



## MFT Fit Disc Nature



The all-round device for balance and flexibility in the new Nature Line version - sustainable back training for all ages and ability levels.

**CHF 109.00**

- Sustainably produced in the EU
- Recycled and renewable raw materials
- Balance training for all ages and ability levels

Training with the MFT Fit Disc Nature prevents injuries and helps to cure spinal and joint problems, as well as improving mobility in old age. Ideally suited as a home training device for the health-conscious and for the 50+ generation, at work for a break in between or for group training sessions in gyms and rehabilitation centers.

**MFT Nature Line: uncompromisingly sustainable production**

Above all, training should have a sustainable effect on fitness and health. It is equally important that the training equipment is also produced sustainably. This is why MFT is focusing even more than before on environmentally friendly criteria for the new Nature Line:

- Lower CO2 footprint thanks to short transportation routes
- Renewable and recycled materials
- Longevity of the products thanks to high quality
- MFT Fit Disc Nature - all-round device for balance training

### **Training goal:**

Healthy back, prevent injuries, cure spinal and joint problems, improve mobility in old age.

Training instructions can be found on the MFT Bodyteamwork website:



Video training, workouts, training plans, tips and instructions for the MFT Fit Disc

**Target group:**

Fitness and health-conscious people, physio patients and senior citizens.

Balance disc for controlled movements. Suitable for all ages and ability levels. Can be loaded up to 120 kg body weight.

**Scope of delivery:**

MFT Fit Disc Nature in environmentally friendly recycled cardboard

Target price CHF 139.--