

▶ Watch the video now at:
sport-thieme.com
 71 194 7104



✓ **Stabilises your musculoskeletal system and improves coordination**

1 | MFT Trim Disc

Maintain your health – stabilise your muscular system and improve coordination. Ideal for personal training, gym fitness and physiotherapy. For the fitness conscious, those who enjoy exercising, athletes and physiotherapy patients. Maximum load 120 kg, ø 40 cm. **Incl. DVD containing exercise instructions (in German).**
1 71 191 2500 Each



✓ **Strengthens stomach and back muscles**

2 | MFT Fit Disc

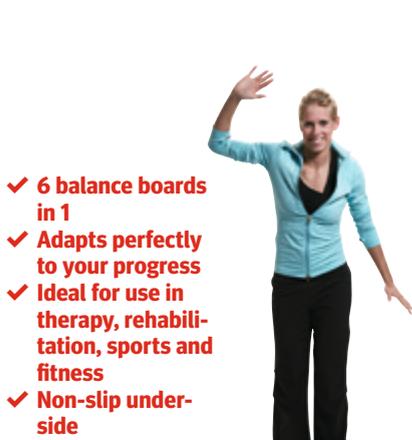
Move! Strengthen your stomach and back muscles and prevent injuries. Strengthen your spine, stabilise joints, mobilise those hips and lower abdomen and relieve muscle tension. Ideal for home fitness, gyms and physiotherapy. For "all-rounders" and physiotherapy patients. Maximum load 100 kg, ø 40 cm. **Incl. DVD containing exercise instructions (in German).**
2 71 192 4901 Each



iPad not included

3 | New! Toyu 'Challenge Disc 2.0'

Balance disc for improving coordination in sport. Can also be used in therapy for prevention of injury to and rehabilitation of ankles, knees and the spine. A movement sensor transmits the readings to the terminal device via Bluetooth and a coordination/balance test and training app. For slow and delicate movements only, not suitable for jumping. WxH: 44x8 cm, 3.9 kg. Can hold up to 120 kg. Age: 4+.
2 71 287 4005 Each



- ✓ **6 balance boards in 1**
- ✓ **Adapts perfectly to your progress**
- ✓ **Ideal for use in therapy, rehabilitation, sports and fitness**
- ✓ **Non-slip underside**

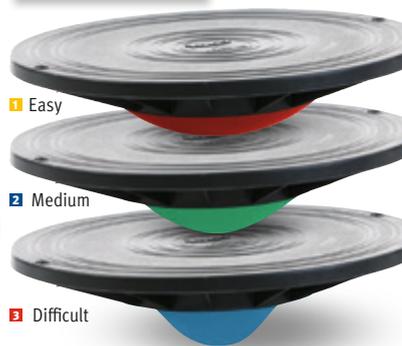


✓ **Extremely robust**

Top rated
 sport-thieme.com
 ★★★★★
Steffen wrote:
 "This disc is a simple, yet highly effective piece of training equipment."



The difficulty level is easy to adjust with just one turn!



- 1** Easy
- 2** Medium
- 3** Difficult

4 | 'Wobblesmart' Balance Board

The smart balance board which you can adjust to suit you. One simple movement rotates the round knob underneath to change the height and angle which increases the difficulty, setting it to one of 6 levels. Wobblesmart can adjust perfectly as your level of coordination and balance increases. Training aid that can be used anywhere and by anyone – old and young, beginners and advanced users. Ideal for use in therapy, rehabilitation, sports and fitness. ø 40 cm.
1 2 3 71 216 2704 Each

5 | Toyu Balance Disc

The fitness disc for gym use. Available in three difficulty levels based on the different lengths of the coloured half ball underneath. Extremely robust, specially hardened plastic. ø 40 cm. Maximum load 120 kg.
1 71 129 9609 Easy, red Each
2 71 129 9612 Medium, green Each
3 71 129 9625 Difficult, blue Each



✓ **3 in 1 (2 tops, 1 rocker)**

Level of difficulty can be quickly and easily adjusted thanks to the different bases

6 | Sport-Thieme 'Deluxe' Balance Board

This wooden balance board offers diverse workouts. The non-slip surface made from PVC gives you a good grip during exercises. The different bases allow you to adjust the difficulty level. Ideal for beginners and advanced users. Can hold up to 150 kg. ø 39.5 cm.
1 2 3 71 270 3103 Each

Experts say:

Markus Poppen
 Physiotherapist



"The 'Deluxe' board is a really versatile piece of training equipment. You can easily adjust the level of difficulty by inserting the different bases."

Balls
 Team Sport
 Equipment
 Athletics
 Swimming
 Fitness
 Movement Therapy
 Gymnastics
 Psychomotricity
 Leisure Games
 Service