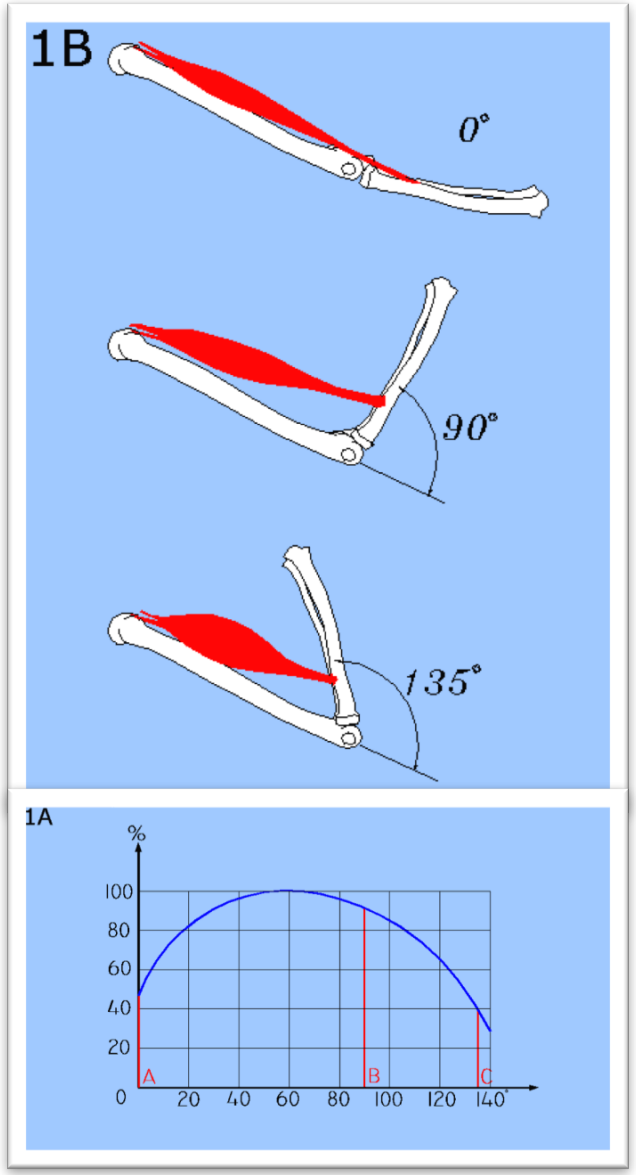
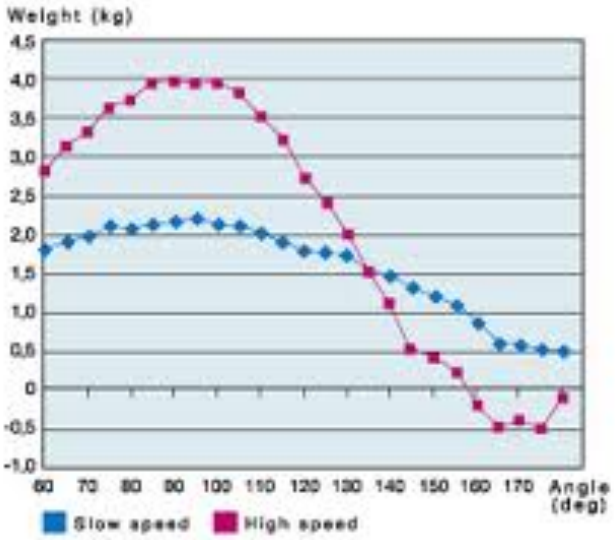
HUR NATURAL TRANSMISSION

MUSCLE STRENGTH CURVE

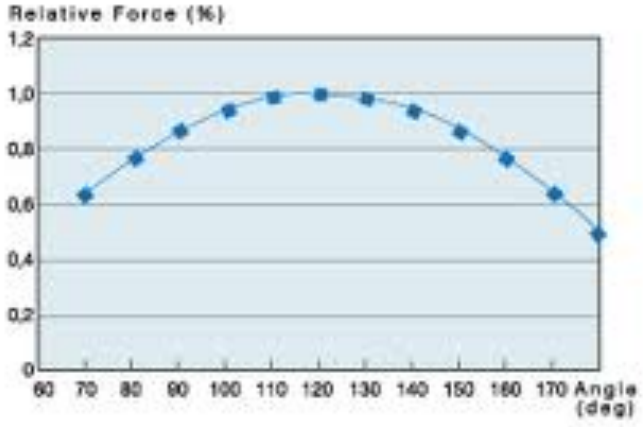
- The force exerted by a muscle changes throughout the range of motion
- This is due to the geometric linkage and the internal factors of the muscle (muscle length, etc)
- To be as effective as possible the exercise machines should mimic this change



NATURAL TRANSMISSION



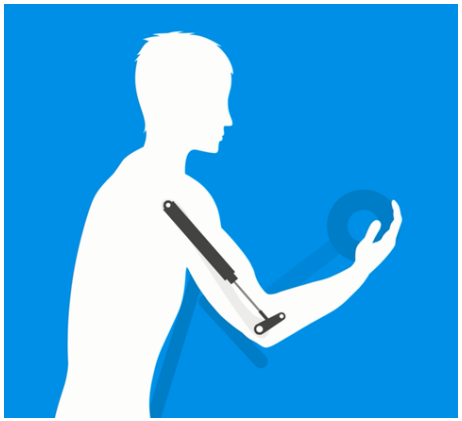
Weight stack machines are more suited to slow, controlled movements. An increase in speed produces inertia, distorting the loading on the muscle, impacting on the joint and reducing the training effect.

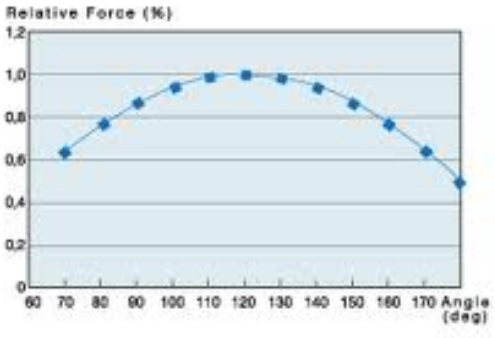


With **HUR's Natural Transmission** method, based on *pneumatic technology*, resistance is adapted in accordance with the production of force, regardless of the speed of the movement.

NATURAL TRANSMISSION

- Based on air-pressure technology
- Simulates the natural function/movement of the muscles
- Using pneumatic technology and lever arms, resistance is adjusted in accordance with the muscles' natural generation of muscular force, regardless of the speed of the movement
- Zero minimum resistance and stepless resistance adjustment
- Allows for concentric, eccentric and isometric muscle work





HUR NATURAL TRANSMISSION

PNEUMATIC RESISTANCE

The best choice of resistance for rehabilitation and senior exercise

- Pneumatics (air resistance technology) produce both **concentric (+)** and **eccentric (-) forces**, as in nature. They can also be used for isometric (static) work.

- **Stress on joints and connective tissue is minimised**...this is all regardless of the speed of movement, muscle tension is always maintained.

- **Loads start from close to zero, and can be increase by as little as 100g** or 1k, so can be varied very specifically to the user.

- **Speed of movement can be varied**, depending upon what outcome is required (Strength, Endurance, or Power (quick movements)

- Pneumatics enable the **resistance to be changed at any time**