

Leisure Range

2022/23



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Who are Innerva?

For 30 years Innerva has developed and manufactured power assisted fitness 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.

At Innerva we exist to improve the lives of older adults and those living with long-term health conditions. Innerva is the UK's only 'Power Assisted Exercise' fitness equipment manufacturer and the only company dedicated to our older (and specialist rehab) populations.

Innerva 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. Innerva facilities are vibrant social hubs.

Innerva brings the benefits of exercise to:

- The over 55 market
- 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

Innerva's 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, Innerva's range of fitness 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. Innerva's unique and supportive design ensures good user technique and a safe exercise experience.

“Introducing the health studio has surpassed all of our commercial expectations and has improved the health and wellbeing of so many older adults.”

Centre Manager
Sheppey Leisure Complex



The Circuit Model

The leisure range boasts 10 pieces of seated equipment and 2 recumbent machines. The traditional layout of a Innerva suite incorporates all 12 pieces 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. 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: 70cm
Depth: 140cm
Height: 130cm



Weight:

90kg

Cross cycle



Dimensions:

Width: 70cm
Depth: 140cm
Height: 130cm



Weight:

90kg

Flys & Thighs



Dimensions:

Width: 70cm
Depth: 140cm
Height: 130cm



Weight:

90kg



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



Tricep Dip & Curl



Dimensions:

Width: 70cm
Depth: 140cm
Height: 130cm



Weight:

90kg

Tummy Crunch



Dimensions:

Width: 70cm
Depth: 140cm
Height: 130cm



Weight:

90kg



► Tummy Crunch



▲ Side Bend Stepper

◀ Rotary Torso

Side Bend Stepper



Dimensions:

Width: 70cm
 Depth: 140cm
 Height: 130cm



Weight:

90kg

Rotary Torso



Dimensions:

Width: 70cm
 Depth: 140cm
 Height: 130cm



Weight:

90kg

AB Pullover



Dimensions:

Width: 70cm
Depth: 140cm
Height: 130cm



Weight:

90kg

Seated Climber



Dimensions:

Width: 70cm
Depth: 140cm
Height: 130cm



Weight:

90kg



▲ Left: AB Pullover
Right: Seated Climber

Relaxer



Dimensions:

Width: 70cm
Depth: 140cm
Height: 130cm



Weight:

90kg



"The Innerva team supported us from the outset in preparation for the launch of our new Innerva suite which has introduced a whole new demographic of people into the centre who might not otherwise come through our doors."

Dave Smele
Head of Healthy Lifestyles,
Circadian Trust

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: 70cm
Depth: 140cm
Height: 130cm



Weight:

90kg

Hipster



Dimensions:

Width: 70cm
Depth: 140cm
Height: 130cm



Weight:

90kg



▲ Left: Side Flexor
Right: Hipster



BY 2030 THE NUMBER
OF PEOPLE IN THE UK
AGED 60+
IS ESTIMATED TO INCREASE TO
20 MILLION
UP 31%
FROM 15.3M IN 2021

Reimagining Ageing Report 2018,

UKActive

Additional support & accessibility aids

Innerva 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).



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'.

Stylus Pens (Box of 20)

For use with the touch screen console on all machines to help reduce the spread of viruses and protect the console.



82%

of users report at least one long-term health condition

Innerva users visit 3+ times a week

50%

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

Optional extras

Innerva 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 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 Innerva 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 Innerva 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.

Sneeze Screens

Free standing partitions to reduce the spread of Covid-19 and protect customers and staff. The specification for screens is: 176cm (H) x 132cm (W) and they are constructed using a steel frame with clear PVC. Provided as a flat pack, they are simple to assemble and the material is easy to clean using anti-bacterial spray.

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
- Flies & 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:

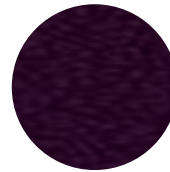
- Chest & Legs
- Seated Climber
- Side Bend Stepper
- Flies & Thighs
- Cross Cycle
- Tricep Dip & Leg Curl

Upholstery

Innerva offer five choices as standard upholstery colours:

The colour samples are indicative and not intended as an exact replica of the actual colour of the product. Due to variations in monitor settings and colour balances, colours are representative only and should not be construed as an exact colour match of the listed product.

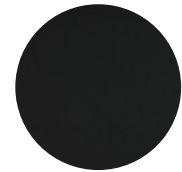
We can match upholstery to specific requirements and brand machine headrests with your company logo upon request, at an additional cost. Prices available upon request.



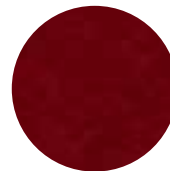
Amethyst (Purple)
238-7001



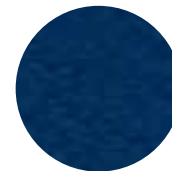
Schwarz (Black)
238-7001



Graphite (Grey)
238-7001



Kirsche (Red)
238-7001



Baltic (Blue)
238-7001

Service, support and warranty

We recommend that Innerva 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.

At Innerva 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



Our off-the-shelf parts are all held in our UK warehouse

Planning & Design

Right from your initial enquiry, the team at Innerva will work with you to ensure your investment in Innerva is a resounding success. As part of our initial commitment, we will provide you with a full business case and our customised approach will provide you with all the necessary detail on the exciting new installation and the potential in your local area.

We will provide a floor plan to demonstrate how the Innerva equipment would be best laid out in the allocated space and suggest how best the circuit will work based on successful case studies from around the UK and beyond.

Delivery & Installation

From receipt of your order, we will programme in the manufacture of your Innerva 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 Innerva 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 Innerva equipment is carried out by our Innerva 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).

Distributor List

GLOBAL HEADQUARTERS - UK

Innerva

Shapemaster Global Limited

☎ + 44 (0)1484 667474

✉ info@innerva.com

👉 www.innerva.com

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in your local territory please email

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