

# Hello Goodlife

HEALTH & WELLBEING



POWER ASSISTED EXERCISE FOR EVERY BODY

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# Who are Hello Goodlife?

Throughout all-island Ireland we supply, commission and service a new range of power assisted equipment, designed to increase access to exercise and improve the fitness, health and wellbeing of a wide range of people who are not catered for within a traditional, high-energy gym setting.

This power assisted range complements traditional leisure centre equipment, helping to provide for a wider section of the community and generates new income streams for leisure operators in addition to increasing social inclusion. Community groups and clubs may be in a position to secure funding towards creation of a vibrant, social, Hello Goodlife Wellbeing Hub.

Hello Goodlife brings the benefits of exercise to:

Everybody, including over 55's  
Individuals who struggle with disability, poor mobility and those living with long-term health conditions  
Anyone who feels intimidated by a traditional 'gym' environment who wants to try a different and fun way to exercise

# Power Assisted Equipment

## How it works

This range of dual-function seated exercise machines and multi-function recumbent units complement each other in a timed circuit to create a full body workout and provide a real feel-good factor in as little as 30 to 40 minutes.

Unlike conventional exercise equipment, this range of equipment does not rely exclusively on muscle power. An electronically controlled power system enables users to work passively or actively, depending on their ability. As the user does not have to provide the motive force, they do not have to overcome inertia to use the equipment, so it's a perfect solution for older exercisers or those who suffer from long-term health conditions, whatever their ability. In fact, each piece of equipment sustains movement even if the user stops or relaxes, thereby enabling a longer workout for people with limited exercise tolerance or fatigue.

Whilst the user does not have to provide the motive force, the instinct to work with the machine and join in with the assistive movement is stimulated. This unique and supportive design ensures good user technique and a safe exercise experience.

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Hello Goodlife Wellbeing Hubs make exercise accessible for every body in the community and are vibrant social hubs of diversity, wellbeing and inclusion. Fostering connection and networks who together say

# The Circuit Model

The range boasts 10 pieces of seated equipment and 2 recumbent machines. The traditional layout of a Hello Goodlife Hub incorporates all 12 pieces of equipment and provides users with a full body workout in 30 to 40 minutes.

However, we supply operators who purchase differing combinations of equipment depending on their business model, space and budget.

## Seated Range

The equipment has been designed for optimal space effectiveness and ease of access for end users. It is designed to provide a circuit that will exercise and stretch all the major muscle groups in the body and will help to retrain muscle patterns, whilst at the same time stimulating the muscles and improving circulation. The range boasts 10 pieces of equipment which can work independently as a circuit or be combined with the recumbent range.

## Chest & Legs



### Dimensions:

Width: 108cm

Length: 130cm

Height: 153cm

## Cross cycle



### Dimensions:

Width: 70cm

Depth: 140cm

Height: 130cm

## Flys & Thighs



### Dimensions:

Width: 130cm

Length: 119cm

Height: 153cm



▲ Left to right:  
Chest & Legs, Cross Cycle,  
Flies & Thighs

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## Tricep Dip & Curl



### Dimensions:

Width: 95cm

Depth: 120cm

Height: 132cm

## Tummy Crunch



### Dimensions:

Width: 105cm

Length: 152cm

Height: 124cm



► Tummy Crunch

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◀ Rotary Torso



▲ Side Bend Stepper

## Side Bend Stepper

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**Dimensions:**

Width: 114cm

Length: 125cm

Height: 147cm

## Rotary Torso

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**Dimensions:**

Width: 116cm

Length: 118cm

Height: 119cm

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## AB Pullover

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**Dimensions:**

Width: 95cm

Depth: 170cm

Height: 130cm

## Seated Climber

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**Dimensions:**

Width: 111cm

Length: 125cm

Height: 172cm



▲ Left: AB Pullover  
Right: Seated Climber

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## Relaxer

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### Dimensions:

Width: 94cm

Length: 173cm

Height: 95cm



Hello   
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An idea of Upholstery  
colours of Hello Goodlife  
Wellbeing power assisted  
exercise machines

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## Recumbent Range

Recumbent machines incorporate Pilates techniques in two dual function machines, which exercise and stretch major muscle groups in the body, whilst the soothing motion promotes relaxation. The two machines complement the seated range as part of an overall circuit through the additional movements provided.

### Side Flexor



**Dimensions:**

Width: 150cm

Length: 192cm

Height: 70cm

### Hipster



**Dimensions:**

Width: 88cm

Depth: 195cm

Height: 95cm



▲ Left: Side Flexor  
 Right: Hipster



# WE OFFER A COMPLETE TURN-KEY PACKAGE IF REQUIRED

We can match upholstery to specific requirements and brand machine headrests with your company logo upon request, at an additional cost. Prices available upon request.

# Additional support & accessibility aids

Seated equipment can be adapted to cater for specialist rehabilitation and exercise needs. Various accessories are available that enable adaptations of the equipment for a fitness, rehab or therapy setting. These include foot plates, removable arms and a swivel seat (for the Cross Cycle).



**82%**  
of users report at least one long-term health condition

**50%**

of users report social interaction being a key driver on top of the health benefits

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**Various aids are provided as part of your initial installation to help support and position users correctly on our equipment. Additional 'Supports' and 'Accessories' can be purchased should you require more than is provided at installation.**

### **Extension Loop & Hand Positioner/Positioning Glove**

The extension loop adjusts reach requirement for the 'Seated Climber' and is used alongside the positioning glove for any users who may have issues with hand movements on the machine.

### **Alignment Aid**

The alignment aid is used on the 'Chest & Legs' to keep the legs aligned and in position for users who may struggle with pelvic and leg control. It can also be used on the 'Seated Climber' dependent on the user's needs and capabilities.

### **Booster Cushion & Back Support**

The cushion and back support are useful for individuals of differing heights to ensure correct posture and is used on the 'Chest & Legs' and 'Flys & Thighs' machines.

### **Head Support Pillow & Cover**

The pillow is used to support the head and neck where required on the 'Side Flexor'.

# Optional extras

Hello Goodlife supplies a range of optional extras to support users with additional needs, across rehabilitation and therapy settings and programmes, to take part in safe and effective exercise. Most of these options are pre-built by the manufacturers at the point of receiving an equipment order.

## Removable Foot Holder

The removable foot holder helps to keep feet in position for users who would otherwise struggle to do so. The foot holders are available on the 'Chest & Legs', 'Seated Climber' and 'Side Bend Stepper'.

A fixed foot holder is also available on the 'Cross Cycle' and 'Ab Pullover'. The fixed foot holders on the Ab Pullover can also have an adjustable foot support to hold the feet in position.

## Removable Arm

The removable arm is available on various machines and enables easier access for those transferring from a wheelchair or hoisting equipment. A removable arm can be requested on the:

Chest & Legs and Tricep Dip & Leg Curl  
*(Left Arm)*

Seated Climber & Cross Cycle  
*(Left or Right Arm)*



We also offer a reduced arm movement option on the 'Flies & Thighs' machine, but this is only advised for rehabilitation settings where required.

The Side Bend Stepper can have additional arms clamped to the half moon arms above the users head to allow for a more comfortable position, rather than stretching back. This option is only usually requested for a rehabilitation setting.

### **Removable Leg**

Improves access to various machines for those with greater disabilities or transferring from a wheelchair.

**Rotary Torso** – the leg/foot section can be removed if required to aid access and can be put back into place to support the feet/legs by staff supporting the user.

**Tummy Crunch** – the foot section can be made removable for various users.

**Flies & Thighs** – whilst the leg/foot is not removable, there is an option to set a reduced leg movement on this machine, however this is only recommended for a rehabilitation setting.

### **Free Standing Console**

Enables a machine to be positioned in a convenient place for comfortable operation and supports easy access and transfer. It is available for all equipment except the 'Cross Cycle', 'Relaxer' and 'Hipster'.

### **Swivel Seat (Cross Cycle Only)**

Rotates through 90 degrees to accommodate accessible transfer and access on the 'Cross Cycle', locking into place for safe exercise.

## Pelvic Support

This removable support can be fastened to the machine and clips together to secure the user. It is more frequently used in a rehabilitation setting, and can be used on the following machines:

Chest & Legs  
Seated Climber  
Side Bend Stepper  
Flys & Thighs  
Cross Cycle

## Chest Support

The chest support is mainly used in a rehabilitation setting to prevent users falling forward. It is a wraparound attachment extension that can be added when required to accommodate the larger user and can be used on the following machines:

Chest & Legs  
Seated Climber  
Side Bend Stepper  
Flys & Thighs  
Cross Cycle  
Tricep Dip & Leg Curl

Product	Foot Holder x 2 (Removable)	Removable Arm	Removable Leg	Free Standing Console	Swivel Seat	Pelvic Support	Chest Support
Chest & Legs	✓	Left Only	N/A	✓	N/A	✓	✓
Seated Climber	✓	Left or Right	N/A	✓	N/A	✓	✓
Side Bend Stepper	✓	See page 16	N/A	✓	N/A	✓	✓
Rotary Torso	N/A	N/A	Leg/Foot section can be removed	✓	N/A	N/A	N/A
Tummy Crunch	N/A	N/A	Foot section can be removable	✓	N/A	N/A	N/A
Flys & Thighs	N/A	Reduced Arm Movement Option	Reduced Leg Movement Option Available	✓	N/A	✓	✓
Cross Cycle	N/A	Left or Right	N/A	N/A		✓	✓
AB Pullover	N/A	N/A	N/A	✓	N/A	N/A	N/A
Tricep Dip & Leg Curl	N/A	Left Only	N/A	✓	N/A	N/A	
Relaxer	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Side Flexor	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Hipster	N/A	N/A	N/A	N/A	N/A	N/A	N/A

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# Service, support and warranty

We recommend that equipment is serviced annually, on or near the installation anniversary date. This helps to maintain compliance with health & safety policy and for public liability insurance as service certificates are issued after completion of work carried out.

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At Hello Goodlife your business continuity is a top priority for us. Our standard warranty and extended warranties provide comprehensive cover right from initial installation. After the first 12 months, having an extended warranty and (annual) service programme will provide that extra 'peace of mind' and ensure your equipment is maintained to the highest standard. Our extended warranty is optional but for more information please contact your account manager.

### **Our service:**



**We guarantee service and repairs are performed by our certified technicians**



**We aim to deal with all maintenance requests within 72 hours**



**We stock off-the-shelf parts ready to go**

# Planning & Design

Right from your initial enquiry, the team at Hello Goodlife will work with you to ensure your investment is a resounding success. As part of our initial commitment, we will provide you with our customised approach providing you with all the necessary detail on your exciting new installation. We will provide a floor plan to demonstrate how the equipment would be best laid out in the allocated space and suggest how best the circuit will work based on successful case studies. We also offer design and decoration of your space to create a Hello Goodlife Wellbeing Hub/Suite.

# Delivery & Installation

From receipt of your order, we will programme in the manufacture of your Hello Goodlife machines, with a typical turnaround of 8-12 weeks (but timescales can be agreed to suit your requirements). An initial pre-installation site survey will be undertaken, and we will book a 'Discovery' session with key members of your team to introduce them to Hello Goodlife and the unique opportunity the investment will bring to your centre. During this session we will also discuss and outline key dates and opportunities to suit your operating model and business objectives.

Installation of the new Hello Goodlife equipment is carried out by our Hello Goodlife engineers and generally takes a full day. Following a site visit by your account manager in advance, our installation team will deliver the machines and connect them to the mains circuit (as detailed in our Electrical Specification).

# Hello Goodlife

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