

New from
CSMi

HUMAC[®]360

CLOSED LOOP TRAINER

**Functional • Convenient
Compatible • Affordable**

Functional Tests & Targeted Exercises, While Using the Equipment You Already Own

Exercise is good, but targeted exercise designed to address neuromuscular functional deficits is ideal. Weak and injured joints and muscles run the highest risk of re-injury and have the greatest potential for performance improvement. With the new HUMAC 360 you can provide your patients and athletes with functional measurements and targeted exercises, all with the equipment you already own. The new HUMAC 360 is the affordable tool Exercise Scientists, Rehabilitation Professionals, and Performance Coaches need to validate protocols, return patients to daily living activities, and build better athletes.

How the HUMAC360 Works

Compatible with any Windows computer, the HUMAC 360 is a small box that offers big results. Measuring 4" x 4" x 4" and weighing just 4 pounds, the HUMAC 360 attaches to any patient or exercise equipment in seconds, using a 16' retractable nylon belt. When the belt is pulled the HUMAC Software reports velocity, distance, and if a weight is recorded, power. These functional parameters are displayed on the screen for proper pacing and distance and in reports for evidence based rehabilitation. It could not be easier.



Create New Applications with Existing Equipment

The HUMAC 360 instantly expands the capabilities of your exercise equipment. The HUMAC 360 attaches to a patient or any exercise machine in seconds for an instant computer upgrade.

HUMAC360 Patterns:

Abdominal
Arm Curl
Arm Extension
Back Extension
Calf Raise
Chest Press
Glute Extension/Flexion
Hip Abduction/Adduction
Hip Adduction/Abduction
Leg Curl – Prone
Leg Curl – Seated
Leg Extension
Leg Press
Leg Right/Left Cut
Leg Squat
Leg Vertical Jump
Row
Shoulder Fly/Rear Delt
Shoulder Incline Press
Shoulder Incline Pull
Shoulder Lateral Raise
Shoulder Overhead Press
Shoulder Pulldown
Torso Rotation
Universal Motion

HUMAC 360 Includes:

- HUMAC360 4"x4"x4" 4 lbs. Box
- 10' USB cable
- HUMAC 360 Software
- 1 – Year Warranty
- Colors: Red, Blue, Green, Gold



System Requirements:

- Desktop or Laptop Computer
- Windows XP Home or Professional, Vista Home, Business, or Ultimate 32-bit versions
- Printer (optional)
- Portable Computer/Laptop Cart (optional)

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HUMAC 360 Applications

In the clinic, the lab, and the weight room, the HUMAC 360 measures velocity, distance, and power for almost any exercise pattern. With this capability clinicians, researchers, and strength coaches can:

- Document the need for exercise based on functional tests measuring control, response, power, and fatigue.
- Keep patients & athletes engaged with challenging interactive biofeedback that incorporates more systems to address their functional deficits.
- Save on instruction time by using protocols that walk patients and athletes through exercise routines and provide speed and range-of-motion biofeedback.

Steps for Use

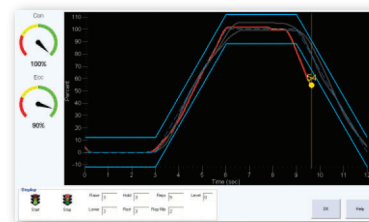
1 > SET UP >

Choose an exercise pattern and attach the HUMAC 360 to the person or exercise machine such as a weight stack, Olympic bar, resistance band, or shuttle.



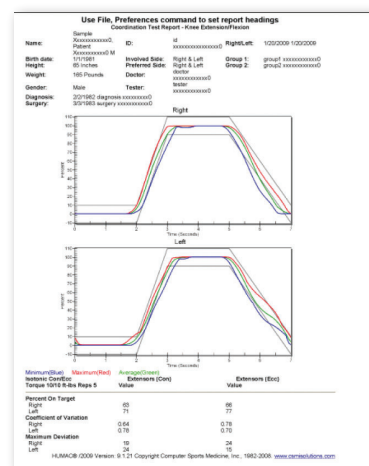
2 > BIOFEEDBACK >

During testing and exercise the HUMAC 360 displays real-time biofeedback for pacing, range-of-motion limits, and motivation. Ten engaging display choices.



3 > RESULTS >

The HUMAC 360 offers eight full-page test and exercise report formats that document functional performance and track improvement.



Expand your exercise capabilities today

Call **1-800-359-6851**
or visit **HUMAC360.com**



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