

## 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<sup>\*\*</sup>.

<sup>\*</sup> 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.

<sup>\*\*</sup> 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

# gth, 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!

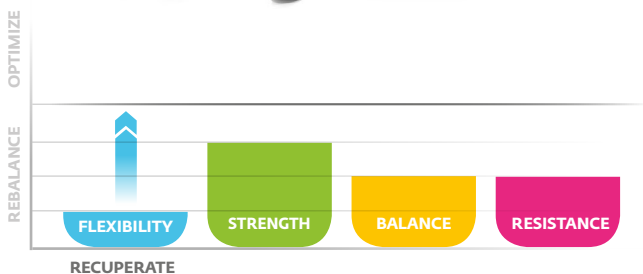
Your **MEDIUM-TERM** goal.  
Get rid of tensions, prevent recurrence, and feel better. Rebalance all four movement fundamentals.



### 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.





# 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™*