

Exercise Products bellicon.ag 2006

pro-dynamic and soft as a cloud

Excellent for:

Cardiovascular system, muscle building, back exercises,
weight control, lymph drainage, strengthening of the joints,
immune system, allergies, diabetes, constipation, digestion,
balance, vertebral discs, osteoporosis, stress reduction,
relaxation, concentration, depression,
and most importantly: joy in life





Bellicon.ag was founded in October 2003, emerging out of two companies who had made a name for themselves over the last 20 years through high-quality health promoting products.

- ▶ The Swiss company 'Rebound Dynamics Europe' has existed since 1985. From 1992, under management of Charles Luginbühl, the Rebounder was further developed with emphasis on elasticity and dynamic quality.(see page 16) . In collaboration with Ingrid Luginbühl J. and Birgit Buschmann the training concept of the DYNAMIC REBOUNING Method was also expanded. Thus, all customers were given access to a holistic health training approach.
- ▶ The German company 'Vital-Trainings-Management' (VTM) was founded in 1985 by Gert von Kunhardt in Cologne. Over the past years, several tens of thousands of people have learnt the KUNHARDT method according to his motto "refresh in stead of exhaust" and discovered the principle of tempo-moderation: the gentle way to health training. Following practical experiences gained in these seminars, the development of the highly elastic "Medi-Swing" was started in 1995 (see page 14).
- ▶ The establishment of 'bellicon.ag', with headquarters in Bellikon, Switzerland (Canton Aargau = AG) and its subsidiary company 'bellicon Deutschland GmbH', with headquarters in Cologne, was due to the compatible products and the possibility of expanding the range of the two companies. Experience and esprit were joined and brought into bellicon.ag in order to internationally provide people with a viable health gain through the use of bellicon products. One of the first results was the development of our newest Mini-Trampoline , the 'belli-Swing' (see page 12), in which the know-how, and therefore the best qualities, are combined.

Pre|ven|ti'on <[-v n-]> Keep from happening; keep (someone) from doing something; "prevention is better than cure"

Sources:

www.dictionary.com; Oxford Dictionary

Prevention:

The four pillars of human health:

- ① movement
- ① nutrition
- ① thought
- ① environment

Dear customers,

Prevention in stead of intervention! It is our concern to help you take your health into your own hands. Nobody can breathe, eat, move or relax for you. Only you can do that.

Change from being a patient to directing your own life. Start a health reform of your own with bellicon!

Bellicon.ag promotes prevention: We offer you correct **MOVEMENT** with our exercise products and instructions for good **NUTRITION** and constructive **THOUGHT** in our highly recommended top seminars.

We wish to introduce to you in this brochure our highly elastic and pro-dynamic mini trampolines whose positive effect on the human body has been impressively demonstrated in many studies. Whether Medi-Swing®, belli-Swing® or the Rebounder you will have lots of fun and above all be able to notice a positive health gain after just a short period of use: back , disc, or weight problems, stress or metabolic disorders can be permanently and quite specifically relieved through correct and regular training with our equipment. Try it out for yourself!

We will be pleased to answer any questions you have personally: Call us or send us an e-mail.

Kind regards

Yours sincerely

Philipp von Kunhardt



Philipp von Kunhardt
bellicon.ag

Live actively through exercise - Control body weight

Our great grandparents led an active life: It was normal to walk 20 km every day. Now things are quite different, the average distance covered on foot per day is about 1500 metres. This dramatic lack of movement leads to muscle loss and hence to back pain, disc problems, proneness to allergies, diabetes, osteoporosis, headaches, stress, and many other things.

Factory-cell muscle

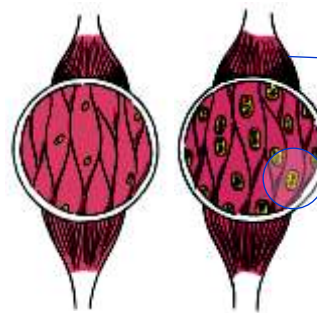
Substances which we take in (food, liquids, oxygen) are converted by the 'factory' which is our body in an ingenious way into energy, antibodies and hormones, amongst other things. This "metabolism" takes place mainly in the muscles and sustains our daily life.

Endogenous medicines

Lack of movement causes muscle cells to become downright lazy and slows down the conversion in the blood of proteins, carbohydrates and fats into energy, endogenous medicines and hormones. Instead, fats are deposited in the body. A visible result: we gain weight and become too heavy. Simultaneously, we consume an above average amount of food due to our eating habits. This accelerates the process of "becoming fat". The available proteins and carbohydrates stray through our bodies and are converted (by insulin) into a dangerous substance which leads, amongst other things, to arteriosclerosis (commonly referred to as hardening of the arteries) one of the causes of heart attacks.

Illustration, left:
Untrained, low-metabolic muscle cells with few and small mitochondria (yellow) as furnaces.

Illustration, right:
Trained, metabolically active muscle cells, which have formed new and larger mitochondria through their level of exercise activity and can thereby distinctly raise food turnover per cell.



Mini-power station: The mitochondrion

The mitochondria, the power stations of the cell, are the energy producers in the human body. This is where sugar (glucose) is converted into adenosine triphosphate, which then is also used for the production of protein. Protein is then also a constituent of enzymes which accelerate the chemical processes in the body. Enzymes, for example, are responsible for the cleavage of fat cells.



Prevention of heart attacks through exercise

Our muscular system is the largest metabolic organ in the body. But this function is only properly fulfilled if the system is exercised. Moderate and gentle movement in particular is good for the formation of fat-splitting enzymes, which ensure that fat is broken down and converted into energy.

Fat reduction through metabolic centres

It is a wonder that the body is as adaptable as it is. Whereas excessive nutritional intake leads cleverly to the "storage" of fat reserves, a low increase in exercise activity results in an immediate rise in metabolism. Moreover, the body "learns" from the new situation and takes precautions.

The Mitochondria, the smallest power stations in our body, not only become larger after taking up exercise training (see illustration) and therefore more efficient, but also multiply in number up to 1.5fold. The nutrition consumed can then be "metabolised" much faster and more efficiently, because the furnace has become that much larger.





Metabolism the gentle way

Our metabolism produces endogenous medicines, for example, "happiness" hormones for good mood and an even nature.

Metabolism accelerates the digestive process, especially by training on the Medi-Swing, belli-Swing or Rebounder.

Our mini trampolines (pages 12 -17) are products which are very well suited to activating the metabolism.

Metabolically active exercise training is suitable for all age groups..

Children show us how to do it at home: they love to jump about on beds.

Senior citizens also like to go through life with a bounce in their step. Besides stimulating our metabolism and cardiovascular system, exercising on the Rebounder, Medi-Swing or belli-Swing promotes a better sense of balance and strengthens the supporting muscles of the feet which helps us with surer movement every day.



Gravitational change

Through movement on the mini trampoline, the body experiences continuous interaction between relative weightlessness at the highest point of the swing and an increased gravitational force when slowing down on the mat. All the cells of the body (and not only the muscle cells) react reflex-like to this rhythmic change: they relax completely in the weightless phase, whereas they tense up strongly when slowing down.

As a consequence, all the muscles in the body participate without having to be consciously moved. This is different from all other types of sport in which only certain muscle groups are trained. On the mini trampoline all muscles are stretched to the same extent. Even muscles which normally cannot specifically be reached are activated, such as the intestinal muscles (peristalsis).

Net result

The conveniences of modern life are something we cannot imagine living without as we grow older. Therefore it is important to counter this intelligently by training on the efficient, time-saving and fun giving highly elastic Medi-Swing, pro-dynamic Rebounder or the new belli-Swing. This type of exercise activates the metabolism in a pleasant way. Bodyweight can be kept well under control by regular training. The body makes it easy for you as once the human metabolic factory is set in motion by exercise training, the increased metabolic level is sustained for up to 12 hours after training has ended. This frees up additional energy for everyday life

Why a bellicon mini trampoline?

Because it is fun, enormously health-promoting, gentle to the back and to the body as a whole. Bouncing on the bellicon trampolines is unique: In no other way known so far can the body be trained so fully with such little effort. And the nicest thing of all: With bellicon devices you can actually become constantly active - because it is such a motivating and refreshing way to train.

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Lack of exercise

Regular exercise indisputably plays a very important role in our wellbeing. Many diseases can only be prevented, slowed down or even healed by regular exercise. The market for sports equipment is booming. But even the best equipment does not help if it remains unused. What is really decisive is how much you enjoy training with it and how easy it can be integrated into your everyday life pattern. It has to be fun, otherwise, regardless of how good your resolutions are, the initial euphoria and eagerness to train will subside very quickly.

We have a solution for that

The highly elastic Medi-Swing, the pro-dynamic Rebounder and the one and only belli-Swing are an ideal encouragement and will help you regain your momentum. All our trampolines provide not only lots of pleasure in their very easy-to-use way, but help to achieve a balanced health and fitness training for everyone through their diverse effects (explanation on the next pages): children, adults and seniors - all can make use of the gentle training

approach in the same way. The good thing is:

You cannot overtax yourself

Neither is any basic fitness level required. More to the point, when moving on our high quality trampolines the essentials occur automatically. Our musculature and cardiovascular system are brought very carefully and evenly up to speed by the gentle up and down movement.

"Overtaxing" is a foreign word with this training method. The gentle swinging movements mean that normally one hardly gets into a sweat, so it is easy to integrate this exercise into everyday life situations without the need for lots of preparation as with fitness training (changing into sports

clothes, etc.). In the office, the kitchen, the patio, playroom or bedroom, the Rebounder, belli-Swing and Medi-Swing can stand where you spend most of the day. And as our equipment is so attractive, you will use it all the more frequently, simply in between times:

This way you lay the foundation for getting more swing into your life.



A bellicon mini trampoline for back pain?

Back pain is developing into the world's Nr.1 national illness. Already 80 % of central European adults suffer at least occasionally from such complaints.

Widespread affliction

Headaches trouble more and more individuals and are often caused by cramped muscles in the shoulder, back or neck due to incorrect posture or one-sidedness. Innumerable massages, heat treatments and special, supporting, chairs are prescribed. Back training schools draw lots of attendance. But all these things are apparently without any obvious success.

Causes

Physicians diagnose muscle tension in 90 % of these cases. Through long periods of sitting, the abdominal muscles shorten and the muscles in the back also recede. With the upper body bent forward at a desk or computer, the back muscles are constantly tensed. A spontaneous movement, cold weather or stress can then trigger pain, lumbago, a strain or wryneck.

Sitting habits

It is a fact that central Europeans actually spend an average of 9 (!) hours per day sitting: In the car, at work, when eating, reading and watching television. At the same time those without a sedentary occupation often put one-sided strain on their backs, sometimes for hours on end. Only a few people try to correct these errors of false positioning and overloading. So it is not surprising when the body sooner or later draws attention to itself in the form of pain, and prescribed massages and heat treatments only provide short time relief.

What should be done

In order to get a lasting grip on pain, it is not enough just to treat the symptoms. The cause has to be looked at, i.e. the tension in the muscles and the continuous pressure on the vertebral discs. This means that the back musculature has to be strengthened by regular, structured training, so that it can fulfil its task of supporting the spinal column again.

Swinging

Making swinging movements on the highly elastic belli- or Medi-Swing has proven to be an excellent way to gently train the



Relaxation

back musculature, because the pressure on the vertebral discs remains very low. The body is thereby invited to participate in a soothing interaction between tensing and relaxing the muscles. Whereas all muscles are completely relaxed at the highest point of the movement, they automatically contract with the deceleration into the bouncing mat. This has a lot of positive effects.

Training

The muscles of the back and trunk amongst others are trained by exercising this way. A daily training session of just 15 minutes is sufficient to strengthen the musculature again. Also positive in this respect is that one trains the spinal column to straighten itself, thereby contributing to an optimal posture.

The flexing movements on the highly elastic belli-swing and Medi-Swing tense and relax the vertebral discs. Blood circulation and metabolism, and thereby the supply to the vertebral disc tissue, are stimulated. The gentle, rhythmic tensing and relaxation of the musculature acts like a self-induced massage and also triggers psychological relaxation as by reflex (like a baby that is calmed in a swinging cradle). Stress is thus effectively reduced. In other words, the highly elastic trampoline counters all the main causes for back pain. It represents the optimum "medicine" to combat this form of widespread affliction.

A multitude of positive effects

Our high-quality mini trampolines all have one thing in common: selected components made of first-class materials and excellent finish ensure harmonious, round swinging movements. Many beneficial effects can thus be experienced on all our equipment, regardless whether you decide on a Rebounder, a Medi-Swing or a belli-Swing. The positive training effects from all three devices are summarized in the following section.

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With moderate training (not jumping!) you will benefit from all our mini trampolines in a number of ways:

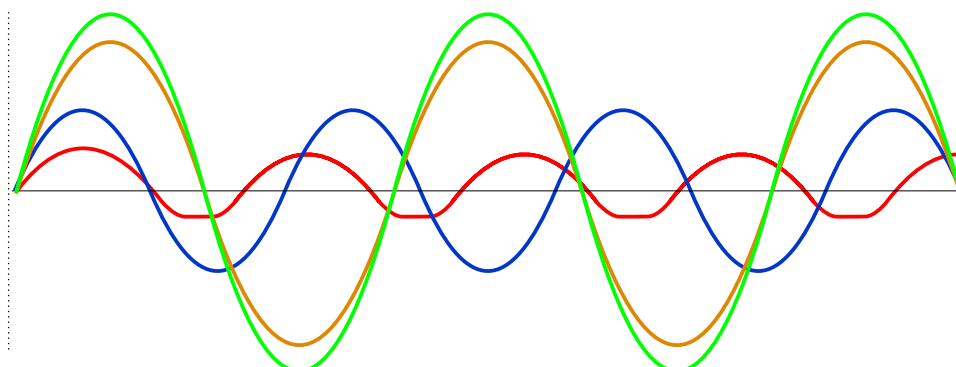
- general **muscle training** due to cyclical tension and relaxation of all muscles
- **cardiovascular training** without overexertion
- training and exercise of the **back muscles**
- strengthening and lubricating of the **joints**
- metabolism of the **inter-vertebral discs** is stimulated through exertion and relaxation
- **lymph drainage** due to the pumping action of the muscles
- strengthening of the **immune system**
- purification and improved care of the **connective tissues**
- strengthening of the bones, prevention of **osteoporosis**
- **weight control** by activating the metabolic system
- relief from **allergies**
- protection against **diabetes** (type 2) through moderate exercise
- training for better coordination and **balance**
- faster **reduction of stress**
- better **concentration** through increased oxygen uptake
- improved **digestion**
- ability to fine tune training intensity during **rehabilitation and therapy**
- **incredible pleasure** with this training



Swing and amplitude comparison

with approx. 90 kg body weight

- ▶ belli-Swing 1,12 m (90/min., 32 cm)
- ▶ Medi-Swing 1,00 m (90/min., 28 cm)
- ▶ Dynamic Rebounder (120/min., 15 cm)
- ▶ Usual mini trampoline (140/min., 11 cm)



The **Medi-Swing** is the most gentle device. You swing downwards, deep into the mat with a low swinging frequency, and braking is very gentle. The strain on the joints and back is particularly low.

On the **Dynamic Rebounder** the swing frequency is higher but the swinging movement is not quite as deep into the mat, so that the braking distance is shorter. This particularly supports the cardiovascular system.

The **belli-Swing** is a good mixture of the two: you swing very deeply and softly, acceleration is greater however, than on the Medi-Swing. Training is thus more dynamic and demanding, but at the same time gentle on the joints and intervertebral discs.

Other devices with poorer quality have a higher swinging frequency, less bounce and are very hard. The swing frequency is not harmonious. Counterproductive stress levels occur on the joints and intervertebral discs as with jogging!

Which device is right for whom?

The Medi-Swing and belli-Swing devices are sprung with highly elastic rubber ropes and enable particularly gentle, harmonious bouncing at a low frequency, but high amplitude. The Rebounder, on the other hand, is equipped with special springs made of quality steel and this ensures prodynamic and harmonious swinging movements with a higher frequency, but smaller amplitude than with the rope-sprung devices. Select your personal favourite according to the intended field of application.

Medi-Swing

Sprung with our patented, individual, rubber ropes



Exercising on it is particularly relaxed with minimum pressure on joints and intervertebral discs.

Due to the great elasticity, it is particularly suitable for joint and back problems, rehabilitation, relaxation and for combating stress, as well as for children.

In addition to the general beneficial effects, the Medi-Swing is particularly suitable for:

- training according to the Kunhardt method
- small children
- osteoarthritis
- relaxation training with particularly long swing movements (cradle reflex)
- stress reduction
- intervertebral disc massage
- lubricating of the joints
- back complaints
- senior citizens
- people who are overweight



Rebounder

Sprung with high quality metal springs made from special steel.



Training on the Rebounder is lively, refreshing and very dynamic. Suspension is distinctly firmer, causing a faster swing frequency with smaller amplitude.

It is thus particularly well suited for sportier training with higher demands on the cardio-vascular system.

In addition to the general beneficial effects, the Rebounder is particularly suitable for:

- training according to the DYNAMIC REBOUNING method
- a particularly intensive form of cardiovascular and fitness training
- elasticity training
- the DYNAMIC REBOUND massage with a therapist, partner or the Universal ball (see page 18)
- aerobics, rhythm and dance
- problems with balance



belli-Swing

Also fitted with the patented, individual, rubber rope suspension.



The belli-Swing represents the ideal combination of the two other versions mentioned above. You swing particularly dynamically on it, but at the same time still gently and elastically. Thus, you achieve the maximum effect; still taking care of the joints, but with maximum fun and movement.

In addition to the general beneficial effects, the belli-Swing is particularly suitable for:

- training according to the Kunhardt method
- building up muscles
- moderate cardiovascular training
- lymph drainage
- intensive co-ordination exercises
- overweight individuals
- Juveniles
- providing the greatest fun factor and hence the highest training loyalty



What physicians and therapists say about our mini trampolines:

Numerous therapists, scientists and physicians have taken a closer look at our belli-Swing, Rebounder and Medi-Swing and formed a positive opinion. If you so wish, we will be pleased to bring you into contact with these bellicon specialists.

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Intervertebral discs

"Swinging on soft trampolines is considerably **more gentle for patients with disc and lumbar problems (back complaints) than the pressure exerted when walking**. By swinging 'on the spot' with a straight spinal column the intervertebral discs are trained in a gentle way to tense and relax. Due to the toning effect this has a remarkable positive effect on the blood circulation. That can only be good for our health."

Dr. med. Hans Schechinger, Physician for Orthopaedics and Sport Medicine, Cologne



DRB-Massage with a partner

Oxygen "burst", fitness training

"It is a great way to improve anybody's physical condition, irrespective of the individuals' shape. People up to 50 years of age with no signs of cardiovascular diseases can use it **without medical supervision**. It is a great help in the rehabilitation of existing knee, ankle or muscle injuries.

As far as tanking up on oxygen is concerned, 5 minutes on the trampoline are equivalent to running 3 kilometres or more. Just 10 minutes a day are sufficient to improve our physical condition. Asphalt, concrete and other hard surfaces are 'poison' for our muscles, as the pressure is too great when our feet hit the ground.

The same problems can arise by jumping on a trampoline which is too hard."

Dr. Rentstroem and Dr. Peterson, Sports Academy GIH, Stockholm

Efficient movement

"The trampoline helps me with my therapy by getting patients to move in an easier way and by motivating them. Movement is greatly facilitated and metabolic processes are stimulated in less obvious areas like the connective tissue (discs), cartilage tissue (inter-vertebral discs and joints) and our skeleton (e.g. in osteoporosis).

I know of no other form of exercise which is **so simple and easy and at the same time so efficient!**"

Paul Klammer, Head Physiotherapist in Ambulatory Rehabilitation and Prevention, Traben Trarbach

Positive effects on the body:

- "The joints are increasingly moved without overloading them. The joint cartilage and the intervertebral discs of the spinal column are better supplied with synovial fluid and thereby remain more elastic in to high age.
- The Rebounder stimulates the arterial and capillary blood circulation. The additional muscle activity accelerates the return flow of venous blood and thus increases the return lymph flow at the same time.
- Blood circulation is stimulated. The desired tachycardia (increase of heart frequency) is achieved without excessive strain. This way, circulation in the coronary arteries and, with regular use, even heart activity are improved .
- With DYNAMIC REBOUNDING, breathing capacity and vitality are also increased.
- Then again, all of these activities stimulate the metabolism and simultaneously decrease hunger feelings. By using DYNAMIC REBOUNDING directly before a meal or with a suitable diet, weight problems can successfully be combated.

My conclusions:

Generally, I would like to note that the Rebounder is very simple to use and can be set up anywhere without a problem. When used correctly, one cannot overexert oneself and hence there are practically no constraints. The Rebounder ensures healthy, constructive training without a lot of effort but with a lot of fun. Naturally, I could mention even more advantages. More important though is that the high-quality Rebounder has no disadvantages and with correct use can be used by young and old alike."

Dr. med. Peter Z'Brun, Surgeon FMH (i.R.), Visp, Switzerland



What our customers say about Rebounder, belli-Swing and Medi-Swing:

We often receive positive feedback from satisfied and enthusiastic customers. It is really amazing in which cases our equipment actually helped or provided relief. Some of the most interesting comments have been collected here.

Gregor Stähli, mehrfacher WM- und Olympiadallengewinner im Skeleton, ist begeistert vom belli-Swing.

"belli-Swing? Ein Top-Trainingsgerät! Ich bin begeistert davon, weil es irrsinnig viel Spaß macht - was für den Trainingseffekt sehr nützlich ist. Es ist ein sehr sinnvolles Ergänzungsgerät zu meinem Training. Man kann auf dem belli-Swing Kraft- und Ausdauertraining machen, ohne sich zu überfordern. In meinem Sport ist es wichtig, ein gutes Gefühl für das Gleichgewicht und die Koordination zu haben. Das kann ich auf dem belli-Swing sehr gut trainieren."

Gregor Stähli, Olympionike aus CH-Bellikon

"Yes, the Medi-Swing. Since I train daily, I have no more headaches."

Heidi Boueke, Reiskirchen

"My 90-year old mother bought a Medi-Swing on the recommendation of her physiotherapist. It was like a gift from heaven! As she does not like to walk much due to a knee operation, her muscles are 'wasting' all the time. Now she is enthusiastically using the trampoline in the mornings and evenings. But it is not only an excellent 'exercise aid' for a 90-year old there should be one in every household; that would be a positive contribution to 'public health.'"

A. Döhring, Hettenschwiel

"Your trampoline is great! We use it daily with enthusiasm. And that has had remarkable results . We always promote it wherever we can. Many thanks for offering something so simple , which also provides what it promises."

Aidlinger Sisters, Stuttgart

"You have got us moving again. I always had very bad back pain. Since swinging twice a week for approximately 20 minutes, I have noticed that the pain has become obviously less. In the mornings I was only able to hand out breakfast on my knees - now I can bend again properly - isn't that wonderful? I simply had to let you know."

Berthold Treib, Baker, Nehren

"We are very, very happy with our Medi-Swing. You have thought of everyone and everything."

Ursula Reimann, Tübingen

"For me, the DYNAMIC REBOUNDING method is the most enjoyable , holistic, gentle, but nevertheless most efficient, form of training that I have ever known . This form of health training, which includes movement and relaxation, provides a lot of joy and fun to me. Besides that, I can use it regardless of the weather and time of day and it saves me a lot of time as I no longer have to go to the fitness centre. Thank you for your wonderful method."

Rita Pfister (51), Unterengstringen, Switzerland

"I used to be very susceptible to coughs and bronchitis. Today, I am symptom-free thanks to regular DYNAMIC REBOUNDING."

Gabriella Pallavicini (51), Dietikon, Switzerland



belli-Swing[®] : variations and accessories

The successful symbiosis of the best characteristics of the Rebounder and Medi-Swing:

The belli-Swing is very soft like the Medi-Swing, but has the elastic Permatron[®] bouncing mat of the Rebounder and is therefore clearly more dynamic. You experience a stronger reverse swinging force, which catapults you back and makes training more effective and more fun!

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The belli-Swing

With this new product, the best characteristics of the Rebounder and Medi-Swing were united in a new and improved mini trampoline. From the Medi-Swing it inherited the particularly soft and gentle springs of the patented rope ring suspension. The Rebounder provided the point-elastic bouncing mat made of UV-resistant, high quality Permatron.

The belli-Swing will convince you: the swing movement is even gentler, but at the same time more dynamic than the Medi-Swing. The swing frequency is almost the same, although you bounce more deeply into the device. This means that you are subjected to higher accelerations, which then produces a greater training effect. (see diagram on page 8)

The model range

The Medi-Swing is available in three* different diameters: 1.00 m*, 1.12 m and 1.25 m* and a height of 36 cm. It consists of a stable, round, tubed frame, point-elastic Permatron bouncing mat and a brand new, finely tuned, patented rope ring suspension. Warranty period on the frame and mat when used correctly (bouncing, not jumping!) is 2 years and on the rope rings 1 year .

*starting in September 2006

Rope rings

The belli-Swing is delivered to your home fully assembled. Central to the device are the individual rope rings which are a bright orange colour, and available in four different strengths:

soft up to 60 kg,
medium up to 90 kg,
strong up to 120 kg,
extra up to 150 kg (surcharge).

When considering the appropriate strength, you should always base your decision on the weight of the heaviest user so that he/she does not touch the floor when bouncing.



Replacement rope rings

Due to continuous stretching and friction, the rings are parts that can wear down and will therefore have to be exchanged at some point. We, however, guarantee a minimum durability of 1 year, providing that you do not jump. In addition, you can of course always purchase spare rope rings from us.

Es gibt einzelne Ringe oder Sets:
30 Stück für ø 1.00 m,
36 Stück für ø 1.12 m,
42 Stück für ø 1.25 m.

Colour

The belli-Swing is available in the standard version with a black frame and orange-black bouncing mat. The mat is also available at a surcharge in the combination orange-blue.



Außerdem können Sie das belli-Swing gegen Aufpreis auch mit schwarzen statt mit orangenen Seilringen bekommen.

Folding legs

It is best if the belli-Swing has its own particular spot and thus always entices you to use it. If you have to set it up and take it down more frequently however, there is an alternative available with secure and well tested folding legs.



In just a few seconds the legs can be folded in and the device stored away, e.g. under the bed. The folding legs cannot be fitted retrospectively.





belliSwing®

Rubber caps

If the belli-Swing is to stand on tiles or parquet flooring we recommend the use of the rubber caps which are available. Alternatively, lower priced caps made of less high-quality PVC are also available. The device is absolutely non-slip using either version.



Edge covering

In order to disguise the rope rings, you can stretch an orange covering over the belli-Swing (only partly suitable for versions with folding legs). This increases your subjective feeling of safety (although according to experience, the exposed springs do not present any danger).

Nur für 1.12 m Durchmesser lieferbar!



Handles

By using the firm handles which are also available for the Medi-Swing, the belli-Swing can be used in rehabilitation and for people who are unsure of their balance as well.

Older individuals, who otherwise feel insecure about exercising, can also train their balancing abilities. Both mentally and physically handicapped people have tremendous pleasure from the swinging movement.

Edge padding

The alternative orange edge padding made of thick foam material is only recommended if small children are to bounce on the belli-Swing as well.



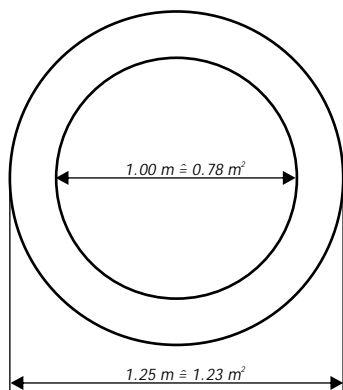
Medi-Swing®: variations and accessories

The Medi-Swing is sprung with highly elastic rubber rings and available in several diameters, rope thicknesses, colours and leg constructions. Simply go through the following four points and compile your personal trampoline and accessories.

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1. Diameter

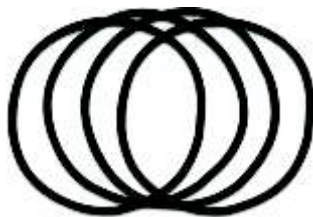
The Medi-Swing is available in three different diameters: 1.00 m, 1.12 m and 1.25 m. We generally recommend you to choose the largest device possible, as you then have more room for your exercises. The bouncing surface is in any case about 30 cm smaller than the frameworks' diameter. The larger devices are also marginally more pleasant to bounce on. Basically, the 1.00 m model is sufficient to carry out most exercises without a problem however, training on a larger piece of equipment is somewhat more comfortable. Overall height: 36 cm. Warranty period on the framework and mat when used appropriately (no jumping): 2 years, on rope rings: 1 year.



Vergleich der Sprungflächen bei 1.00 m und 1.25 m Durchmesser. Beachten Sie, dass die Sprungfläche immer noch etwas kleiner ist als das jeweilige Trampolin.

2. Rope rings

The Medi-Swing is delivered fully assembled with our patented rope ring suspension. There are three different strengths of rope ring: **soft** for up to 60 kg, **medium** for up to 90 kg and **strong** for up to 120 kg, classified according to the weight of the heaviest user. This range is necessary to ensure the equipment is as elastic as possible, but also to prevent you from swinging down to the floor when training. If several people share a Medi-Swing, select the rope rings according to the heaviest user.



Substitute rings

As the rings are wearing parts due to continuous stretching and friction, they will have to be exchanged sooner or later. We guarantee - provided you do not jump - a minimum durability of 1 year. Beyond that, you can purchase spare rope rings from us. **Es gibt einzelne Ringe oder Sets:**

30 rings for the 1.00 m diameter
30 rings for the 1.12 m diameter
36 rings for the 1.25 m diameter

3. Colour

The standard colour of the Medi-Swing mat is blue.



It is also available in bright yellow at an additional charge. The colour has no influence on function and training - it is purely an optical difference.

Der Mehrpreis resultiert einzig aus dem höheren Rohstoffpreis.

4. Folding legs

If possible, the Medi-Swing should be given a fixed place to stand so you are continuously encouraged to use it. If you have to set up and take down the Medi-Swing more frequently, we recommend you purchase one with folding legs which in a few seconds can be folded and stored away, e.g. under the bed. The folding legs cannot be fitted retrospectively.





MEDI *Swing*®

Rubber caps

If the Medi-Swing is to stand on tiles or parquet flooring, we recommend the use of the rubber caps which are available. Alternatively, lower priced caps made of less high-quality PVC are also available. The device is absolutely non-slip using either version.



Handles

By using the firm handles, Medi-Swing is also suitable for rehabilitation and for people who are unsure of their balance. Older individuals, who otherwise might feel incapable of exercising, can also train their balancing abilities. Both mentally and physically handicapped patients have enormous pleasure from the swinging movement. The handles have to be ordered to fit the respective trampoline diameter.



Edge padding

If small children are also going to play and train on the Medi-Swing, we recommend additional protective edge cushioning. It is made of extra-thick foam material, is simply fastened with a few loops to the framework if required, and protects against injuries from the framework in the case of a fall. The edge padding is orange and also has to be ordered to fit the trampoline diameter.



Rebounder: variations and accessories

Our Rebounder models all have high-quality steel springs and are 1 m in diameter. First select the basic model to fit your needs and then compile your personal trampoline from the available colours and accessories.

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Quality characteristics

Our Rebounder models differ from cheaper products both through their out-standing finish as well as the materials used: The elastic rebounding mat made of UV-resistant original Permatron has a 10-fold sewn border. Special springs made of quality steel with particularly thick cross-sections and double-conical shape ensures durability and harmonious springing of the equipment.



Standard colour combination: black mat and white border

The particularly stable frame with hand-welded spring retainers is 25 cm high. Guarantee when used appropriately (no jumping!): 2 years.

Dynamic Rebounder

This is one the softest rebounders known on the market. It is equipped with 36 high-quality special springs and designed for maximum elasticity.



The elastic Permatron mat used on Dynamic and Athletic Rebounders enables pro-dynamic swinging.

The Dynamic Rebounder is suitable for individuals weighing between 25 kg and 100 kg. The standard colour combination is with a black mat and a white border. **Gegen Aufpreis sind weitere Farbvarianten erhältlich.**

Athletic Rebounder

Contrary to the Dynamic Rebounder, the Athletic Rebounder has 48 special springs. It is thus more stable, but also less elastically sprung.



special spring usual spring

Our special Rebounder springs in comparison to other springs: Stronger material, double-conical shape, right and left-turning coils, specially tempered surface. This ensures rounder, more harmonious swinging and durability of the springs.

The Athletic Rebounder is suitable for individuals weighing between 50 kg and 200 kg **und hält somit auch bei größten Belastungen stand.**

Border colours

Instead of white, you can also purchase borders in 7 other bright colours at an additional charge.

Available colours are blue, red, yellow, orange, green, black or silver. **Sie können diese Randbünde auch als Ersatzteil erwerben**

Blue rebounding mat

At a small additional charge you can also purchase the rebounding mat in blue.





REBOUNDER

Rebound music

This CD provides music, which has been especially composed for rebound training. It has been adapted in tempo to the exercises mentioned in the instruction book, but is also very suitable for gymnastics, stretching or simply just for listening.



Handles

Nobody has to give up the Rebounder due to fear or being unstable on their feet. Seniors therefore can also train their locomotion and entire organ system. The handles are adjustable in height and fit all our Rebounder models with 1.00 m diameter.



Shoulder bag

With this practical bag, you can simply take your Rebounder or Medi-Swing 1.00 m with you everywhere. The bag is available in dark blue or white.



Woollen cover

This marvellously soft and warming cover consists of 100 % fleece wool (merino yarn) and fits onto all our Rebounder models with a 1.00 m diameter. Ideal for all exercises when lying down, e.g. also for the "DYNAMIC REBOUND exercise massage" (DRB-massage).

Longer legs

These extra-long legs raise the trampoline up to 40 cm and hence to the ideal height for wheelchair users. They can then easily get onto the trampoline and train.



Universal ball

The universal ball may look nondescript, but it offers an infinite number of possibilities. It is suitable for mobilizing, strengthening, stretching, relaxing, massaging, supporting, positioning and playing. It should be inflated according to the application after which the universal ball can be used quite individually.

Areas of use

Our universal ball is made from highly elastic plastic. The surface is soft, easy to grip and feels pleasant to the skin. The ball is available in 3 sizes and in different colours. They can be inflated to the right pressure using a drinking straw, and are thus easily adapted.



Mit dem Strohhalm schnell aufgepumpt

Filled with just a little air, they are very soft and for example suitable for positioning or supporting the body when sitting or lying down. When inflated to be a little harder, the universal ball is excellent for playing games, training and therapy.

The Universal ball is especially suitable for the following:

- **Strengthening and stretching** of the muscles in the abdomen, legs and floor of the pelvis
- **Mobilisation** of the neck vertebrae, the shoulder joints, the pelvis and the spine
- **Stabilising** the trunk
- **Relaxation** of the throat and neck muscles
- **Supporting** the arms, legs, neck, back and trunk
- **Massage** of the arms, legs and back
- **Dynamic sitting** and increased concentration



Eignet sich sogar zum Fußball spielen!

- **Breaks** when exercising to avoid tension and stress
- **Loosening** the hip and lumbar areas
- **Improving blood circulation** in the legs and feet
- **Playing**

Valuable information

The Universal ball fulfils all the guidelines for therapy aids and toys. It has been given the CE mark. Contrary to other known exercising balls our balls are not perfumed and are odour-free after a thorough airing.



Mobilisation des Hüftgelenkes

The Universal ball is suitable for children over 3 years of age and is delivered with a straw and 2 stoppers so it can be filled and deflated over and over again. Thanks to its compact size, the Universal ball is the ideal travel companion and also makes playing, training and relaxation possible when you are en route.



If you completely squeeze out all the air from the Universal ball, it can be folded up very small and will even fit into your trouser pocket!

The model range

Universal ball 18 cm

The smallest model is particularly suitable for playing for example, volley-ball, hand ball and even football. The ball has a thicker lining than the others and that makes it more stable and helps it to fly better. In training and therapy, the smallest ball is particularly well suited for hand and foot exercises. The ball has a maximum size of 18cm and is available in orange, yellow, violet and green.

Universal ball 25 cm

The medium-sized Universal ball is particularly well suited for specific posture and movement training, for supporting and positioning the arms, legs and neck, for massaging the back and for training of the arms and legs. As the lining of this ball is thinner and less material is used, the model is somewhat more favourably priced. It has a maximum size of 25cm and is available in red, yellow, green and blue.

Universal ball 35 cm

The largest ball in our assortment is particularly suitable for use as a floor cushion and for supporting the back and pelvis. It has a maximum size of 35cm and is available in red, yellow, green and blue.



Further information?

A brochure can only ever shed light on a small part of any product or its benefits. We cannot here fully convey to you what a true blessing a trampoline can be for you and your health. Nevertheless, we hope that you were able to get a good idea of our high quality trampolines and accessories. It is our aim to gain your interest and to get you "in form(ed)", both in a literary as well as a figurative sense. If you have any questions or wish to order, simply turn to your specialist dealer. You will find the address on the reverse page or you can ask us for a specialist dealer near to you.

Picture documentation:

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Your specialist dealer will be pleased to advise you: