

# HUR Analog Machines Owner's manual



## 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 can not 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.

This Manual portrays the general HUR Warranty Terms. Check the possible regional / customer-specific special terms from your HUR dealer. In case of a defect in your HUR product during the warranty period, the warranty covers the repair parts and components needed, as well as the repair work (excluding travel expenses).

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.

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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.



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## 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 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 you 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.

## **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 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 can not 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.

## 1. INSTALLATION

It is recommended by HUR that the equipment be 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.



## **2. WARRANTY**

### **2.1 Warranty terms of HUR Oy**

These Warranty Terms of HUR Oy (hereinafter "HUR") shall be applied to any device or accessory (hereinafter "Product") manufactured by HUR. The purchaser of Product (hereinafter "Purchaser") accepts these Warranty Terms and agrees to abide them by purchasing a Product from HUR. The Warranty will be void if the Purchaser does not comply with all the terms.

### **2.2 Generally about the products**

All Products are developed and manufactured by HUR in Kokkola, Finland. HUR's manufacturing process includes welding, painting, assembly, final inspection and packing. HUR's quality control system is specially designed for the manufacturing process of fitness and rehab equipment and it is a part of HUR's certified ISO 9001, ISO 13485 Quality Management System. Despite continuous quality control, defects or malfunctions may occur in a single product or component.

### **2.3 Warranty**

HUR warrants to the Purchaser that all Products are free from defects in material and workmanship for the Warranty Period as specified in the section 3. HUR will remedy all defects in material and workmanship of Products in accordance with these Warranty Terms. These Warranty Terms are the only warranty terms applicable for Products. These Warranty Terms are expressed in lieu of all other warranties or liabilities against defects or imperfections, hidden or otherwise, and any other obligation or liability arising on the basis of any kind of a defect in Products. The remedy subject to these Warranty Terms will be the sole, exclusive and only remedy available to the Purchaser. HUR will not in any case be liable for any other obligations or liabilities. HUR disclaims and excludes all other expressed or implied warranties, including, any warranty of merchantability or fitness for a particular purpose.

### **2.4 Warranty period**

HUR Products' Warranty Periods are as follows: ten (10) years for the welded structural frame of the Product, three (3) years for all other Products excluding electronic components and upholstery, which have one (1) year warranty period. All parts bolted to welded structural frame are considered as other Products with three (3) year warranty. The applicable period hereinafter is considered the "Warranty Period". Warranty Period commences on the date when the Purchaser has purchased and received the product and approved the installation of the product by signing and dating the HUR Warranty Activation Form (hereinafter the "WAF") and when WAF has been returned to HUR. Any repair or replacement on the basis of these Warranty Terms does not extend the Warranty Period. HUR's liability on the basis of these Warranty Terms is limited to only such defects, which appear and are notified to HUR within the Warranty Period.

The warranty periods of the spare parts are the same as mentioned above for different parts, i.e., three (3) years for all other parts excluding electronic components and upholstery, which have one (1) year warranty period. In addition, the parts bolted to the welded structural frame have three (3) year warranty period. The warranty period commences for pneumatic spare parts on their delivery date. The warranty period commences for other spare parts on the date, when the commissioning date of the spare part, the order number of the spare part and, when available, the serial number of the spare part is informed to HUR. If the requested information is not informed to HUR, then the warranty period of spare part commences on their delivery date. Any repair or replacement of the spare part on the basis of these Warranty Terms does not extend the

warranty period of the spare part.

## **2.5 Remedy**

In the case of any defect covered by these Warranty Terms, HUR will remedy, repair or replace the defective Product, component or part of the Product, or at its discretion, refund the price of the defective Product to the Purchaser. A precondition for the remedy is that HUR's examination shows the Product or the component or the part of the Product to be defective. Any replaced Product, component or part of the Product will become HUR's property.

Unless otherwise agreed, HUR will not be liable for any cost, expense, loss or damage whether direct or indirect and whether consequential or not. HUR does not have any responsibility regarding the suitability of the Product to any purpose of the Purchaser. Unless otherwise agreed, the Purchaser will bear the cost of repair work and any other costs incurred in connection with the repair, replacement, dismantling, installation and transportation of any Product, component or part. If the defective Product, component or a part of Product will be transported to HUR, by HUR's will, for repair or replacement, HUR will also bear the cost and the risk of the transportation of the device from the Purchaser to HUR.

## **2.6 Restrictions**

HUR's obligations on the basis of these Warranty Terms apply only to defects occurring during the Warranty Period. The Product should have been used in its particular purpose, as expressed in User Manual. All instructions for use, installation and maintenance should be complied with.

HUR's obligations do not apply to normal wearing of parts in any Product, component or part of the Product; parts in need of routine replacements or defects due to normal wear or deterioration. The warranty does not cover natural breakdown, normal wear and tear of parts and defects caused thereof. HUR's obligations do not apply to any defects due to reasons out of HUR's control, such as negligence or error in maintaining, handling or storing the Products; alteration or modification or addition to the Products without HUR's prior written consent; failure to follow HUR's instructions, wrong assembly, unsuitable use or unauthorized repairs or repairs carried out improperly. Warranty does not cover equipment damage caused by maintenance service non-authorized by HUR. Personal injury or damage caused to a person or another object is not covered by these Warranty Terms. Instructions for the installation and maintenance of the Products are available in the separate HUR technical manual. HUR equipment may only be installed by an authorized HUR installer.

This limited Warranty is applicable only for the original Purchaser. The rights of Purchaser on the basis of these Warranty Terms cannot be transferred to any third party. The Purchaser shall return a duly filled file, WAF, to HUR in order to activate the Warranty within one (1) month since the date the Product was received. The Warranty is not applicable if WAF has not been duly filled and returned to HUR.

## **2.7 Notifications of a defect under this warranty**

The Purchaser shall notify HUR in writing (HUR Claim Form recommended) of any defect covered by these Warranty Terms within two (2) weeks from the defect was detected. Such notifications are a precondition for any compensation and shall include at least the following details:

- type and serial number of the defective Product;
- date of the delivery of the Product to the Purchaser and the location of the Product;
- information about the use of the Product;
- detailed description of the defect.

The Purchaser shall promptly provide any additional information concerning the defect

and its occurrence that HUR may reasonably request. On receiving the Purchaser's notification and the information referred above, HUR will remedy the Product, component or part. The Product, component or part shall, if so required by HUR, be returned to HUR for inspection together with the information referred above.

## **2.8 Products from other manufacturers than HUR**

HUR imports and supplies equipment and products from other manufacturers. These Warranty terms apply also to other products with exception of Warranty period. The Warranty periods of other products are as follows:

Compressor	Warranty term two (2) years.
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## **2.9 Consumer's rights**

A consumer can be entitled to legal rights in accordance with the applicable national legislation regarding consumer rights. Notwithstanding any provisions of these Warranty Terms, these Warranty Terms do not affect or prejudice the statutory rights of a consumer.

## **2.10 Revisions of the Warranty**

HUR reserves the right to change these Warranty Terms at any time.

## **2.11 Applicable law**

These Warranty Terms shall be governed and interpreted in accordance with the laws of Finland. Any dispute arising shall be decided by the courts of Finland.

These Warranty Terms are valid from 1 January 2021.

### 3. INTENDED USE

3110 Biceps/Triceps: Exercise machine intended for improving and maintaining muscle strength of the arm.

3120 / 5120 Push Up/Pull Down: Exercise machine intended for improving and maintaining muscle strength of upper body.

3125 Dip/Shrug: Exercise machine intended for improving and maintaining of the muscle strength of arm, shoulder and upper back.

3140 / 5140 Chest Press: Exercise machine intended for improving and maintaining muscle strength of the chest and arm.

3160 / 5160 Pec Deck: Exercise machine intended for improving and maintaining muscle strength of the shoulder.

3175 / 5175 Optimal Rhomb: Exercise machine intended for improving and maintaining muscle strength of the upper back.

3310 / 5310 Abdomen/Back: Exercise machine intended for improving and maintaining muscle strength of the abdominal and back.

3320 Back Extension: Exercise machine intended for improving and maintaining muscle strength of back.

3330 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.

3510 / 5510 Body Extension: Exercise machine intended for improving and maintaining muscle strength of the posterior leg and hip.

3520 / 5520 Adduction/Abduction: Exercise machine intended for improving and maintaining muscle strength of the hip and thigh.

3530 / 5530 Leg Extension/Curl: Exercise machine intended for improving and maintaining muscle strength of the thigh

3540 / 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.

## 4. BASIC FUNCTIONALITY


### 4.1. General hardware information

HUR equipment exercise resistance can be adjusted steplessly 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 counter-clockwise 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.


#### 4.1.1. 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.

#### 4.1.2. Seat height adjustment

The seat height of a device can be steplessly 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.

#### **4.1.3. 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.

#### **4.1.4. Range limiters**

Some HUR Medical devices have range limiters on the devices. 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. Turn the handle clockwise to tighten and counterclockwise to release the range limiter. By pressing the red button on the handle, the handle can be rotated freely, e.g., if the handles are close to each other and prevent each other's movement.

**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 reasonable tightening is enough to keep the range limiter at the desired point.



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

## 5. EQUIPMENT FUNCTIONALITY

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

### 5.1. 3110 Biceps / Triceps

Equipment adjustment:

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 so that your chest rests against the cushion. The seat locks automatically into place.



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.

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.



## 5.2. 3120 / 5120 Push Up / Pull Down

Equipment adjustment:

Set the height of the seat by lifting the rear part of the seat with both hands so that when the lever arm is in its lowered position, handles are at shoulder level. The seat locks into place automatically. Fasten safety belt if needed.

Adjust range limiters (5120) if needed by turning the handles on the sides so that the lever arm does not rise or lower more than desired. The range limiter handle is loosened by turning it counter-clockwise like a screw, and tightens clockwise. Fasten the safety belt if needed.



Push Up exercise: Exercise by pushing the lever arms up with your hands, keep your wrists straight and lean against the back support. Return to the starting position slowly.



Pull Down exercise: Exercise by pulling the lever arms down with your hands, return to the starting position slowly.

### 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.

### 5.3. 3125 Dip / Shrug

Set the height of the seat by lifting the rear part of the seat with both hands so that when the lever arm is in its lowered position, the arms are fully extended. The seat locks into place automatically.

Adjust the range limiter so that when the lever arms are up, the handles are below the chest.



Dip exercise: Exercise by pushing the lever arms down with your hands, keep your wrists straight and lean against the back support. Return to the starting position slowly.



Shrug exercise: Exercise by gripping the lever arms and raise your shoulders. Return to the starting position slowly.

#### 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.

#### 5.4. 3140 / 5140 Chest Press

Equipment adjustment: Set the height of the seat by lifting the rear part with both hands so that the lever arm handles are at armpit level. The seat locks into place automatically.



Chest Press exercise: Exercise by pushing the lever arms forwards. Hold your elbows horizontal and your wrists straight. Return to the starting position slowly.

Equipment exercises

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

#### 5.5. 3150 Lat Pull

Equipment adjustment: Set the seat height by lifting it by the rear part of the seat so that your chest rests against the cushion. The seat locks into place automatically.



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

Equipment exercises

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

## 5.6. 3160 / 5160 Pec Deck

Equipment adjustment: Set the height of the seat by lifting the rear part of the seat with both hands so that the lower edge of the lever arm cushion is at chest level. The seat locks into place automatically.



Pec Deck exercise: Exercise by pressing the lever arms together with your forearms. Return to the starting position slowly.

Equipment exercises

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

## 5.7. 3175 / 5175 Optimal Rhomb

Equipment adjustment: Set the seat height by lifting it by the rear part of the seat so that your chest rests against the cushion. The seat locks into place automatically. Grab the handles with straight wrists.




Optimal Rhomb exercise: Exercise by pulling the lever arms back with your hands, pulling your shoulder blades towards each other. Return to the starting position slowly.

Equipment exercises

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

## 5.8. 3310 / 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 up 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.

Set the height of the seat by lifting it from the back with both hands so that the lever arm cushion is above the chest. The seat locks into place automatically.

If needed, adjust the range limiters (5310) on the side by turning the handles so that the lever arm will not turn more than desired during the exercise.

The devices have adjustable lever arms (5310), 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.



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.

#### Equipment exercises

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

### 5.9. 3320 Back Extension

Equipment adjustment: Set the height of the seat by lifting it from the back with both hands so that the lever arm cushion is at shoulder blade height and your feet are resting relaxed on the floor. The seat locks into place automatically.



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.

#### Equipment exercises

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

## 5.10. 3330 Twist

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.

Equipment exercises

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

## 5.11. 5340 Twist Rehab

Equipment adjustment: If necessary, adjust the range limiters on the foot support by turning the screws so that the levers do not turn more than desired during exercise. The range limiter screw is loosened by turning it counterclockwise, to tighten turn clockwise. 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.

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. 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.  
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.

Equipment exercises

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

## **5.12. 3510/5510 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 FREE position 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.



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.

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.



### 5.13. 3520 / 5520 Adduction / Abduction

Equipment adjustment: Sit down and place your feet on the foot supports.

If necessary, adjust the range limiters (5520) on the foot support by turning the handles so that the levers do not open wider than desired during exercise. The range limiter handle is loosened by turning it counter-clockwise like a screw, to tighten it turn it clockwise.



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.

Equipment exercises

1. Select the exercise by turning the switch (ADDITION 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.

#### 5.14. 3530 / 5530 Leg Extension / Curl

Equipment adjustment: If necessary, adjust the range limiters by turning the handles on the side so that the knee joint can not be bent or extended more than desired during exercise. The range limiter handle is loosened by turning it counterclockwise like a screw, to tighten it turn it clockwise.

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.



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.

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.

#### 5.15. 3540 / 5540 Leg Press

Equipment adjustment: Adjust the back support from the handle at the back so that your legs are at 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.

Some machines have a locking device to determine the desired movement starting point. Loosen (counter-clockwise) 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 star screw to 'Lock' position. Repeat on the other lever. If you want to utilize the whole range of motion of the machine, tighten the screw to 'Unlock' position.

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



**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.

Equipment exercises

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

#### **5.16. 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 from display or 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 lower them. The shoulder rollers lock into place when you stop pressing the switch. Adjust the shoulder rollers so that they support the shoulders.



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

Equipment exercises

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

#### **5.17. 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.



**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.

#### 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.

## 5.18. 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.

Adjust range limiters if needed by turning the handles on the sides so that the lever arm does not rise or lower more than desired. The range limiter handle is loosened by turning it counterclockwise like a screw and tightens clockwise. Fasten the safety belt if needed.



Push Up exercise: Exercise by pushing lever arms up, keep wrists straight and lean on the back support. Return to the starting position slowly.



Pull Down exercise: Exercise by pulling the lever arms down with your hands, return to the starting position slowly.

### 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.


## 5.19. 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.

If necessary, adjust the range limiters by turning the handles on the side so that the lever arms can not move too high or low during exercise. The range limiter handle is loosened by turning it counterclockwise like a screw and tightens clockwise.

The device has horizontally adjustable lever arms, enabling for users to achieve the optimal exercising position when exercising, with or without using a wheelchair. Turn the screw on the lever arm clockwise to tighten it and counterclockwise to loosen it. When the screw is loosened, push or pull the lever arm to the desired width and tighten the screw.

 **WARNING!** Do not use any tools to tighten the range limiter screw so that it does not get too tight and cause adjustment problems for the next user. A manually performed and reasonable tightening is sufficient to keep the range limiter at the desired point.



Dip exercise: Exercise by pushing the lever arms down with your hands, keep your wrists straight and lean against the back support. Return to the starting position slowly.



Shrug exercise: Exercise: grip the lever arms and raise your shoulders. Return to the starting position slowly.

### 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.

## 5.20. 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.



Chest Press exercise: Exercise by pushing the lever arms forwards. Hold your elbows horizontal and your wrists straight. Return to the starting position slowly.

### Equipment exercises

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

## 5.21. 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.



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

Equipment exercises

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

## **5.22. 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.



**Pec Deck exercise:** Exercise by pressing the lever arms together with your forearms. Return to the starting position slowly.

Equipment exercises

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



### 5.23. 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.



Optimal Rhomb exercise: Exercise by pulling the lever arms back with your hands, pulling your shoulder blades towards each other. Return to the starting position slowly.

Equipment exercises

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

### 5.24. 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.



#### 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.

#### 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.

### 5.25. 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.

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.

Equipment exercises

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

## 5.26. 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
- 8822 2 in 1 Pulley 20 kg
- 8832 2 in 1 Pulley 30 kg
- 8823 3 in 1 Pulley 20 kg
- 8833 3 in 1 Pulley 30 kg



**WARNING!** Floor mounted equipment shall be installed on a stable and levelled base. Hur Pulley floor mounted models **MUST BE ATTACHED TO FLOOR**



Wall-mounted model. Floor mounted model.

#### Adjusting Pulley:

Pull the orange 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 orange 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 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.



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

## 6. 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.

### 6.1. HUR Cleaning wipes

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

### 6.2. 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.

## 7. TECHNICAL DATA

In the table below, the technical data of analog HUR machines can be found.

Code	Name	Targeted musculature	Size (WxLxH cm/in)	Weight (kg/lbs)	Max Resistance (kg)	Cylinders
5120	Push Up / Pull Down Rehab	Upper Body	100 x 150 x 181 /39 x 59 x 71	71/157	60/70	1
5140	Chest Press Rehab	Upper Body	113 x 125 x 137 /44 x 49 x 54	80/176	50	2
5160	Pec Deck Rehab	Upper Body	118 x 100 x 132 /46 x 39 x 52	68/150	40	2
5175	Optimal Rhomb Rehab	Upper Body	106 x 131 x 109 /42 x 52 x 43	67/148	40	2
5310	Abdomen / Back Rehab	Middle body	86 x 90 x 121 / 34 x 35 x 48	64/141	70	1
5340	Twist Rehab	Middle Body	140 x 101 x 118/ 55 x 40 x 46	71/ 157	30	1
5510	Body Extension Rehab	Lower Body	107 x 125 x 114 / 42 x 49 x 45	83/183	70	2
5520	Adduction / Abduction Rehab	Lower Body	147 x 123 x 126 /58 x 48 x 50	71/157	40/50	2
5530	Leg Extension / Curl Rehab	Lower Body	104 x 160 x 137 / 41 x 63 x 54	92/203	40	2
5540	Leg Press Rehab	Lower Body	103 x 170 x 135 /41 x 67 x 53	120/265	150	2
5546	Leg Press Incline Rehab	Lower Body	91 x 224 x 128 / 38 x 88 x 50	115/254	220	1
3110	Biceps / Triceps	Upper Body	108 x 103 x 118 / 43 x 41 x 46	76/168	30	2
3120	Push Up / Pull Down	Upper Body	100 x 150 x 181 /39 x 59 x 71	69/152	60 / 70	1
3125	Dip / Shrug	Upper Body	106 x 98 x 137/42 x 39 x 54	65/143	113 / 102	1
3140	Chest Press	Upper Body	108 x 125 x 137 cm /43 x 49 x 54	78/172	50	2
3150	Lat Pull	Upper Body	94 x 132 x 113 /37 x 52 x 44	63/139	30	2
3160	Pec Deck	Upper Body	118 x 100 x 132 / 46 x 39 x 52	64/141	40	2

3175	Optimal Rhomb	Upper Body	106 x 131 x 109/ 42 x 52 x 43	67/148	40	2
3310	Abdomen / Back	Middle Body	84 x 90 x 121/ 33 x 35 x 48	63/139	70	1
3320	Back Extension	Middle Body	86 x 111 x 115/ 34 x 44 x 45	68/150	70	1
3330	Twist	Middle Body	80 x 130 x 126/ 31 x 51 x 50	54/119	30	1
3510	Body extension	Lower Body	102 x 125 x 114/ 40 x 49 x 45	81/179	70	2
3520	Adduction / Abduction	Lower Body	147 x 123 x 126/ 58 x 48 x 50	66/146	40/50	2
3530	Leg Extension / Curl	Lower Body	101 x 160 x 137/ 40 x 63 x 54	89/196	40	2
3540	Leg Press	Lower Body	103 x 170 x 135/ 41 x 67 x 53	120/265	150	2
9110	Biceps / Triceps Easy Access	Upper Body	118 x 115 x 126 /46 x 45 x 50	86/190	30	2
9120	Push Up / Pull Down Easy Access	Upper Body	107 x 127 x 179 / 42 x 50 x 70	68/150	60/70	1
9125	Dip / Shrug Easy Access	Upper Body	105 x 130 x 108 /41 x 51 x 43	67/148	113/102	1
9140	Chest Press Easy Access	Upper Body	130 x 137 x 105 / 5 x 54 x 41	80/176	50	2
9150	Lat Pull Easy Access	Upper Body	116 x 105 x 110 / 46 x 41 x 43	77/170	30	2
9160	Pec Deck Easy Access	Upper Body	143 x 113 x 138 / 57 x 44 x 54	78/172	40	2
9175	Optimal Rhomb Easy Access	Upper Body	110 x 106 x 114/ 43 x 42 x 45	78/172	40	2
9310	Abdomen / Back Easy Access	Middle Body	86 x 131 x 171 / 34 x 52 x 67	85/187	70	1
9330	Twist Easy Access	Middle Body	80 x 130 x 126 / 31 x 51 x 50	60/132	30	1



8820/8830	HUR Pulley	Multifunctional	80 x 90 x 219 / 31 x 35 x 86	43/95	20/30 (per rope)	1
8821/8831	HUR Pulley	Multifunctional	137 x 136 x 220 / 54 x 54 x 87	69/152	20/30 (per rope)	1

### 7.1. Operation environment

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

Relative humidity: 30-75 %

Atmospheric pressure: 70,0-106,0 kPa

### 7.2. Transportation environment

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

Relative humidity: 45-75 %

Atmospheric pressure: 50,0-106,0 kPa

### 7.3. Storage environment

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

Relative humidity: 30-75 %

Atmospheric pressure: 70,0-106,0 kPa

### 7.4. Power supply

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



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