

i Let our handy guide help you choose your ideal piece of equipment:

1 2 3 Beginner

Ideal for beginners, children & adults
▶ Pages 294–297

1 2 3 Pro, Training

Professional products for fitness training & therapy
▶ Pages 295 and 297–299

1 2 3 Pro, Competitive

Professional products specially designed for competitive sports
▶ Pages 297 and 299–303

Whether it's for beginners or professionals, fitness training or therapy: we offer a wide range of training and therapy aids.



Top rated
sport-thieme.com
★★★★★

✓ Incl. exercise instructions
✓ Maximum load: 120 kg

i Free exercise instructions online:
sport-thieme.com

71 235 3409

1 | Sport-Thieme Therapy Disc

Ideal for balance and fitness exercises in therapy, at home or in the gym. Trains coordination, balance and body reaction. Ideally suited to use in preparation for sports such as tennis or skiing. With instructions. ø 39 cm, H: 8.5 cm. Maximum load: 120 kg.

71 235 3409 Blue Each
71 235 3412 Green Each

2 | Non-Slip Underlay

Robust rubber mat, for increased safety and non-slip support with the disc. Blue, ø approx. 23 cm.

71 309 6606 Each

3 | Therapy Disc Set

Therapy disc complete with non-slip base.

71 137 3400 Blue 2-piece set
71 137 3413 Green 2-piece set

Set



4 | Sport-Thieme Rocking Balance Board

A versatile board for training balance, body awareness and perception. Rocks from left to right. Maximum load: 120 kg. (LxWxH): 42x30x8.5 cm, made from plastic, 1.1 kg.

71 235 3500 Each

5 | Sport-Thieme Balance Fit Board

Twisting movements strengthen your muscles and improve your balance. Also suitable for press-ups and squats. Offers full-body workouts through various movements. Stabilises your core, and improves your coordination as well as balance. (LxWxH): 65.5x28.4x7 cm. Can hold up to 200 kg. 1.4 kg, blue.

71 270 6900 Each

ø 40 cm



✓ With slip-resistant silk-screen surface

6 | Sport-Thieme Wooden Therapy Disc

A therapy disc made from birch for use in balance, coordination and reaction exercises. With slip-resistant silk-screen surface. ø approx. 40 cm, H: approx. 8 cm, 3.8 kg. Maximum load: 180 kg.

71 232 9606 Each

ø 22 cm

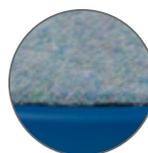
ø 38 cm



7 | Pedalo Balance Top

Improves your coordination and balance. Stabilises your ankles and strengthens your muscles. Can be used on any surface. Multiplex wood, natural varnish.

71 269 7909 ø 22 cm Each
71 269 7912 ø 38 cm Each



✓ Non-slip
✓ Pleasant feel



8 | Sport-Thieme Sport/Therapy Disc

Balance disc with fleece surface: non-slip and pleasant against the skin. Trains your core, arms and legs to react automatically. Non-slip and comfortable, also suitable for exercising on your knees. Trains coordination and balance. Exercise instructions (in German) included. ø 40 cm. Height: 8.5 cm. Can hold up to 120 kg. 1.3 kg. Blue.

71 127 7744 Each



9 | Pedalo Balance Box

The balance course for increasing motor skills, concentration and an eagerness to learn. Ideal for any training group or classroom. Sturdy wooden box filled with 9 high-quality wooden balance elements and 2 non-slip rubber underlays. Box: 60x40x44 cm. Complete with detailed instruction booklet, test exercises and standard value tables (all in German).

71 216 1118-1 Each