



14

Medical and postural gymnastics

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Chinesport thanks all those who contribute to the development of the contents of this document.



UNI EN ISO 9001:2015
UNI EN ISO 13485:2016

Medical and postural gymnastics

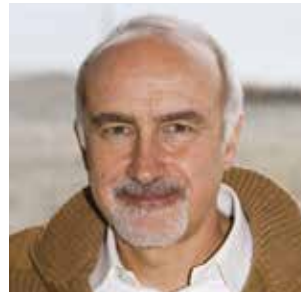


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Wall bars



“Intervertebral discs are very important when considering low-back pain. They are stressed everyday and this creates a slight reduction of their thickness. By the end of the day a person can be 1 or 2 cm shorter. Generally, a good night sleep is enough to permit the discs to rehydrate and get back to their original thickness. This change of load and unload is good for the health of intervertebral discs. However, during work or while practicing sports, some wrong postures are often adopted, or even movements which are highly stressful for the intervertebral discs are done. In such cases, it is important to do some exercises to decompress the discs, e.g. self-stretching.”



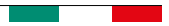
Prof. Benedetto Toso



AN EXERCISES MANUAL COMES WITH OUR WALL BARS
A manual for prevention by doing wall bar exercises has been made in collaboration with specialists from The Back School. These exercises are listed in the Warming Up, Posture, Exercises and Cool-down chapters.



This chapter has been integrated with some excerpts from Volume I “Back School, Bone School, Neck School – Programs, Organizing, Performing and Controlling” by Prof. Benedetto Toso.



04540 SINGLE WALL BARS

It is a classical device and it is very helpful for mobilizing exercises and muscle stretching, for disc decompression and tractions, as well as for strengthening and stabilizing the rachis. This model is suit for being used professionally at a gym or rehabilitation facility. It is made of beech wood painted natural color and it has only one bay with 14 oval rungs, 3,5 cm wide, separated 14 cm one from the other. Furthermore, the two uppermost rungs are placed in an overhanging position to allow suspension exercises or cervical passive traction exercises. This wall bars piece includes an exercises manual developed by specialists in Back School programs. Anchoring clamps are included. Dimensions: 90 x 250 h cm



Example of stretching of the back-muscle chain aided by the tilted board.

ACCESSORIES

- 01301 MAT 3
- 01302 MAT 6
- 04820 SMALL BENCH
- 04850 PIVETTA BENCH
- 04840 GINNY BENCH
- 04720 ABDOMINAL BOARD
- 04710 BACKREST
- 07910 SUSPENSION FRAME

04510 DOUBLE WALL BARS

This model has the same characteristics and use as the single wall bars, but it has a double campata with 14 oval rungs, 3,5 cm wide, separated 14 cms one from the other. This wall bars piece includes an exercises manual developed by specialists in Back School programs. Anchoring clamps are included. Dimensions: 180 x 250 h cm



Exercise for mobilizing the shoulders, treating kyphosis, and for stretching chest muscles.

ACCESSORIES

- 01301 MAT 3
- 01302 MAT 6
- 04820 SMALL BENCH
- 04850 PIVETTA BENCH
- 04840 GINNY BENCH
- 04720 ABDOMINAL BOARD
- 04710 BACKREST
- 07910 SUSPENSION FRAME

Wall bars

04550 HOME WALL BARS

Wooden wall bars especially designed for home use. It can be used to do the mobilizing and muscle stretching exercises as well as for doing some gym exercises preventive and therapeutic against backache in general. The wood frame is made of 12 oval rungs of 3,3 cm wide and separated 14 cm one from the other (1). It is also a stylish interior design piece of furniture. It includes a folding mat of cm 60 x 150 x h 3,5 size (3) and a backrest board of cm 17 x 90 size (2). This wall bars piece includes an exercises manual developed by specialists in Back School programs. Ancloring clamps are included. Dimensions: 85 x 230 h x 10 cm



Stretching of the hamstrings and the back-muscle chain.

ACCESSORIES

- 01301 MAT 3
- 01302 MAT 6
- 04820 SMALL BENCH
- 04850 PIVETTA BENCH
- 04840 GINNY BENCH
- 04720 ABDOMINAL BOARD
- 04710 BACKREST



04300 CURVED LADDER

The convex ladder allows for mobilizing the for mobilizing kyphosis and the shoulders. It is highly advisable to be very careful to carry out exercises with this device with adults who are not used to doing physical exercise. This type of suspension implies, in fact, a traction of the bone structure, as well as the muscles and tendons in the upper limbs. Therefore, this device can be used for stretching, corrective exercises and articulation free movement. This ladder is also called "orthopedic" and it is made of wood with a central axis, and a metal frame for adjusting the tilt. There are four outstanding oval rungs for a better hand grip while doing the mobilizing exercises and stretching. Dimensions: 50 x 305 h cm



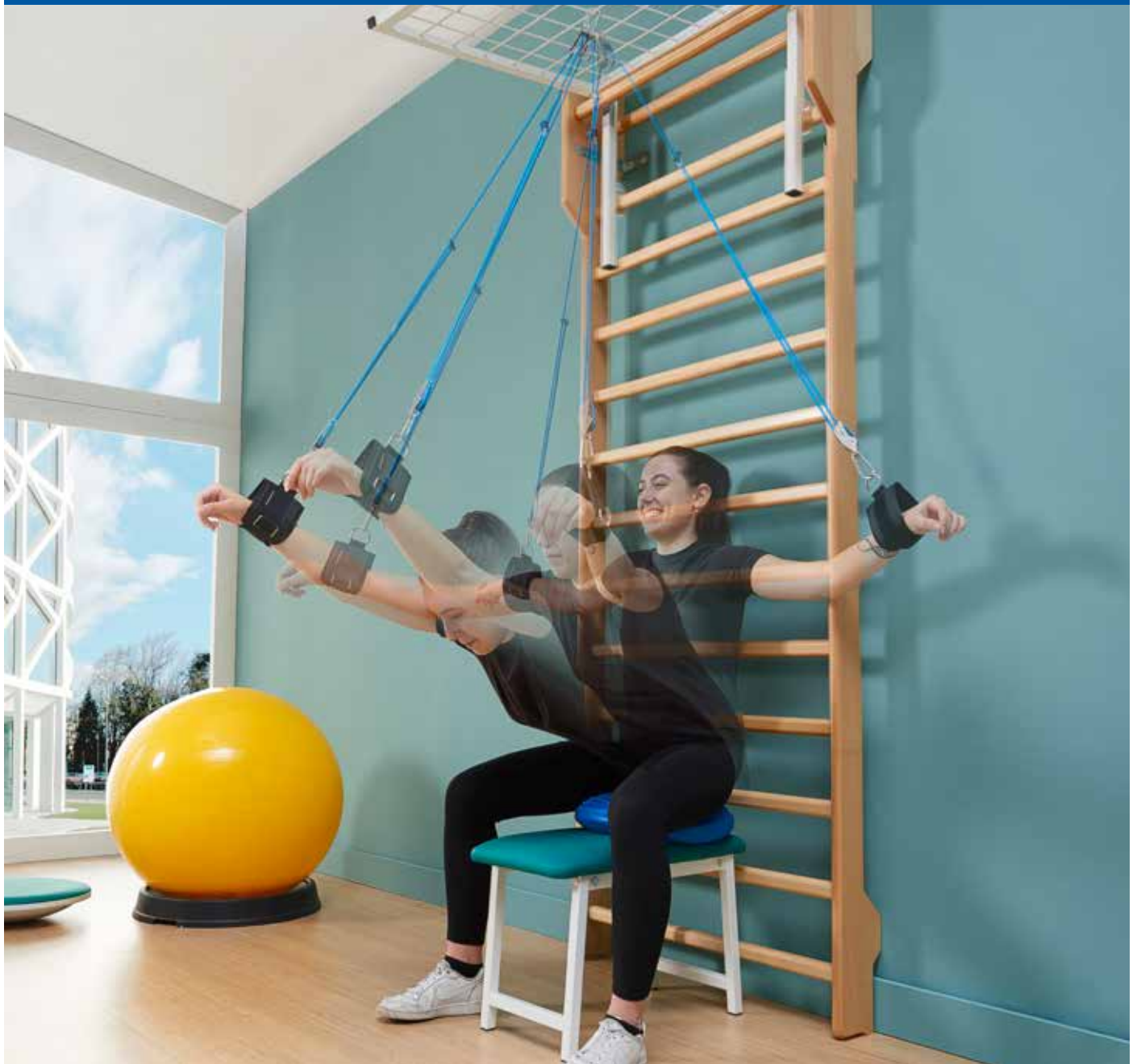
All kinds of exercises, from warming up to cooling-down must be done without rush; breathing naturally in the right way according to the guiding lines given in the manual for each case.





Wall bars

EXTENDED USE WITH SUSPENSION FRAME



The ability to control your pelvis is an important goal to reach, because the spinal chord is set on it and when the pelvis is at the right position the spinal chord is at the right position as well.

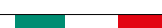
Learning how to move your pelvis forward and backwards is not an easy task, especially for patients with reduced mobility and those who are not practical with body movements or feel block by low-back pain. An suitable device to help learn these movements is the DISCO SIT.



04952 DISCOSIT

Round inflatable cushion for posture exercises. Ø 39 cm.





Experience can allow a creative work using the wall bars in the combination to different tools extending the variety of exercises for postural training and awareness of healthy posture for the right movements.



07910 SUSPENSION FRAME

This frame is in metal painted with epoxy powders and can be fitted to wall bars models code 04510, 04540, 04550. It has a grid with hooks for suspensions and pulley exercises, and cervical tractions. The structure can be positioned at different height with provision for hooking onto the rungs of the backrest. The grid consists of a 8 x 7 mesh with 8.5 cm space between the nodes. Dimensions: 78 x 69 x 51 h cm; Weight: 6.5 kg

To create specific circuits for suspension and pulley exercises, or for cervical tractions we invite to see the wide range of available tools at this chapter following pages or related to Proprioception and Pulley therapy.

Wall bars



07415 POLIERCOLINA

Equipment designed to perform counter-resistance strengthening exercises for upper and lower limbs. Exercises can be performed in all directions, either standing or seated, and with limited variable loads applied by means of weights. In particular, the user can be requested to exercise both upper limbs while performing specific exercises. It also gives you the option of adjusting and locking the pulleys in any intermediate position along the whole frame length up to 220 cm. An exercise manual is included, with suggested uses in various modes: in an upright position or seated, or with various accessories. Adjustment is very easy and doesn't require any tools, as there is simply a sliding action along chromed bars. A wall bar is also supplied, offering further exercise options. The frame is made from coated steel and intended for use as a wall-mounted application. It is supplied with a set of 20 weights of 1 kg each and 2 weights of 0,5 kg. Fasteners are included. Dimensions: 122 x 33 x 220 h cm; Weight: 74 kg

ACCESSORIES

For upper limbs exercises

AC0094 SNAP HOOK

AC0298 HANDLE 2

AC0299 HAND-WRIST-ANKLE STRAP

AC0060 WRIST SUPPORT

AC0302 EXERCISE BAR

For lower limbs exercises

AC0094 SNAP HOOK

AC0059 ANKLE SUPPORT 1

For exercises in a seated position

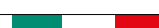
04820 BENCH

04840 GINNY BENCH

04850 PIVETTA BENCH

04720 ABDOMINAL BENCH





SPECIFIC ACCESSORIES



04820 SMALL BENCH
Coated steel construction, padded board and synthetic leather lining.
Dimensions: 60 x 30 x 42 h cm



04840 GINNY BENCH
Coated steel construction, padded board and synthetic leather lining. Adjustable backrest.
Dimensions: 120 x 30 x h 42 cm.



04850 PIVETTA BENCH
Coated steel construction, padded board and synthetic leather lining.
Dimensions: 128 x 28/23 x 42 h cm



04720 TILTED BENCH
Steel frame with padded synthetic leather surface. Attachable to wall bars/orthopedic ladder. Neck pad and adjustable foot rollers.
Dimensions: 196 x 32 x 32 h cm



AC0298 HANDLE 2
30 mm diameter handle with non-slip rubber grip. Need AC0094.
Dimensions: 22 x 16 x Ø 3 cm;
Weight: 100 g. (single item)



AC0299 HAND-WRIST-ANKLE
Strap indicated for use during suspension exercises or as ankle support. Dimensions: 33 x 5 x 1.5 cm; Weight: 50 g (single item)



AC0059 ANKLE SUPPORT 1
Padded strap with black synthetic leather lining. Comfortable and easy to disinfect. Dimensions: 26 x 9 x 1.5 cm, closed (single item)



AC0060 WRIST SUPPORT
Padded strap with black synthetic leather lining. Comfortable and easy to disinfect. Dimensions: 23 x 7 x 1.5 cm, closed (single item)



AC0094 SNAP HOOK
Basic multi-purpose element, used to safely link the grid / structure and the various pieces of equipment.
Dimensions: 7 x 3.5 x 0,7 Ø cm;
Weight: 25 g.



AC0302 EXERCISE BAR
Tubular metal bar with rings for attachment to a rope and other tools. Need accessory AC0094.
Dimensions: 111 x 11.5 x 4 cm;
Weight: 2 kg

POLIERCOLINA EXERCISES MANUAL



02110.CD
CD-ROM ERCOLINA/POLIERCOLINA
An exercise manual is included in the supply of the Poliercolina device.

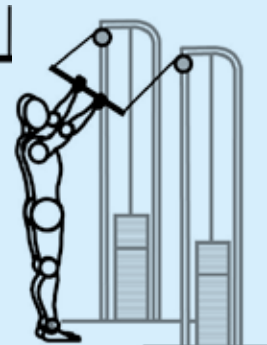
1 - Starting position

Upright, in front of the Ercolina. Upper limb in front and raised, in a long position, gripping the handle located in the upper area.



2 - Execution

Pull the handle downwards keeping the limb positioning unaltered.



Benches

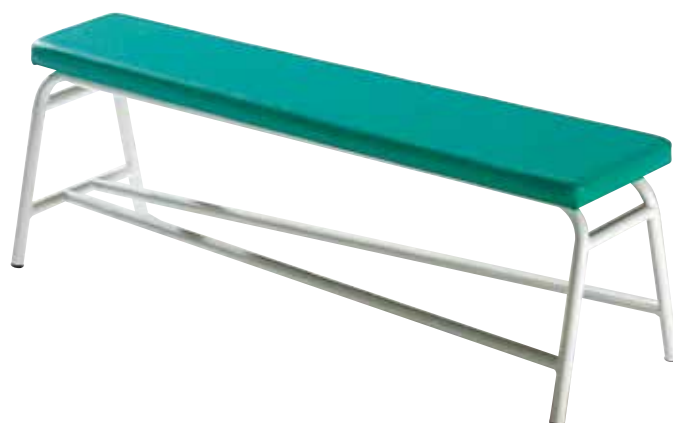
Our classic benches for use in the gym or at home are suitable for a wide variety of exercises, at the discretion and creativity of the physiotherapist or other specialist, and in combination with other gymnastic equipment from our range.

They are made of a solid metal structure painted with epoxy powders and equipped with a padded seat surface, with high-density foam and covering in special imitation leather with antibacterial treatment. They are structures that can be easily moved inside the gym when intended for different uses, and are easily sanitized and disassembled as needed.



04820 SMALL BENCH

This small-sized bench is suitable for various uses, also combined with exercises on the wall ladder or as a support surface for the lower limbs in a raised position while the person performs an exercise on the floor. It can also be used in line with another bench of the same type to lengthen the support surface of the patient or end user in a supine or prone lying position. Dimensions: 60 x 30 x 42 h cm; Weight: 7 kg



04850 PIVETTA BENCH

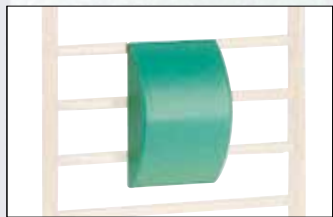
This bench is characterized by a trapezoidal plane for stretching and postural gymnastics exercises. The person in a sitting position can, for example, move forward and slide with his hands on the support surface in elongation with benefits for the spine. Dimensions: 128 x 28/23 x 42 h cm; Weight: 12 kg



04840 GINNY BENCH

This bench is characterized by a support surface adjustable in inclination to expand the opportunities for use with other tools. The person can count on this type of back support up to complete verticalization. The adjustment is easy and immediate. Dimensions: 120 x 30 x 42 h cm; Weight: 13 kg





04710 BACKREST

For wall bars. Padded washable synthetic leather. With hooks. Useful for mobilizing kyphosis, hyperkyphosis and Scheuermann's disease suffering people. Dimensions: 31 x 16 x 48 h cm



In the example shown, two benches code 04720 are used in a combined way to create situations of elongation of the posterior muscle chains. In this case you must be able to count on a second support in addition to the backrest.



04720 TILT BENCH

It is a padded bench that can be attached to the rungs of a wall bars at different height to create exercises even with a progressive difficulty with the person lying supine and in an inclined position.

When the person is in an inclined position on the bench, a system of supports on the upper end of the bench serves to prevent slipping. The bench is also equipped with a semi-cylindrical cushion for valid cervical support during exercise; it is applied to the bench with a velcro system, and is therefore adjustable to the most comfortable position.

The same padded bench can be adjusted in tilt up to become completely vertical, always hooked on wall bars, for a back support during carrying out specific exercises. In this regard, are you invited to read the BACK PAIN exercise manual? BACK PREVENTION EXERCISES - code 01948 which comes standard with our wall bars.

Posture mirrors

The modular structure of our mirrors allow both wall mount and trolley installations. In the second case a modular trolley has to be added to in case of order. The mirrors are conceived to be fixed at the wall in vertical position as standard. Horizontal applications can also be possible upon request and after adapting them in production. This product can be used in rehabilitation departments, sports centers, gyms and schools.

PLAIN MIRRORS DIMENSIONS

03891 PLAIN MIRROR S 80 x 120 h cm

03901 PLAIN MIRROR M 100 x 170 h cm

03911 PLAIN MIRROR L 100 x 200 h cm

GRID MIRRORS DIMENSIONS

03921 GRID MIRROR S 80 x 120 h cm

03931 GRID MIRROR M 100 x 170 h cm

03941 GRID MIRROR L 100 x 200 h cm

The Chinesport posture mirrors can be used with a trolley for a patient posture control during a therapeutic rehabilitation session of assisted ambulation with parallel bars.



10 x 5 cm rectangular grids



03960 MODULAR TROLLEY

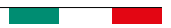
The accessory consists of two separate painted steel supports with hardware to be applied to the posture mirror. This trolley can be used with all the illustrated mirrors.



OUR POSTURE MIRRORS

The mirrors are glued to an adhesive film for accident prevention with a sheet of compact polystyrene and a back cover in MDF. Therefore, the safe use is always guaranteed by this specific production technique. Safety tests were made under international standard BS EN 14072:2003 "Glass in furniture. Test methods".





PELVIS CONTROL, FORWARD-BACKWARD MOVEMENT WHILE STANDING

During the phase of breathing in the diaphragm and abdomen movements lead the pelvis forward increasing lumbar lordosis: similar to a bow which is being pulled and is ready to release its elastic intrinsic energy. The grounding exercise can be repeated for a few times until the lower limbs are tired. Then, once a stable base is adopted, the lower limbs are extended in order to adopt the right position, common while standing up: which is the middle position which allows for a physiologic lumbar lordosis. Obviously, this exercise is advisable to be done by the mirror.



We often notice that standing on an upright position favours the anterior pelvic tilt, especially when the lower limbs are stretched. This is what normally happens when we keep standing for a long period without moving. If we know how to perform the posterior pelvic tilt it may allow us to adopt a defensive position everytime we have to be kept standing, avoiding the position of a low-back hyperkyphosis. Changing from anterior to posterior tilt of the pelvis not only does allow us to obtain a balanced position of correct lordosis but also prevents pain caused by stillness by alternating the loading and unloading of the discs and the back articular facets.

Mirror control is completed by a front view to check if:

- hips are equally high;
- the spaces between the trunk and the arms are symmetric;
- shoulders, eyes, and ears are all symmetrically high;

06135 TWIN MIRROR

Suitable for posture exercises. It consists of two large mirrors which can be oriented. When they are set at a 45° angle, a 3D view is obtained, i.e., the patient can look at himself both front and sideways at the same time. It has a steel frame, painted and a hinge. It can be fixed onto the wall and has casters for the panes that can be closed as a book. Fixing elements are included. Dimensions 100 x 2 x 200 h cm

03650 LOGOMIRROR

Desk mirror for speech therapy. Mirror and expanded agglomerate form a single block, for maximum grip, with a minimum weight, thanks to the frame and the special angle elements. In fact, the mirror will stick to the agglomerate even if broken. Dimensions 63 x 50 h cm





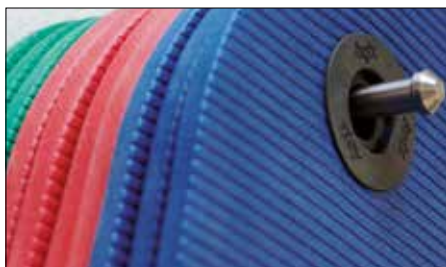
A safe and comfortable posture is the key to success in a program of therapeutic activities.

The choice of AIREX professional products is based on the assessment of the characteristics that ensure they are:

- warm and comfortable to touch;
- easy-to-clean: they can even be soaked in water;
- compact, non-slip, thin;
- durable and resilient: they can bear any kind of stress;
- shock-absorbing – in spite of their reduced thickness to provide great stability in balance exercises;
- extremely lightweight and flexible, easy to roll up and store away;
- impermeable: closed-cell structure;
- CE mark compliant (93/42/EC)

CE

ACCESSORIES



11010S CORONELLA 185 WITH EYELETS

Mat code 11010 Coronella is available in a version equipped with plastic eyelets to hang on the pronged system code XWHS03 or store on the mat rack code XMRA01 at the end of the exercise session.



XWHS01 MAT RACK 65

Wall bracket, made of steel, can be used to hold item codes 11010 Coronella, 11060 Fitline and 01442 Yoga pilates 190. Width: 65 cm

XWHS02 MAT RACK 105

Wall bracket, made of steel, can be used to hold item code 11000 Corona. Width: 105 cm



XWHS03 MAT RACK 40

Wall bracket, consisting of a pronged system made of steel; can only be used to hold item code 11010S Coronella with eyelets. Width: 45 cm



XMRA01 MAT RACK 1

Mat storage trolley, made of steel. To store item codes 11010S Coronella with eyelets, 10980 Balance Pad and 10985 Balance Pad Elite in an orderly and functional manner. Dimensions: 70 x 79 x 220 h cm

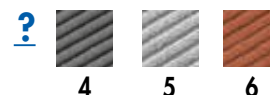


11010.? CORONELLA 185
185 x 60 x 1,5 h cm - Weight: 2,2 kg

11015.? CORONELLA 200
200x 60 x 1,5 h cm - Weight: 2,4 kg

11011.? SET CORONELLA 185
pack of 10 pieces.

11016.? SET CORONELLA 200
pack of 10 pieces.



Use: Physiotherapy, Hydrotherapy, Sports at school, Balance and coordination exercises.



11020.? ATLAS
200 x 125 x 1,5 h cm - Weight: kg 5,5

11021.? SET ATLAS
pack of 10 pieces.



Use: Physiotherapy, Hydrotherapy, Sports at school, Balance and coordination exercises.

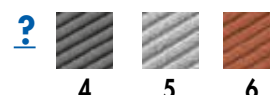


11000.? CORONA 185
185 x 100 x 1,5 h cm - Weight: kg 3,8

11005.? CORONA 200
200 x 100 x 1,5 h cm - Weight: kg 4,1

11001.? SET CORONA 185
pack of 10 pieces.

11006.? SET CORONA 200
pack of 10 pieces.



Use: Physiotherapy, Hydrotherapy, Sports at school, Balance and coordination exercises.



11030.? HERCULES
200 x 100 x 2,5 h cm - Weight: kg 6,6

11031.? SET HERCULES
pack of 6 pieces.



Use: Physiotherapy, Hydrotherapy, Sports at school, Balance and coordination exercises.

Note: mats described in this page can have a slight variation of length as they cool down after being made.



11065.? FITLINE 140
140 x 58 x 1 h cm - Weight: 1,2 kg

11060.? FITLINE 180
180 x 58 x 1 h cm - Weight: 1,5 kg

11066.? SET FITLINE 140
pack of 20 pieces.

11061.? SET FITLINE 180
pack of 15 pieces.



Use: Fitness, Pilates, Yoga, Sports at school, balance and coordination exercises.



01442.? YOGA PILATES 190
190 x 60 x 0,8 h cm - Weight: 1,4 kg

02070.? SET YOGA PILATES 190
pack of 15 pieces.



Use: Fitness, Pilates, Yoga, Sports at school, balance and coordination exercises.



XAI001 YOGA PROFESSIONAL

Stone grey color. Weight: 2,3 kg.
Dimensions 185 x 66 x 0,7 h cm.

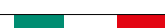
XAI002 PRIME YOGA VERDE

Lime/brown colors. Weight: 1,8 kg.
Dimensions 185 x 66 x 0,4 h cm.

CALYANA FEATURES

- Optimal grip onto the floor it is 100% antislip thanks to its special texture;
- Perfect cushioning for comfortable and joint-friendly workouts;
- Light-weight and compact
- Durable material for long-lasting use;
- Washable and easy to clean;
- Oeko-Tex Standard 100 certified, manufactured using sustainable materials;
- Easy to carry around. Ideal for use at home, yoga studio and travel.

Note: mats described in this page can have a slight variation of length as they cool down after being made.



These mats are made of standard density foamed material; 30 kg/m³. They are covered with special “carbon fabric” which makes them highly resistant, tear-resistant, antibacterial and fire resistant. The bottom surface is made of non-slip material. Some models can be folded and it is possible to create larger exercise areas by grouping several mats and hold them together by Velcro straps.

XMD001 FITNESS SKY 1
Dimensions: 200 x 100 x 3 h cm

XMD003 FITNESS SKY 3
Dimensions: 200 x 100 x 5 h cm

XMD002 FITNESS SKY 2
Dimensions: cm 200 x 100 x 4 h cm

XMD004 FITNESS SKY 4
Dimensions: 200 x 100 x 6 h cm



XMD007 FITNESS SKY 7

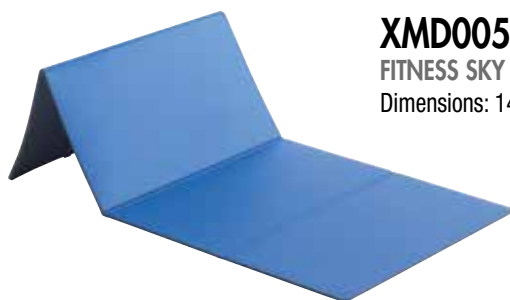
Large folding mat. Velcro straps are used to hold together more than one mat as to compose a larger work space. Dimensions: 200 x 200 x 4 h cm



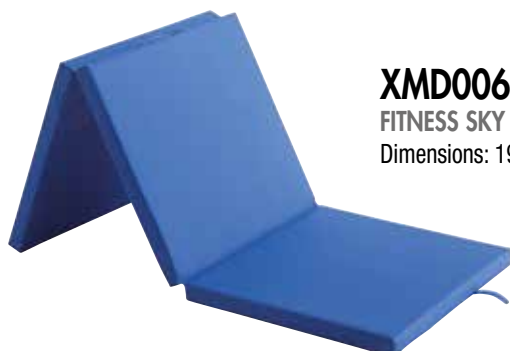
We offer folding mats of different sizes and materials that can be useful for transport, home use, and to make storage even easier with optimization of the space needed in the gym when not in use.

These mats are made of standard density foamed material; 30 kg/m³. They are covered with special “carbon fabric” which makes them highly resistant, tear-resistant, antibacterial and fire resistant. The model code XMD006 can be closed with velcro fastening and has a carry handle.

Folding mat covered with special washable high-strength, antibacterial and fungicidal Btek® Hard fabric.



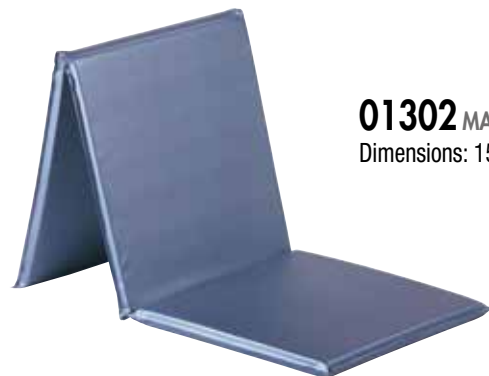
XMD005
FITNESS SKY 5
Dimensions: 140 x 60 x 0.8 h cm



XMD006
FITNESS SKY 6
Dimensions: 195 x 70 x 5 h cm



01301 MAT 3
Dimensions: 150 x 60 x 1 h cm



01302 MAT 6
Dimensions: 155 x 60 x 3.5 h cm

Mats Coloured

A whole set of mats of different shapes and sizes to be used at the gym or at home for psychomotor activities or for physical exercises in general. These mats are made of foamed material with a graduated thickness with a leather imitation cover, antibacterial, fire resistant and tear resistant. The covers are removable and washable. Standard density of the mats is 30 kg/m³. Density, shape and size can be customized. 24 standard colors of upholstery available.

10400.W ? MAT 1 COLOR LINE
200 x 100 x 5 h cm

10430.W ? MAT 2 COLOR LINE
200 x 100 x 10 h cm

10490.W ? MAT 3 COLOR LINE
200 x 140 x 3 h cm

10410.W ? MAT 4 COLOR LINE
200 x 140 x 5 h cm

10420.W ? MAT 5 COLOR LINE
200 x 200 x 5 h cm



All mats can be made with a folding system for an easier transferring or to be stored away tidily, saving space. In this case, a specific request must be made indicating the standard code above used as reference for the size. There may be a change of prize.



10460.W ? FOLDING MAT 6 COLOR LINE
200 x 80 x 5 h cm

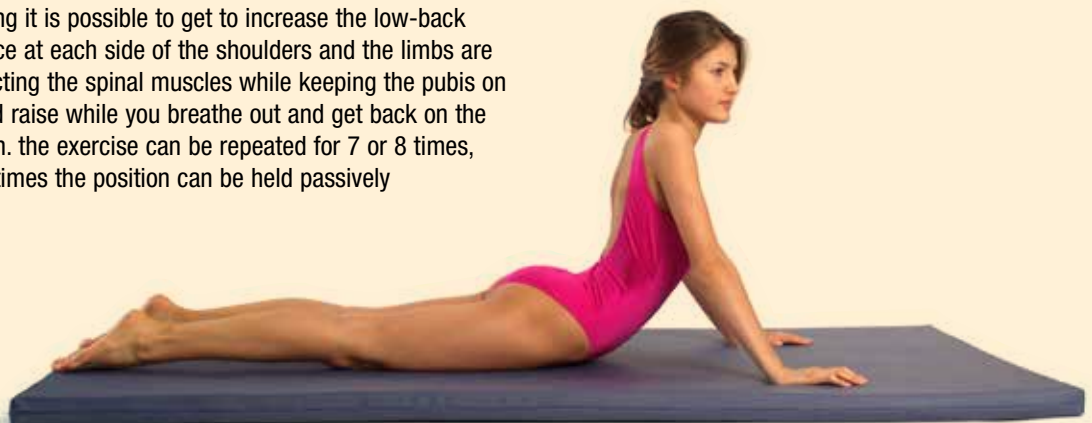
10461.W ? FOLDING MAT 7 COLOR LINE
200 x 100 x 5 h cm

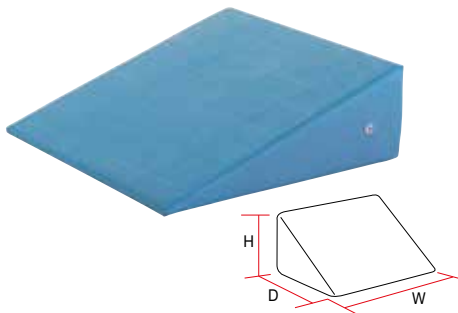
10462.W ? FOLDING MAT 8 COLOR LINE
200 x 100 x 10 h cm

MOBILIZING THE STRECHED LOMBAR RACHIS

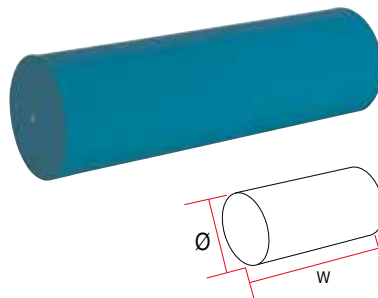
After considering the usefulness of the kind of stretching exercises for the patient, the instructor will propose gradually to spread the stretching movement of the lombar rachis through different other exercises.

With a progressive training it is possible to get to increase the low-back extension: hands are place at each side of the shoulders and the limbs are extended without contracting the spinal muscles while keeping the pubis on the ground. You push and raise while you breathe out and get back on the ground while breathing in. the exercise can be repeated for 7 or 8 times, while in the succeeding times the position can be held passively for a few seconds.

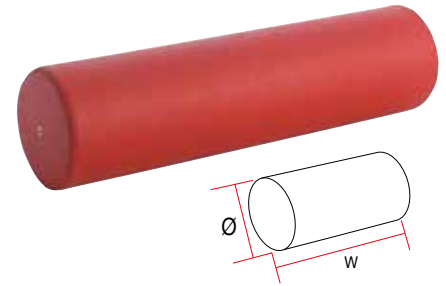




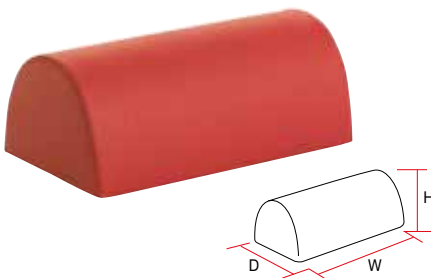
- 09600.W ?** WEDGE 1 - W 25 x D 25 x H 10
- 09610.W ?** WEDGE 2 - W 35 x D 35 x H 10
- 09620.W ?** WEDGE 3 - W 60 x D 45 x H 15
- 09630.W ?** WEDGE 4 - W 60 x D 45 x H 30
- 09640.W ?** WEDGE 5 - W 60 x D 60 x H 15
- 09650.W ?** WEDGE 6 - W 60 x D 60 x H 20



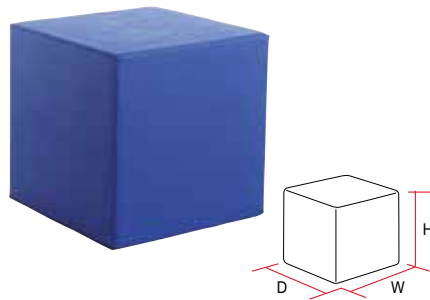
- 10000.W ?** CYLINDER 1 - W 20 x Ø 8
- 10010.W ?** CYLINDER 2 - W 35 x Ø 15
- 10020.W ?** CYLINDER 3 - W 50 x Ø 15
- 10030.W ?** CYLINDER 4 - W 50 x Ø 25
- 10050.W ?** CYLINDER 5 - W 100 x Ø 25



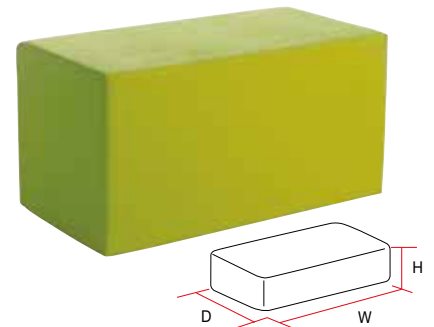
- 10130.W ?** RIGID ROLL 1 - W 100 x Ø 30
- 10150.W ?** RIGID ROLL 2 - W 100 x Ø 40
- 10160.W ?** RIGID ROLL 3 - W 100 x Ø 50
- 10200.W ?** RIGID ROLL 4 - W 50 x Ø 30



- 10300.W ?** SEMI-CYLINDER 1
W 48 x D 25 x H 18
- 10310.W ?** SEMI-CYLINDER 2
W 60 x D 40 x H 18



- 09940.W ?** CUBE 1
W 40 x D 40 x H 40
- 09950.W ?** CUBE 2
W 50 x D 50 x H 50



- 09700.W ?** RECTANGLE 1- W 40 x D 20 x H 10
- 09730.W ?** RECTANGLE 2- W 40 x D 30 x H 5
- 09740.W ?** RECTANGLE 3- W 40 x D 30 x H 10
- 09820.W ?** RECTANGLE 4- W 80 x D 40 x H 40

KEY: W = width; D = depth; H = height; all dimensions are in centimeters (cm).

MOBILIZING THE STRECHED LOMBAR RACHIS



Similar effect to the previous exercise is obtained by using two proprioceptive cylinders, placing them with a "T" shape, i.e. one perpendicular to the other. As you can see in the picture, once the position is reached, the gluteal muscles are contracted and relaxed a few times, so as to feel the difference between contraction and relaxation and get the most ease. The patient keeps this position for some minutes, while comfortable. To get up, the patient must raise the pelvis and only after moving away the cylinder that was placed underneath, must he roll away on his side.

? CHOICE OF UPHOLSTERY COLOR - Please always specify the upholstery code along with the chosen item when this option is available.



Cushions *Special*

10320.W ? PROPRIOCEPTIVE ROLL

This instrument helps the proprioceptive re-education of the rachis, the mobilization of the kyphosis and an effective antalgic action in presence of lumbar, dorsal or cervical ache. Laying for a few minutes on the roll produces complete relaxation, which combines with the gravity force gives a gradual decrease of the spinal curves, resulting in a nearly complete contact of the spinal column with the surface, achieved without any effort. Dimensions 110 x ø 17 cm. Density 30 kg/m³



COMBINING THE MOBILIZING OF THE DORSAL AND CERVICAL RACHIS

It is a very simple device but extremely helpful and efficacious created by a French therapist, Jean Teyssier. The patient lies down so that the spinal chord is in contact with the cylinder, especially a contact with the pelvis, with the dorsal vertebrae and with the occipital bone. When the patient feels that the low-back and cervical areas do not get into contact with the cylinder, the patient gets aware of the physiologic lordosis. These curves are more pronounced in patients with dorsal hyperkyphosis. The patient then, can relax and perform an abdomen breathing exercise getting concentrated on what is going on at low-back level: when breathing in, the low-back vertebrae get more distanced from the cylinder, while breathing out the low-back vertebrae get closer to it (1° phase).



1

After laying for a while on the cylinder, the patient notices that as a result of the relaxation and of the gravity force, the curve is gradually reduced and the spinal chord gets into contact with the cylinder almost completely, without any effort. Half the weight is at the right side while the other is at the left and the spinal chord is required to adopt perfect symetri position on the central axis which represents a division into two equal halves of the human body. The upper limbs are let loose, abducted and turned outwards so that the elbows and wrists touch on the ground. In this way the chest muscles can be stretched in a passive way, the shoulders are unblocked and the dorsal kyphosis...”



2

MOBILIZING AND RELAXING WHILE STRETCHING



1

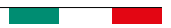


2

The same pleasant and efficacious position of relaxation while laying can be obtained by using two proprioceptivi cylinders, placed as a “T”, one perpendicular to the other. In this case the lordosi cervicale coincides with the convex surface of the cylinder itself, and the head, which is very close to the floor, produces, by its own weight, a natural traction for the cervical inter-vertebrae discs. For greater relaxation, the patient can roll the head lightly to the right and to the left for a few times.

? CHOICE OF UPHOLSTERY COLOR - Please always specify the upholstery code along with the chosen item when this option is available.





01758 RUNDObACK

When lying on RUNDObACK you can perform balance and relaxation exercises for rachialgia. Moreover this apparatus can be used as a bench to perform dumbbell exercises. Its shape has been designed to follow the physiological curvature of the spine:

- Marked convexity to adapt to the form of concave curvature of the lumbar lordosis.
- Concavity to accommodate convexity of the dorsal kyphosis.
- Convexity to maintain cervical lordosis.

Dimensions 90 x 44 x 50 h cm.

Suitable for:

- Medical gymnastics
- Skeleton and spinal column
- Dorsal muscles and abdominals
- Legs, arms and pelvis.



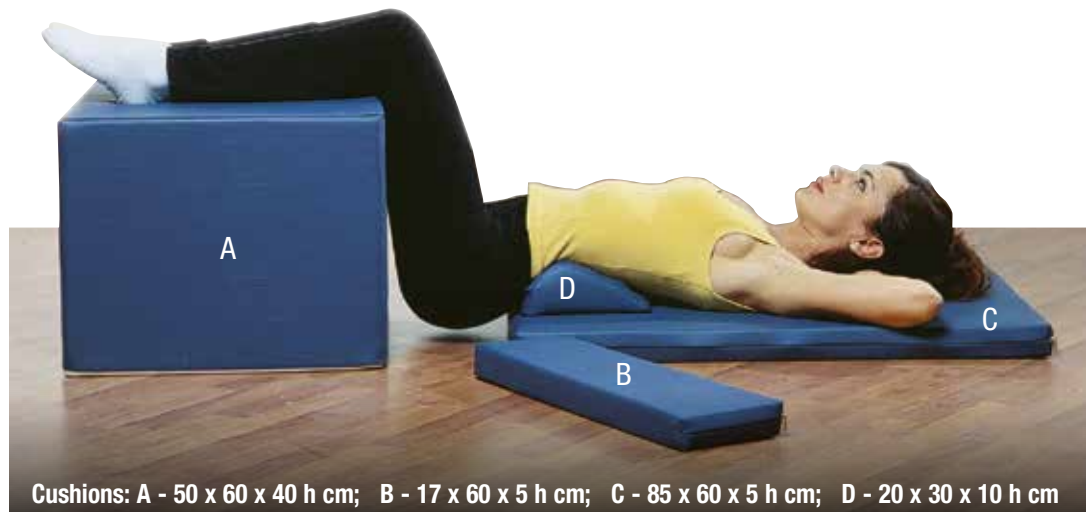
11198

SET LUMBAR TRACTION

Set consisting of four cushions in non-deforming foam rubber, with removable and washable synthetic leather cover.

These cushions allow performing exercises for the relief of the lumbosacral tract. They can be used by anyone, and especially by those who wish to obtain the following advantages:

- muscular stretching;
- vertebral self-traction;
- venous reflux;
- relief of knee and foot joints.



MOBILIZING THE STRECHED LOMBAR RACHIS

For the same reasons that have been mentioned in the description of the previous exercises, we find the usefulness of the Lumbar Traction Set. The smart combination of the four cushions, each with a different shape and function, allows the patient to adopt an efficacious and relaxing posture which relaxes the discs and mobilizes the lumbar rachis by extending it, once again using the pelvic weight.



MOBILIZING THE FLEXED LOMBAR RACHIS

The same cushions of the Lumbar Traction set can be used for an efficacious relaxing position which mobilizes the lumbar rachis flexed by raising and lowering the pelvis from the contact area.



“The use of large balls has spread widely lately in most gyms. They are found to be very helpful for rehabilitation and fitness exercises.

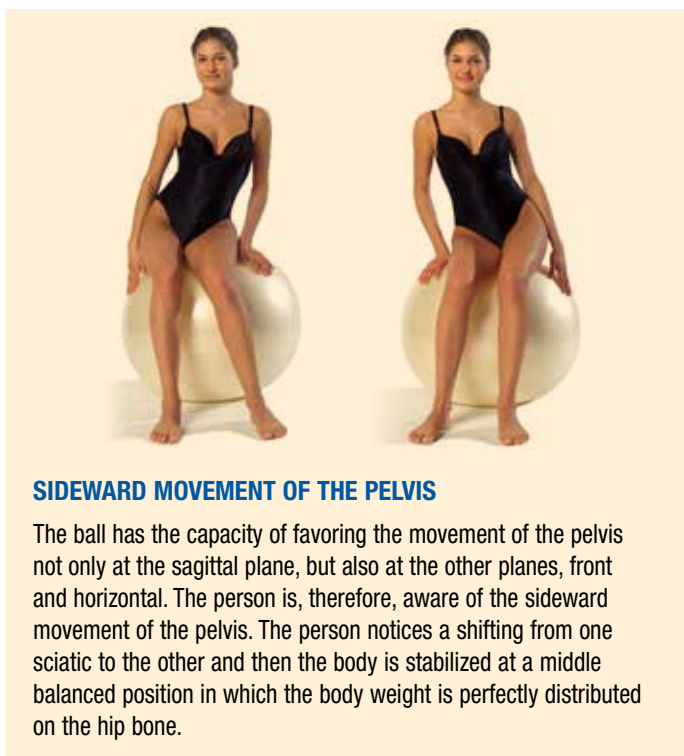
Balls are useful since they improve the proprioceptive ability:

- *they stimulate the skin-related elements, the the limb proprioceptive related elements as well as ligaments and muscles;*
- *they stimulate the improvement of the posture control, balance and space orientation;*
- *by stimulating the standing muscles they show to be useful for all persons with a decrease of muscle tone shown at rachis level, those with scoliosis and dorsal hyperchiphosis.*

The different positions that can be adopted on the ball, and the loss of balance in the three planes of space, allow the instructor to create according to his own ideas a wide range of exercises to make the sessions less monotonous and more amusing.”

Prof. Benedetto Toso

Excerpt from chapter 11. “Balance and proprioception” from the book “Programs, Organizing, Performing and Controlling” by Prof. Benedetto Toso. – Edi Ermes Publishing House



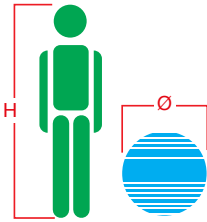
SIDEWARD MOVEMENT OF THE PELVIS

The ball has the capacity of favoring the movement of the pelvis not only at the sagittal plane, but also at the other planes, front and horizontal. The person is, therefore, aware of the sideward movement of the pelvis. The person notices a shifting from one sciatic to the other and then the body is stabilized at a middle balanced position in which the body weight is perfectly distributed on the hip bone.

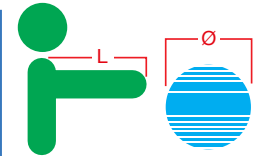


The fitball is a system of physical exercises designed specifically as a corrective method for the back. The active sitting position on the ball allows to control the back, maintaining proper posture. Through the game with the ball, the child gradually takes control of his body.

Height range H		Ball size Ø	
m	ft	cm	in
< 1,35	< 4'4"	30-35	12"-14"
1,35-1,54	4'4"-5'0"	45	18"
1,55-1,69	5'1"-5'5"	55	22"
1,70-1,84	5'6"-6'0"	65	26"
1,85-2,04	6'1"-6'7"	75	30"



Arm length L		Ball size Ø	
cm	in	cm	in
56-65	23"-26"	55	22"
66-80	27"-32"	65	26"
81-90	33"-36"	75	30"



The balls with a diameter of 85 cm (34 in) and over are to be meant for group activities.

ACCESSORIES



02139 GYMNIC DISPLAY
For balls 55-65-75 cm in diameter.

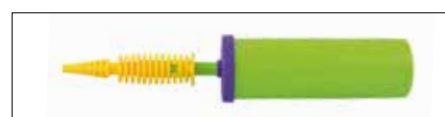


03035 BALL SUPPORT "S"
47 cm Ø, for balls 45÷55 cm in diameter

03040 BALL SUPPORT "M"
60 cm Ø, for balls 65÷75 cm in diameter



02116 INFLATING PUMP NEEDLE
Its use is advised whenever the ball is delivered deflated. This accessory, therefore, can be requested if necessary.



03111 FASTER BLASTER
Pump for balls up to 95 cm in diameter



As an alternative to accessory 03111 FASTER BLASTER, it is possible to use a normal bicycle pump by using the included adaptor.

Balls Large

GYMNIC E PHISIO GYMNIC



CE

MODELS	MAIN FEATURES
02981 GYMNIC 45	45 cm ø - Yellow
02982 GYMNIC 55	55 cm ø - Red
02983 GYMNIC 65	65 cm ø - Blue
02984 GYMNIC 75	75 cm ø - Yellow
02985 PHISIO GYMNIC 85	85 cm ø - Red
02986 PHISIO GYMNIC 95	95 cm ø - Blue
02987 PHISIO GYMNIC 120	120 cm ø - Red

GYMNIC PLUS



CE

MODELS	MAIN FEATURES
03045 GYMNIC PLUS 55	55 cm ø - Green
03055 GYMNIC PLUS 65	65 cm ø - Green
03065 GYMNIC PLUS 75	75 cm ø - Green

THERASENSORY



CE

MODELS	MAIN FEATURES
03265 THERASENSORY	65 cm ø - Green
03260 THERASENSORY	100 cm ø - Red

PHYSIO ROLL

The Physio Roll is created by the fusion of two balls giving birth to a device which allows to have a great variety of use along with a better stability regarding the normal ball. It has been used for physiotherapy since a few years now. Recommended weight: max. 120 kg



MODELS	MAIN FEATURES
02962 PHYSIO ROLL 30	30 cm ø - Blue
02961 PHYSIO ROLL 40	40 cm ø - Red
02960 PHYSIO ROLL 55	55 cm ø - Yellow
02970 PHYSIO ROLL 70	70 cm ø - Blue
02980 PHYSIO ROLL 85	85 cm ø - Red

HEAVYMED

Small volume but heavy weight! Useful in training in several sports disciplines, popular in aerobics. Bounce and ensure good grip.



MODELS	MAIN FEATURES
05800 HEAVYMED 0,5 KG	10 cm ø - Green
05805 HEAVYMED 1 KG	12 cm ø - Red
05810 HEAVYMED 2 KG	15 cm ø - Yellow
05815 HEAVYMED 3 KG	17 cm ø - Blue
05819 HEAVYMED 4 KG	20 cm ø - Purple
05820 HEAVYMED 5 KG	23 cm ø - Orange

RITMIC OFFICIAL

A 280 g or 400 g ball suited for rhythmic gymnastics training, available in red, yellow, blue and green.



IMPORTANT
This item is delivered deflated. Ordering the corresponding needle (code 02116) is recommended.

MODELS	MAIN FEATURES
02745 RITMIC OFFICIAL GR. 280	17 cm ø - 280 g
02805 RITMIC OFFICIAL GR. 400	18 cm ø - 400 g

SOFTGYM OVER

Ball ideal for muscle strengthening and floor exercises, also suitable as lumbar support.



MODELS	MAIN FEATURES
03112 SOFTGYM OVER	26 cm ø, polybag
02820 SPONGE BALL	19.5 cm ø

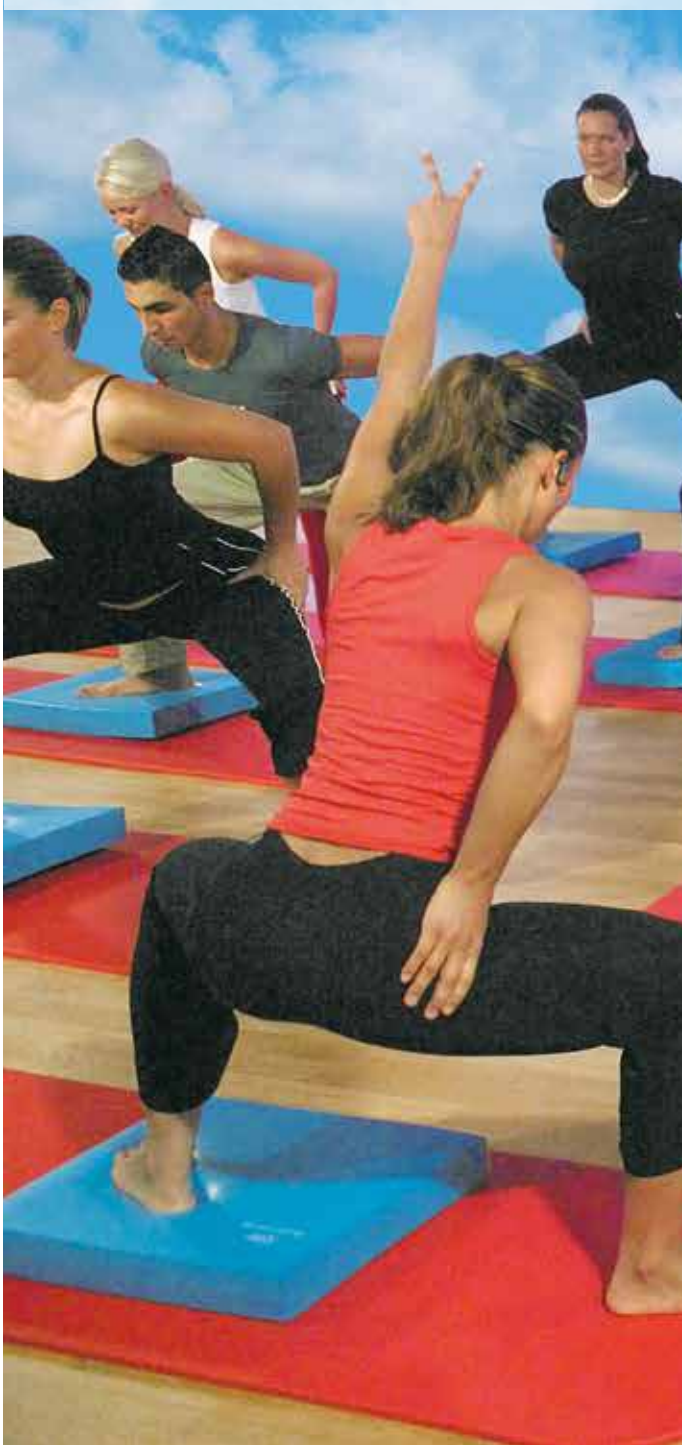


All ball models are tested to sustain up to 300 Kg weight. In case of puncture the ball deflates slowly. The BRQ system works with max. 120 kg - 270 lbs. The BRQ quality balls are marked with the Burst Resistant Quality logo. Their specific formula prevents the ball from bursting in case of puncture. The BRQ balls have the same resiliency features as the standard quality balls.



Proprioceptive devices

The unique, closed-cell foam in these mats is supportive on the one hand, and warm, soft and cushioning on the other, allowing joints, tendons and muscles to be trained in an extremely gentle yet effective manner. All areas of proprioception, sensorimotor function and co-ordination can be improved using the Airex Balance-pads, with the secret of the program being the softness of the equipment.



10980 BALANCE-PAD

This Balance pad has lateral supports made of non-slip foam rubber, warm and comfortable to the touch. Suitable for use in exercise therapy and sports therapy. Dimensions: 50 x 41 x 6 h cm. Color: blue. Weight: 0,7 kg



10985.?[?] BALANCE-PAD ELITE

This Balance Pad "Elite" has lateral supports, a new surface that offers a pleasant massage and stimulation of the receptors in the sole of the feet. It actively promotes blood circulation in the feet and helps their well being. Use: mobility, stability, balance training and exercise in the water. Dimensions: 50 x 41 x 6 h cm. Weight: 0,7 kg



10995 BALANCE BEAM

Dimensions: 160 x 24 x 6 h cm. Color: blue. Weight: 0,9 kg



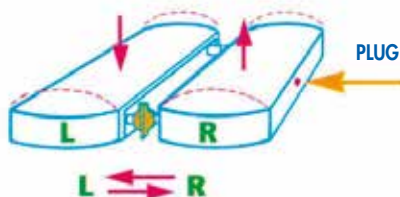
Training with the AIREX® Balance range of products offers you an efficacious and complete resource for the workout, focused on the different sectors in which they can be applied. Along with the balancing posture, strength and flexibility, great attention is paid to health care, prevention and psychophysical wellbeing in general.



03218 MOVIN'S STEP

It is an innovative product that can be used in workouts, therapy and rehabilitation. It combines two exercise tools: an Air-Step for cardio-vascular and strengthening exercises; plus a dynamic base for exercises that improve balance and co-ordination. A special valve allows switching from one use to the other. Available only in Purple. Dimensions: 35 x 35 cm

While the valve is open, fill in with air according top your body weight.



OPEN VALVE

Alternated stepping with air exchange



CLOSED VALVE

Without air exchange. Right and left sides are independent



01827 SPORTS DISC

55 cm diameter, Polybag, exercise guide included, orange, 2 pcs pack



01460 CORE BALANCE

The Core Balance is an inflatable, elastic, highly resistant PVC half-sphere with a diameter of 40 cm, which can be set on a rigid base. It can be easily inflated by any pump by removing the plug on the edge. It can be used for several kinds of training, both in the "medical rehabilitation", field for post-traumatic rehabilitation, especially concerning knees and ankles, and in the fitness branch. Thanks to its rounded shape and its variable elasticity (it can be inflated according to individual needs) it allows to work on static and dynamic balance, on strength and muscle toning as well as on spinal stabilization. Postural gymnastic training can be done with it. On the Core Balance you can do many exercises of coordination, stretching, flexibility as well as flexions, little jumps, dashes, didactic and pre-sport games. This tool absorbs the foot impact and does not stress the limbs, by reducing the micro-traumas. For such characteristic it is also used as an alternative to the step. Dimensions \varnothing 40 x 25 h cm



Devices for low-impact exercises

Balls or rolls for low-impact exercise, massage or self-massage, all of which can be performed simply and easily on any part of the body. Soft gymnastics is based on: limited, slow, straightforward movements designed to rekindle the sensitivity of all areas of the body; exercises and positions to relax tension in the muscles and joints; antalgic positions and spinal relaxation; skin massage and self-administered massage of internal organs. Massage can be either calming or stimulating, depending on speed, force applied and the technique that is being used. The same techniques are also used in self-administered massage.

03229 AKU BALL

Rigid, inflatable ball.
Green. Diameter: 20 cm
Max. capacity: 100 kg



IMPORTANT: this item is delivered deflated. Ordering the corresponding needle - code 02116 is recommended.

03256 ACTIV ROLL

Rigid, inflatable roll.
Grey. Diameter: 7,5 x 15 cm



IMPORTANT: this item is delivered deflated. Ordering the corresponding needle - code 02116 is recommended.

“Sensyball” Balls with spikes suitable for massage, reflex stimulation, hand-mobility exercises and relaxation.



03120 SENSYBALL

2 pcs. set, polybag
Dimensions 10 cm ø - 70 g

03130 SENSYBALL

Dimensions 20 cm ø - 330 g

03140 SENSYBALL

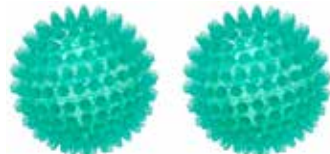
Dimensions 28 cm ø - 400 g

IMPORTANT: this item is delivered deflated. Ordering the corresponding needle - code 02116 is recommended.

03235
MASSAGEBALL REFLEX
 2 pcs. set - Blue
 Dimensions 6 cm ø - 40 g



03236
MASSAGEBALL REFLEX
 2 pcs. set - Green
 Dimensions 8 cm ø - 85 g



03237
MASSAGEBALL REFLEX
 2 pcs. set- Blue
 Dimensions 9 cm ø - 120 g



03238
MASSAGEBALL REFLEX
 2 pcs. set - Green
 Dimensions 10 cm ø - 150 g



03228 **EASY GRIP**
 6 pcs. set, Polybag
 Assorted colors
 Dimensions 12 cm ø - 100 g



01828
THERA FREEBALLS HAND
 Dimensions 4 cm diameter – yellow; 5.5 cm diameter – red.
 Exercise guide included



02046 **BENE FEET**
 The Bene-Feet Mat, thanks to its long flexible bumps, makes the concept of feet massage evolve towards an active-reactive level. Among the main benefits, it boosts the blood circulation of the feet, it helps relaxing the foot muscles and it helps sensitizing and stimulating the feet reflex areas. Dimensions 28 x 23 x 4 cm

- It can be used while standing or sitting.
- Easy to wash with water and neutral soap.



Devices *Psychomotor tools*

Bags, wooden blocks, balls and other items can be combined by qualified personnel in motor skill development programs to carry out at the gymnasium. In particular, these psychomotor tools can help children to gain awareness and improve their own coordination and sense of balance.



This pictures shows items code 03360 and 03700

03360

PSYCHOMOTOR KIT 1

Items:

- 16 colored clubs;
- 16 motor training bags;
- 16 colored ropes 2,5 m long;
- 10 jump ropes with counterweight;
- 10 jump ropes with handgrips;
- 16 colored wooden balls;
- 4 balls for rhythmic gymnastics;
- 16 colored wooden blocks;
- 16 colored nylon hoops, Ø 60 cm;
- 9 vinyl discs.

Trolley not included in the kit

03700

WOODEN TROLLEY

Multi-layered wooden trolley (empty) with swiveling wheels.

Dimensions: 84 x 42 x 80 h cm



This pictures shows items code 03460 and 03520

03460

PSYCHOMOTOR KIT 2

Items:

- 16 colored clubs;
- 16 motor training bags;
- 16 colored ropes 2,5 m long;
- 10 jump ropes with counterweight;
- 10 jump ropes with handgrips;
- 16 colored wooden balls;
- 4 balls for rhythmic gymnastics, 280g;
- 16 colored wooden blocks;
- 16 colored nylon hoops, Ø 60 cm;
- 9 vinyl discs;
- 10 clubs 31 cm long;
- 5 vinyl medicine balls (0,5÷5 kg);
- 16 wooden sticks 90 cm long;
- 16 wooden sticks 120 cm long;
- 2 tambourines with drumstick;
- 4 balls for rhythmic gymnastics (400g)

Trolley not included in the kit

03520 TOOL RACK

Painted steel frame, with wooden shelves. Can be easily disassembled. Supplied empty.

Dimensions: 127 x 60 x 93 h cm



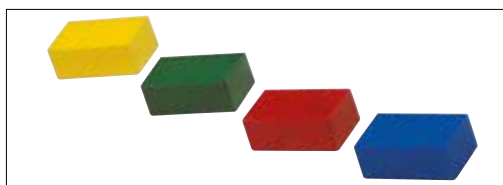
02300 **TAMBOURINE**
For rhythmic. With drumstick.



04430 **VINYL DISC**
9 soft vinyl discs for walking paths or for playing bowls in domestic environments or as supports for motor activities in the water.



02750 **FOAM BALLS**
4-piece package, Ø 7 cm



01040 **WOODEN BLOCK**
4-piece package in 4 different colors.



02100 **WOODEN BALLS**
4-piece package. In different colors.



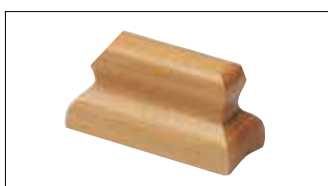
01720 **JUMP ROPE WITH HANDGRIPS**
10-piece package.



02730 **FREE BALL**
3-piece package, Ø 5.5 cm



01770 **JUMP ROPE WITH COUNTERWEIGHT**
10-piece package.



01050 **BAUMAN SUPPORT**



01060 **BAUMAN BLOCK**



WOODEN CLUB
01010
31 x Ø 5.5 cm
01020
35 x Ø 5.5 cm
01030
39 x Ø 5.5 cm



01000 **COLORED CLUBS**
4-piece package in 4 different colors.
Dimensions: 25 x Ø 6 cm



NYLON HOOP
4-piece package in 4 different colors.

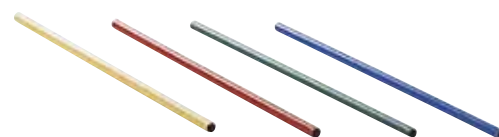
01600
Ø 40 cm
01620
Ø 60 cm
01640
Ø 80 cm

STICKS



WOODEN STICK
2,5 cm Ø

01110 80 cm **01120** 90 cm **01130** 100 cm **01150** 120 cm



PVC STICK
4-piece package in 4 different colors.
Ø 2 cm

01320 60 cm **01350** 100 cm



Bands and tubes

MOVES BAND

Bands for rehabilitative gymnastics exercises with 10 cm width, latex-free and odorless. Available in five strengths, distinguished by color, and in two lengths.



CODE	COLOR	LEVEL
45,5 m LENGTH		
XMV001	yellow	light
XMV002	red	medium
XMV003	green	strong
XMV004	blue	extra strong
XMV005	black	xx strong
5,5 m LENGTH		
XMV006	yellow	light
XMV007	red	medium
XMV008	green	strong
XMV009	blue	extra strong
XMV010	black	xx strong

APPLIED FORCE (kg)						
ELONGATION	50%	100%	150%	200%	250%	300%
YELLOW	1,3	1,7	1,9	2,3	2,8	3,2
RED	1,4	1,9	2,2	2,6	3,0	3,5
GREEN	2,0	2,5	3,0	3,4	4,0	4,5
BLUE	2,3	3,0	3,4	3,9	4,7	5,5
BLACK	2,4	3,4	3,9	4,3	5,1	6,1

XMV011 KIT MOVES BAND

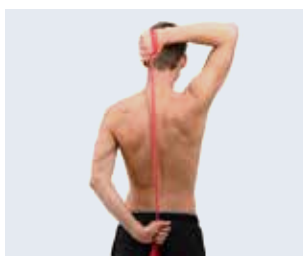
Set containing 5 premium quality low powder latex resistive exercise bands of 1.5 m with increasing resistance, from yellow to black, for the execution of progressively more demanding exercises. The unique fabrication process makes the product extremely tear resistant.

Using the bands for resistive exercises provides positive as well as negative forces on the muscles and improves the range of motion, the strength and the cooperation of the muscle groups. The band has a width of 13 cm.



MOVES BAND PRO

Bands for rehabilitative gymnastics exercises with 13 cm width, made of high quality latex. Available in two intensities even more resistant than the previous ones, distinguished by color and in two lengths.



CODE	COLOR	LEVEL
22 m LENGTH		
XMV035	silver	super strong
XMV036	gold	ultra strong
5,5 m LENGTH		
XMV037	silver	super strong
XMV038	gold	ultra strong

APPLIED FORCE (kg)					
ELONGATION	50%	100%	150%	200%	250%
SILVER	4,1	5,8	7,2	7,9	9,5
GOLD	5,8	7,9	10,0	12,0	14,0



MOVES TUBE

Tubes for rehabilitative gymnastics exercises made of high quality latex. Available in six strengths, distinguished by color, and in two lengths.



CODE	COLOR	LEVEL
30 m LENGTH		
XMV012	yellow	light
XMV013	red	medium
XMV014	green	strong
XMV015	blue	extra strong
XMV016	black	xx strong
XMV017	silver	super strong
7,5 m LENGTH		
XMV018	yellow	light
XMV019	red	medium
XMV020	green	strong
XMV021	blue	extra strong
XMV022	black	xx strong
XMV023	silver	super strong

APPLIED FORCE (kg)

ELONGATION	50%	100%	150%	200%	250%	300%
YELLOW	1,0	1,5	1,9	2,3	2,9	3,6
RED	1,4	2,0	2,5	2,8	3,4	4,0
GREEN	2,4	3,4	4,0	4,9	5,5	6,5
BLUE	2,9	3,9	4,7	5,6	5,9	7,4
BLACK	3,4	4,4	5,4	6,2	7,1	8,1
SILVER	4,0	5,4	6,5	7,7	8,1	9,5



SQUEEZE EGG

Ergonomic latex-free rehabilitator for hands, wrists and fingers. Available in five strengths of resistance distinguished by color.



CODE	COLOR	LEVEL
XMV024	yellow	extra soft
XMV025	red	soft
XMV026	green	medium
XMV027	blue	resistant
XMV028	black	extra resistant

Can help to:

- rehabilitate post-operative/post-traumatic hands and arms;
- restore function in hands, arms and shoulders following stroke;
- reduce pain and stiffness in arthritic fingers, hands and wrists;
- relax tense, sore muscles and reduce stress;
- strengthen aging hands and arms.



COMFORT PUTTY

Latex or gluten-free hand re-education paste, non-toxic, antibacterial, non-oily and odorless. Available in six strengths of resistance marked by color. Packaging: 85 g.



CODE	COLOR	LEVEL
XMV029	white	super soft
XMV030	beige	extra soft
XMV031	yellow	soft
XMV032	red	medium
XMV033	green	resistant
XMV034	blue	extra resistant



Weights

Used for a few minutes every day, the wrist and ankle weights keep the arms and legs toned. Wear them before starting your usual exercise or while doing your domestic chores: they will help you find your best shape again. Each exercise has to be repeated several times and gradually increased over time.

ANKLE/WRIST WEIGHT

XMB001

0,5 kg (single piece)

XMB002

1 kg (single piece)

XMB003

1,5 kg (single piece)

XMB004

2 kg (single piece)

XMB005

2,5 kg (single piece)

XMB006

3 kg (single piece)



XGA046

HAND GRIP



XGA047

HAND GRIP SOFT TOUCH



07240

5-SPRING STRETCHER



07160

RUBBER HAND EXERCISER



07230

SPRING DUMB-BELL



XGA048

HAND GRIP 2

Adjustable resistance

A series of seven weights in plastic coating allow a comfortable, warm and non-slip grip. The weights are available from 0.5 to 6 kg scale. A rack can be used for dumbbells to store when are not in use.

XGA031 VINYL DUMB-BELL 0.5

Weight 0,5 kg; yellow (single piece)

XGA035 VINYL DUMB-BELL 4

Weight 4 kg; grey (single piece)

XGA032 VINYL DUMB-BELL 1

Weight 1 kg; orange (single piece)

XGA036 VINYL DUMB-BELL 5

Weight 5 kg; dark grey (single piece)

XGA033 VINYL DUMB-BELL 2

Weight 2 kg; red (single piece)

XGA037 VINYL DUMB-BELL 6

Weight 6 kg; black (single piece)

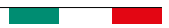
XGA034 VINYL DUMB-BELL 3

Weight 3 kg; burgundy (single piece)

X9414 DUMB-BELLS RACK

Painted steel, empty, can hold 10 pairs of dumbbells. Dimensions: 72 x 52 x 107 h cm





IT IS KNOWN THAT BOUNCING ON A TRAMPOLINE:

1. It increases the capacity for breathing.
2. It circulates more oxygen to the tissues.
3. it establishes a better relationship between oxygen needed by the tissues and the one available.
4. Muscles work better as fluids are transported along the body decreasing the work of the heart.
5. Diminishes the blood pressure during effort.
6. It helps normalize your blood pressure after intense physical activity.
7. It helps prevent cardiovascular disease.
8. It increases the activity of the red bone marrow in the production of red blood cells.
9. It aids lymphatic circulation, as well as blood flow in the veins of the circulatory system.
10. It aids collateral blood flow in general.
11. Strengthens the heart and other muscles making them work more efficiently.
12. it lowers heart rate at ease.
13. It lowers elevated cholesterol and triglyceride levels.
14. Stimulates your metabolism.
15. It aids in the development and repairing of cells.
16. it activates the gland system, especially tyroid.
17. It increases alkaline reserves of the body.
18. It stimulates and strengthens cells in the body, from a chemical popint of view.
19. It increases body resistance and fitness.
20. It improvesthe sense of balance b y coordinating impulses and muscle response.
21. It offers relief from neck and back pains, headaches, and other pain caused by lack of exercise.
22. Improves Digestion.
23. It helps relaxing and have a better sleep.
24. Reduces the likelihood of obesity.

05841

SMALL TRAMPOLINE

Inner trampoline. Steel frame with 6 non-slip feet. 32 springs ensure even tensioning of the circular polypropylene fabric mat. 22 cm padded edges. Maximum load: 100 kg; Weight: 7.2 kg; Dimensions: Ø 97 x 22 h cm

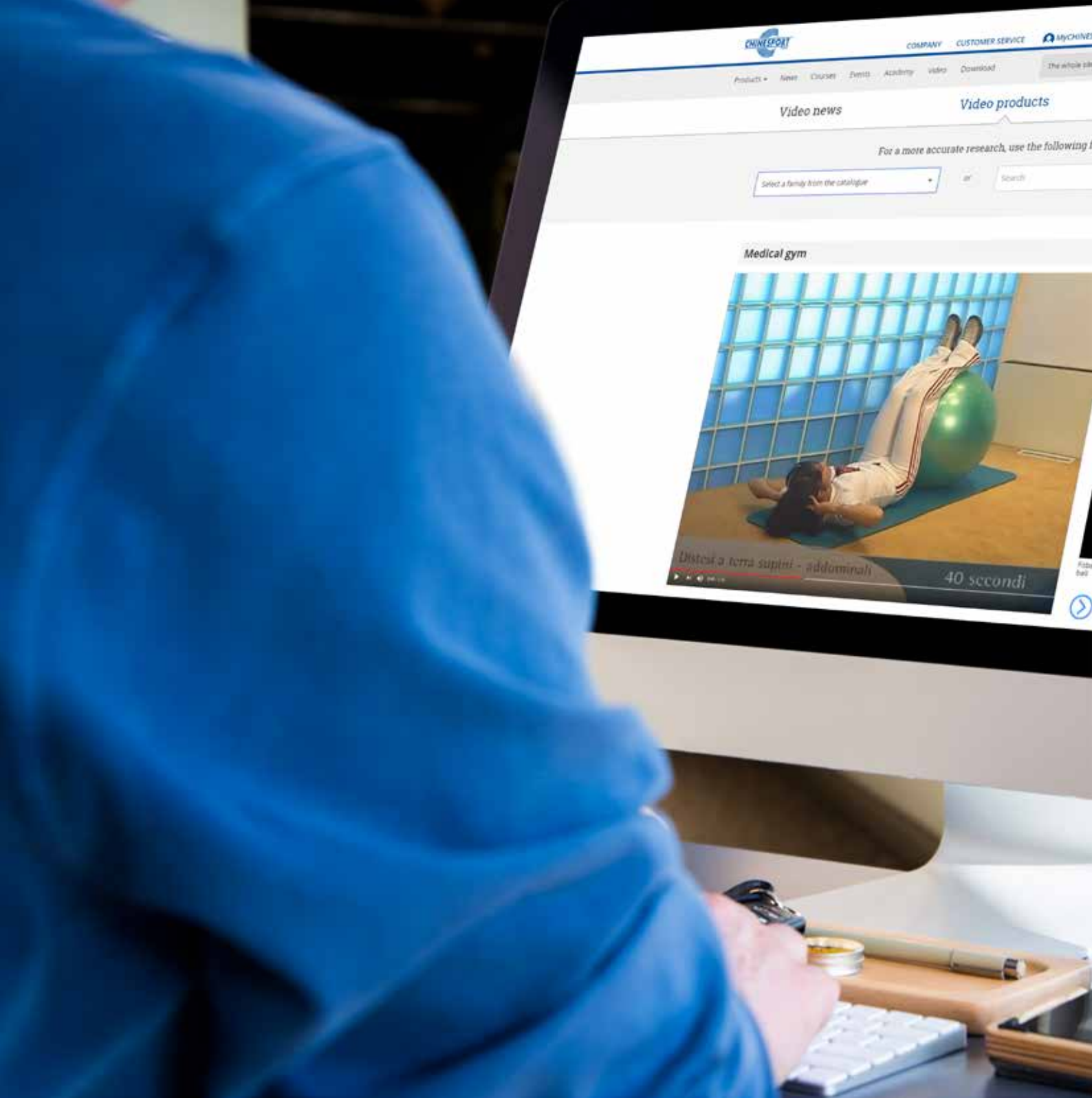


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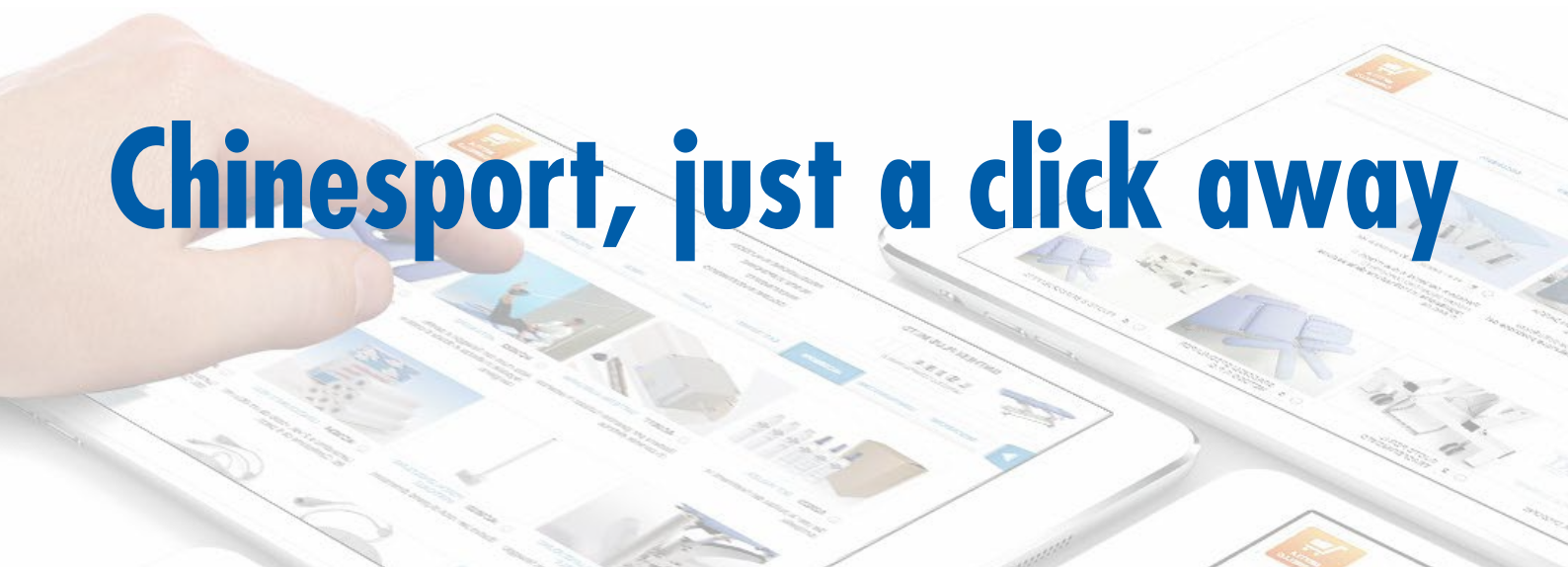
TRAMPOLINE

Professional trampoline with foldable structure - folded size 122 x 68 x 9 cm. Round heavy-duty steel tubing Ø 25 mm. 8 foldable legs with non-slip rubber feet. Ultra strong jumping mat with double stitching. 40 oversize springs with "V" conjunctions and special safety rubbers anti injection. Spare parts included: 1 jumping mat + 1 spring + 1 leg. Maximum load: 130 kg; Weight: 10 kg; Dimensions: Ø 122 cm



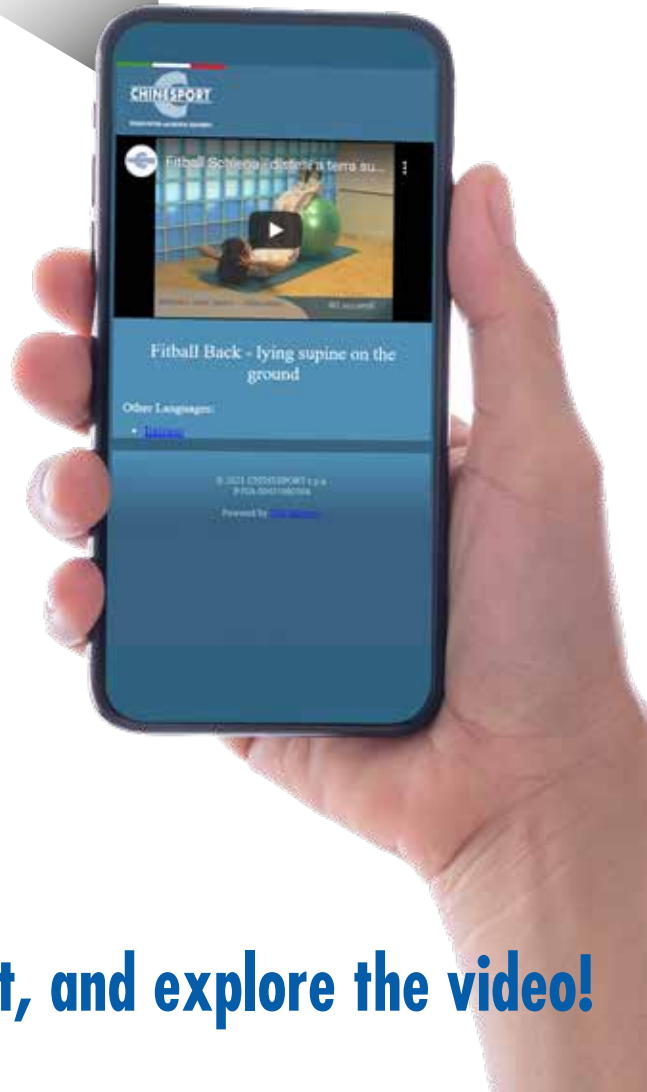


Chinesport, just a click away





Chinesport's website has also been designed and set up for those using mobile phones or iPads, not necessarily because they are out-and-about or travelling, but because they wish to know more about it while using our catalogue or other documentation. We are constantly involved in publishing new detailed information, photos (now even bigger), videos and multimedia files that are worth sharing.



The use of large balls has spread widely lately in most gyms. They are found to be very helpful for rehabilitation and fitness exercises. Balls are useful since they improve the proprioceptive ability. The different positions that can be adopted on the ball, and the loss of balance in the three planes of space, allow the instructor to create according to his own ideas a wide range of exercises to make the sessions less monotonous and more amusing.

Point, and explore the video!



Chinesport is based in Udine, Italy, between the Alps and Venice. For over 40 years we have been dedicated to healthy posture for healthy movement. The root of our company name refers to the Italian word “chinesiterapia”, or movement therapy. We strongly believe and adhere to “movement culture” as a way to prevent and cure injury and disease.

Today we are a global leader in developing and manufacturing rehabilitation equipment and assistive devices. We have excellent and long-standing business relationships in almost 80 countries worldwide. The Chinesport general product catalogue contains over 1.000 innovative, high-quality products. New catalogue editions that include the latest product innovations and trends are regularly published. Our own medical-scientific training and educational program is continuously expanding and caters for all specialised rehabilitation fields. As an organisation, we have been working with a certified quality management system and in compliance with international ISO 9001 and ISO 13485 standards since 1998.



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