



Resistance Training Equipment Comparison Matrix

Feature	HUR Equipment	Hydraulic Resistance	Weight Stack	Free Weights
Resistance System	Pneumatic/Air	Hydraulics/Liquid	Gravity/Momentum (non-efficient load)	Gravity
Resistance Level	Near zero start with non-incremental resistance	Low resistance with limited maximum resistance	2.5kg increments (optional 1kg)	Near zero start with step-less increments
Strength Training	Yes	No	Yes	Yes
Speed/Power Training	Yes	No	No	Yes
Eccentric Loading	Yes	No-concentric only	No	Yes (with helper)
Designed for Rehabilitation	Yes	No	No	No
Passive Stretching	Yes	No	No	No
Assisted Mobilisation	Yes	No	No	No
Isometric Loading	Yes	No	No	No
Cardiovascular	Yes	Yes	No	No
Accessible moving parts (pinch points)	No	No	Yes	Yes
Seats/Support	Ergonomic & Contoured	Various	Various	Non-ergonomic benches
Wheelchair Accessible	Yes	No	Yes	N/A
Inclusive Fitness Initiative Accreditation (IFI)	Yes	No	Yes	No
Footprint	Small	Small	Large	Large
Noise Level	Silent	Silent	Loud	Loud
Dual Function (2 exercises per machine)	Yes	No	No	No
Machine Weight	Light	Light	Heavy	Heavy
Smart Card Option	Yes	No	Yes	No