



## Sypoba Fitness Basic



The Basic model is considered the basic model. This model is recommended for initial balance training and basic stabilization and strengthening exercises.

CHF 189.00

### The advantages of training with Sypoba

- Multidimensional training
- Gyroscopic exercises in the hip and shoulder area are possible
- Dysbalances are avoided and balanced
- Countless exercise possibilities (standing, sitting, kneeling, lying)
- Individual exercise extension including aids (Xbase, Xtube, ball, dumbbells and barbells)
- Joints are spared
- Extraordinary strong influence of gravity
- Mental strength is promoted through constant concentration
- Fat burning through intense physical exertion
- Progression in the degree of difficulty
- High fun factor in training

### SYPOBA - Trend Made in Switzerland

What is SYPOBA? The Power in Balance system is not just a training device, but rather a training system with a uniquely efficient philosophy. Its founder Robin Städler, a qualified sports teacher and fitness trainer in top-class sport, has incorporated his experience from more than 15 years of involvement in top-class sport. His system can be set up and expanded in such a versatile way that he was able to gain a foothold with SYPOBA not only in top-class sports, but also in the entire fitness industry and even in rehabilitation. Also in terms of age, SYPOBA has no limits. SYPOBA has already triggered a wave of enthusiasm in Switzerland, which is gradually spreading throughout Europe and more and more worldwide.



## **Why is SYPOBA so popular?**

The strengths of SYPOBA can be seen on different levels. With a small device can be trained with low financial expenditure and without external energy, both indoor and outdoor. In addition, the high durability of the training device reflects the high quality of the product. Since the factors stabilization, strengthening, coordination and concentration are constantly flowing into each other during the training, the training is not only very complex, but also extremely efficient. So what more could a man or woman want? With healthy training you get in shape for the swimming season and the time after. SYPOBA not only makes you look good, it also promotes your health. Healthy and fit through Swiss quality.

## **What distinguishes SYPOBA from other balance devices?**

SYPOBA, unlike other balance devices, is dynamically guided. This difference is an essential part of the whole SYPOBA training. In statically guided balance devices, the amplitude only moves in circles, back and forth or sideways, but always in the same place. Dynamic movement brings many benefits: an improvement in anticipation, higher neuromuscular coordination, improved reflexes, an expansion of reflex movements, a reduction in muscular imbalances, improved concentration and an increased sense of well-being. SYPOBA enables different movements at the same time. The freely guided roller not only creates a tilting movement laterally, but also a sliding from one end to the other. This free and lateral movement works strongly against the force of gravity and therefore quite a few forces have to be mobilized in order to keep the balance. This two-dimensionality creates a vertical as well as a horizontal movement. This increases the training stimulus, compared to other balance devices, many times over.

## **Fields of application:**

The SYPOBA training device is suitable for children and adults (3-99 years of age). Especially in our highly technical world, where people work more and more in a sitting position, parts of the body are often not activated and stressed enough. This is one of the main causes of modern civilization diseases. With SYPOBA training units lack of movement can be compensated in a short time and in a playful and entertaining way. It has a preventive and health-promoting effect!

SYPOBA brings progress in every sport, in which the factors strength, coordination, stabilization and concentration are basic conditions for a good technique!

In fast strength, endurance or coordination sports, body stability is an essential part for performance development. One-sided movements cause muscular imbalances, which can lead to muscular and even joint overload. Through the complex SYPOBA training, such changes on the passive musculoskeletal system (shift of body symmetry) can be prevented or sufficiently reduced.

Thus, the following applications can be distinguished:

- Build-up training
- Prevention
- Training therapy
- Rehabilitation
- Animation

In order to be able to intensify the training at a later stage, this model, in contrast to the Kids model, offers all the attachment possibilities for the accessories.



The Fitness Basic model consists of:

- Training plate (30x60 cm)
- aluminum roller with rubber rings
- Exercise poster

Recommended for:

- SYPOBA-Beginner
- Hobby athletes
- Fitness enthusiast
- Competitive athletes

Available as an option: SYPOBA DVD Basic 1 includes:

- Trailer (motivational sequence)
- Functions (How do I use the SYPOBA)
- Exercise instructions (What do I have to pay attention to when exercising)
- Workout (Training to join in)
- Interview (With SYPOBA inventor Robin Städler)