



HUR Pulley

FUNCTIONALTRAINER

A large range of exercises in one machine. Perfect for versatile strength training and rehabilitation for all ages and abilities.



HUR Pulley Features

No one is excluded. With the HUR Pulley Functional Trainer you can do a large range of exercises, independent of the user's age or abilities. Regular exercisers, seniors, athletes, wheelchair users and rehabilitation patients benefit from the versatile, smart and safe machine with pneumatic resistance (air) and computerized control and reporting.

HUR Pulley, as all HUR machines, uses pneumatic technology, meaning perfect balance between exercise load and muscle's output force, regardless of the speed of motion. HUR Pulley is perfect for offering your clients versatile training programmes and a motivating automated training experience.

- Over 20 different exercises in one machine
- The starting resistance is close to zero
- Increase the resistance with as little as 100g/ ¼ lbs
- Fully enclosed mechanism enhances safety and aesthetics
- Welded steel frame with similar engineering as on automotive industry gives rigid, yet lightweight construction.
- Dark lexan panels cover all the internal parts – a safety feature with an elegant finish
- Frame is powder coated for smooth finish and very good wear resistance.
- Design of the machines gives a luxurious look to your facility.
- The frame design also enables exercising of wheelchair users.
- Dual handles and an adjustable height cable column enable performing numerous exercises.
- With a wide range of accessories HUR Pulley is suitable for exercising the entire body



How to exercise with HUR Pulley

■ HUR Pulley with colour touch screen/ HUR SmartTouch system:

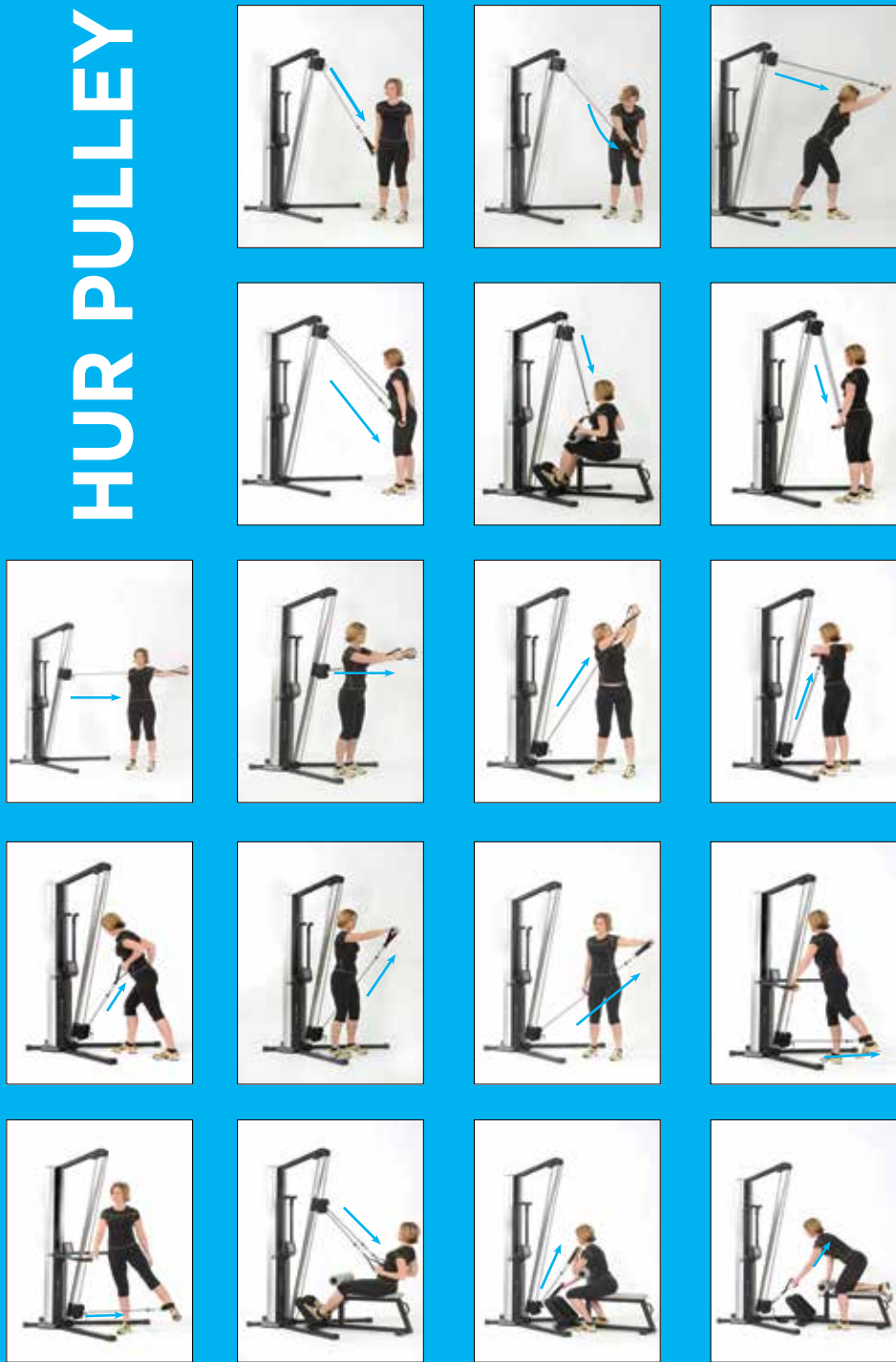
1. Show the RFID-tag to the reader and select exercise.
2. Resistance and repetitions will be set automatically.
3. You will hear a beeping sound after you have performed the repetitions according to your exercising program.
4. Follow the instructions on the screen.

■ HUR Pulley with an analogue screen:

1. Start the exercise by pressing the + button
2. Press the - button the decrease resistance

HUR Pulley exercises

HUR PULLEY



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Choose the right HUR Pulley for Your facility

The HUR Pulley is available as wall-mounted or free standing. You can also choose a combination of several Pulleys, as a Pulley 2 in 1 or Pulley 3 in 1. The HUR Pulley is even available as a crossover station.



- 1. WALL MOUNTED 20KG OR 30KG
- 2. FREE STANDING PULLEY 20KG OR 30KG
- 3. PULLEY 2 IN 1
- 4. PULLEY 3 IN 1
- 5. CROSS OVER STATION



Wall mounted							
Width		Depth		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
80	31	90	36	219	86	43	95
Free Standing							
Width		Depth		Height		Weight	
cm	in	cm	in	cm	in	kg	lb
137	54	145	57	220	86	78	146

Standards & Options

Standard features are a **leg strap, two hand grips and adjustable support handles on both sides**. Choose the **control panel** of your choice:

■ HUR SmartTouch with colour touch screen:

- Shows the resistance and repetitions
- Stores all training data
- Provides reports and analyzes

■ Analog display with push buttons:

- Press + for more load and – for less load

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.



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.

1.



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.

2.



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.

6. Pulley 3 in 1:

HUR Pulley 3 in 1 is a multifunction machine with three training stations.

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.

3.



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.

8.



9. Pulley tube grip glove (8216 & 8217):

The tube grip glove helps holding grip while exercising, for example, with HUR Pulley pull-down 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.

16. Pulley accessories package (8223):

Includes; 8211, 8212, 8213, 8216, 8217, 8220, 8221.

17. Removable chest support (8224)

13.



14.





YOUR PARTNER FOR LIFELONG STRENGTH

Strength and balance are key factors for a long, happy and independent life.

The world-leading HUR scientific solutions consisting of intelligent equipment and software offer a smart and enjoyable training and rehabilitation experience that provide results. The effect is evident in the well-being of the user, the easy and motivating work processes for the instructor, and in the efficiency and profitability for the facility owner.

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