



MFT Trim Disc



The MFT Trim Disc stabilizes the musculoskeletal system and improves coordination. The all-round device, suitable for home training, group training and personal training in therapy, rehabilitation and sports. For fitness-conscious people, people who like to move, athletes and patients.

CHF 119.00

- Stabilization of the musculoskeletal system
- Healthy ankle, knee and hip joints
- Healthy back, healthy spine
- Improvement of coordination

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

The Mental Trim Disc is characterized by the versatile application possibilities for health training, school, popular and high-performance sports. The modular design offers new possibilities for the training of proprioception of the upper and lower extremities and the spine, coordination, whole body stabilization, leg axis training, performance improvement, injury prevention, concentration and mental balance. The device is space-saving and easily transportable.

Consisting of: Disc (40cm diameter) incl. swivel bearing, ball, rolling plate, single leg stand plate and exercise folder.

Eva Schulz, certified physiotherapist and sports scientist in Innsbruck, evaluates the Mental Trim Disc by MFT:

75% of the population suffers from ankle, knee and hip joint complaints or from tension in the back and neck area up to headaches and intervertebral disc problems.

The Mental Trim Disc is an innovative health training device with which you can train your coordination,



concentration and sense of balance as well as release blockages through lateral, frontal and rotating (tilting) movements. At the same time you strengthen your abdominal and back muscles and stabilize your ankle, knee and hip joints.

Only 10-15 minutes three times a week are enough to noticeably counteract the typical complaints in these problem areas. The Mental Trim Disc enables an effective training of the reflex muscle reactions, which can hardly be trained by previous forms of exercise. Especially with ball sports, running, skiing, inline skating, golfing, snowboarding, etc. you can benefit enormously and improve your performance.