



THERAPY & REHABILITATION RANGE

POWER ASSISTED EXERCISE FOR EVERY BODY

# Hello Goodlife

HEALTH & WELLBEING



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# Leading the way with Power Assisted Exercise equipment

Refined and improved over 30 years power assisted exercise therapy equipment is designed to increase access to the benefits of physical activity for the rehabilitation of patients and end users in hospitals & health care settings, rehabilitation departments and therapy centres.

## **Power Assisted Exercise**

Dual-function seated exercise machines and multi-function recumbent units reflect 33 years of innovation in power assisted exercise. Electronically controlled transmissions facilitate safe and accessible exercise with an assistive action that can be used either passively to reduce pain and stiffness or actively by pushing into the motor's gearing to increase muscle strength, metabolism and aerobic capacity.

Each station sustains movement even if the user stops or relaxes, enabling a longer workout for people with limited exercise tolerance or fatigue.

Hello Good Life provides exercise therapy for:  
Physiotherapy  
Rehabilitation  
Preventative exercise and rehabilitation  
People living with long-term conditions

Hello Good Life exists to improve the lives of older adults and those living with long-term health conditions and are the only company in Ireland supplying Power Assisted Exercise equipment dedicated to our older (and specialist rehabilitation) populations.

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# A range of equipment to suit all conditions

## Diagnostic & Population Groups

MS  
Diabetes  
Obesity  
Stroke  
MSK  
Heart disease  
Respiratory conditions  
Parkinson's disease  
Surgery and injury rehabilitation  
Orthopaedic conditions  
Rheumatoid arthritis  
Health – Physical and Mental

## Clinical Impact

Increased mobility  
Improved balance  
Weight loss  
Enhanced muscular performance  
Increased aerobic fitness  
Improved quality of life  
Recovery of independence  
Enhanced confidence



**90%**  
of users report a positive impact on their mental health, feeling more relaxed and less stressing



**70%**  
of users say that they can move better

# Led by science

The components of fitness and physical performance which are central to sustained wellbeing amongst older adults are aerobic fitness, muscular strength, balance, flexibility and social wellbeing.

With age, we lose muscle tissue and our muscles become more rigid and less toned, and alongside this, older adults also see a deterioration in balance. Aerobic exercise, strength training and stretching help to maintain and improve strength, cardiovascular health and flexibility and help to counter this natural process, thereby improving quality of life for older adults.

Innerva's range of equipment has been evaluated in numerous studies over the years, most recently in late 2021, at the AWRC (Advanced Wellbeing Research Centre) based at Sheffield Hallam University, where biomechanical, muscular and physiological responses to power assisted exercise amongst healthy older adults were measured. Results conclusively showed the immediate beneficial physical responses to exercising on equipment and hence the positive impact on

Innerva's  
**five elements**  
 of healthy ageing

the five elements of healthy ageing, assisting in maintaining and improving the quality of everyday living.

The most recent study results showed that users of this equipment achieved an average metabolic equivalent of 3-4 METS throughout the initial warm up, main workout and cooldown. In fact, participants achieved up to 8 to 9 METS at some points, with some achieving maximal heart rates (for their age) of up to 130/140 bpm. The interval nature of the Hello Feel Good equipment workout allows users to work from low to moderate to high intensity exercise, with harder efforts being equivalent to jogging at a moderate pace or taking part in a vigorous game of tennis! This data is strong evidence that exercising with this equipment will improve aerobic fitness.

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EMG data from the laboratory testing also demonstrated that users were continuously switching on and off their muscles. With a focus on the four major muscle groups – the quadriceps, hamstrings, biceps and triceps – data showed continued activation across the equipment circuit, with muscular effort reaching 70% of maximum capacity. It is essential that older adults maintain function and strength of these major muscle groups to facilitate everyday chores, improve wellbeing and minimise frailty.

The recent study by the AWRC also collected motion analysis data which confirmed that the joints of the arms, trunk and legs were continuously assisted through between 50 to 85 percent of range of motion, which will enable users to improve their ability to reach, turn and bend. The combination of seated and

recumbent machines enables users to move between different positions which will optimise agility and flexibility, preventing pain and stiffness amongst older adults.

Naturally, improvements in strength and flexibility will also positively impact on balance. A previous study with Oklahoma State University has proven the effectiveness of the Hello Goodlife circuit on balance and flexibility, as well as a the more recent Feasibility study undertaken at Sheffield Hallam University, in 2018, which concluded that performance of balance tasks improves following a programme of power assisted exercise. The data collected at the AWRC recorded various speeds of movement; slow movement will improve postural control whilst the experience of moving quickly will improve reaction times for balance.

Overall, the equipment helps to maintain range and choice of movement due to the multi-directional, whole body combination of movement that the Hello Goodlife circuit provides. Users can adjust their own effort according to their exercise goals to achieve multiple benefits including improved aerobic fitness, strength, balance and flexibility.

Oklahoma State University carried out a 12-week research study, utilising Hello Goodlife equipment, on muscular strength and functional capacity with people aged 70+. Findings from the study found the following:

- Improvements in muscle strength between 24% and 50%
- Mobility and agility increased 22%
- Balance increased 33%

" For almost 20 years severe rheumatoid arthritis went into remission. This happened around the time I was exercising very regularly with these machines, it was life changing for me and gave me my life back"





# The Circuit Model

The rehabilitation range boasts 9 seated machines and 2 wheelchair (Access Range) machines. The traditional layout of an Hello Goodlife suite incorporates a circuit of equipment and provides users with a full body workout in 30 to 40 minutes. However, we work with numerous 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. The choice of machines combines to exercise and stretch the major muscle groups and will help to retrain muscle patterns, whilst at the same time stimulating the muscles and improving circulation. The range boasts 9 pieces of equipment which can work independently, as a circuit or can be combined with our two new Access Range machines, the Rotary Torso and Tricep Dip.

## 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 & Leg Curl

## Tricep Dip & Leg Curl



**Dimensions:**

Width: 95cm  
Depth: 120cm  
Height: 132cm

## Tummy Crunch



**Dimensions:**

Width: 105cm  
Length: 152cm  
Height: 124cm



▶ Tummy Crunch



◀ Rotary Torso



▲ Side Bend Stepper

## Side Bend Stepper



### Dimensions:

Width: 114cm

Length: 125cm

Height: 147cm

## Rotary Torso



### Dimensions:

Width: 116cm

Length: 118cm

Height: 119cm

## 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

## Access Range

The new Access Range is designed to improve access to exercise for wheelchair users and addresses some of the issues caused by prolonged wheelchair use in older adults and those with long-term health conditions.

## Rotary Torso



### Dimensions:

Width: 60cm  
 Depth: 120cm  
 Height: 135cm

## Tricep Dip



### Dimensions:

Width: 60cm  
 Depth: 120cm  
 Height: 70cm



▲ Left: Rotary Torso  
 Right: Tricep Dip

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## Machine Condition Map

Example Conditions	Exercise aim	Chest & Legs	Cross Cycle	Seated Climber	Side Bend Stepper	Tricep Dip & Leg Curl	Flvs & Thighs	Rotary Torso	Ab Pullover	Tummy Crunch	Hipster	Side Flexor	Burns & Turns	Relaxer
<b>NEUROLOGICAL CONDITIONS</b>														
<b>MS</b>	Stretch													
	Reduce Pain													
	Reduce Fatigue													
	Improve Aerobic Fitness													
<b>Stroke</b>	Strengthen Trunk &/or Limbs													
	Strengthen Trunk &/or Limbs													
	Improve Aerobic Fitness													
<b>Parkinson's</b>	Stretch Trunk &/or Limbs													
	Improve Posture & Mobility													
	Increase Aerobic Fitness													
	Improve Balance													
<b>FATIGUE MANAGEMENT</b>														
<b>Fibromyalgia, ME &amp; Post Viral Fatigue</b>	Reduce Pain													
	Manage Fatigue													
	Improve Mobility													
<b>METABOLIC CONDITIONS</b>														
<b>Obesity</b>	Increase Metabolism													
	Increase Aerobic Fitness													
	Improve Muscular Strength													
<b>Diabetes</b>	Aerobic exercise to generate light breathlessness													
<b>CARDIORESPIRATORY CONDITIONS</b>														
<b>Heart Disease</b>	Increase Aerobic Fitness													
<b>Respiratory Conditions</b>	Increase Aerobic Capacity													
	Improve Muscle Strength													
<b>MUSCULOSKELETAL CONDITIONS</b>														
<b>Osteoarthritis</b>	Decrease Pain													
	Increase Muscle Strength													
	Improve Mobility													
<b>Back Pain</b>	Decrease Pain													
	Improve Flexibility													
	Improve Muscular Strength													
	Improve Mobility													
<b>OLDER ADULTS</b>														
<b>Falls &amp; Frailty</b>	Increase Balance													
	Increase Strength													
	Improve Agility													

OPTIMUM
  VERY EFFECTIVE
  EFFECTIVE

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# Additional support & accessibility aids

Hello Good Life supplies equipment that can be adapted to cater for specialist rehabilitation and exercise needs.

Various accessibility aids are available that enable adaptations of the equipment, depending on the needs of your therapy offering.

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.

is used on the 'Chest & Legs' and 'Flies & Thighs' machines.

## 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

## Head Support Pillow & Cover

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

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# Accessibility Options

Hello Goodlife offers 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 into the machine by Innerva UK 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 Hello Goodlife 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.

# 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**

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together in motion