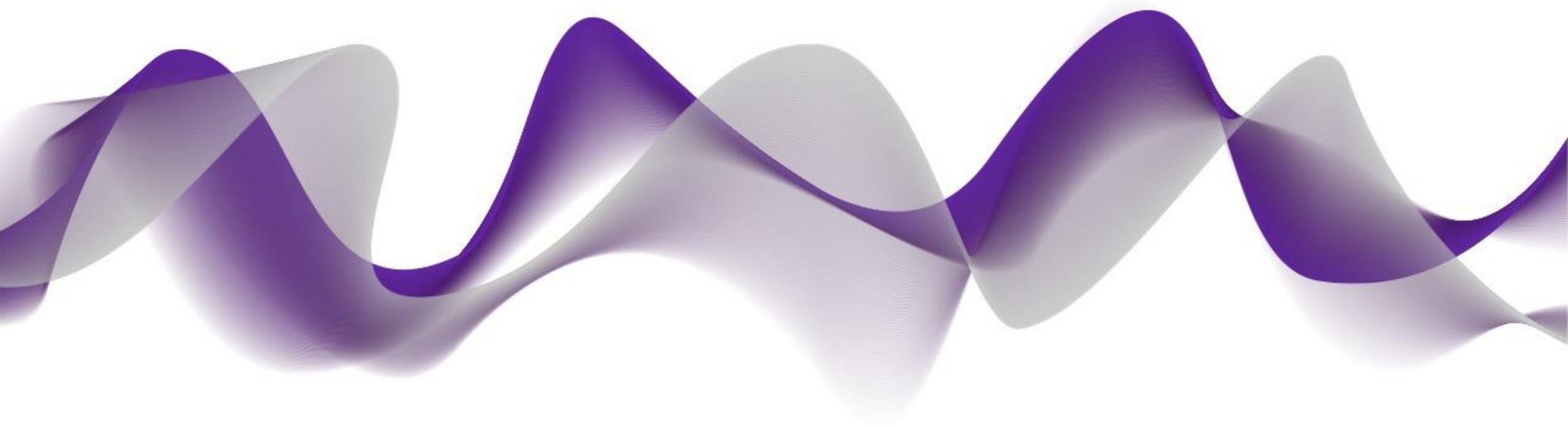
innerva
together in motion

Presentation for MS Therapy Centre (NW)



Executive summary

- Innerva is the UK's only fitness equipment supplier which manufactures 'Power Assisted Exercise' machines
- A unique and sustainable solution to engage users in enjoyable, sustainable and therapeutic exercise
- The bespoke solutions presented here are created in partnership with our physiotherapy consultants from the Advanced Wellbeing Research Centre at Sheffield Hallam University
- We present three package options, which provide exercise therapy specific to the needs of people living with MS

Introduction to Innerva

Innerva dual-function seated exercise machines and multi-function recumbent units create a timed circuit to provide a **full body workout** and feelgood factor in just **30 to 40 minutes**.

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.**

Just some of our equipment

innerva
together in motion

Benefits for your community

- ✓ Provides a safe, comfortable and social environment for older exercisers, people with long-term conditions and those intimidated by a traditional gym environment
- ✓ Health – Physical & Mental, building a future resilience
- ✓ Longer term independence for users – improved mobility, balance and confidence
- ✓ Reduces social isolation

= Improved quality of life

"Help add life to years, not just years to life."

Jenny Harries, Deputy Chief Medical Officer, PH England

Health & Wellbeing

Diagnostic and 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


70%
of Innerva users say they can move better
innerva
together in motion

90%

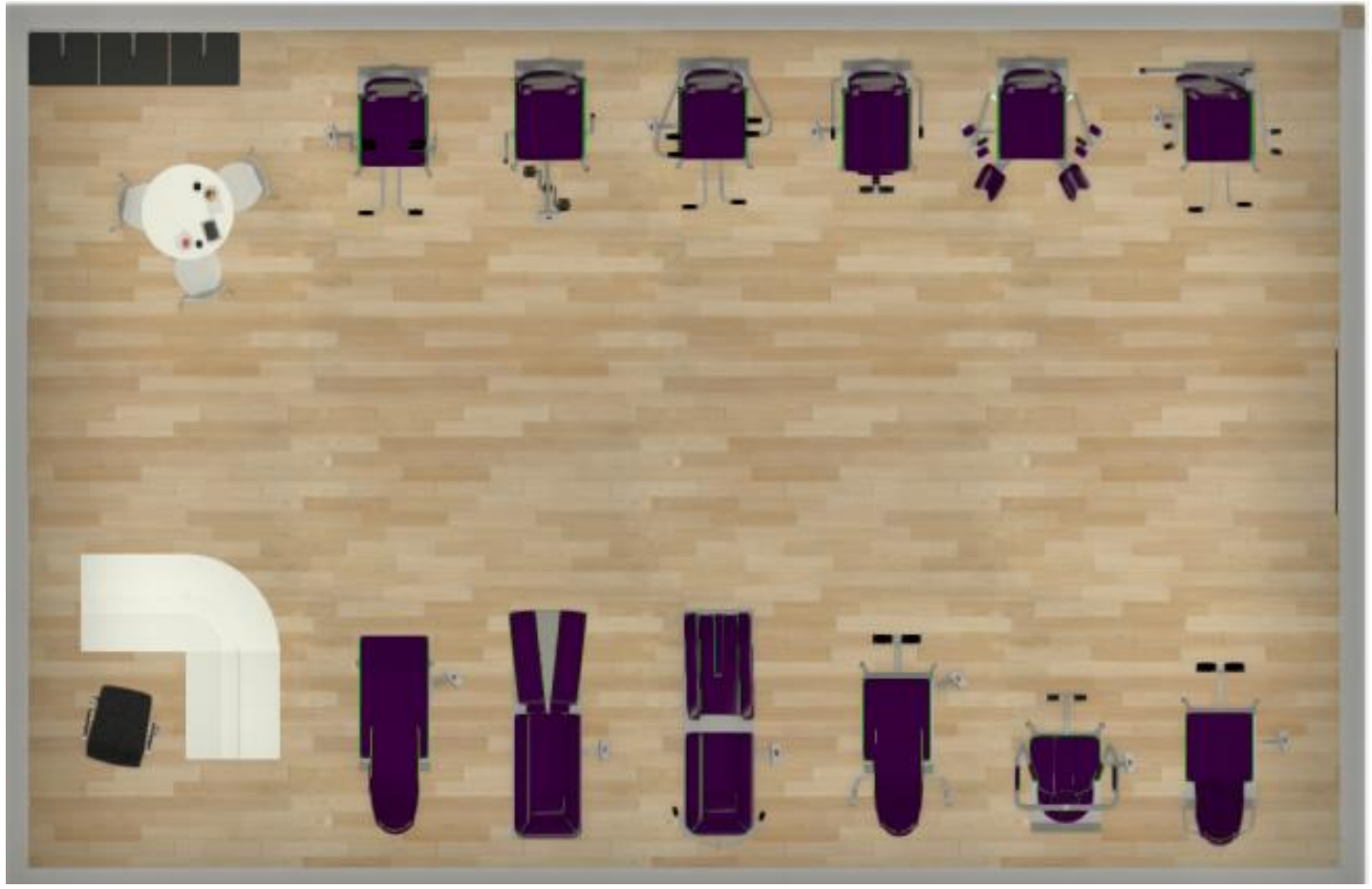
Improved mental health

Percentage of people reporting a positive impact on their mental health, feeling more relaxed and less stressed

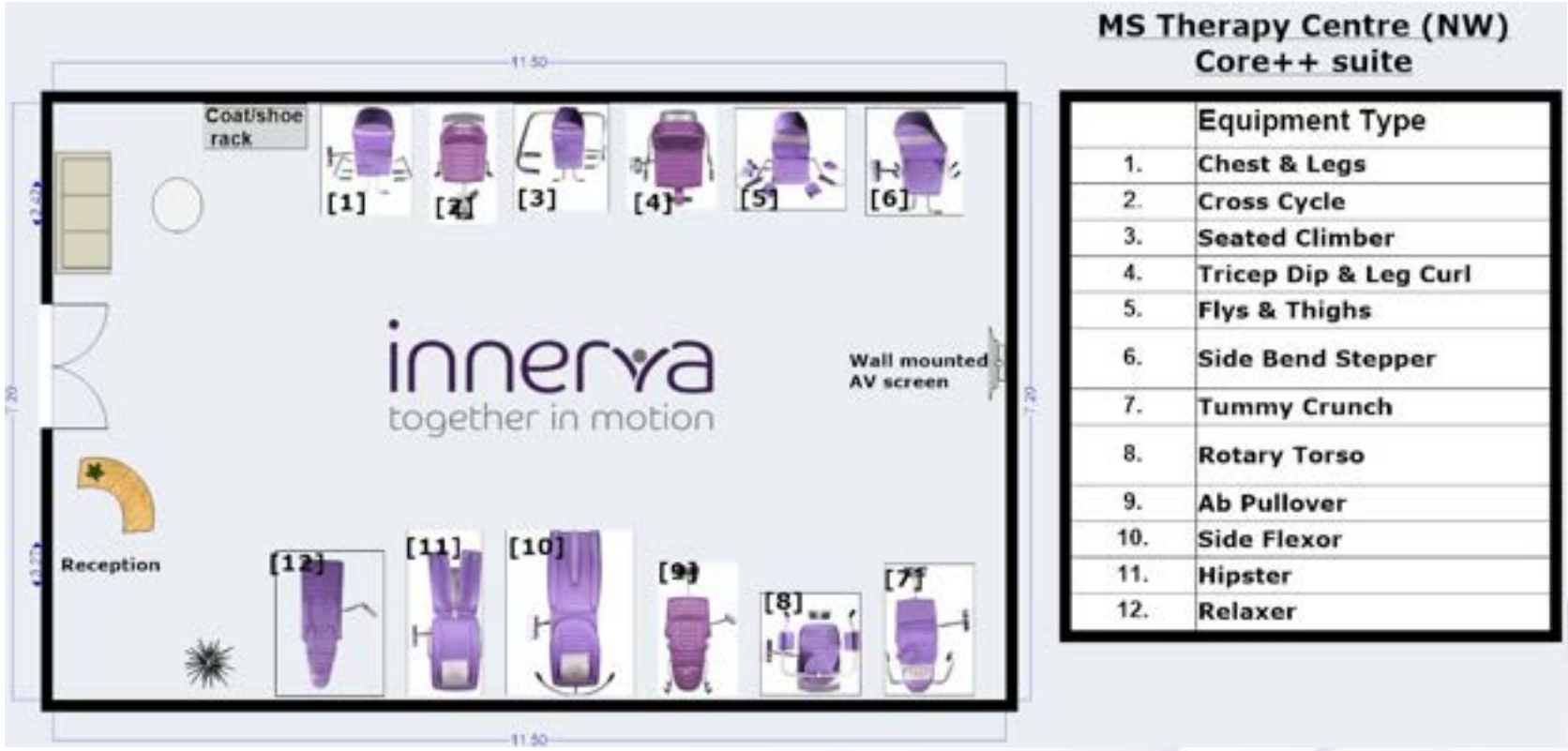
innerva
together in motion


75%
of Innerva
suite users
visits 3+
times a
week
innerva
together in motion

Example Floor Plan



MS Core ++ Suite



MS Therapy Centre (NW)
Core++ suite

	Equipment Type
1.	Chest & Legs
2.	Cross Cycle
3.	Seated Climber
4.	Tricep Dip & Leg Curl
5.	Flys & Thighs
6.	Side Bend Stepper
7.	Tummy Crunch
8.	Rotary Torso
9.	Ab Pullover
10.	Side Flexor
11.	Hipster
12.	Relaxer

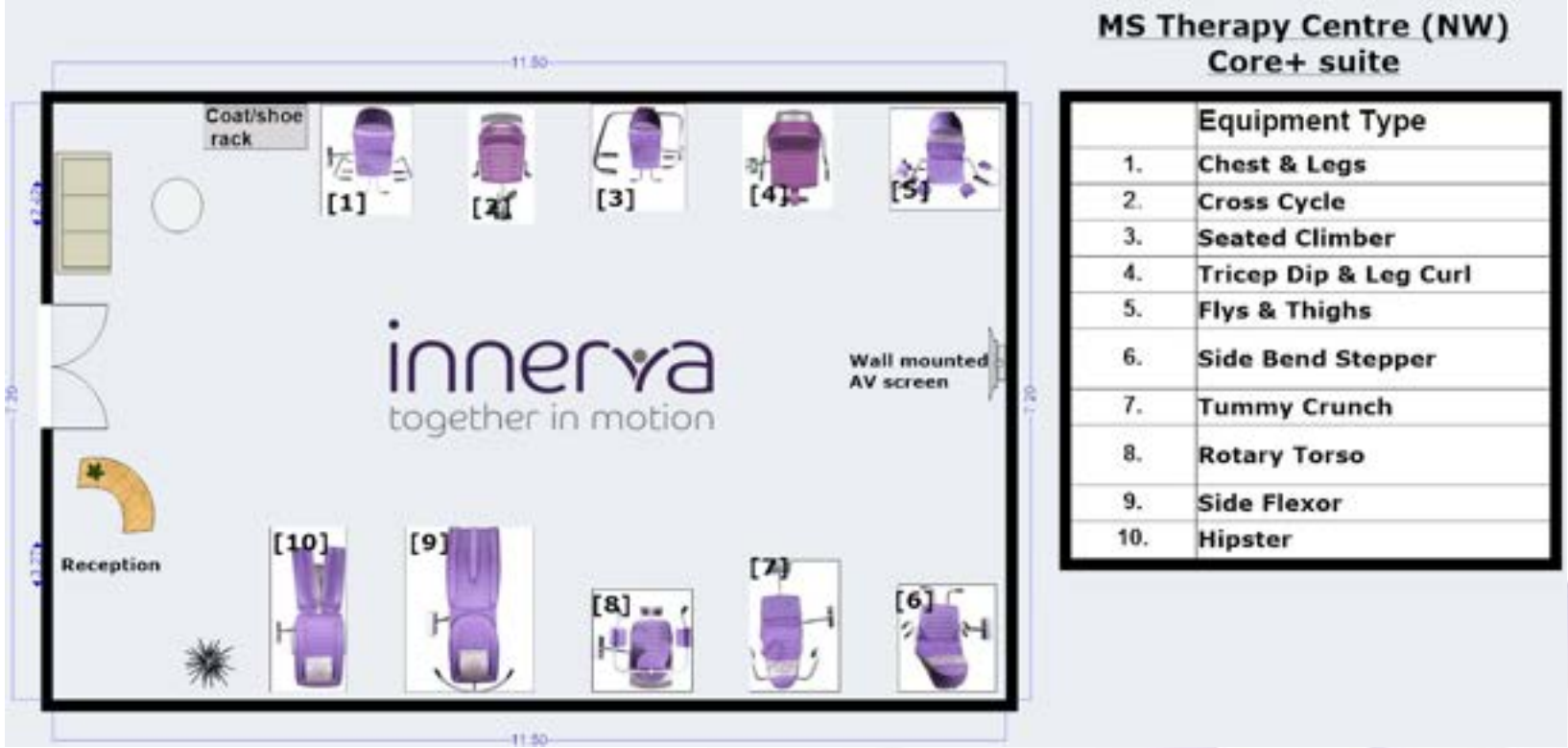
The choice of machines was created for the MS Therapy Centre in partnership with our physiotherapy consultant at the Advanced Wellbeing Research Centre at Sheffield Hallam University.

The 12-station *Core ++* circuit provides **comprehensive and varied exercise therapy** to reflect the diverse presentation of MS.

The choice of equipment provides multiple therapeutic opportunities to address **pain** reduce **fatigue** and generate **aerobic benefits**.

There are also strong benefits of **stretching**.

MS Core + Suite



MS Therapy Centre (NW)
Core+ suite

	Equipment Type
1.	Chest & Legs
2.	Cross Cycle
3.	Seated Climber
4.	Tricep Dip & Leg Curl
5.	Flys & Thighs
6.	Side Bend Stepper
7.	Tummy Crunch
8.	Rotary Torso
9.	Side Flexor
10.	Hipster

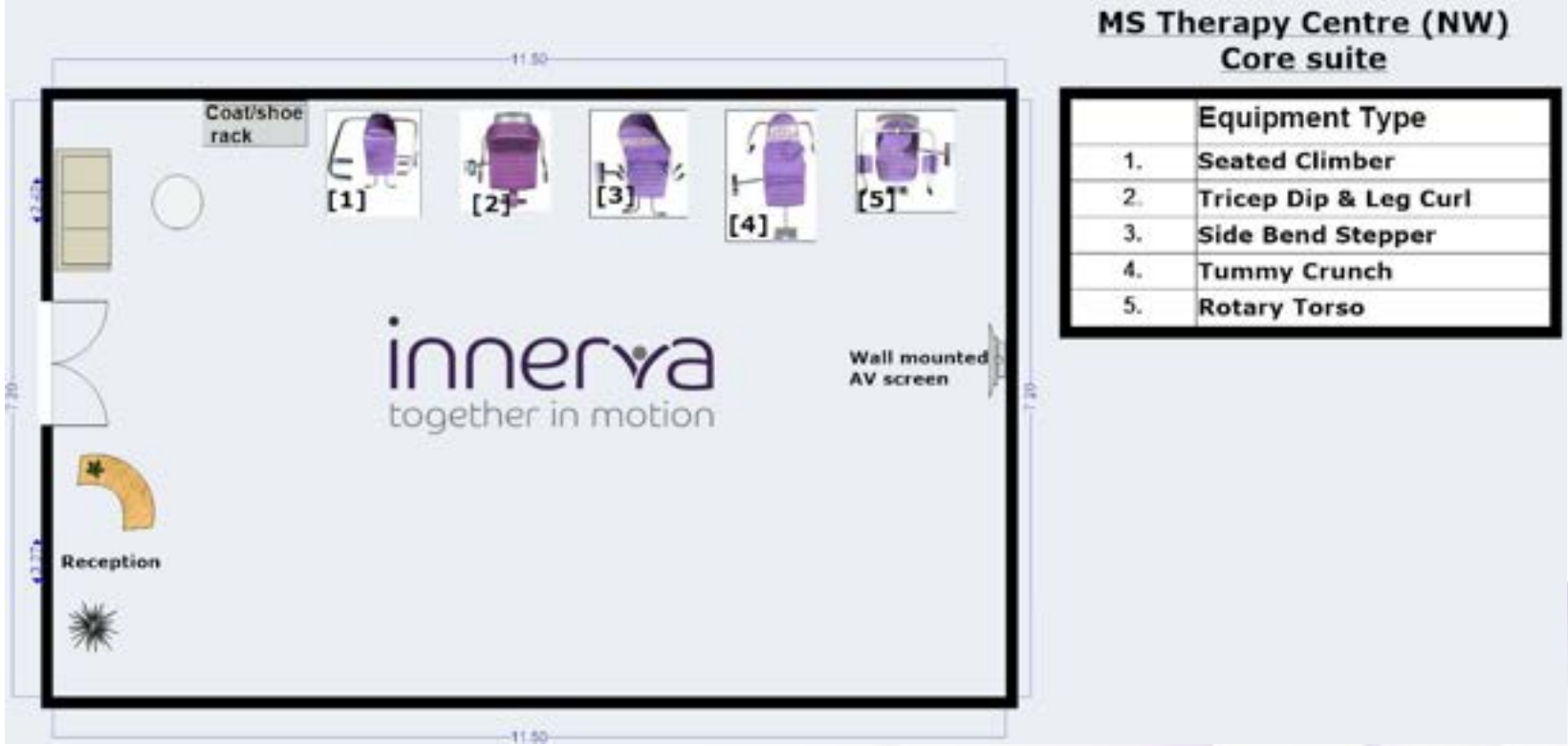
The choice of machines was created for the MS Therapy Centre in partnership with our physiotherapy consultant at the Advanced Wellbeing Research Centre at Sheffield Hallam University.

The 10-station *Core +* circuit provides effective and varied exercise therapy to reflect the diverse presentation of MS.

The choice of equipment still provides multiple therapeutic opportunities to address **pain**, reduce **fatigue** and generate **aerobic benefits**.

There are also strong benefits of **stretching**.

MS Core Suite



MS Therapy Centre (NW)
Core suite

	Equipment Type
1.	Seated Climber
2.	Tricep Dip & Leg Curl
3.	Side Bend Stepper
4.	Tummy Crunch
5.	Rotary Torso

The 5-station *Core* circuit provides the essential exercise therapy machines to **address pain**, **reduce fatigue** and generate **aerobic benefits**.

There are also strong benefits of **stretching**.

See Appendix for a description of all machines.

The choice of machines was created for the MS Therapy Centre in partnership with our physiotherapy consultant at the Advanced Wellbeing Research Centre at Sheffield Hallam University.

A wellness solution for MS

A comprehensive new Innerva suite will significantly improve the benefits to your members and encourage them to take part in regular, sustainable exercise and social therapy.

Other MS Therapy Centres say the equipment "provides a sense of purpose and wellbeing" for members and improves general fitness and wellbeing... **even on days when they don't feel like it**.

innerva
together in motion

Thank you

David Heathcote
Head of Business Development

For more information see www.innerva.com or email david.heathcote@innerva.com

innerva
together in motion

Appendix: research and testimonials

Research

Oklahoma State University Study, utilising Innerva equipment with people aged 70+, observed across a 12-week research project:

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

Advanced Wellbeing Research Centre (Sheffield Hallam University),
5 Elements of Healthy Ageing study, November 2021

- Users achieved an average metabolic equivalent of **3-4 METS** across the circuit of 12 machines during their full workout including an initial warm up, through to their main workout and cooldown.

- Participants achieved up to **8 to 9 METS** during their workout, with some **achieving maximal heart rates** (for their age) of up to 130/140 bpm.

- The interval nature of the Innerva 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.**

Advanced Wellbeing Research Centre (Sheffield Hallam University),
5 Elements of Healthy Ageing study, November 2021

- **EMG data demonstrated** that users were continuously switching on and off their muscles. With a focus on four major muscle groups – the quadriceps, hamstrings, biceps and triceps – data showed **continued activation** across the circuit, **with muscular effort reaching 70% of maximum capacity**.

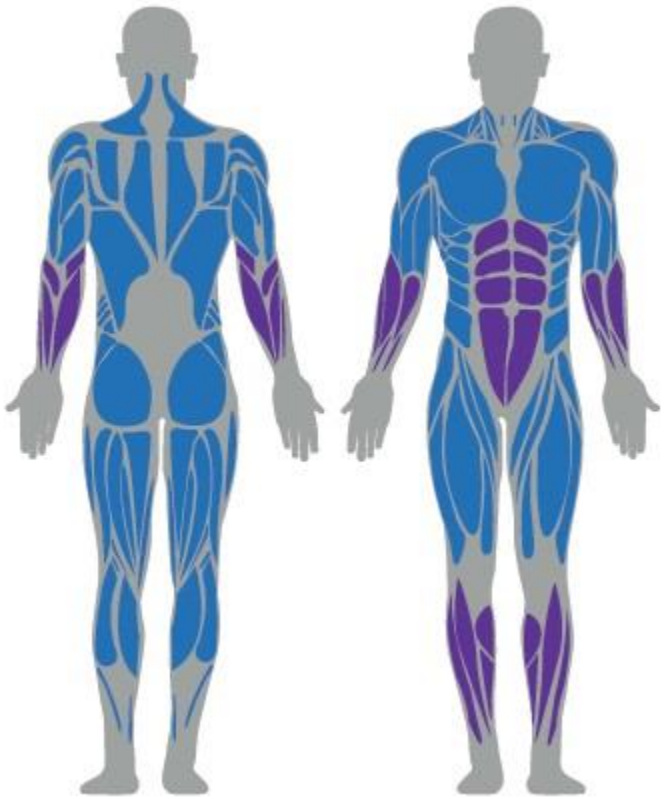
- **Motion analysis data confirmed** that the joints of the arms, trunk and legs were continuously assisted through **50% to 85% range of motion**, which will enable users to improve their ability to reach, turn and bend.
  The combination of seated and recumbent machines enables users to move between different positions which will **optimise agility and flexibility, preventing pain and stiffness** amongst older adults.


Hear what some of our end users say and how it benefits their condition and every day lives...

innerva
together in motion

Appendix: The equipment

Seated Climber



Primary muscle activation

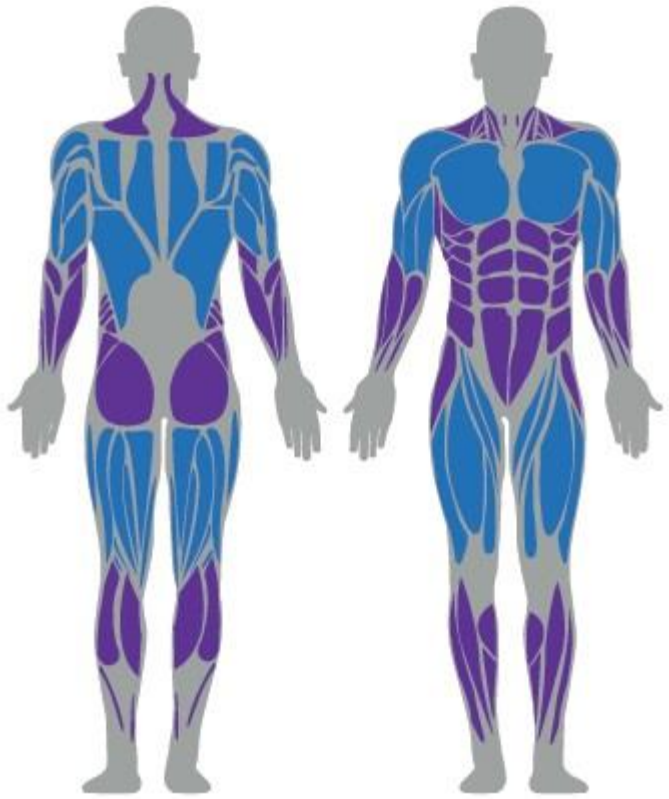
Secondary muscle activation

A cardiovascular machine which exercises both the upper and lower extremity, helping to shape and strengthen the deltoids and larger muscle groups of the upper back.

The Seated Climber also helps to improve posture and can be used with the leg abductor cushion.

Target Areas:
Arms, shoulders, lumbar spine, stomach, waist, leg

Tricep Dip & Leg Curl



Primary muscle activation

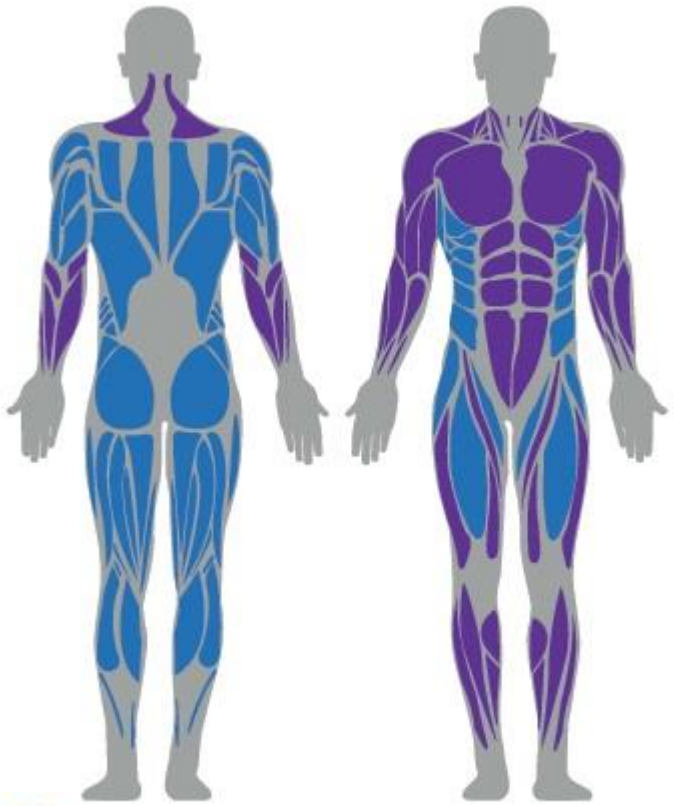
Secondary muscle activation

Strengthens the muscles of the upper arm and thigh. During the push down phase of the upper limb movement, the triceps will be activated.

During the pull up phase of the upper limb movement, the biceps muscle is used.

Target Areas:
Arms, shoulders, back, stomach, waist, hips, front / back thighs

Side Bend Stepper



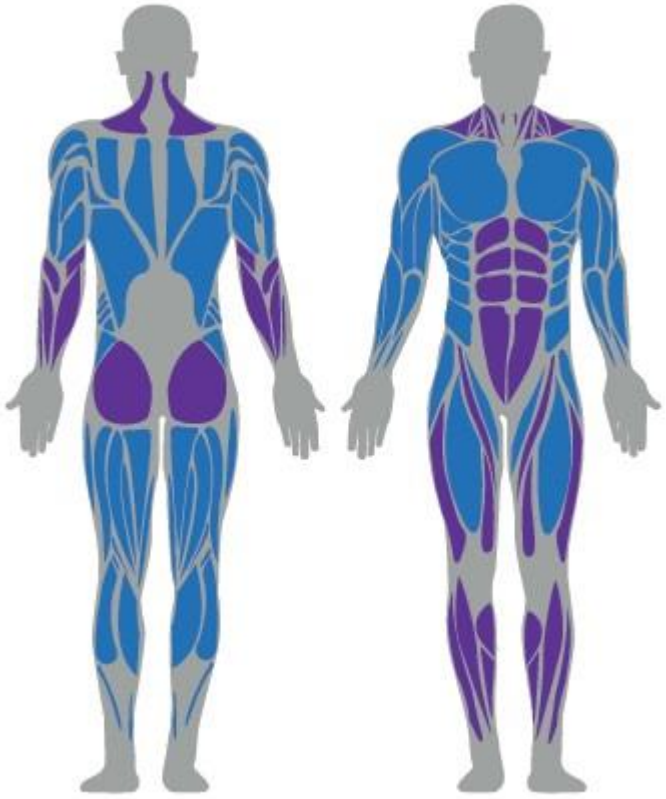
Primary muscle activation

Secondary muscle activation

Exercises the major muscle groups (both upper and lower extremity), works the heart and lungs helping to raise energy levels and increase oxygen supply to the cells. It also helps to improve coordination.

Target Areas:
Arms, shoulders, lumbar spine, waist, buttocks, hip, legs

Chest & Legs



Primary muscle activation

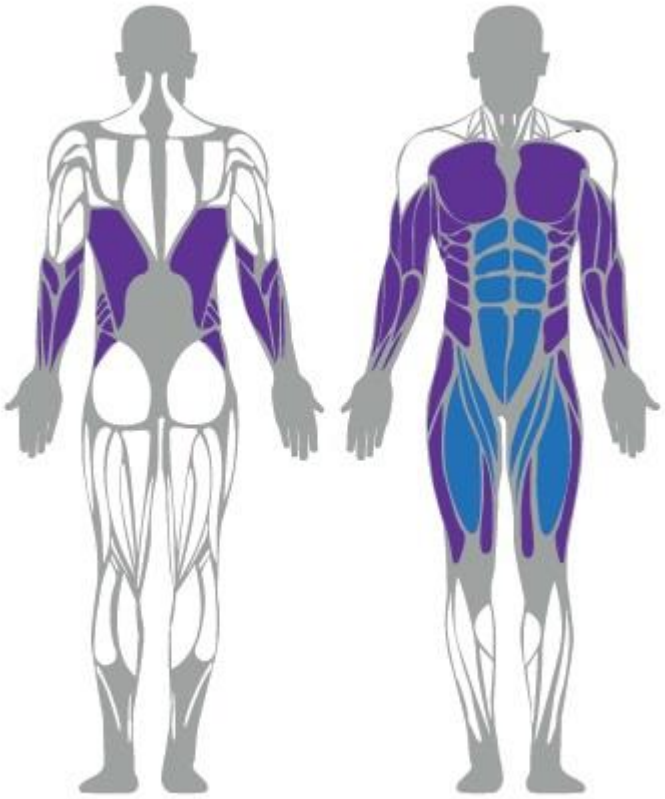
Secondary muscle activation

Assists flexion and extension of all four limbs. The push down action of the legs will strengthen the thigh and gluteal muscles.

The rowing action of the arms will strengthen the arm and shoulder muscles.

Target Areas:
Arms, shoulders, lumbar spine, stomach, waist, leg

Tummy Crunch



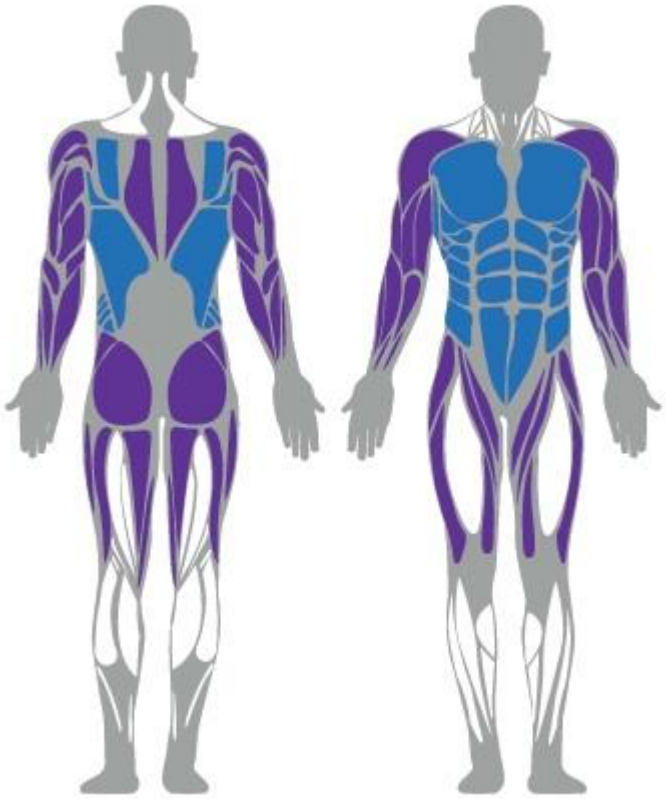
Primary muscle activation

Secondary muscle activation

Multifunctional machine which exercises the abdominals and lower back, whilst mobilising the hip and knee joints, and buttocks.

Target Areas:
Stomach, waist, lumbar spine, hip, buttocks

Rotary Torso



Primary muscle activation

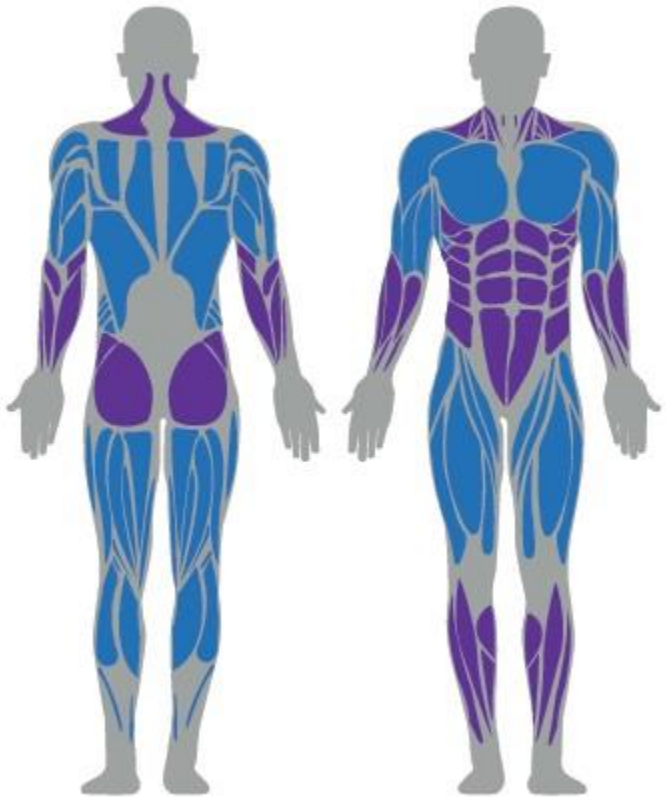
Secondary muscle activation

Assists in the rotation of the trunk, hips and shoulders. Rotation of the trunk is one of the first movements to decline as part of the ageing process. This is further accelerated in people with neurological changes. Reduced trunk rotation leads to loss of arm swing during walking, reduced balance, back pain and stiffness.

The Rotary Torso helps to reverse or minimise these changes.

Target Areas:
Arms, shoulders, back, stomach, waist, hips, inner / outer thighs

Cross Cycle



Primary muscle activation

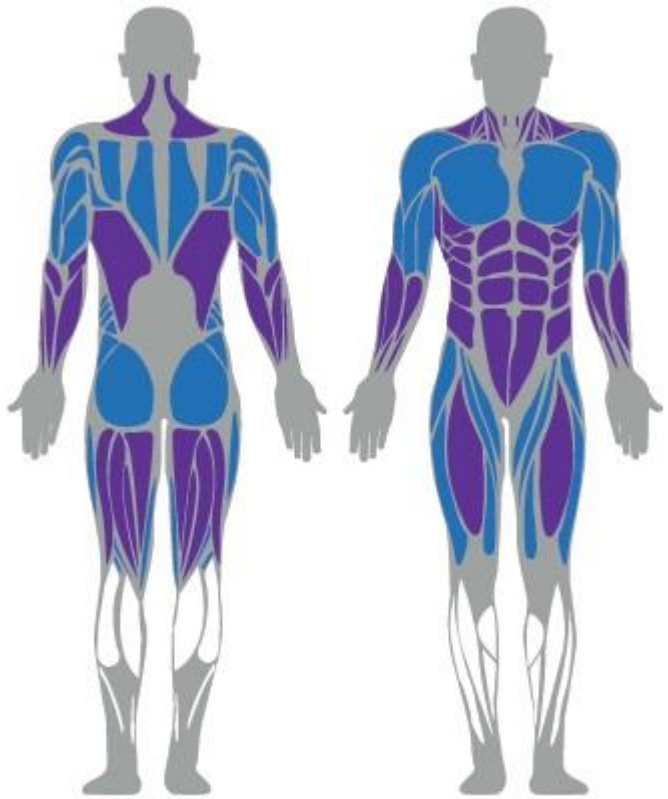
Secondary muscle activation

Promotes lower limb movement, and flexion and extension of the upper limbs.

This exercise will promote strengthening of the thigh and shoulder muscles and improves aerobic fitness.

Target Areas:
Arms, shoulders, chest, stomach, buttocks, legs

Flys & Thighs



Primary muscle activation

Secondary muscle activation

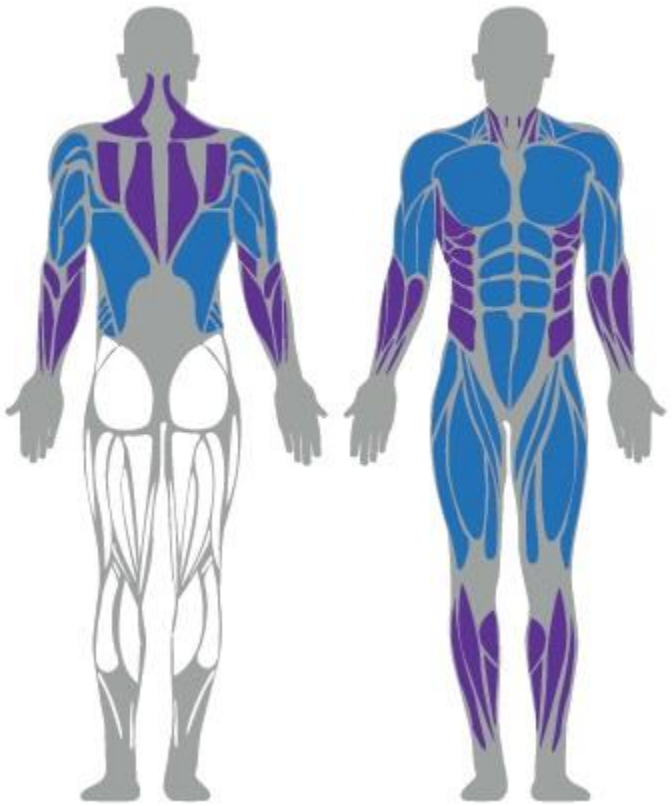
Firms inner and outer thighs, helps to strengthen and shape the chest and shoulder areas, and increases mobility in the hip and shoulder joints.

The upper body performs an upright fly exercise targeting the pectorals.

Simultaneously, legs are performing abductor and adductors exercises, toning the hips and thighs.

Target Areas:
Stomach, waist, lumbar spine, hip, buttocks, legs

Ab Pullover



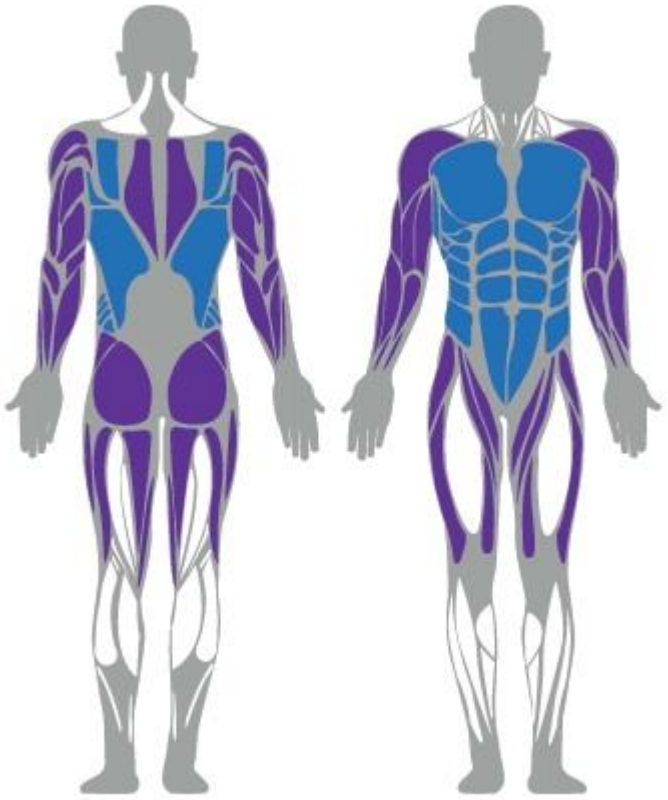
Primary muscle activation

Secondary muscle activation

The Ab Pullover provides a combination of stretching and strengthening which helps to improve shoulder and hip flexibility and strengthen the muscles of the abdomen and back.

Target Areas:
Chest, arms, shoulders, lumbar spine, abdomen, waist, hips

Side Flexor



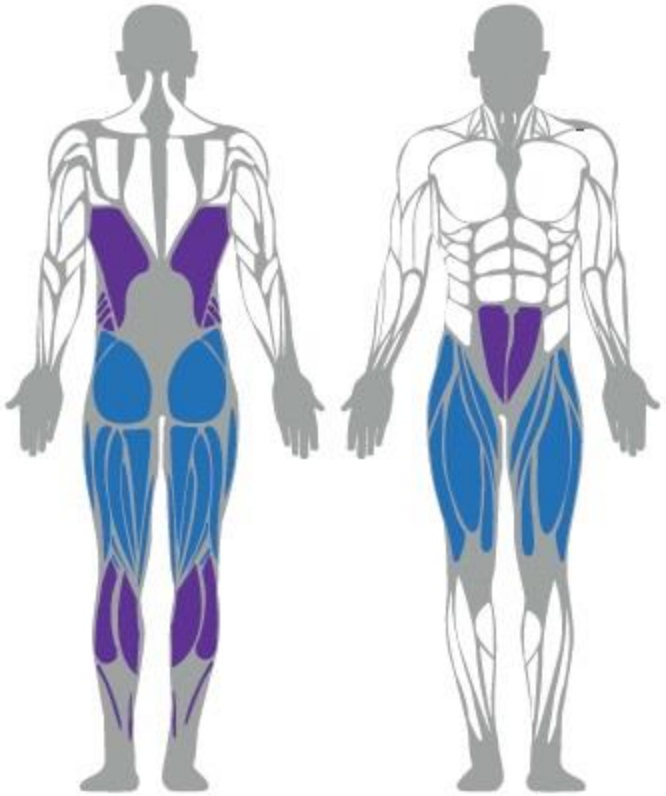
Primary muscle activation

Secondary muscle activation

Superb exercise targeting the oblique muscles, creating a narrow waistline plus strengthening of the abdominal wall.

Target Areas:
Arms, shoulders, back, abdomen, waist, hips, inner/outer thighs

Hipster



Primary muscle activation

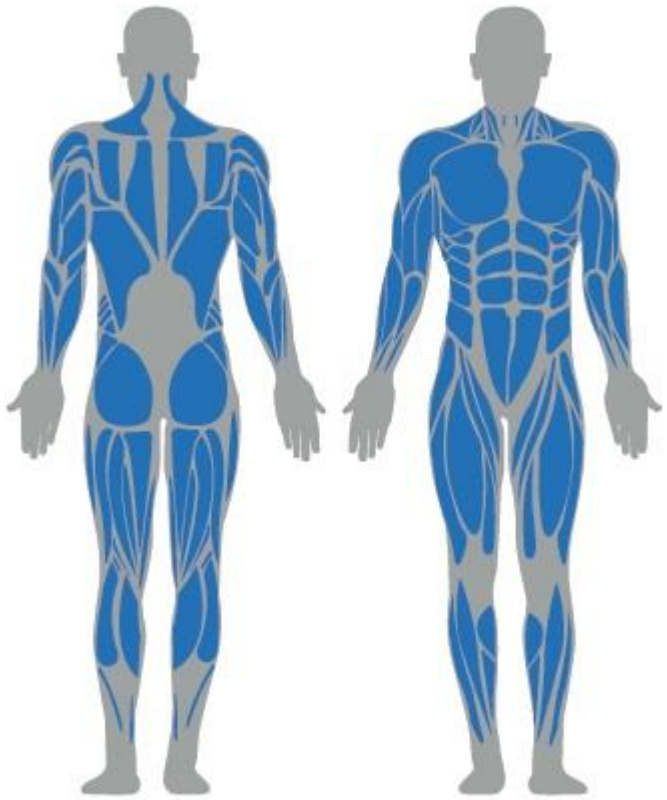
Secondary muscle activation

Provides exercise for the hips and buttocks facilitating the movement known as Swim Kicks. The exerciser gently assists through alternate prone hip extensions, also providing a gentle lower back exercise.

This exercise can be performed whilst tensing muscles in the buttocks, whilst on your stomach or supporting your head with a crossed arm.

Target Areas:
Hip joint, buttocks, legs

Relaxer



Primary muscle activation

The Relaxer offers vibratory stimulation which promotes relaxation at the end of an exercise session.

Several physiological benefits are associated with vibration therapy. Research studies indicate that it can increase bone density, improve standing balance, reduce pain and decrease stiffness. These physiological responses will benefit the symptoms associated with long term conditions and the ageing process.

Target Areas:
Whole body