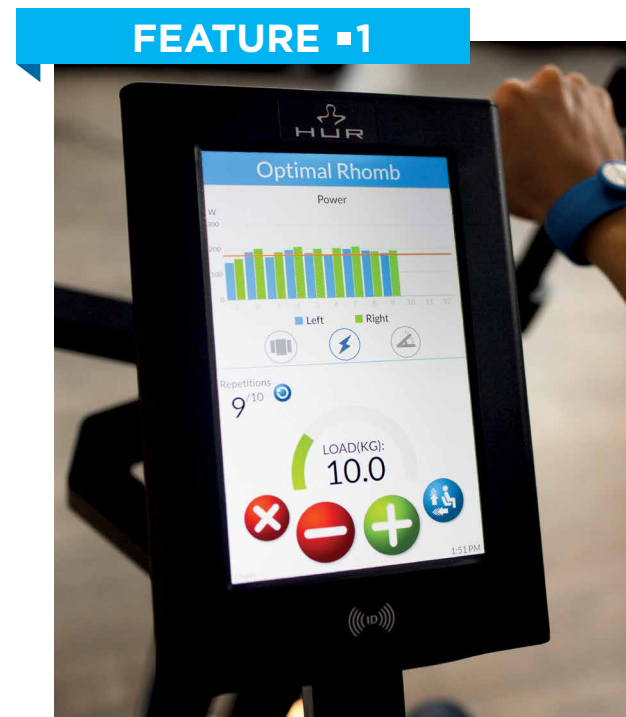
### Power for individual users

The user interface displays vertical bars which demonstrate the peak power of each repetition, while a horizontal line represents the power target. Over time, users can see real-time, visual reporting of their progress they make. This motivates the users to reach for maximum effort, gaining the best possible outcome from the time invested in exercise.

### Power feature for Instructors

Ensuring the quality of the exercise is the key to improving the user's strength. With HUR SmartTouch Power feature, instructors can observe the peak power of individual repetitions and the power trend to optimize the exercise components, including repetitions, resistance and speed according to the set target. Individually optimized training programs motivate users to perform at the top effort, reaching for maximal results.

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



## Range of Motion

HUR SmartTouch enabled machines provide range of motion which help determine where the user's individual movement starts and ends. Motivate individuals to exercise safely, independently and improve their range of motion by using HUR SmartTouch pneumatic technology machines.

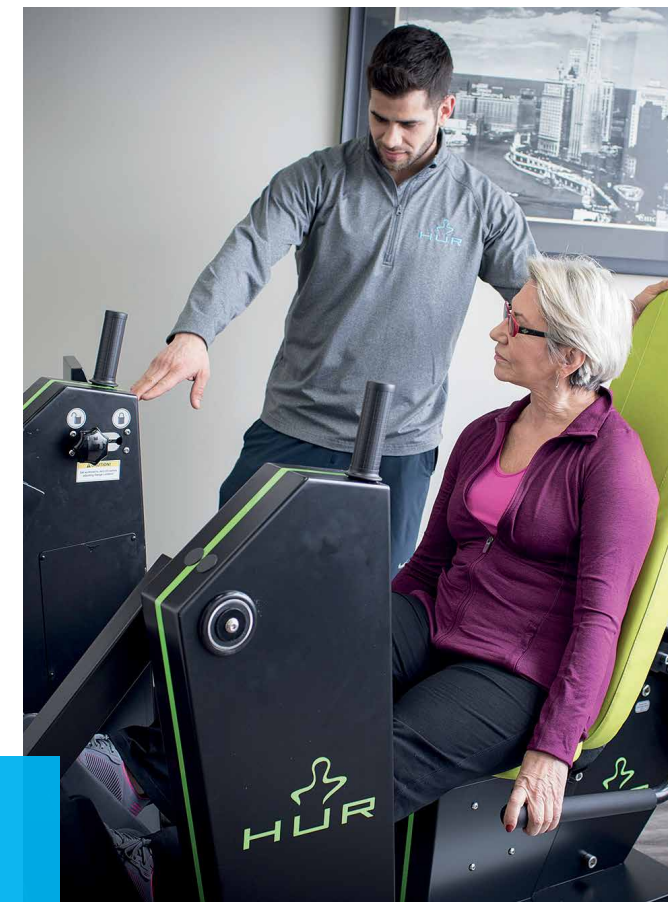
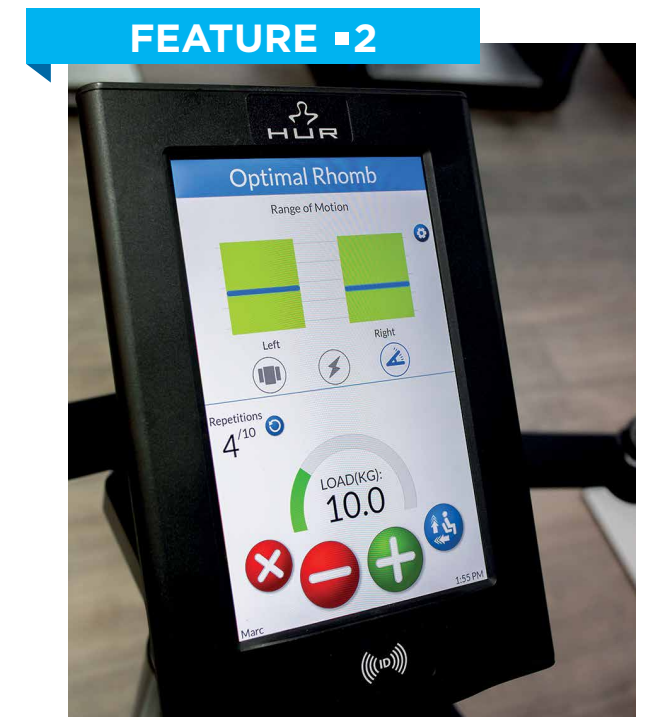
### Effective Workouts for Individuals

With the Range of Motion feature users are guided to exercise in their optimal area of range of motion. Our intelligent technology demonstrates the user's individual range of motion which is defined together with the instructor. Range of Motion feature motivates user to perform the full movement in order to maximize the benefit of each repetition.

### Quality assurance for Instructors

Defining an individual's range of motion is important for ensuring an optimal and effective exercise experience. With HUR SmartTouch Range of Motion, instructors can easily set the individual range of motion and guide the users to exercise in their maximal range of motion. HUR SmartTouch automated data capture provides the instructors with valuable insights about the quality of each repetition that the user has performed during the exercise.

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





## Capture Every Exercise, at home or at the gym, with the HUR Mobile App

The HUR Mobile App extends SmartTouch workouts into the home with an easy-to-use app for tablets and smartphones. The app includes 140+ equipment-free exercises complete with exercise videos and simple instructions. The app collects key exercise data to maximize individual training experience and provide outcome data to the trainer or therapist

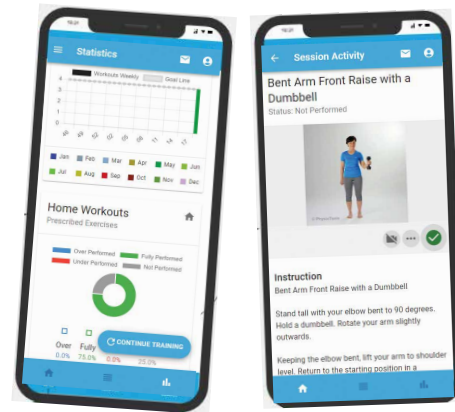
### More options for instructors and supervisors

With the HUR Mobile App, instructors can easily create individual training programs that include functional training, balance, flexibility, and other home-based activities. Gym-based exercises can also be included, with **data from HUR SmartTouch equipment automatically updated in the app.**

The HUR Mobile App makes it easier to assess individual performance and customize individual training programs. Instructors and users can easily send messages to one another with in-app messaging. **User can easily download the app with an auto-generated QR code.**

### More motivation and flexibility for individual users

The HUR Mobile App makes it easier than ever for individuals to independently exercise by including in home and gym based exercises. **Clear written instructions, images, and videos ensure each exercise is completed properly.** The app fuels motivation by providing easy to understand performance statistics and outcome reporting.



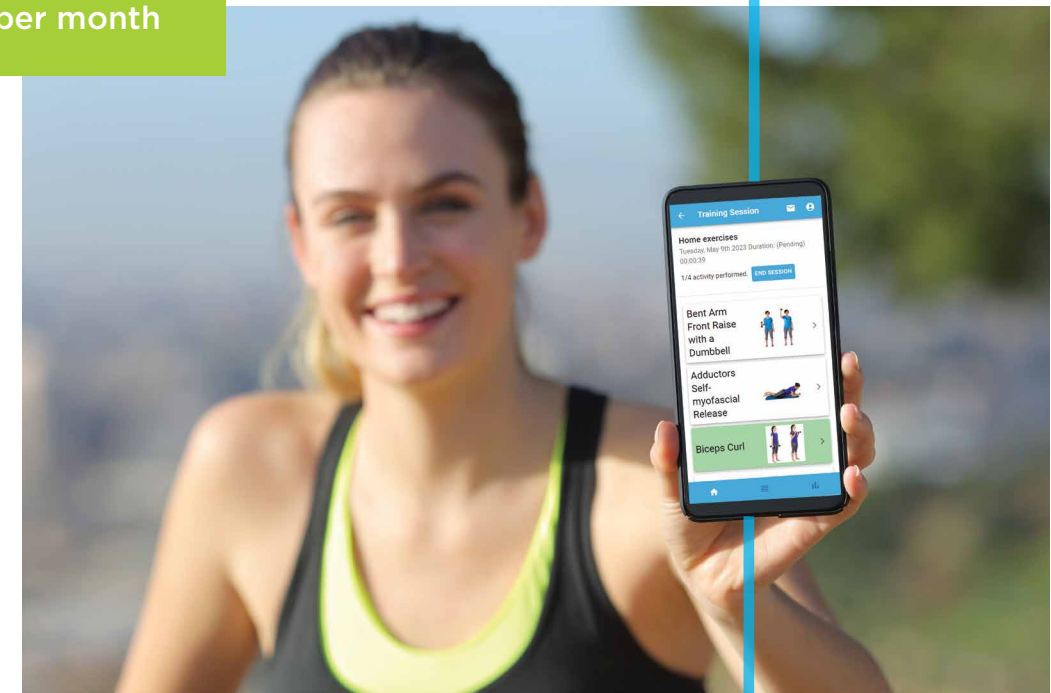
## App Features

Empower individuals to exercise at home with a phone or tablet

Instructors can easily add exercises and videos through HUR SmartTouch

140+ new home exercises with instructions and videos

Set personal exercise goals: visits per week, visits per month



Fuels motivation with easy to understand performance statistics

Track user's home and gym exercises

In-app messaging between instructor and user

See user's visit history



# COMPATIBLE EQUIPMENT

**HUR SmartTouch software and equipment** are compatible with many testing and cardio products. This contributes to a **holistic training experience** for the user and easier operations for the administrator.

## HUR SMARTBALANCE

- For accurate balance assessment and falls prevention research
- Wheelchair accessible
- Software with versatile reporting featuring trainers and games

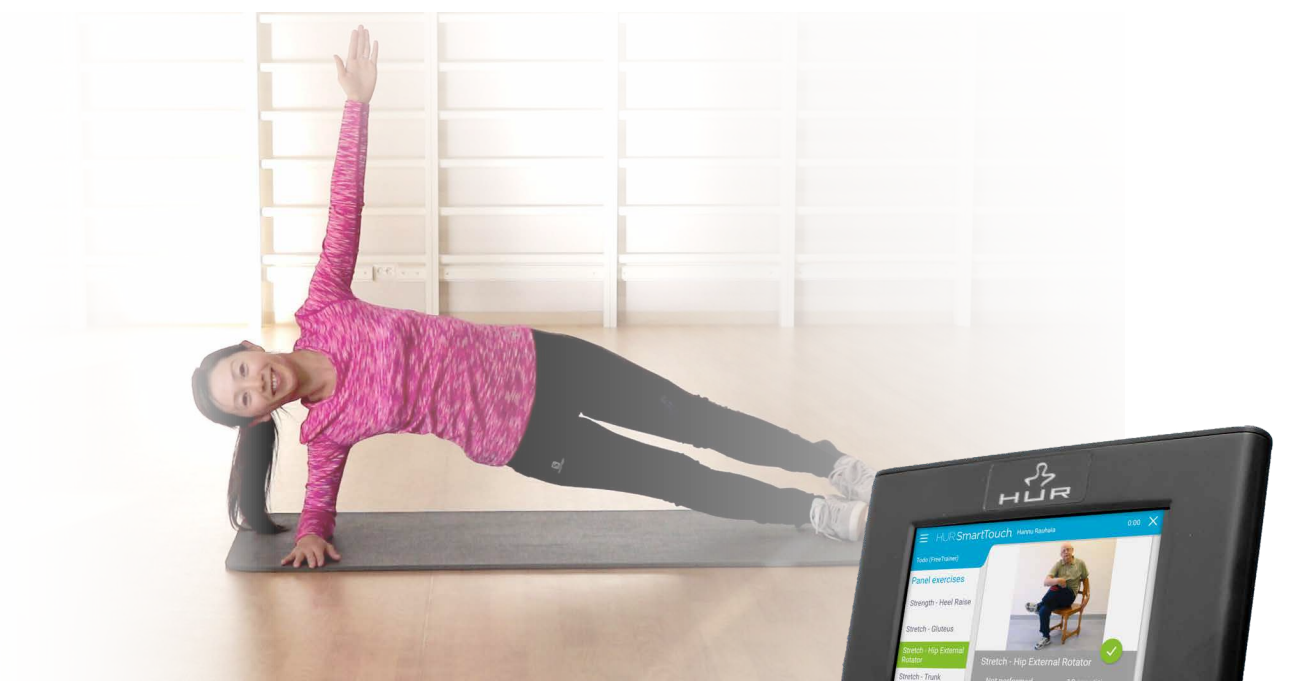


ANALYSIS FOR									
List of Tests					Test Information				
KT 2104-2022-3	Stable/Unstable Platform Romberg 30 s	2104-2022-1221-17			Test Name:	KT 21-09-2022-2			
KT 2104-2022-4	Stable/Unstable Platform Romberg 30 s	2104-2022-1220-09			Person Name:	1111111111111111			
KT 2104-2022-1	Stable/Unstable Platform Romberg 30 s	2104-2022-09-15-07			Date:	21-09-2022 09:18:14			
KT 2104-2022-2	Stable/Unstable Platform Romberg 30 s	2104-2022-09-15-14			Protocol:	Stable/Unstable Platform Romberg 30 s			
KT 2104-2022-3	Stable/Unstable Platform Romberg 30 s	2104-2022-09-22-51			Supervisor:				
					Additional info:				
					Baseline test:	No			

Summary	Balance Score	Eyes Open	Eyes Closed	Eyes Open Unstable	Eyes Closed Unstable	Romberg Quotient			
Name	Steady Area	Trunk Length	Velocity (SD)	Romberg Quotient	Latent Sway (SD)	Anterior Posterior Sway (SD)			
Eyes Open	3445	37109	323	409	140	202			Eyes Open
Eyes Closed	23227	22649	644	426	200	608			Eyes Closed
Eyes Open Unstable	44521	40945	1949	129	54	612			Eyes Open Unstable
Eyes Closed Unstable	81644	44717	3239	139	100	3034			Eyes Closed Unstable

HUR SmartBalance Software



## HUR FREETRAINER

- Register equipment-free exercises to own profile/training programme
- Place the HUR FreeTrainer next to a free training area in the gym
- Paper-free training programmes and instructions



## CARDIO EQUIPMENT

- Please contact your local distributor for cardio solutions available in your area

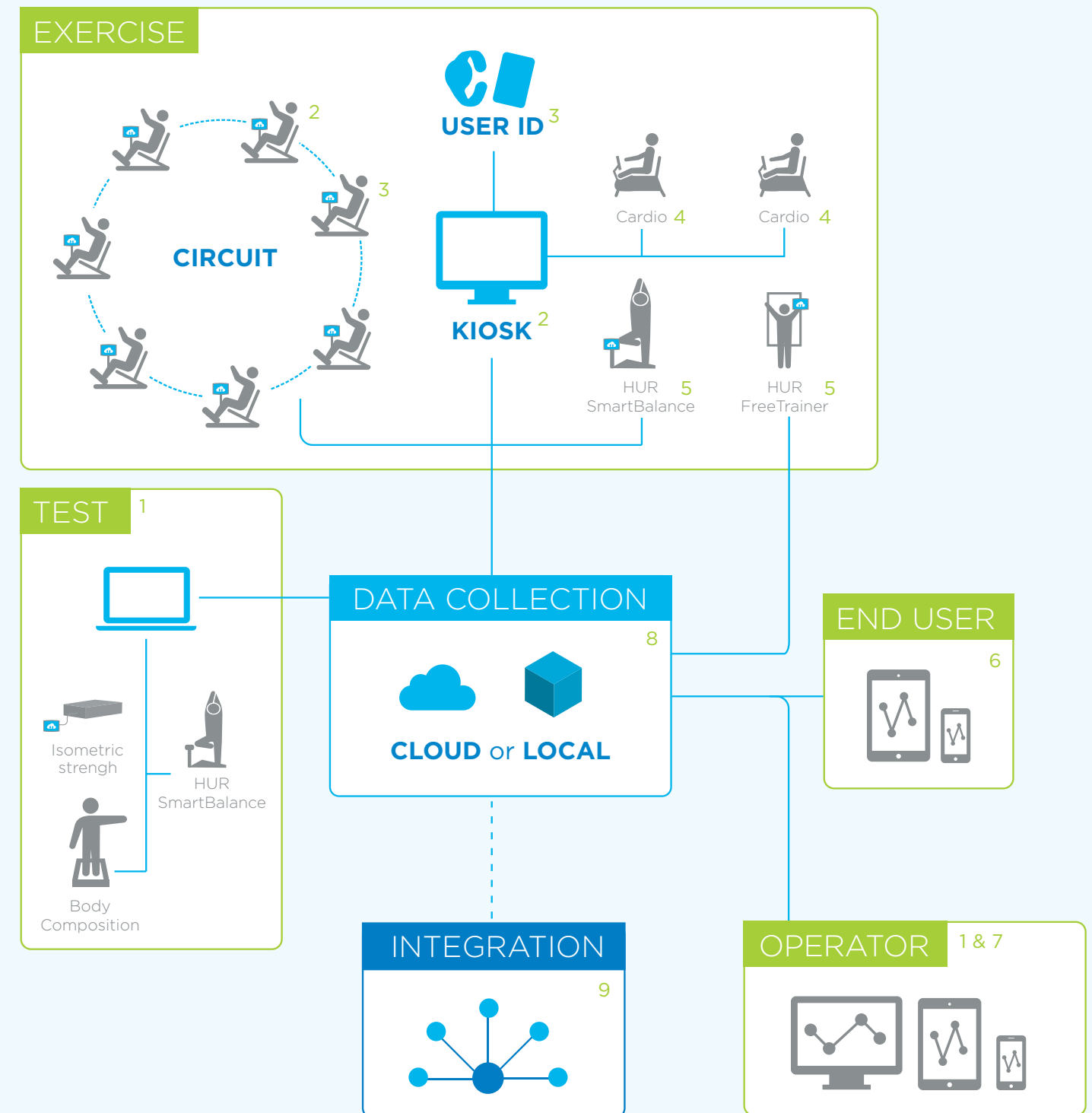
Contact information on [www.hur.fi/contact](http://www.hur.fi/contact)



# 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.







# YOUR PARTNER FOR LIFELONG STRENGTH

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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.

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