

# **Metagenics Fitness Hydraulic Equipment TR**

**Metagenics Fitness Hydraulic Equipment TR for Seniors** is exercise equipment that is elegant, functional, safe and simple to use by seniors at their own pace.

## **How they work**

The TR Hydraulic Fitness circuit is designed to provide hydraulic resistance on both push and pull motion, this is called Auxotonic movement and it is the best way for seniors to exercise and get the joints moving while maintaining muscle mass. Almost all the machines are dual function so the user can exercise two muscle groups at the same time. There are no adjustments like conventional strength training machines and they are very simple to use.

## **Small footprint**

Small footprint equipment that has wheels to move them out of the way if the room is used for other activities.

## **Designed for individual or group training**

The machines can be used individually or in-group circuit. 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 should be able to use the machines at their own pace and stop the movement at any time with no consequences compared to conventional strength equipment. Each person can exercise at their own level and pace and stay in harmony with other class participants, no matter what their fitness level is.

## Strength training

Strength training for seniors is the most important way of exercise to maintain muscle mass and get good joint movement to be able to hold a good posture and perform everyday tasks like tying your own shoes or picking up something from the floor.

## Cardio training

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

## Safe & very simple to use

Metagenics Fitness Hydraulic machines are designed for quick and easy access. The exercise can be stopped at any time. 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

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

**Warranty:** Frame: Lifetime. Hydraulic cylinders: 5 years.  
Upholstery: 1 year.

## No impact

Because no eccentric loads exist, there is virtually no impact to the joints. This is specially important as people age and begin to have joint pain.



### **TR800 Abdominal/Lower Back**

Size: L 58" W 33" H 42"

Weight: 154 lbs.

- Reinforced comfortable upholstery pads.
- Large, non slip rubber platform
- Back wheels for easy transport.



### **TR801 Biceps/Triceps**

Size: L 57" W 22" H 36"

Weight: 105 lbs.

- Reinforced comfortable upholstery pads.
- Back wheels for easy transport.



### **TR803 Inner/Outer Thigh**

Size: L 58" W 28" H 49"

Weight: 136 lbs.

- Reinforced comfortable upholstery pads.
- Back wheels for easy transport.



### **TR804 Leg Extension/Leg Curl**

Size: L 50" W 28" H 49"

Weight: 143 lbs.

- Reinforced comfortable upholstery pads.
- Back wheels for easy transport.



### **TR805 Leg Press/Calf press**

Size: L 63" W 25" H 50"

Weight: 134 lbs.

- Reinforced comfortable upholstery pads.
- Large, double, non slip rubber platform
- Back wheels for easy transport.



### **TR806 Pectoral Fly/ Rear Delt**

Size: L 58" W 29" H 49"

Weight: 165 lbs.

- Reinforced comfortable upholstery pads.
- Large, non slip rubber platform
- Back wheels for easy transport.



### **TR807 Chest Press/ Row**

Size: L 58" W 39" H 49"

Weight: 134 lbs.

- Reinforced comfortable upholstery pads.
- Large, non slip rubber platform
- Back wheels for easy transport.



### **TR808 Shoulder Press/Lat Pull**

Size: L 63" W 23" H 48"

Weight: 132 lbs.

- Reinforced comfortable upholstery pads.
- Large, non slip rubber platform
- Back wheels for easy transport.