



## MFT Challenge Disc 2.0 Bluetooth



**Now also with Bluetooth sensor for Apple iPad, iPhone, MAC, Android and Windows** - The CHALLENGE DISC brings new momentum to your training. The test and training device with feedback. Whether at home or in the office, now you can easily do something for your body. Just 10 minutes a day brings great results - the feedback function and self-test motivate you to train regularly. The MFT Challenge Disc 2.0 analyzes one- and two-legged balance ability and becomes a trainer with the app, where training/therapy programs and training games lead to success. Now with the new MFT Bodyteamwork app! For ambitious athletes and in physiotherapy.

**CHF 229.00**

Latest technology: the MFT Challenge Disc 2.0 contains motion sensors with a Bluetooth module for wireless communication with an iOS, MAC OS, Android, Amazon OS or Windows mobile device or notebook. It recognizes how well the movements can be compensated, how the balance can be maintained and gives a training recommendation as to which level the training should be started with. The patented movement mechanism enables athletes, senior citizens and children to achieve a coordinated training level. Constant feedback motivates you to continue training and allows you to monitor your training progress.

### **Special features of the MFT Bodyteamwork app for the Challenge Disc 2.0:**

- Standard values for two-legged and one-legged coordination/balance test
- Single-leg coordination/balance test with assessment of left leg versus right leg laterality
- Saving the test and training results in a score list
- Print out the test results
- Sending the test results by e-mail or via AirDrop
- Saving the test results as a PDF in iCloud, etc.
- Double-leg and single-leg training and therapy programs
- Double-leg and single-leg training games
- Compatible with Windows, Android, Amazon OS and Apple



### **Strengthens your back**

Deep muscles that are not reached with conventional training are strengthened and the spine is protected. You go through life with better posture and look better.

### **Keeps your joints healthy**

Body Teamwork also strengthens the small muscles that surround and secure the joints. This prevents overloading and joint problems. You can also react more quickly, which significantly reduces the risk of injury during sport and the risk of falling in old age.

### **Ensures more concentration & creativity**

Body Teamwork makes you more relaxed, focused and creative. You can also use this at work: Use the Challenge Disc specifically during your breaks at home or in the office.

### **Makes you more efficient in sport and at work**

Well-coordinated muscles move more precisely and require less energy. You can therefore train and implement your strength, endurance, flexibility and speed better. Body Teamwork also improves performance in various sports such as golf, running, Nordic walking, hiking, cross-country skiing, skiing and ball sports.

- is easy to learn and great fun.
- motivates you to train regularly. The feedback function enables training at different levels of difficulty and always offers new challenges.
- brings measurable training success. You can determine your progress with a quick test.
- is the most intelligent coordination training. Thanks to the feedback function, you always know where you stand.
- takes little time. You can achieve good results with just three 10-minute workouts a week!
- is easy to integrate into everyday life. You can train at home or at work. The Challenge Disc is comfortable to carry and easy to store.
- makes "playing computer games" healthy. Various games bring new momentum to your training. Your coordination improves "by the way".
- For the first time worldwide, coordination, stability and balance can be trained with mobile devices (extension of the MFT Challenge Disc "Android App" immediately also on tablets and smartphones with USB host support)
- MAC/PC compatible

#### **Areas of application:**

Sports and performance centers, physiotherapy, home training, personal training, fitness studio, rehabilitation center.

#### **Training goal**

Performance enhancement in sport, health training (healthy back, healthy joints), balance training, coordination training, maintaining freedom of movement, fall prevention training

#### **Training intensity**

Daily 10 - 30 minutes

#### **Target group**

Athletes, fitness enthusiasts, children, senior citizens



The app/software is based on 4 pillars:

- Standardized coordination test
- Training programs
- Training games
- Test evaluations

**System requirements**

Challenge Disc 2.0: Wireless Bluetooth from 4.0 Low Energy LE / Tablet Apple from iOS 6 / Mac OS X from 10.7 / Android from 4.3 / Windows from 8.1 / Online connection for software installation

**Scope of delivery:**

1 MFT Challenge Disc 2.0 ( $\varnothing = 44\text{mm}$ ,  $H = 7.5\text{ cm}$ ,  $4.4\text{ kg}$ ) incl. MFT balance sensor Bluetooth, anti-slip surface, instruction manual, MFT Coordi training/therapy software for free download in the App Store & Google Play Store or at [www.mft-bodyteamwork.com/support/](http://www.mft-bodyteamwork.com/support/)

Target price CHF 299.--