



## Sypoba senior



The Senior model enables simple balance and stabilization exercises. This model can be the introduction to later SYPOBA® training with roller. The Senior model is intended to make it easier for people with a limited sense of balance, limited mobility or great insecurity on a moving surface to get started. The long roundels provide better guidance during flexion and extension movements in the ankle joint.

**CHF 149.00**

They also make it easier for more timid and older exercisers to get started.

The Senior model consists of:

- Training plate (30x60 cm)
- 2 Physio-Rondells
- exercise poster
- available in the colors nature, black, blue, orange, red

Recommended for:

- Seniors
- Rehabilitation

Optionally available: SYPOBA DVD Basic 1 includes:

- Trailer (motivational sequence)
- Functions (How to 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)

**The Shark  
Fitness Company**



**Shark Fitness AG**  
Stores in Wettingen (ZH)  
and Wil (SG)

056 427 02 25  
[info@sharkfitness.ch](mailto:info@sharkfitness.ch)  
[www.sharkfitness.ch](http://www.sharkfitness.ch)