

Foot & Leg Trainers



1 | Pedalo Foot Massage Mat

All the pressure points on the soles of your feet are stimulated by the physiological effect of the massage mat. Made from natural rubber. ø 25 cm.

71 171 8906

Each



2 | Sport-Thieme Acupressure Foot Mat

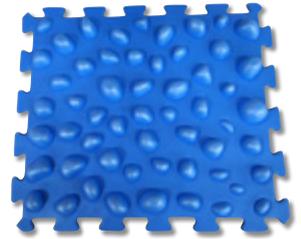
The cone-shaped pimples on the mat's surface create a refreshing massage effect. With every step, the reflex zones in your feet are massaged, stimulating circulation and metabolism. The foot mat's dynamic strengthens the muscles in the feet. Perfect for foot exercises. 100% polychloride. LxWxH: 32.5x30x5 cm.

71 262 9403

Each



- ✓ Your pebble beach for inside
- ✓ Stabilises joints
- ✓ Stimulates reflex zones in the feet



- ✓ Trains balance and coordination
- ✓ Perfect for preventing falls and for rehabilitation

More online at: sport-thieme.com

Pedalo



5 |

- ✓ Foot plates can be adjusted forwards, backwards and side to side

5 | Sport-Thieme 2-in-1 Mini Stepper

Strengthens your legs and glutes. Foot plates can be adjusted forwards, backwards and side to side. Display shows steps, calorie usage and time. Structured foot plate. 6.5 kg, white steel frame, black foot plate. Max. load 100 kg. LxWxH: 40x35.5x23 cm.

71 232 6001

Each



6 |

6 | 'Deluxe' Pedal Trainer

For arm and leg training. Adjustable resistance. Suitable for use in therapy. Steel, PP, TPR, with pedal straps, 37x37x30 cm, 6.5 kg.

71 258 6306

Each



New!



- ✓ Can be used on both sides
- ✓ Disc and foot trainer

7 | New! Pedalo 'PhysioFlip' Foot Trainer

An innovation in foot, hand and arm training. Resistance individually adjustable via textile strap. For rotational exercises at 90 degrees. Skin-friendly, non-slip cork surface. Incl. instructions, integrated handles and levelling function. (LxWxH): 47x40x18 cm. Max. load: 120 kg. 4 kg.

71 285 9402

Set

8 | Pedalo Foot Discs

Combines a disc and foot rocker. Unlike a traditional disc, both feet move and exercise independently of each other. Thanks to the single-point bearing, the base is able to tilt in all directions – which increases the level of difficulty. Can be used on the floor or in combination with other Pedalo coordination equipment. LxWxH: 35x12x6 cm. With anti-slip stickers.

71 131 3606

Pair



- ✓ Develops coordination and stability

9 | Pedalo Foot Roller

Leg axis training with lots of variety. Improves coordination and stability. Standing and walking will be greatly improved, and this makes the foot rollers perfect for preventing falls. LxWxH: 35x10x5 cm.

Non-slip mat included.

71 211 6004

Pair



10 | Pedalo Foot Trainers

Trainers that give you healthy feet and counteract foot deformities. Each foot trainer consists of 2 elements which are connected to one another in a way which allows them to still be moved. Tilting strips are attached to the underside using hook-and-loop fasteners so that the apparatus can be set for any of the movement axes (extension, flexion, supination and pronation). Non-slip cork underlay. Can hold up to 150 kg. Birch plywood. LxW: 33x12 cm.

71 282 1900

Pair



11 | Pedalo 'Pro-Pedes' Disc

With the curved shape at the top, this balancing top trains the arch of your foot and stabilise the leg axis. When the flat part is on the top, Pro-Pedes works like a therapy top, improving posture and movement coordination. Made from beech wood. ø 27 cm.

71 216 2805

Each



12 | Pedalo Foot Torsion Trainer

Optimal training aid for rehabilitation, physiotherapy and sport. Trains the ankle joint that gives you stability. Thanks to the 10 moving parts that move left and right, the foot trainer moulds to your foot position. The positioning of each segment enables you to detect misalignments and allows targeted training. The segments can be joined together using 2 fixing rods. Solid beechwood. For exercises using both feet at once, you will need two trainers. LxWxH: 32x12x5 cm.

71 134 0509

Each