



Gatepress® pelvic floor training device - set small



Gatepress® - The pelvic floor training!

- Robin Städler, well-known athletic trainer and inventor of SYPOBA® - a dynamic stability and strengthening training in balance - had the idea to develop a pelvic floor training device rather by chance. During the SYPOBA® training lessons he noticed the intensive tension of the pelvic floor during certain exercises and found out after various tests that the same effect is not achieved with the conventional pelvic floor exercises. Since there are a lot of people with pelvic floor problems, but there are few or no efficient training devices, he has always developed his idea further and from this the revolutionary pelvic floor training device Gatepress® was born.

CHF 199.00

Besides the pelvic floor, Gatepress® can also be used efficiently and intensively for the upper extremities. Through the simple application, the entire back musculature is activated and strengthened in a completely different way which was totally unknown before Gatepress®.

In addition, the same effects are achieved in the area of the entire shoulder chain as well as in the hip.

Fields of application and target group:

- strengthens the pelvic floor in general
- reduces incontinence and improves bladder & bowel control
- ideal for regression after childbirth
- ideal for during and after menopause
- recommended for seniors
- men for regeneration after prostate surgery
- improves posture and stabilizes the hips
- strengthens the back muscles and shoulder muscle chain
- strengthens the trunk muscles as well as chest and arms



- strengthens & stabilizes the ankle joints
- more fulfilling sexuality

Advantages:

- Small effort - 6 minutes of training a day is enough - great efficiency!
- Training is possible everywhere - at home, in the office, in the hotel, on the toilet, in front of the TV, while eating etc.
- Individual adjustment of width and strength thanks to different springs

The Gatepress® device comes in a set and includes the following accessories:

- short Gatepress bar - suitable for up to 175 cm body height.
- 1 spring strength 1 (pink)
- 1 spring strength 2 (green)
- 1 pair of oversocks (suitable for wearing over sneakers)

The device should be adjusted to hip bone width. There are 4 additional spring strengths for advanced level that can be purchased. It is necessary to change the spring to the next stronger one when the static exercise becomes too easy to perform.

Ideal equipment for all women and men up to the height of 175cm.