Hsiung He Silver-Aged Service Co., Ltd.

Devote to designing
safe and smart fitness system
for weight-resistant training

Hsiung He SA Service established in 2022, has over 20 years of experience in R&D, manufacturing, and sell smart systems.

Motivated from Taiwan and world-wide aging trend. Elders cost significant medical and care resources. Developed nations promote workout, especially intensive training, to make the public maintain bodily functions, even reverse frailty and disability, and enjoy a high-quality retirement life.

Thus we committed to combining our technological expertise with strength training, so as to develop intelligent fitness equipment for weight-resistant training.
Our goal is to promote safe and effective weight-training exercises to enhance physical and mental health of all ages.

CORPORATE
Direction
DEVELOPMENT

Smart Resistance-Training Solution Provider

Resistance-training includes two main parts: (1)Bodily functions assessment: 1st and following tests， to check fitness level; (2)Training actions: accordingly, various training, such as rehabilitation/endurance/balance/cardiopulmonary/power/flexibility/fall prevention, are used to enhance bodily functions.

Coach

Elders (or all ages)

1 Bodily Test
1. Balance
2. Walking
3. Sit-stand
4. Fall prevent

Planning
1. Training
2. Schedule
3. Diet Control

2 Actions
1. By Schedule
2. Periodical Test
3. Fine-tune plan
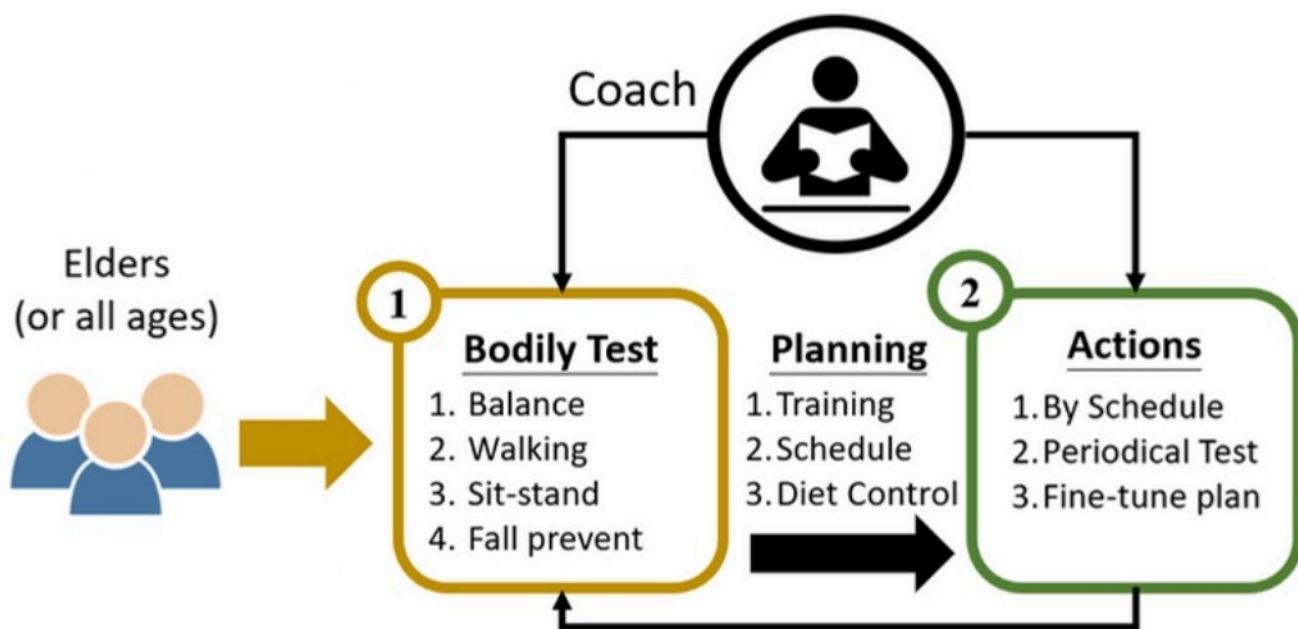
Product for Bodily Test：

☑ **fAAS** (pronounce /fɑs/): fitness Assessment All-in-one System

Product for Training Actions：

☑ **mAST**(/mʌst/): muscle Auto Strength Training

☑ **fEAS**(/fis/): fitness Equipment Add-on System

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FAAS

fitness Assessment All-in-one System

Bodily Test as Games

● Endurance, Cardiopulmonary
Arm curls, chair sit-ups, push-ups, crunches, and up-down stool
● Reflexes
Limbs, cognition, and memory
● Walking and Balance
Stand w/ 1 leg, turnaround walking
● Flexibility
Upper/lower limbs/half body

體適能檢測

Features

■ Meet Ministry of Health and Welfare's requirements
■ Comprehensive test
■ Immediate report
■ Objective and accurate
■ Multimedia user interface
■ Local and remote control

Hardware Spec

✓ 43-inch screen
Portrait/landscape display, roller stand, and touchscreen (optional)
✓ Mini PC
9 tests w/ high-precision AI engine
✓ High-quality camera
Real-time analysis. Precise tests.

※ 2-year warranty included

Software System

◆ Local Control Software
Installed on the mini PC
◆ Web App
Can be used with any phone or tablet. (No installation required but need internet access)

※ Free software online updates under warranty.

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F A A S

fitness Assessment All-in-one System

Web App

● 9 bodily tests
Arm curls, chair sit-ups, crunches, up-down stool, stand w/ 1 leg, turnaround walking, limbs flexibility
● Concise report, and course advice

「Chair Sit-up」 page

■ Action explanation
■ Perform assessment, present and save result.

Concise Report

◆ Basic information
◆ Spider Charts
◆ Details for each action

Course Referral

✓ Categorize by body parts
✓ Categorize by training courses
✓ Link to current or future courses

MAST

muscle Auto Strength Training

Safe, scientific, and effective

- Digitized training process make easy to record and analyze effectiveness.
- Assist students as a coach
- Fit various students' height
- Auto set weight of training
- Save time for carrying bars and cost

Features

■ Achieve various kinds of training by different parameters, that can control resistance load in 5-Kg levels, and weights for concentric/eccentric/isometric contraction individually.

■ Auto record data during training process. So you can playback each historical record.

■ Auto load(resistance) control, which interacts with students like a virtual coach.

■ No need to buy traditional equipment anymore. Save cost and space.

Equipment Spec

✓ Dimension: 120(L)*80(W)*200cm(H)
✓ Include ①main pillar, ②load rack, ③control box with a mini-PC, ④base plate. (as shown in the left image)
✓ Two models for load and power voltage Up to 250Kg (110V / 220V) or 400Kg (220V)
※ **Two-years warranty**

Software System

◆ Local control application (installed in mini-PC)

◆ Web App **(two-years warranty and free updates)** Install-free and controlled via any phone or pad that connects to internet.

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muscle Auto Strength Training
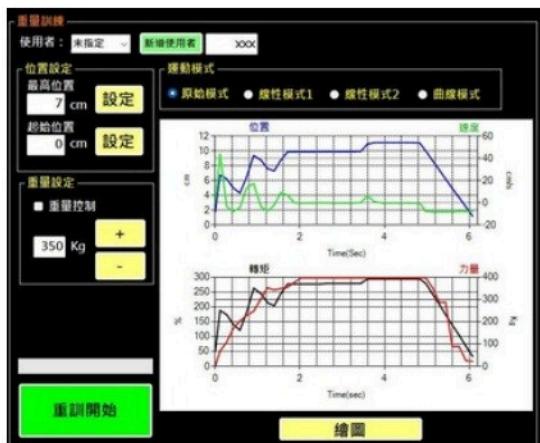
Local Control Application

■ Multi-functions UI to control device subtly

※ **Installed in mini-PC and control equipment wiredly.**

Web App

✓ Concise and friendly UI
✓ Basic info, functional section, buttons for various resistance settings.

※**Install-free. Wireless control via internet.**
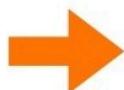
Scientific Training

✓ Digitalized process makes it easy to record and analyze
✓ Parameterized control

※**Control via setting parameters to achieve different loads(weights).**

Customization & Differentiation

✓ Different ways of training aim to different goals. Parameterized control makes customization and differentiation feasible.

※Set weight for concentric, eccentric, isometric contraction respectively.

I T M S

intelligent Training management system

Brief Information

● Summary of personal or organizational information.

Training History

■ Graph to show historical records, each of which can be loaded and replayed.

Training by example

● Choose a pre-defined recorded template, and then learn and follow.

Data Construction

■ Doing operations by coaches to build predefined templates
■ Students can choose one and then follow the operation to learn.

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