



MFT Sport Disc



With the MFT Sport Disc, athletes and fitness enthusiasts can increase their strength and endurance, improve their fine motor skills and responsiveness. Ideal ski training device. Perfect for home training, sports, personal training, circuit training, performance enhancement and therapy.

CHF 179.00

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 possible 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 ambitious recreational and professional athletes
- Ideally suited as therapy training equipment

The Sport Disc is a further development of the Mental Trim Disc. The modular design offers excellent sport-specific application possibilities. The rocking parts enable training in three dimensions. Particularly suitable for training and therapy of the ankle joints and knee apparatus, as well as the pelvic and back area.

Consisting of: Disc (50cm diameter) incl. swivel bearing, ball, rolling plate, 2 rocking parts and exercise folder.

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

Training on the Sport Disc improves whole-body stabilization and increases performance. At the same time, the risk of injury is reduced. This is what makes the MFT training equipment so valuable for all sports that require well-coordinated movements and a sense of balance: all ball sports, golf, running, inline skating, horse riding, tennis, skiing and snowboarding - to name just the most important. Thanks to its modular system, the Sport Disc is suitable for all ages and performance levels - from schoolchildren to top athletes. There are no limits to your training imagination.

**The Shark
Fitness Company**



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Target price CHF 269.--