



MFT Fit Disc



The optimal back training for all ages and ability levels. Prevent injuries, cure spinal and joint problems, improve mobility in old age.

CHF 99.00

- Prevent injuries
- Cure spinal and joint problems
- Improve mobility in old age
- Ideally suited as home training equipment for the health-conscious and the 50+ generation, at the workplace for a break in between and for group training in gyms and rehabilitation centers.

MFT Boards can be used for 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 the whole family Ideally suited as therapy training equipment.

MFT Fit Disc - the best training for back and joint problems! With Fit Disc training, you can keep your body in shape, strengthen your abdominal and back muscles, train your spine, stabilize your joints, mobilize your hips and pelvis and relieve tension. The exercises are explained in detail in the enclosed VHS video and in the product folder. The correctness of the exercises is confirmed by a simple acoustic sound and you are always in control of your training results. The Back Fit Board is suitable for training back and joint problems and, thanks to its design and construction, can be used at home or in the office for a healthy break.

Consisting of: 2 boards, rubber element, 1 DVD and the exercise folder.

Eva Schulz, a qualified physiotherapist and sports scientist in Innsbruck, assesses the Fit Disc from



MFT:

75% of the population suffer from complaints in the ankle, knee and hip joints or from tension in the back and neck area through to headaches and intervertebral disc problems. The Fit Disc is the best workout for relieving tension. At the same time, it strengthens your abdominal and back muscles, stabilizing your spine and preventing disc problems. Ankle, knee and hip joints are mobilized and stabilized, preventing annoying movement pains and compensating for leg length differences resulting from pelvic obliquity. Just 10-15 minutes on the Fit Disc three times a week is enough to noticeably counteract the typical complaints in these problem areas. The feedback system for correct movement execution is unique and provides you with targeted exercise control.

Target price CHF 139.--