



MFT Challenge Disc 2.0 Nature



The MFT Challenge Disc 2.0 Nature analyzes balance ability and becomes a trainer with the Bodyteamwork app. Training programs, therapy programs and training games guide you to success. Ideal for environmentally conscious athletes and in physiotherapy.

CHF 229.00

The MFT Challenge Disc 2.0 in the new Nature Line version - the sustainable digital balance board.

- Environmentally friendly materials from the EU - ecological & sustainable!
- MFT Bodyteamwork app with feedback function
- MFT Balance Sensor Bluetooth

A sustainable training device - the best for fitness and the environment

- Recycled & renewable raw materials from the EU
- Use of solar power in production
- Lower CO2 footprint thanks to regionality and short transportation routes

The raw materials come exclusively from the EU. Shorter transportation routes result in lower CO2 emissions and solar power is also used to produce our boards here in Austria. The natural cardboard and packaging material are used without the addition of color printing and plastic film, are recyclable and licensed with the Green Dot.

MFT Challenge Disc 2.0 Nature + Bodyteamwork App

The integrated motion sensors with Bluetooth module in the Challenge Disc 2.0 communicate wirelessly with the MFT Bodyteamwork app on smartphones, tablets and notebooks (Apple, Android, Amazon OS and Windows are supported). The app recognizes how well the movements can be compensated, how the balance can be maintained and gives a training recommendation as to the level at which the training



should be started. The patented movement mechanism enables athletes, seniors and children to achieve a coordinated training level. Constant feedback motivates you to continue training and allows you to monitor your progress.

Training goal

Healthy joints, healthy back, improved performance, maintenance of mobility. The digital coordination training device with a test and training app and training games.

Target group

Athletes, fitness & health-conscious people, children and senior citizens.

Recommended training intensity

10-30 minutes per day

Special features of the MFT Bodyteamwork app

- 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 iOS/macOS

The app/software is based on these 4 pillars

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

Scope of delivery

1 MFT Challenge Disc 2.0 Nature (ø = 44mm, H = 7.5 cm, 4.4 kg) incl. MFT balance sensor Bluetooth, anti-slip surface, instruction manual, MFT Bodyteamwork app for free download in the App Store & Google Play Store or at www.mft-bodyteamwork.com/support/

Packaging material without the addition of color printing and plastic film. Climate-neutral printing material (Austrian Ecolabel)

System requirements

Challenge Disc 2.0 Nature: Wireless Bluetooth from 4.0 Low Energy LE / Tablet Apple from iOS 6 / macOS from 10.12 / Android from 4.3 / Windows from 10 / Amazon OS from OS5 / Online connection for software installation

Target price CHF 309.--

**The Shark
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