

## Neuro Muscular Training



**GET MOVING**  
WITH YOUR PHYSIO

# Neuro Muscular Training\*

## Get moving for your **Health**

- A complete assessment
- Short and fun sessions
- Exercises suited to your physical abilities
- Scientifically recognized therapeutic EFFICIENCY
- Quick results noticeable FROM the first session

*The exercises are barely five minutes long, but they have a real impact you can feel.*

Jack L. 56 years old



*I felt better as soon as I got off of the machine. It was incredible!*

Bernard G. 77 years old



*Finally, exercise that's gentle but efficient, and tailored to my abilities!*

Isabelle Z. 44 years old



\* Physical and cognitive training



On Huber® 360 exclusively, Neuro Muscular Training is a posture and coordination game that engages both physical and cognitive skills. This unique training is supervised by a health professional and is entirely safe\*\*.

\* Science recognizes that engaging in cognitive activity (which involves memory and concentration) at the same time as physical exercise prevents falls and helps treat neurological disorders.

\*\* A published scientific study shows that the HUBER technique can be used with at-risk patients. Saint Orens cardiovascular study, June, 2014.

# In one session, increase your flexibility, stren



## **FLEXIBILITY AND MOBILITY**

Targeted exercises will help you quickly increase your range of motion. HUBER 360 mobilizes your joints safely and quickly soothes your pain.

## **RESISTANCE**

Dynamic exercises adapted to your physical condition increase your ability to endure fatigue. HUBER 360 changes your BMI\* and improves your cardiovascular system.



# HUBE

\* BMI: Body Mass Index

# Strength, balance and resistance

## **DYNAMIC STRENGTHENING**

Onscreen feedback lets you cleverly increase your strength and improve coordination. HUBER 360 strengthens both superficial and deep muscles.



## **POSTURE AND BALANCE**

Balance games help you regain steadiness and build confidence in your movements. HUBER 360 corrects your posture and improves your stability.



R<sup>®</sup> 360

# Neuro Muscular Training

## Your 360-degree health

HUBER 360 helps you improve your physical condition in record time. Thanks to its unique evaluation module, your physio-therapist will be able to precisely identify your level. A real sport for your health, Neuro Muscular Training is the physical training you've always dreamed of.

### Step one: RECOVER!

Your **SHORT-TERM** goal.  
Recover a specific ability following an accident, a sedentary period, or a particular problem. Improve the weakest of your four movement fundamentals.



### Step two: REBALANCE!

Your **MEDIUM-TERM** goal.  
Get rid of tensions, prevent recurrence, and feel better. Rebalance all four movement fundamentals.



### Step three: OPTIMIZE!

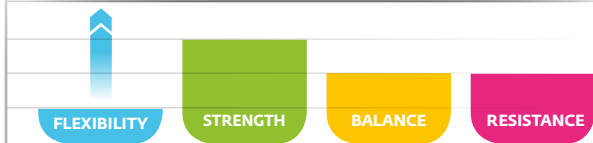
Your **LONG-TERM** goal.  
The more you train, the stronger you get.  
You want to stay in shape and age well.  
You should optimize your four movement fundamentals.





OPTIMIZE

REBALANCE



RECUPERATE

OPTIMIZE

REBALANCE



OPTIMIZE

REBALANCE



## DID YOU KNOW?

Regular physical activity  
helps keep you healthy:

- Makes daily activities easier
- Protects you from chronic illness
- Prevents cardiovascular disease, no matter how old you are
- Prevents certain cancers
- Reduces the risk of diabetes
- Helps keep your blood pressure stable
- Helps you control your weight and reduces the risk of obesity
- Reduces the risk of lower back pain
- Helps you sleep better
- Helps you fight more effectively against stress, depression and anxiety
- Limits the loss of autonomy
- Reduces the need for medication

With HUBER® 360,  
get moving with your physio!

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*Together in Motion™*