

First on the Sunshine Coast – iBALANCE® Platform

When it comes to senior citizens, muscular strength is directly connected to functional ability, balance control and managing everyday chores independently. According to research, the right type of muscle training helps maintain functional ability.

HUR's® Rehab and Fitness strength equipment is designed in cooperation with different universities, leading in physiology and in cooperation with biomechanics experts. The pneumatic air-resistance technology allows seniors to safely build their "Functional Fitness" by increasing and maintaining ROM, re-educate and strengthen muscles, increase static and dynamic endurance and increase bone density. The Falls Prevention concept developed by experts in cooperation with Therapists at BT SPORTS & HEALTH CENTRES - Rehabilitation & Fitness helps monitor senior citizens' functional ability and muscular strength, maintaining their independence and improving their quality of life.