Impact Hydraulic equipment for seniors is exercise equipment that is elegant, functional, yet incredibly safe and simple to use by seniors at their own pace.

**Minimal Space**

Impact has a small footprint thus requiring less space. In addition, most have more than one function, which also means less floor space and have wheels to move them out of the way if the room is used by other activities.

**Less Cost**

Impact are designed to provide resistance on both the push and pull, this is called Auxotonic movement and is the best way to exercise to keep muscle mass. Almost all the machines are combo so the user can exercise two muscle groups at the same time, for example, the TR 807 when pushing, exercises the chest (chest press exercise) but when pulling, exercises the back (seated row exercise). Instead of buying a chest press and a row machine you get one with both functions.

**Individual or group training**

Impact machines can be used individually or in-group circuit with several machines. Auxotonic movement means that these special machines will vary the resistance with the speed and angle of the movement. This is extremely important when training seniors because everybody will be able to use the machines at their own pace and can stop the movement at any time with no consequences compared to conventional strength equipment. Each person will exercise at their own ability and stay in harmony with other class participants, no matter what their fitness level is.

**Strength Training**

For seniors, strength training is the most important way of exercise to maintain muscle mass and be able to hold a good posture or perform everyday movements like tying their shoes or pick up something from the floor. The focus for seniors should be to maintain as much as they can, their muscle mass. Impact machines can also be adjusted to higher settings to provide a progressive overload to the involved muscles, thus meeting the requirements for continual strength gains.
**Cardio Training**

Low resistance at relatively faster speeds while using muscle mass is required to achieve aerobic benefits. Impact machines challenge multiple muscle groups (push/pull). Doing intervals provides greater overall cardio benefits with less time.

**Safe**

Impact machines are designed for quick and easy access. The exercise can be stopped at any time without any problem. As these pieces are designed with the Auxotonic principle, a chest press machine, for example, can be pushed with two fingers if the movement is slow enough and can oppose a high resistance if the speed of the movement increases.

**Low Maintenance & Warranty**

Maintenance is pretty minimal and consists in cleaning the upholstery and frame of the machine on a weekly basis.

Warranty: The frame has a lifetime warranty, hydraulic cylinders have 3 years and upholstery has 1 year.

**No Impact**

Because no eccentric loads exist, there is virtually no impact to the joints. This is especially important as people age and begins to have joint problems. Exercise can help assure users are not injured and are able to sustain exercise for life.

**Simplicity**

Impact machines are almost self-explanatory. Sit on the seats and move the handles. If needed resistance can be adjusted with a knob located in the cylinder.
People want a Wellness Lifestyle. TR line by IMPACT reaches those who want to lose weight, improve their health, physical condition and enjoy a better lifestyle by through regular exercise, yet are intimidated or dissatisfied by traditional gyms. The TR quick-training circuit responds to potential clients who search for a friendly, informal atmosphere where they can find non-intimidating and easy-to-use equipment. It’s a strength and metabolic training that helps users drop pounds quickly in a social atmosphere. Simple and welcoming design attracts actively ageing users and young adults alike.
TR8

**TR800 ABDOMINAL/LOW BACK**

**Product Specs**
- Length: 1480 mm
- Width: 850 mm
- Height: 1060 mm
- Net weight: 70 kg

**TR801 BICEPS/TRICEPS**

**Product Specs**
- Length: 1450 mm
- Width: 560 mm
- Height: 920 mm
- Net weight: 48 kg
**TR803** INNER/OUTER THIGH

Product Specs

Length: 1460 mm
Height: 1250 mm

Width: 700 mm
Net weight: 62 kg

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**TR804** LEG EXTENSION/LEG CURL

Product Specs

Length: 1260 mm
Height: 1250 mm

Width: 700 mm
Net weight: 65 kg

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**TR805** LEG PRESS

Product Specs

Length: 1580 mm
Height: 1270 mm

Width: 630 mm
Net weight: 61 kg
**TR806 PECTORAL FLY/REAR DELT**

Product Specs
- Length: 1480 mm
- Height: 1250 mm
- Width: 740 mm
- Net weight: 75 kg

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**TR807 CHEST PRESS**

Product Specs
- Length: 1480 mm
- Height: 1250 mm
- Width: 980 mm
- Net weight: 61 kg

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**TR808 SHOULDER PRESS/LAT PULLDOWN**

Product Specs
- Length: 1580 mm
- Height: 1220 mm
- Width: 590 mm
- Net weight: 60 kg
**TR810 TWIST**

Product Specs
- Length: 1530 mm
- Width: 800 mm
- Height: 1030 mm
- Net weight: 61 kg

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**TR809 LEG SQUAT**

Product Specs
- Length: 1585 mm
- Width: 610 mm
- Height: 1000 mm
- Net weight: 56 kg

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**TR600 STEPPER**

Product Specs
- Length: 755 mm
- Width: 755 mm
- Height: 65 mm
- Net weight: 6 kg
Pilates is a safe, sensible exercise system using a floor mat or equipment, that will help you look and feel your very best. No matter what your age or condition, it will work for you. Pilates improves core strength, flexibility, agility and economy of motion. It can even help alleviate back pain and other chronic ailments.

**PLT2010 Slide Bed**

**Product Specs**
- Length: 2440 mm
- Height: 1930 mm
- Width: 760 mm
- Net weight: 74 kg

**PLT100 Trapeze Table**

**Product Specs**
- Length: 2270 mm
- Height: 2150 mm
- Width: 720 mm
- Net weight: 110 kg

**PLT110 Reformer Box**

**Product Specs**
- Length: 435 mm
- Height: 146 mm
- Width: 255 mm
- Net weight: 2.8 kg

**PLT200 Reformers**

**Product Specs**
- Length: 2300 mm
- Height: 740 mm
- Width: 690 mm
- Net weight: 60.5 kg
**PLT210** Padded Foot Plate

**Product Specs**
- Length: 590 mm
- Width: 460 mm
- Height: 68 mm
- Net weight: 5 kg

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**PLT210A** Foot Plate

**Product Specs**
- Length: 580 mm
- Width: 230 mm
- Height: 200 mm
- Net weight: 4 kg

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**PLT220** Box (footstrap sold separately)

**Product Specs**
- Length: 675 mm
- Width: 380 mm
- Height: 260 mm
- Net weight: 6.5 kg

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**PLT300/310** FLAT MAT / BOX

**Product Specs**
- Length: 2125 mm / 370 mm
- Width: 905 mm / 245 mm
- Height: 161 mm / 161 mm
- Net weight: 29 kg / 3.5 kg

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**PLT100G** Swing Frame Fixed

**Product Specs**
- Length: 1100 mm
- Width: 760 mm
- Height: 1760 mm
- Net weight: 16 kg

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**PLT500** LADDER BARREL

**Product Specs**
- Length: 1120 mm
- Width: 895 mm
- Height: 975 mm
- Net weight: 29.6 kg

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**PLT400** WUNDA CHAIR

**Product Specs**
- Length: 785 mm
- Width: 605 mm
- Height: 1370 mm
- Net weight: 26 kg
**PLT600** **FOAM ROLLERS**

Product Specs
- Length: 905 mm
- Width: 155 mm
- Height: 155 mm
- Net weight: 3 kg

**PLT610** **ROTATOR DISCS**

Product Specs
- Length: 230 mm
- Width: 230 mm
- Height: 41 mm
- Net weight: 1.2 kg

**PLT619** **CLARA STEP BARREL**

Product Specs
- Length: 735 mm
- Width: 515 mm
- Height: 340 mm
- Net weight: 13.5 kg

**PLT620** **STEP BARREL EAST COAST STYLE**

Product Specs
- Length: 810 mm
- Width: 480 mm
- Height: 350 mm
- Net weight: 11 kg

**PLT700** **FITNESS CHAIR**

Product Specs
- Length: 955 mm
- Width: 780 mm
- Height: 587 mm
- Net weight: 32 kg
RMR04 Functional Trainer

Product Specs
Length: 1500 mm  
Width: 1630 mm  
Height: 2320 mm  
Net weight: 399 kg

- independently operating, adjustable dual pulleys
- chin up bars
- 2 x 100KG weight stacks

Attachments:
- straight bar
- golf bar
- tricep rope
- bicep bar
- ankle straps
- D-handles
- waist belt