

## Exercise Ball



### SISSEL® Securemax Exercise Ball

SISSEL® Securemax Exercise Balls can be used for a variety of purposes: to assist you in your workout, as a useful tool in physiotherapy, as a seat to encourage correct posture. The use of the Securemax Exercise Ball as a seat at home, the office, or school noticeably relieves pressure on the spine and strengthens back musculature. Exercise balls are also proven assistive devices in physiotherapy, birthing exercises and during workouts. All Securemax Exercise Balls come with a workout poster of ball exercises.

The surface of the Securemax Exercise Ball has a pleasant, friendly-to-the-touch structure, and is extremely resistant to abrasion. Securemax Exercise Balls also meet the highest safety standards. For your safety, when punctured the ball will not burst but lose air gradually.

SISSEL® Securemax Exercise Balls are burst-proof up to 130 kg of stationary weight but can handle a stationary weight of up to 500 kg  
 Sizes available: 45 cm, 55 cm, 65 cm and 75 cm (18, 22, 26, and 30 inches)

## Resistance Tubes



### SISSEL® Fit-Tubes

Exercise or resistance tubes enable you to effectively target and work the same muscles as some of the very expensive home gyms on the market, and with the SISSEL® Stretch Fit-Tubes you pay only a small fraction of the price.

The SISSEL® Stretch Fit-Tubes are a suitable alternative to free weights and machines. Resistance tubes are great because they are easily transportable and easy to put away. Stretch Fit-Tubes come in several levels of resistance to provide you with the option for progressive workouts and greater challenge. The strengths range from Light to X-Strong.

Stretch Fit-Tubes are small, versatile and affordable!  
 Great for wellness, rehabilitation, muscle strengthening and aerobics  
 Concise posture and stretching exercises for upper body and legs  
 High-quality foam handles for a better grip

## Balance Board



### Red SISSEL® Balance Board

The SISSEL® Balance Board helps with balance and proprioceptive exercises, but also strengthens core muscles, improves coordination, develops motor functions, and enhances concentration.

Having a strong and stable core helps us feel and look better, and improve our performance in sports and everyday activities. Improving your balance and maintaining a healthy core can help prevent joint pain and injury. A balance board from SISSEL® can help you bring balance to your life!

Size: ~ 40 cm, 8 cm high (16 inches x 3 inches)

The SISSEL® Balance Board Provides:  
 40cm (16in) disc of hard, durable plastic

Provides 360 degree of instability, Fixed angle, 20 degrees

Excellent for yoga, skiing, golf, martial arts, soccer and any other activity that requires good balance and lower body strength and agility.

The perfect complement to a floor based Pilates routine  
 Develops Dynamic Balance, Stabilization And Proprioception  
 Recommended for beginners and intermediate level users



## BalanceFit

The SISSEL® Balancefit balance board acts as a multifunctional training device to improve one's physical coordination, strength, circulation and sense of balance. The specially shaped nodules in two different thicknesses on the standing surface increase the body's perceptive ability. Because of these nodules, the Balancefit balance board is also suitable for foot-massage. The Balancefit balance board has a needle-valve for individual pressure regulation. • Size: approx. 13.5" • Colors: red, blue



## BalanceFit Pad

### Blue SISSEL® Balancefit Pad

Ideal for balance training!

- Trains coordination and reaction
- For stability exercises
- Training of motor functions to maintain proper balance
- For inside, outside, water use
- Sturdy, appealing surface for increased safety
- With anti-slip coating
- Size: 50 x 41 x 6 cm
- Weight: 1 kg



## Sport-Swing

Sport Swing for core training and strengthening.

Sport Swing is a light bar that vibrates in motion. It allows for muscle strengthening exercises (for deep and superficial muscles) to suit all levels of practice.

The Sport Swing is used in therapy as an aid in back and joint problems.

Some examples:

- Tension in the neck and trapezius
- Problems with the lumbar spine and pelvis
- Osteoarthritis - at the shoulder, hip or spine

The Basic Principle of the Sport Swing

In different positions, you keep the bar in one or both hands. By performing the movements with the bar, the vibrations of the bar create an unstable posture in our

bodies forcing us to maintain postural balance by engaging the deep stabilizing muscles. The deep abdominal muscle (the transverse) is constantly being contracted for the movement because it protects the back, maintaining balance and promotes the "flat stomach".

- Core stability and tone
- Balance
- Concentration
- Flexibility
- Awareness Movement
- Endurance
- Increased metabolism
- Body sculpting
- Toning the Glutes
- Burn Fat





## Spiky Dome

Find your Balance While Having Fun

- Facilitates co-ordination and balance
- To increase body awareness and mobility
- Ideal training tool for the young and old
- Soothing foot massage and relaxation through studs in the single piece moulded structure
- Individual pressure adjustment possible
- Diameter 6.5"
- Phthalate Free
- Each set contains one red and one blue Spiky Dome



## Gym Mat

The SISSEL® Gym Mat provides a pleasant, warm, hygienic, easy to clean surface for your workout. It has optimal shock absorbing qualities, and is easy to roll up for better storage and transport. • Approx. size: 72" x 24" x .6"



## Gym Mat Pro with carry bag

The SISSEL® Gym Mat Professional is a softer gym mat that offers the optimal balance between shock absorption and pressure distribution for floor exercises. This gym mat provides a warm, anti-slip, hygienic surface for your workout, and comes with a handy shoulder bag. • Approx. size: 72" x 24" x .6"

