

# HUR Analog Machines Owner's manual



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## READ THIS FIRST

Prior to the use of our products, we recommend that you familiarize yourself with these instructions concerning the HUR products at your disposal.



This HUR Manual is a guide for users for the operation and maintenance of HUR products. Proper use and maintenance actions will ensure a safe, enjoyable, and effective workout, while also extending the product life cycle. The manual also helps you to get your customers familiarized with the use of HUR products.

We recommend that HUR authorized personnel carry out the installation, maintenance, and repairs actions. Your local HUR dealer is happy to help you if you need technical support or have HUR product-related questions.

For other than normal, equipment-related use, it is recommended that the instructions below are followed:

- Never move or tilt the equipment alone. If you need to tilt it for e.g., vacuuming, ensure the use of adequate support so that the machine cannot tip over.
- Do not connect the HUR equipment with any other power sources or other parts/components than those supplied and approved by HUR.
- If you discover a defect, please contact your HUR dealer or HUR maintenance. Do not attempt to repair it yourself.
- Read the compressor manual and follow the instructions regarding the compressor operation and maintenance procedures.

HUR Warranty terms are stated in the "warranty terms" document. Check the possible regional / customer specific special terms from your HUR dealer. HUR is not responsible for consequential damages caused by device failure and / or during the time when the device is out of order. Defective equipment is to be taken out of use until it is properly repaired.

Due to continuous product development, HUR reserves the right to conduct product changes without prior notice.

Revision date of the manual 13<sup>th</sup> of March 2024.



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## INTRODUCTION

In this User Manual You will find general instructions for use of HUR products. Information covers basic safety instructions, instructions for use of each machine, technical information of the machine and everyday routines as well as scheduled maintenance procedures.

HUR products are high-quality Finnish work. We have centralized all our operations under one roof and manage them according to the ISO certified quality system. Our business meets ISO 9001 and ISO 13485 quality certification requirements. Each HUR product has been designed, manufactured, and tested at our factory in Kokkola.

Your HUR dealer will be happy to answer any questions You might have concerning HUR products. You can also give them feedback of our products.

HUR equipment meets the Medical Device Regulation (2017/745) and have been registered to EUDAMED register. This means that the equipment can also be used in health care and rehabilitation.



# 1. SAFETY PRECAUTIONS

- Do not adjust or use HUR equipment without the proper guidance of trained staff.
- Before use, please carefully read warning signs, instructions for use and safety instructions that may be attached to the device.
- For safe operation of the equipment, a safety zone of at least one meter is required in front of the device and a 0,6 meter safety zone on both sides and behind the device, because of the moving lever arms. Before using the device, make sure that there are no other people or objects within the safety area.
- Always wear suitable sports shoes and clothing when using the equipment.
- Equipment use is prohibited under the influence of alcohol, drugs, medication, or sedatives.
- Stop exercising immediately if you experience nausea, dizziness, or pain during your workout, and consult your doctor.
- Before you start exercising, check with your doctor the suitability of your workout for you, especially if you have a pacemaker, if you are pregnant, if you are nursing a child or if you have other physical disabilities.
- Keep unattended children away from equipment.
- The equipment is not intended for children under 14 years of age.
- One person should operate or use the HUR device at a time.
- Keep the display unit dry.
- Do not use damaged equipment. If the device is not working properly, do not attempt to repair it yourself. Please inform the staff of the problem.
- Improper use may result in personal injury or equipment damage and removes all liability from the manufacturer and will void the warranty.
- These safety instructions and warnings are to be placed close to the equipment in a prominent location. Safety instructions, warnings and possible dangers should be pointed out to each user of the equipment. The manufacturer assumes no responsibility for injury or damage caused to people or property.
- Exercising consumes energy and may cause sweating, so adequate nutrition and fluid intake prior to exercise is also important. Heavy meals consisting of ingredients that are hard to digest should be avoided.
- If the workout program includes strength training or other heavy exercises, it is advisable to carry out a proper warm up, e.g. on the exercise bike or treadmill.
- Cool-down exercises, muscle maintenance (stretching etc.), as well as fluid and nutritional balance maintenance are important measures after the workout. They prevent muscle pain and muscle stiffness.
- If you feel unusual pain after the workout, seek medical advice from your doctor.

The HUR equipment is intended for fitness center and rehabilitation use. The HUR equipment may be used only for their intended purpose. Incorrect use may lead to injuries, damage to the equipment, and cause the warranty and producer's liability to become void. Incorrect use includes any use other than the intended purpose of the equipment and any use that does not comply with the instruction manual.



**WARNING!** Inappropriate or excessive training can damage your health.

## 2. SAFETY PRECAUTIONS AND WARNINGS FOR OWNERS OF HUR DEVICES

- Make sure that the hoses and cables are properly installed in such a way that no one can stumble on them.
- Do not allow anyone to adjust or control the HUR equipment without the proper guidance of trained staff.
- Make sure that the users carefully read warning signs, instructions for use and safety instructions that may be attached to the device.
- Inform users of the safety zone of at least one meter in front of the device and a 0,6 meter safety zone on both sides of the and behind the device is required because of the moving lever arms.
- Make sure that before using the device, users make sure that there are no other people or objects within the safety area.
- Users should always wear suitable sports shoes and clothing while using the devices.
- Equipment use is prohibited under the influence of alcohol, drugs, medication, or sedatives.
- Make sure that the users stop exercising immediately if they feel nausea, dizziness, or pain during the workout, and advise them to contact their doctor immediately.
- Customers who have a pacemaker, who are pregnant, who are nursing a child or who have other physical disabilities must obtain doctor's permission before using HUR equipment.
- If the customer is attached to the equipment, for example by using gloves with wrist strap, do not leave the customer unattended during the exercise.
- Do not use damaged equipment. If the device is not working properly, do not attempt to repair it yourself. Report the issue to HUR maintenance.
- Defective equipment shall immediately be taken out of use after the discovery of the defect. The device must be marked in such a way that its use is clearly prohibited. Report the issue to HUR maintenance.
- A device must also be taken out of use if the device warning labels have been damaged in such a way that they cannot be read.
- Take note of all warnings and cautions in the user instructions and read the user and maintenance instructions.
- Improper use and failure of basic maintenance may result in user injury and equipment damage. In addition, these factors clear the manufacturer of all liability and will void the warranty.
- HUR safety instructions and warnings for users are to be placed close to the equipment in a prominent location. Safety instructions, warnings and possible dangers should be pointed out to each user of the equipment. The manufacturer assumes no responsibility for injury or damage caused to people or property.
- The devices should not exposure to direct sunlight, excessive dust, moisture, mechanical vibrations, and shocks.
- Maximum user body mass is 250 kg.

### 3. INSTALLATION

It is recommended by HUR that the equipment is installed by an authorized HUR installation expert in order to ensure the reliability of the installation. A HUR installation expert has the appropriate tools and instructions needed for the installation process. In addition, an experienced installation expert is familiar with the details of each piece of equipment.

The HUR equipment is intended for indoor use. The equipment must not get wet and contact with moisture must be avoided. If the transportation or storage has taken place in subzero temperatures, all models with electrical components must be allowed a period of about one hour to adjust to room temperature before installation or use. The equipment must be placed on a hard, even, flat surface. In order to avoid malfunction, the equipment should be stored in a place as dry as possible, in a constant temperature and kept away from dust.

NOTE! Flooring material with low resistivity is recommended.



WARNING! The equipment should be installed on solid, even, and straight ground.



WARNING! It is very unlikely, but possible, that the machines can tilt or tip over due to excessive force. The tilting can be prevented by attaching the machines to the floor.



## 4. INTENDED USE

- 5110 Biceps/Triceps: Exercise machine intended for improving and maintaining muscle strength of the arm.
- 5120 Push Up/Pull Down: Exercise machine intended for improving and maintaining muscle strength of upper body.
- 5125 Dip/Shrug: Exercise machine intended for improving and maintaining of the muscle strength of arm, shoulder and upper back.
- 5140 Chest Press: Exercise machine intended for improving and maintaining muscle strength of the chest and arm.
- 5150 Lat Pull: Exercise machine intended for improving and maintaining muscle strength of the shoulder and upper back.
- 5160 Pec Deck: Exercise machine intended for improving and maintaining muscle strength of the shoulder.
- 5175 Optimal Rhomb: Exercise machine intended for improving and maintaining muscle strength of the upper back.
- 5310 Abdomen/Back: Exercise machine intended for improving and maintaining muscle strength of the abdominal and back.
- 5320 Back Extension: Exercise machine intended for improving and maintaining muscle strength of back.
- 5330 Twist: Exercise machine intended for improving and maintaining muscle strength of the trunk rotator.
- 5340 Twist Rehab: Exercise machine intended for improving and maintaining muscle strength of the trunk rotator.
- 5510 Body Extension: Exercise machine intended for improving and maintaining muscle strength of the posterior leg and hip.
- 5520 Adduction/Abduction: Exercise machine intended for improving and maintaining muscle strength of the hip and thigh.
- 5530 Leg Extension/Curl: Exercise machine intended for improving and maintaining muscle strength of the thigh.
- 5540 Leg Press: Exercise machine intended for improving and maintaining muscle strength of the leg.
- 5546 Leg Press Incline: Exercise machine intended for improving and maintaining muscle strength of the leg.
- 9110 Biceps/Triceps Easy Access: Exercise machine intended for improving and maintaining muscle strength of the arm.
- 9120 Push Up/Pull Down Easy Access: Exercise machine intended for improving and maintaining muscle strength of the upper body.
- 9125 Dip/Shrug Easy Access: Exercise machine intended for improving and maintaining muscle

strength of the of arm, shoulder, and upper back.

- 9140 Chest Press Easy Access: Exercise machine intended for improving and maintaining muscle strength of the chest and arm muscles.
- 9150 Lat Pull Easy Access: Exercise machine intended for improving and maintaining muscle strength of the shoulder and upper back.
- 9160 Pec Deck Easy Access: Exercise machine intended for improving and maintaining muscle strength of the shoulder.
- 9175 Optimal Rhomb Easy Access: Exercise machine intended for improving and maintaining muscle strength of the upper back.
- 9310 Abdomen/Back Easy Access: Exercise machine intended for improving and maintaining muscle strength of the abdominal and back.
- 9330 Twist Easy Access: Exercise machine intended for improving and maintaining muscle strength of the trunk rotator.
- 8820 HUR Pulley (max. 20 kg) wall-mounted: Exercise machine intended for functional training.
- 8830 HUR Pulley (max. 30 kg) wall-mounted: Exercise machine intended for functional training.
- 8821 HUR Pulley (max. 20 kg) free standing: Exercise machine intended for functional training.
- 8831 HUR Pulley (max. 30 kg) free standing: Exercise machine intended for functional training.

## 5. BASIC FUNCTIONALITY


### 5.1 General hardware information

HUR equipment exercise resistance can be adjusted stepless thanks to the pneumatic resistance mechanism. The exercise resistance is selected by pressing the plus (+) or minus (-) buttons. Plus (+) increases the resistance by increasing the pressure inside the device, minus (-) reduces the resistance lowering the pressure. The pressure gauge on the device indicates the resistance level.

Easy Access equipment comes with standard-sized mushroom buttons, making it easier to adjust the resistance, for example for persons who have problems with finger coordination. With the mushroom buttons the exercise resistance will be adjusted in the same way as with standard buttons. Plus (+) increases the resistance and minus (-) reduces the resistance by lowering the pressure.

NOTE! Slight changes in the gauge reading during exercise is normal The Natural Transmission™ mechanism evens the resistance curve regardless of slight pressure changes.


NOTE! When switching direction of movement, a hissing sound may occur, which is normal. The sound is caused by the emptying of pressure.

 **WARNING!** Do not press the plus (+) and minus (-) buttons down simultaneously. Simultaneous pressing of the buttons lets the pressure directly through the device, which causes an unnecessary load on the pressure network, and can reduce the equipment's life cycle.

Some of the HUR devices are dual functioning, i.e. one device can be used to exercise opposing muscle groups. The dual function selector switch is used to select which one of the movement directions is to be used. Turn the selector switch clockwise or counterclockwise to change the exercise. Easy Access equipment has a joystick-like selector switch to change the direction of movement by turning it up or down.


### 5.2 Back support adjustment

Some HUR equipment has the option of manual adjustment of the back support in order to enable a suitable exercise stance for users regardless of size. Lift the handles behind the back support upwards and move the back support forward or backward to the desired distance. Do not lean against the back support at the same time as you adjust it.

 **WARNING!** Be careful not to jam your fingers in the adjustable back support mechanism. To avoid injury, only grab the red-ended adjustment handles and the padded part of the back support during adjusting.

### 5.3 Seat height adjustment

The seat height of a device can be stepless adjusted in order to enable a suitable exercise stance for users regardless of size. Grasp the front sections of the side edges of the seat with both hands and lift the seat to the desired height. To lower the seat, grab the rear side edges of the seat, tilt the front up slightly and lower the seat to the desired height. The HUR equipment seat lock mechanism allows the seat to lock at the desired height without any additional locks, when it is at the desired height just release your grip.

 **WARNING!** Be careful not to leave your fingers between the seat adjustment mechanism and the frame. To avoid injury, only grab the padded section of the seat when adjusting the seat height.

## 5.4 Safety belt

Some HUR equipment has a safety belt, which helps the user to stay in the device during exercising. Fasten the safety belt by pressing the belt buckles against each other until you hear a clicking sound. Tighten the belt by pulling the free end of the belt. Open the safety belt by pressing the quick release on both sides.



**WARNING!** Be careful not to leave skin in between the quick release mechanism. To avoid injury, only push the quick release ends and use caution when attaching the safety belt.

## 5.5 Range limiters

With range limiters the scope of the movement is limited in situations when the user is for one reason or another unable to utilize the entire range of motion enabled by the device. To adjust the range limiters, turn the knob counterclockwise and pull it outwards. Slide the range limiter to desired position and release the knob. When it is in the right position turn the knob clockwise to lock it in place.

**NOTE!** The range limiters are intended for limiting the range of motion of the device, not for compensating users' height.



**WARNING!** Do not use any tools to tighten or release the range limiter so that it does not get too tight and cause adjustment problems for the next user. A manually performed and light tightening of the nob is enough to erase the play and secure a safe use of the range limiter.



**CAUTION!** Do not adjust the range limiter before the workload is set to zero (0)!

## 6. EQUIPMENT FUNCTIONALITY

NOTE! The pictures of the machines in this section are directive.

### 6.1 5110 Biceps / Triceps

Equipment exercises:

1. Select the exercise by turning the switch (BICEPS or TRICEPS).
2. Adjust the resistance with '+' and '-' buttons.
3. After exercise, release the resistance of the machine with the '-' button or by turning the selector switch.



Biceps exercise:

Place your arms under the rollers. Rest your chest and elbows on the support cushions, at the lever arm pivot ends. Exercise by alternately flexing your arms, lifting the lever arms upward. Return to the starting position slowly.



Triceps exercise:

Place your arms on the rollers. Rest your chest and elbows on the support cushions. Exercise by alternately extending your arms, lowering the lever arms downward. Return to the starting position slowly.

### 6.2 5120 Push Up / Pull Down

Equipment exercises:

1. Select the exercise by turning the switch (PUSH UP or PULL DOWN).
2. Adjust the resistance with '+' and '-' buttons. NOTE! When increasing resistance in the Pull-Down exercise, hold on with your left hand to the lever arm so that it will not raise too high.
3. After exercise, release the resistance of the machine with the '-' button or by turning the exercise selector switch.



CAUTION! Watch out for moving lever arms.



Push Up exercise: Lean your back against the back support and push the lever arms upward with straight wrists. Maintain resistance on the return movement. This exercise targets primarily the shoulder, but also the chest and arm muscles.



Pull Down exercise: Lean your back against the support. Pull the lever arms down while keeping your elbows pointing in the direction of your body. This exercise targets primarily the back muscles and biceps.

## 6.35125 Dip / Shrug

Equipment exercises:

1. Select the exercise by turning the switch (DIP or SHRUG).
2. Adjust the resistance with '+' and '-' buttons.
3. After exercise, release the resistance of the machine with the '-' button or by turning the exercise selector switch.



Dip exercise: Push the lever arms down with straight wrists and your elbows in line with the lever arms. Maintain resistance on the return movement. This exercise primarily targets the triceps muscles and activates the chest.



Shrug exercise: Lift the lever arms by bending your elbows and squeezing your shoulder blades together. This exercise primarily targets the upper back and biceps. Alternatively keep the elbows straight and lift the shoulders. This exercise primarily targets the trapezius muscles.

## 6.45140 Chest Press

Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.



Chest Press exercise: Keep your back against the back support. Push the lever arms forward with straight wrists until your arms are straight. Maintain resistance on the return movement. This exercise targets mainly the chest muscles, and additionally the shoulders. The triceps muscles are also activated, with a narrower grip providing greater engagement compared to a wider grip.

## 6.5 5150 Lat Pull

Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.



Lat Pull exercise: Exercise by pulling the lever arms towards you. Keep your chest pressed to the cushion. Return slowly to starting position.

## 6.6 5160 Pec Deck

Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.



Pec Deck exercise: Place your forearms on the lever arms palms facing forward. Press the lever arms together, maintain resistance on the return movement. This exercise targets mainly the chest muscles.

## 6.7 5175 Optimal Rhomb

Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.



Optimal Rhomb exercise: Keep your chest attached to the chest support. Pull the lever arms together with your elbows in horizontal position, while squeezing the shoulder blades together. Maintain resistance on the return movement. This exercise primarily targets the upper back muscles and activates the biceps.

## 6.8 5310 Abdomen/Back

### Equipment adjustment:

The distance between the seat and the rollers can be adjusted, allowing for a suitable exercising position for all users. Lift the rear foot of the seat by the black handles and move the seat to the desired position. Lower the seat to lock it in place.



**WARNING!** Make sure that the seat is properly locked after adjustment of the distance before you start exercising. A poorly locked seat may move during exercise and cause a danger situation.

The device has an adjustable lever arm, enabling individual adjustments for users of various sizes. Pull the red release handle outwards and simultaneously turn the roller in the desired position. Release the handle to lock the arm.



**WARNING!** Make sure that the lever arm is always locked in its intended slot. Otherwise, the lever arm may move during exercise and may cause danger.

### Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.



**Abdomen exercise:** Sit so that the lever arm is up against your chest. Exercise by gently holding on to the roller with your hands and pushing the lever arm down using your abdominal muscles. Return to the starting position slowly.



**Abdomen Left exercise:** Place yourself sideways on the seat facing left. Work with your abdominal by pushing the lever arm downwards and maintain resistance on the return movement.



**Abdomen Right exercise:** Place yourself sideways on the seat facing right. Work with your abdominal by pushing the lever arm downwards and maintain resistance on the return movement.





Back exercise: Sit so that the lever arm is up against your shoulder blades and the back support supports your abdomen. Exercise by pushing the lever arm down by using your lower back muscles, with your hands crossed on your chest. Return to the starting position slowly.

## 6.9 5320 Back Extension

Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.



Back Extension exercise: Sit so that the lever arm is up against your shoulder blades. Exercise by pushing the lever arm down by using your lower back muscles, with your hands crossed on your chest. Return to the starting position slowly.

## 6.10 5330 Twist

Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.

Twist exercise:

To the right: Stand in the machine in such a way that the right support cushion is between the thighs. Put your left arm behind the back of the roller, and the right arm flexed on the left side of the roller in front.



Exercise by twisting your body to the right, with your back straight, eyes following the movement. Return to the starting position slowly.

To the left: Stand in the machine in such a way that the left-hand support cushion is between the thighs. Put your right arm behind the back of the roller and the left arm flexed on the right side of the roller in front.



Exercise by twisting your body to the left, with your back straight, eyes following the movement. Return to the starting position slowly.

## 6.11 5340 Twist Rehab

### Equipment adjustment:

Adjust the back support to suit by loosening the screw on the back and lift or lower the support cushion to a suitable position. Tighten the screw back in place.

Adjust the starting point by pulling the lever under the seat, simultaneously turning the foot supports to the desired position. Release the lever to lock the selected starting point.



**WARNING!** Make sure that after adjustment, the release handle arm fits correctly into the intended slot. Otherwise, the foot supports can move during exercise and cause danger.

Sit down and place your feet on the foot supports.

### Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.

### Twist exercise:

Right: Exercise by twisting legs to the right, with your back straight. Return to the starting position slowly.

Left: Exercise by twisting legs to the left, with your back straight. Return to the starting position slowly.

## 6.12 5510 Body Extension

### Equipment adjustment:

Lie down on your back in the seat, place your legs on the rollers and fasten the safety belt. The use of the safety belt is recommended when using this machine. The Body Extension machine has a release function that releases the resistance quickly. Turn the lever switch in the console to release the resistance.



**WARNING!** The levers can move quickly. Before pressing a button, make sure that no one or nothing is standing in the way of the levers.

### Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button or by turning the 'free / exercise' switch.



**Body Extension exercise:** Exercise by pressing levers alternately downward with your legs, keeping your buttocks firmly in the seat. Slowly return to the starting position.

## 6.13 5520 Adduction / Abduction

Equipment adjustment:

Sit down and place your feet on the foot supports.

Equipment exercises:

1. Select the exercise by turning the switch (ADDUCTION or ABDUCTION).
2. Adjust the resistance with '+' and '-' buttons.
3. After exercise, release the resistance of the machine with the '-' button or by turning the exercise selector switch.



Adduction exercise: Exercise by pressing the levers together with your legs. Lean your back against the seat. Return to the starting position slowly.



Abduction exercise: Exercise by pressing the levers apart with your legs. Lean your back against the seat. Return to the starting position slowly.

## 6.14 5530 Leg Extension / Curl

Equipment adjustment:

Sit down in the seat so that the knees are resting on the upper cushion. Adjust the back support by lifting the handle on the back and moving the back support to desired height. Adjust the lower support cushions by pulling the handle so that the roller is ca. 10 cm above your heel.

The machine has padded leg straps to secure thighs during exercising. Fasten the strap by pressing the strap buckles together until you hear a clicking sound. Tighten the strap by pulling at the free end of the belt. Open the strap by pressing the quick release on both sides.



**WARNING!** Be careful not to leave your skin between the quick-release mechanism. To avoid injury, press the quick release at the ends only, and be careful when fastening the strap.

Some machines have adjustable levers in order to enable a suitable exercise stance for users regardless of size. Pull the red release handle outward, simultaneously turning the roller in desired position. Release the handle to lock the lever.



**WARNING!** Make sure that after adjustment, the release handle arm fits properly in the intended slot. Otherwise, the lever can move during exercise and cause danger.

Equipment exercises:

1. Select the exercise by turning the switch (EXTENSION or CURL).
2. Adjust the resistance with '+' and '-' buttons.

3. After exercise, release the resistance of the machine with the '-' button or by turning the exercise selector switch.



Leg Extension exercise: Place feet under lower rollers and fasten safety belt. Exercise by pressing levers alternately upwards with your legs, return to the starting position slowly.



Leg Curl exercise: Place feet under lower rollers and fasten safety belt. Exercise by pressing levers alternately upwards with your legs, return to the starting position slowly.

## 6.15 5540 Leg Press

Equipment adjustment: Adjust the back support from the handle at the back so that your legs are in an angle of 90 degrees in the starting position. The machine has leg straps, with which the feet can be attached to the foot supports.

The device has a locking device to determine the desired movement starting point. Loosen (counterclockwise) the star screw at the side and move the screw horizontally from 'Lock' to 'Unlock'. Move the lever to desired starting point and tighten the nob to 'Lock' position. Repeat on the other lever. If you want to utilize the whole range of motion of the machine, tighten the nob to 'Unlock' position.

NOTE! If needed, ask someone for assistance, as holding the lever while tightening the nob can be difficult to manage alone.

Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.



Leg Press exercise: Exercise by pushing levers alternately forward with your legs, keeping your lower back firmly in the seat. Return to the starting position slowly.

## 6.16 5546 Leg Press Incline

Equipment adjustment:

The machine has electrically adjustable back support and shoulder rollers, making it easier for the user to adjust the exercising position while already seated. Adjust back support and shoulder rollers with rocker

switches by the gauge.

Press the upper rocker switch to the left (A) to raise the back support closer to vertical position and to the right (B) to increase the inclination of the back support. The back support locks into place when you stop pressing the switch. Changing the inclination of the back support makes the exercise target different muscles. Press the lower rocker switch to the left (C) to raise the shoulder rollers and to the right (D) to low them. The shoulder rollers lock into place when you stop pressing the switch. Adjust the shoulder rollers so that they support the shoulders.

Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.



Leg Press Incline exercise: Exercise by pushing the lever forward with your legs. Return to the starting position slowly.

## 6.17 9110 Biceps / Triceps Easy Access

Equipment adjustment:

1. With wheelchair: Adjust yourself at the machine so that you are able to place your elbows on the support cushion. You can also exercise one arm at a time on the machine, with your wheelchair at a slight angle.
2. With EA chair: Set the chair so that you lean your elbows on the support cushion. If you have an adjustable EA chair, adjust the seat to the desired height by lifting with both hands from the back of the seat. The seat locks into place automatically.

Equipment exercises:

1. Select the exercise by turning the switch (BICEPS or TRICEPS).
2. Adjust the resistance with '+' and '-' buttons.
3. After exercise, release the resistance of the machine with the '-' button or by turning the exercise selector switch.



Biceps exercise: Place your arms under the rollers. Rest your elbows on the support cushions, at the lever arm pivot ends. Exercise by alternately flexing your arms, lifting the lever arms upward. Return to the starting position slowly.



Triceps exercise: Place your arms on the rollers. Rest your elbows on the support cushions. Exercise by alternately extending your arms, lowering the lever arms downward. Return to the starting position slowly.

## 6.18 9120 Push Up / Pull Down Easy Access

Equipment adjustment:

1. With wheelchair: Adjust yourself at the machine so that you are also leaning on the back support of the machine.
2. With EA chair: Set the chair so that you lean also against the back support of the machine. If you have an adjustable EA chair, adjust the seat to the desired height by lifting with both hands from the back of the seat. The seat locks into place automatically.

Equipment exercises:

1. Select the exercise by turning the switch (PUSH UP or PULL DOWN).
2. Adjust the resistance with '+' and '-' buttons. NOTE! When increasing resistance in the Pull-Down exercise, hold on with your left hand to the lever arm so that it will not raise too high.
3. After exercise, release the resistance of the machine with the '-' button or by turning the exercise selector switch.



**CAUTION!** Watch out for moving lever arms.



Push Up exercise: Lean your back against the back support and push the lever arms upward with straight wrists. Maintain resistance on the return movement. This exercise targets primarily the shoulder, but also the chest and arm muscles.



Pull Down exercise: Lean your back against the support. Pull the lever arms down while keeping your elbows pointing in the direction of your body. This exercise targets primarily the back muscles and biceps.

## 6.19 9125 Dip / Shrug Easy Access

Equipment adjustment:

1. With wheelchair: Adjust yourself at the machine so that you are also leaning on the back support of the machine.

2. With EA chair: Set the chair so that you lean also against the back support of the machine. If you have an adjustable EA chair, adjust the seat to the desired height by lifting with both hands from the back of the seat. The seat locks into place automatically.

Equipment exercises:

1. Select the exercise by turning the switch (DIP or SHRUG).
2. Adjust the resistance with '+' and '-' buttons.
3. After exercise, release the resistance of the machine with the '-' button or by turning the exercise selector switch.



Dip exercise: Push the lever arms down with straight wrists and your elbows in line with the lever arms. Maintain resistance on the return movement. This exercise primarily targets the triceps muscles and activates the chest.



Shrug exercise: Lift the lever arms by bending your elbows and squeezing your shoulder blades together. This exercise primarily targets the upper back and biceps. Alternatively keep the elbows straight and lift the shoulders. This exercise primarily targets the trapezius muscles.

## 6.20 9140 Chest Press Easy Access

Equipment adjustment:

1. With wheelchair: Adjust yourself at the machine so that you are also leaning on the back support of the machine.
2. With EA chair: Set the chair so that you lean also against the back support of the machine. If you have an adjustable EA chair, adjust the seat to the desired height by lifting with both hands from the back of the seat. The seat locks into place automatic

The exercise starting point can be determined by using the device locking mechanism.

Make sure that there is no pressure in the device, i.e., the resistance is at zero, before adjusting the locking mechanism.

Pull out the locking mechanism pin at the side of the device and insert it at the desired point, simultaneously pulling the handle so that it remains on the right side of the pin. Repeat on the other side.

NOTE! The handles are to remain in front of the pins so that the locking mechanism functions properly. Otherwise, the pins hinder the movement in the wrong direction.

Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.



Chest Press exercise: Keep your back against the back support. Push the lever arms forward with straight wrists until your arms are straight. Maintain resistance on the return movement. This exercise targets mainly the chest muscles, and additionally the shoulders. The triceps muscles are also activated, with a narrower grip providing greater engagement compared to a wider grip.

## 6.21 9150 Lat Pull Easy Access

Equipment adjustment:


1. With wheelchair: Adjust yourself at the machine so that you are also leaning on the chest support of the machine.
2. With EA chair: Set the chair so that you lean also against the back support of the machine. If you have an adjustable EA chair, adjust the seat to the desired height by lifting with both hands from the back of the seat. The seat locks into place automatically.

The exercise starting point can be determined by using the device locking mechanism.


Make sure that there is no pressure in the device, i.e., the resistance is at zero, before adjusting the locking mechanism. Pull out the locking mechanism pin at the side of the device and insert it at the desired point, simultaneously pulling the handle so that it remains on the right side of the pin. Repeat on the other side.

NOTE! The handles are to remain in front of the pins so that the locking mechanism functions properly. Otherwise, the pins hinder the movement in the wrong direction.

Adjust the chest support to up or down position by pulling it slightly towards you and turning the support cushion half a turn. Adjustment of the chest support enables a suitable exercise stance for all users regardless of size.

 **WARNING!** The chest support is not rigid. When entering or leaving the machine, do not lean on the chest support.

The machines have a release function, making it possible to move the handles closer to the user when beginning the exercise, making it easier to reach the handles. Press the button in the middle of the device to move the handles closer. After grabbing the handles, the resistance grows automatically after a few seconds to desired level.

 **WARNING!** Adjust the resistance before using the release function. The lever arms may move quickly.

Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.



Lat Pull exercise: Exercise by pulling the lever arms towards you. Keep your chest pressed to the cushion. Return slowly to starting position.



## 6.22 9160 Pec Deck Easy Access

Equipment adjustment:

1. With wheelchair: Adjust yourself at the machine so that you are also leaning on the back support of the machine.
2. With EA chair: Set the chair so that you lean also against the back support of the machine. If you have an adjustable EA chair, adjust the seat to the desired height by lifting with both hands from the back of the seat. The seat locks into place automatically.

Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.



Pec Deck exercise: Place your forearms on the lever arms palms facing forward. Press the lever arms together, maintain resistance on the return movement. This exercise targets mainly the chest muscles.

## 6.23 9175 Optimal Rhomb Easy Access

Equipment adjustment:

1. With wheelchair: Adjust yourself at the machine so that you are also leaning on the chest support of the machine.
2. With EA chair: Set the chair so that you lean also against the back support of the machine. If you have an adjustable EA chair, adjust the seat to the desired height by lifting with both hands from the back of the seat. The seat locks into place automatically.

Adjust the chest support to up or down position by pulling it slightly towards you and turning the support cushion half a turn. Adjustment of the chest support enables for people of different sizes to find the suitable exercise position.

The machines have a release function, making it possible to move the handles closer to the user when beginning the exercise, making it easier to reach the handles. Press the button in the middle of the device to move the handles closer. After grabbing the handles, the resistance grows automatically after a few seconds to desired level.



**WARNING!** Adjust the resistance before using the release function. The lever arms may move quickly.

Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.



Optimal Rhomb exercise: Keep your chest attached to the chest support. Pull the lever arms together with your elbows in horizontal position, while squeezing the shoulder blades together. Maintain resistance on the return movement. This exercise primarily targets the upper back muscles and activates the biceps.

## 6.24 9310 Abdomen / Back Easy Access

### Equipment adjustment:

Select seat position by lifting and moving the knob at the back. Make sure that the seat locks in place. To easily access and leave the device, turn the back support to down position by lifting the back support and turning the support down.

For access, you can also turn the lever arm out of the way by pulling the handle and turning the roller in an upright position. Turn the roller back down when you are ready to start exercising.

Adjust the seat height to desired level by turning the switch on the frame up or down. Fasten safety belt if needed.

### Equipment exercises:

1. Select the exercise by turning the switch (ABDOMEN or BACK).
2. Adjust the resistance with '+' and '-' buttons.
3. After exercise, release the resistance of the machine with the '-' button or by turning the exercise selector switch.



### Abdomen exercise:

Sit so that the lever arm is up against your chest. Exercise by gently holding on to the roller with your hands and pushing the lever arm down using your abdominal muscles. Return to the starting position slowly.

### Abdomen Left exercise:

Place yourself sideways on the seat facing left. Work with your abdominal by pushing the lever arm downwards and maintain resistance on the return movement.

### Abdomen Right exercise:

Place yourself sideways on the seat facing right. Work with your abdominal by pushing the lever arm downwards and maintain resistance on the return movement.



### Back exercise:

Sit so that the lever arm is up against your shoulder blades and the back support supports your abdomen. Exercise by pushing the lever arm down by using your lower back muscles, with your hands crossed on your chest. Return to the starting position slowly.

## 6.25 9330 Twist Easy Access

### Equipment adjustment:

For easier access and leaving, turn the roller in a downward position by lifting the roller. Turn the roller back up when you have seated yourself at the machine with feet on both sides of the roller. The roller locks into place automatically.

You may also lock the lever arm in its extreme position, so that it can be used as a support when accessing or leaving the device. Turn the switch next to the pressure indicator to 'LOCK' position and turn the lever until it locks. Release the lever by turning the switch to 'FREE' position.

### Equipment exercises:

1. Adjust the resistance with '+' and '-' buttons.
2. After exercise, release the resistance of the machine with the '-' button.

### Twist exercise:



1. To the right: Stand in the machine in such a way that the right support cushion is between the thighs. Put your left arm behind the back of the roller, and the right arm flexed on the left side of the roller in front. Exercise by twisting your body to the right, with your back straight, eyes following the movement. Return to the starting position slowly.
2. To the left: Stand in the machine in such a way that the left-hand support cushion is between the thighs. Put your right arm behind the back of the roller and the left arm flexed on the right side of the roller in front. Exercise by twisting your body to the left, with your back straight, eyes following the movement. Return to the starting position slowly.

## 6.26 HUR Pulleys

### Including models:

- 8820 HUR Pulley (max. 20 kg) wall-mounted
- 8830 HUR Pulley (max. 30 kg) wall-mounted
- 8821 HUR Pulley (max. 20 kg) free standing
- 8831 HUR Pulley (max. 30 kg) free standing



**WARNING!** Free standing equipment shall be installed on a stable and levelled base. HUR Pulley free standing models **MUST BE ATTACHED TO THE FLOOR.**




Wall-mounted model.




Free standing model.

### Adjusting the Pulley:

Pull the handle located on the side of the cable column and adjust the height by moving the cable column up or down. Make sure that the cable column is properly locked.

 **WARNING!** Make sure that the rod of the handle slides properly back inside to its slot after adjusting the cable column. Otherwise, the cable column may move and cause a dangerous situation.

 **WARNING!** If you train with Pulley waist strap, attach both ropes to the waist strap. If the Pulley waist strap is attached by one rope, detaching of the rope can lead to a danger situation.

If you need the support handles, pull the handle next to the frame and adjust the handles to desired level. Make sure that the rod of the handle slides back to its slot.


Pulley is created for variety of lower, mid, and upper body exercises. The device comes with instructions for the most common exercises, and these illustrated instructions are recommended to be placed in a prominent location near equipment.

More instruction for exercising with HUR Pulley is on a video 'HUR Pulley – Functional Trainer'. [Pulley training](#) In addition to general introduction, 17 basic exercises for lower, mid, and upper body are shown. HUR Pulley is designed and intended for exercising muscles and strength. With standard equipment, a pair of hand grips and a leg strap, it's possible to exercise muscles of, for example, arms, legs, and upper body. With Pulley accessories it is possible to make exercising more comprehensive. Popular Pulley accessories are, for example, Pulley rowing bench, triceps and pull-down grips and straps. They make it easy to target different parts of body and special muscles. Remarkable is that HUR Pulley can be used by wheelchair users too.

**NOTE!** HUR products are designed and intended for gym, health club and rehabilitation use only. HUR product shall be used only in their designed and intended use. Incorrect use may result in personal injury and equipment damage. Incorrect use may remove the manufacturer's responsibility and void the warranty. Incorrect use means all actions that are against the intended use of HUR products, and all actions against or failure to follow instructions in this User Manual.

To avoid injuries and damages, pay attention to following:

- Do not pull the ropes too far to the side (max. 45°/90°), because the rope may get stuck between the rollers.
- Support handles are intended to give support. They shall not be used for dipping, climbing, or carrying the machine.
- Avoid yanks and other fast movements when exercising with low resistance. The cylinder that creates the resistance does not accommodate with fast movements and the ropes may jump out of the rollers.
- If there's pressure in the device, the ropes should not be pulled out and let off abruptly, because the pressure pulls the rope back to the device and that can cause the rollers break if, for example, a bar or a grip hits them hard.
- Do not in any circumstance exercise beneath the pulley collar, if for any reason the collar is not properly locked in place, it can hit the user.
- Before exercising, check the rope ends that they are secure and fastened. If noticed any damage or wear, please do not use the device until trained personnel have repaired the damaged parts.
- Release resistance before moving the adjustable collar on the pulley column.
- Make sure the locking pin on the adjustable collar is properly locked in place before exercising.

 **WARNING!** Incorrect or excessive exercising might damage your health.

## 7. MAINTENANCE

Recommendations for general maintenance:

	OPERATION	ADDITIONAL INFORMATION
<b>Daily</b>	Wipe the handle grips, upholstery and adjusting buttons.	Normal daily routine to maintain general good hygiene and comfort. It is recommended that you use HUR Cleaning products and disinfectants. Do not use dish detergent, as it will dry the artificial leather upholstery.
<b>Weekly</b>	Wipe the handle grips, upholstery and adjusting buttons. Disinfect if necessary.	It is recommended that you use HUR Cleaning products and disinfectants. Use only a small amount of water. Do not use products containing alcohol. Always make sure that the product is compatible with the surface material of the equipment being cleaned if you use products other than those recommended by HUR.
	Check the compressed air system's water separator.	Empty it, if the tank liquid level is over the halfway point.
	Check the compressor motor / engine oil level.	Add if necessary. See the compressor manual for detailed instructions.
<b>Monthly</b>	Tilt the device and clean the floor underneath the device.  Do not tilt the device without assistance.	Wipe the floor or use a vacuum cleaner.  Make sure that no stress is caused on the air tubes or electrical cables during the device is tilted.  Avoid contact between the cleaning means and the components installed under the device.  If you think that some of the components are damaged, please contact <a href="mailto:service@hur.fi">service@hur.fi</a>
<b>Biannually</b>	Overhaul: The use of an authorized HUR service person is recommended.	Basic condition check of device. • Cleaning and lubrication of piston rods. • Lubrication and adjustment of roller cushions. • Checking the compressor
<b>Annually</b>	Overhaul: The use of an authorized HUR service person is recommended.	Basic condition check of device. • Cleaning and lubrication of piston rods. • Lubrication and adjustment of roller cushions. • Checking the compressor



**WARNING!** Keeping the equipment safe is possible only if the equipment is inspected and examined regularly for wear and damage.



**WARNING!** Do not use damaged power supply.

For detailed information on compressor maintenance see compressor manual.

All mechanical equipment needs maintenance. It ensures that the equipment will work effortlessly year after year. Neglecting maintenance may cause the warranty to become void. In order to ensure user safety and to avoid malfunction, it is recommended that the user is instructed how to use the equipment before using the

equipment independently.

In case of any problems with your HUR product, please contact your local HUR distributor or HUR Service organization. They have authorized service personnel to help you.

When reporting of the trouble it is recommended to write down following information:

- Model and serial number of the product
- When the failure was first detected
- Description of failure. Broken, is not a description. Squeaking roller is one example of failure description.
- Of course, your name and company information are required.



#### NOTE!

The HUR device can be identified by the serial number. The serial number can be found on the device frame in connection with the type plate.

Some basic points regarding problem situations:

- In case of air leakage, turn off the compressor immediately. If compressor is running for extended period, overheating and failure of compressor will occur. Besides connecting the tubing, DO NOT try repairing anything before contacting HUR personnel.
- Always switch off and disconnect any electronic supplies from the machine that is broken.
- Make sure that broken equipment is not used before it is checked and repaired.

## 7.1 Electrical safety test

We require that an electrical safety test is performed to every HUR device equipped with a power supply every 36 months according to EN 62353 "Medical electrical equipment – Recurrent test and test after repair of medical electrical equipment".

#### NOTE!

Electrical safety test must be performed also after a repair of the device, to ensure safe use of the device. Measurements results, measured after a repair shall be documented as a new reference value.

For instructions on how to connect the tester to the device, please see test instructions here: <http://www.hur.fi/en/Hi5/Manual>.

If for some reason the test report from the factory is missing, please contact [service@hur.fi](mailto:service@hur.fi) for a new copy. The device serial number is needed to supply a new one.

## 7.2 Guidance and manufacturer's declaration electromagnetic emissions and immunity



Medical electrical equipment needs special precautions regarding EMC and needs to be installed and put into service according to EMC information provided in this document.  
This declaration currently applies for HUR MD devices.

Guidelines and Manufacturer's declaration – Electromagnetic Emissions		
EN 61000-6-3:2007 + A1:2011 Electromagnetic compatibility (EMC)- Part 6-3: Generic standards for- Emission standard for residential, commercial, and light - industrial environments.		
Normative references	Test item	Electromagnetic environment - Guidelines
CISPR 16-2-1:2014+AMD1:2017	Conducted emission	The device is suitable for use in residential, commercial, and light- industry establishments connected to the public supply grid
CISPR 16-2-3:2016	Radiated emission	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.

Guidelines and Manufacturer's declaration – Electromagnetic Immunity		
EN 61000-6-1:2007 Electromagnetic compatibility (EMC)- Part 6-1: Generic standards for- Immunity standard for residential, commercial, and light - industrial environments.		
Normative references	Test item	Electromagnetic environment - Guidelines
IEC 61000-4-2:2008	Electrostatic discharge immunity test (ESD)	Floors should be wood, concrete, or ceramic tile. If floors are covered with synthetic material, relative humidity should be at least 30 %
IEC 61000-4-4:2012	Electrical fast transient/ burst immunity test (EFT)	Mains power quality should be that of a typical to residential, commercial, and light -industrial environment.
IEC 61000-4-5:2014+AMD1:2017	Surge immunity test	Mains power quality should be that of a typical to residential, commercial, and light -industrial environment.
IEC 61000-4-6:2013  IEC 61000-4-3:2006+AMD1:2007+AMD2:2010	Conduction disturbances induced by radio frequency fields  Radio frequency electromagnetic field immunity test	Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey <sup>a</sup> , should be less than the compliance level in each frequency range.  Interference may occur in the vicinity of equipment marked with the following symbol:

		(((•)))
IEC 61000-4-8:2009	Power frequency magnetic field immunity	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical residential, commercial, or light-industrial environment.
IEC 61000-4-11:2004+AMD1:2017	Voltage dips and voltage interruptions immunity test	EN 61000-6-3:2007 + A1:2011 Electromagnetic compatibility (EMC)- Part 6-3: Generic standards for- Emission standard for residential, commercial, and light - industrial environments.
<p>Notes:</p> <ul style="list-style-type: none"> <li>-At 80MHz and 800MHz, the higher frequency range applies.</li> <li>-These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.</li> </ul>		
<p><sup>a</sup></p> <p>Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless telephones and mobile radios, amateur radio, AM and DM radiobroadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which HUR MD device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the HUR MD device.</p>		

*The complete test report is available from the manufacturer.*

### 7.3 HUR Cleaning wipes

- intended for overall cleaning of all HUR equipment.
- intended for cleaning handle grips and padding.
- also suitable for cleaning hands.





## 7.4 HUR Disinfection wipes

- intended for cleaning HUR equipment and its handle grips and padding.
- also suitable for disinfecting touch screens.



Tip! If you store the wipe in a grip seal bag after use, you can keep using it as long as the wipe is moist.

NOTE! It is recommended that you use only HUR Cleaning wipes and HUR Disinfection wipes for cleaning and disinfecting the HUR equipment. Using a cleaning product or wipe that is not compatible with the surface material of the equipment can cause damage to the surfaces and padding of the equipment. If cleaning and disinfection has been done using a product other than the cleaning and disinfection products recommended by HUR, damage is excluded from warranty.

## 8. TECHNICAL DATA

### 8.1 Operation environment

Ambient temperature: 15-35 °C, 59-95 °F.

Relative humidity: 30-75 %.

Atmospheric pressure: 70,0-106,0 kPa.

### 8.2 Transportation environment

Ambient temperature: -20-60 °C, -4-140 °F.

Relative humidity: 45-75 %.

Atmospheric pressure: 50,0-106,0 kPa.

### 8.3 Storage environment

Ambient temperature: 0-60 °C, 32-140 °F.

Relative humidity: 30-75 %.

Atmospheric pressure: 70,0-106,0 kPa.

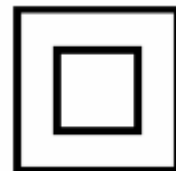
### 8.4 Power supply

Power supply: 24VDC/150W, 100-240VAC/50-60Hz.

### 8.5 Classification

The devices are registered as Class I Medical Devices according to Medical Device Regulation (2017/745).

Electrical safety class of the devices is Class II type BF.





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