



## ivo Trainer traction resistance system Basic Set



The revolutionary, mobile traction resistance system combines therapy and sport in a new dimension. The ivo trainer offers unlimited possibilities in every area of application, whether in top-class sport, in rehabilitation or in prevention. It trains speed and agility and is therefore the training tool when it comes to dynamics.

**CHF 2'590.00**

Experience the ivo trainer, the only portable traction resistance system for the training of coordination and quickness skills. Thanks to its swivelling suspension, it allows not only linear sprints but also lateral movements with constant resistance over the entire range of motion. Thus, inter- as well as intramuscular coordination can be significantly improved.

The mobile system offers the trainer the possibility of continuously adjusting the traction resistance via the patent-pending braking system. This allows precise changes to be made to suit the different strength abilities of each athlete individually. The intensity spectrum is clearly displayed on a scale and allows a quick load reconstruction.

The roller-bearing belt system offers the exerciser unrestricted mobility around his or her own axis and allows multidimensional use in therapeutic or sport-specific movements with the respective therapy or game equipment.

Due to the infinitely variable regulation of the resistance, the ivo trainer can be used for a wide range of applications, starting with the build-up training in junior sports up to top-class sports. But the system can also be used in rehabilitation and prevention - therapists can be supported by the traction resistance system in manual locomotion therapy as well as gait training for orthopedic and neurological patients.

### **ivo Trainer facts**

ivo Trainer enables effective training of speed and agility through a flexibly adjustable traction resistance system. Ideal for work in sports where dynamics are decisive - but also for therapy and prevention.

- infinitely adjustable traction resistance



- constant resistance
- simple operation
- multidimensional movements due to swivelling suspension (180°)
- rope extension on a working length of 22m
- training vest with shoulder belt system for optimal sprint training in template
- 360° belt for jumps and turns around the own axis
- patent pending brake system
- mobile use indoors and outdoors

### **ivo Trainer Basic Set**

Whether for speed sports, athletics or therapy and prevention - thanks to infinitely adjustable traction resistance and purely mechanical operation, you remain flexible. Thanks to its 360° belt system, ivo TRAINER not only enables linear training, but also rotary movements.

Scope of delivery Basic package includes: ivo trainer, round belt size L (135cm), 2 wall brackets

### **ivo Trainer therapy - training with maximum freedom of movement**

The greatest possible freedom of movement for the user is particularly important in therapy applications. The 360° belt system allows all movements to be carried out without restriction. Thanks to the infinitely variable resistance adjustment, you can also use the ivo TRAINER for fall prevention exercises.

### **ivo Trainer Sport - professional training that pays off in sports**

Every sport has its own specific requirements: However, essential elements are usually speed and agility, as well as jumping power and dynamics. Working with ivo TRAINER enables you to strengthen these factors in a targeted manner - so that the team you train is that decisive step faster. Of course, ivo TRAINER is also the ideal partner for individual training in athletics.

### **ivo Trainer Football - Athletic training for all parts of the team**

Optimization of time and effectiveness - Like other sports, football is developing rapidly: From a certain level of performance onwards, it has become indispensable to fill all positions in the team with outstanding athletes. This change is particularly evident in defensive players: just a few years ago, uncompromising destroyer qualities were required here - now defenders have a central role in opening up offensive play. With the ivo TRAINER you build on internalised exercises. You set new impulses in athletic training without having to integrate fundamentally new movement sequences into your units.

### **ivo Trainer Handball - new training stimuli with familiar exercises**

Handball is one of the fastest team sports in the world. It requires players to perform short and highly explosive movements in defence as well as long sprints across the entire playing surface. Added to this are the physical strains caused by intensely fought duels. For the training this means: In addition to pure strength and coordination training, stabilisation training is a factor that determines the success or failure of the team over the course of a season. Working with the ivo TRAINER allows you to maintain rehearsed exercises while at the same time adding new training stimuli through the system's traction resistance.

**ivo Trainer athletics - athletics and coordination training in a new dimension**

Training against resistance is nothing new in athletics. Until now, sprint parachutes and rubber bands have often been used for this purpose in order to improve both inter- and intramuscular coordination and to promote the interaction of the agonists and antagonists involved in the movement. Working with the ivo TRAINER follows a similar pattern, but allows for infinitely more precise work and multidimensional, contemporary training.

**ivo Trainer Football - Athletic training as an integral part of training**

In many sports, targeted athletic training only takes place over a period of a few months. In American football, however, coaches are faced with the task of integrating appropriate exercises and methods into their training plan throughout the year - in parallel with the tactical training that is required at the same time. Working with the ivo TRAINER offers the ideal opportunity to combine both aspects of training in a meaningful way.

With just a few simple steps, the traction resistance system can be mounted on a wall bracket or on a mobile stand. or on a mobile stand - the ivo TRAINER can be used both indoors and outdoors. indoors and outdoors as well as outdoors used both indoors and outdoors

Top quality - Made in Germany

Dimensions: 46.5 x 54.5 x 34.5 cm

Weight 17kg

Scope of delivery Basic package includes: ivo Trainer, round belt size L (135cm), 2 wall brackets

**References:****Football:**

FC Zurich, Bayern Munich, VFL Wolfsburg, Herta BSC, Union Berlin, Erzgebirge Aue, FC Kaiserslautern, Schalke 04, VFL Bochum, Darmstadt 98, Hansa Rostock, 1.FC Köln, Bayer 04 Leverkusen, BVB, SC Freiburg, As St. Etienne, PSG, Gothenburg Manchester United, Atletico Madrid, Celta Vigo, other clubs in Spain.

**Other sports:**

Olympic Support Point (OSP) Bonn (fencing)  
Osp Berlin beach volleyball  
OSP Berlin handball (Füchse Berlin)  
OSP Berlin (athletics in general)  
OSP Mannheim (various sports in athletics)  
OSP Neubrandenburg (long jump/sprint)  
University of Bochum: Prof. Verrauti / Dr. Thimo Wiewelhofe  
Universität Augsburg / Hochschulsport  
Deutsche Sporthochschule  
KEC (Ice Hockey)  
VFL Gummersbach / Handball  
THW Kiel / Handball  
Sportschule Saarbrücken / Handball  
Rot Weiss Köln / Hockey



Telekom Basket Bonn (Basketball)

Rheinstars Köln (BB)

Leichtathletikvereine und Physiotherapeuten

Cross GYM

Diverse Tennisschulen (Ausbildungszentren des Deutschen Tennisverband: Tennisbase Oberhaching (Munich) / Tennisverband Niedersachsen with the Tennisbase in Hannover.

"