

# ELTHORNE SCHOOL: EALING

Elthorne School

## CASE STUDY

**motive8, together with equipment manufacturer HUR, supplied Elthorne School in Ealing with a selection of resistance machines to help improve the school's current fitness facilities.**

Like many schools, the equipment would be used by a large number of students and teachers during term time alongside community members outside of school hours.

It was therefore important that the equipment could withstand high usage levels as well as being suitable for younger children to use.



The decision to install HUR equipment was based on a number of factors which make it highly suitable to an education environment. First and foremost, the machines are easy to use, with simple + and - buttons to set the resistance.

As the machines use air resistance, as opposed to weights, there is no harmful impact on joints and connective tissue which means that they are safe and effective for all ages and abilities, even beginners. HUR machines are silent too, allowing for improved communication for teaching and an improved learning environment for pupils.

With class sizes of 25+, the circuit format of the HUR machines allows for a higher number of pupils to be accommodated at any one time. It also enables quicker workouts, thus reducing the demand on curriculum time.

