



MFT Fun Disc



Simple movement and coordination training for children and beginners - therapy spinning top and wobble board combined in one device. With the MFT Fun Disc, children aged 6 and over can playfully improve their agility, coordination and responsiveness. Ideal for beginners and children as well as in rehabilitation.

CHF 89.00

- Improve mobility
- More coordination & balance
- Increase responsiveness
- Stabilize joints

MFT Discs can be used in health training, therapy and proprioceptive training for leisure or top-class sport precisely because of their multifunctionality. There are no limits to the imagination and the possibilities of the applications and the exercises are a welcome, healthy change for young and old alike, taking up very little time, namely only 10-15 minutes, 3 to 5 times a week. Detailed training instructions can be found in the downloads or in the short training programs enclosed with your product.

Health training for children - suitable as therapy training equipment

The Fun Disc is the ideal entry-level device for anyone starting out with balancing. It can be used as a spinning top and rocking board. The studded air ball prevents slipping on smooth surfaces. The Fun Disc is suitable for children's and school sports, therapy and rehabilitation, health and senior gymnastics. Consisting of: Disc (40cm diameter) Airball and exercise folder.

Dr. Christian Raschner, sports scientist at the University of Innsbruck, assesses the Balance Disc from MFT as follows:

Training on unstable surfaces stimulates the 'sensors' of our body, our 'self-perceivers'. The responsiveness of the muscles is improved. This ensures the body's balance and stability. These skills should be trained at an early age, as children in particular learn very quickly and benefit throughout their lives.



The Balance Disc is also particularly suitable for health training at an advanced age. If you have health problems or sports injuries, please discuss the exercises with your doctor or therapist beforehand.

Target price CHF 109.--