

Club G.A. features the highest quality strength training equipment by HUR<sup>®</sup>. This state-of-the-art equipment was specifically designed for aging adults. Using air resistance instead of stacked weights, each piece is easy to use and safe on joints and connective tissue.

All pieces use Smart Card technology and are self adjusting, easy to use, and they even track progress during each session as well as long-term, visit after visit. Our educated staff will work with each member to develop an individualized exercise program specifically designed to help you achieve your fitness goals, while keeping your personal health concerns in mind.

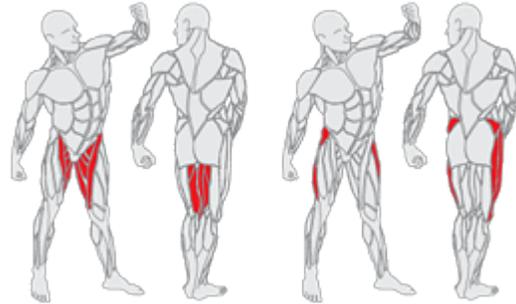
## Our pieces:

### Adduction/Abduction



This dual function unit provides a comfortable and easy way of exercising the Abduction and Adductor muscles of the legs. This unit is also very popular in rehabilitation setting.

### Targeted Muscles

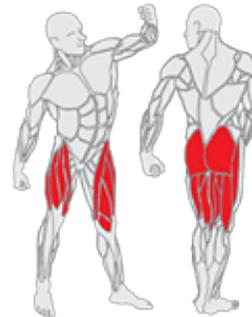


### Leg Extension/Curl



This dual function unit provides a safe and effective training for the hamstring and quadriceps muscle groups. The back support is adjustable in order to accommodate for people of different size. The pushbuttons also allow you to change the resistance during the movement to make the most of your exercise.

### Targeted Muscles



### Chest Press



The Chest Press movement exercise the upper body muscles. Both lever arms move independently. The seat is adjustable in height. The shaped back support both increase comfort and takes the load off the spinal column during the exercise.

### Targeted Muscles



## Optimal Rhomboid



As the name indicates the Optimal Rhomb machine has been designed to target the rhomboidus muscle group. People doing computer related sedentary work especially appreciate this machine.

## Targeted Muscles



## Stand Alone Pulley



The Stand Alone Pulley can be used for a wide variety of exercises and due to an easy adjustments and features it can easily be used by wheelchair users too.

## Targeted Muscles

*Due to the variety of exercise options this piece allows, participants can target upper body, lower body and core muscles.*

## Abdomen/Back



This unit enables you to exercise both the abdominal and the back muscle in the same machine. The position of the back support is adjustable in three positions to accommodate for different size of people and also the seat height is adjustable.

## Targeted Muscles

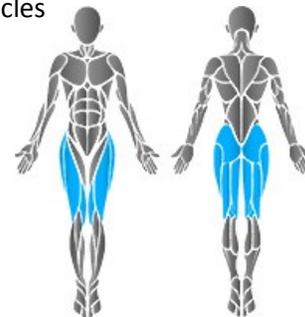


## Leg Press



The Leg Press unit is an effective machine for exercising all leg muscles. This unit is equipped with lock mechanisms and isometric strength testing possibility.

## Targeted Muscles



### Cardiovascular Equipment & Other Club G.A. Features:

- Club G.A. also features a Biodex Biostep, NuStep, TRUE elliptical trainer, treadmill and recumbent bike.
- Exercise accessories including: free weights, resistance bands, exercise balls, etc.
- Wellness Programs: group fitness classes (Tai Chi, StAbility Balance Class, SilverSneakers® Classic, Walking Club, various Yoga classes, Zumba, Bootcamps, etc.) and wellness education (Wellness Talks, outside speakers, evidence-based health & wellness programs, various health events, etc.).

For more information on **Club G.A.** and the HUR® exercise equipment, please visit: [www.guardianangelsmn.org](http://www.guardianangelsmn.org) and [www.hurusa.com](http://www.hurusa.com)  
Or contact: *Kayla Miller, MS Director of Wellness*

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