

up, up and away...



trimilin[®]

premium-quality trampolines

Heymans

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Thank you very much,

for your interest in our products. Heymans has paid special attention to health care and exercise over decades. In 1979, the founder of the company, Joachim Heymans introduced the first mini-trampoline in Germany. No one had ever seen such a device, and it was initially regarded as a child's toy.

However, in the following years, it became famous throughout Europe. Not as a toy, but as an ingeniously simple and at the same time highly effective training device. For fitness training, health training and rehabilitation. And that for people of all ages, especially suited for those who are not accustomed to regular sports activities for time reasons or for example due to health handicaps like joint and back complaints.

In over 30 years, Heymans gained a lot of know-how and experience with the improvement of jumping properties, workmanship and durability. Today, the product name Trimilin stands for outstanding quality and functionality in Europe and beyond with an excellent price/performance ratio. The variety of available models is globally unique.

On the following pages, we invite you to rediscover the joy of an active lifestyle. Any doctor will tell you that we need exercise just as we need to eat and drink. However, exercise does not necessarily mean exhaustion and painful stress. It is very well possible to lead an active life with a lot of fun and enjoyment. And then indeed, exercise is the best medicine for all of us.

Have a lot of fun with Trimilin training!



Joachim Heymans

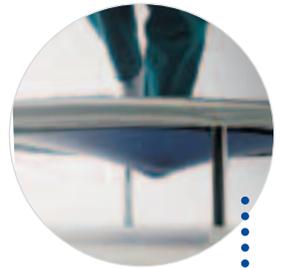
Premium-quality trampolines

Quick trampoline guide

In school sports we are accustomed to rectangular trampolines of different sizes. However mini-trampolines are round. The advantage is that you can easily stay in the middle of the trampoline instead of getting kicked out. The spring tension is significantly higher towards the edge than in the center of the elastic mat. This automatically returns you from the edge towards the center.

The elastic mat is the core piece of a trampoline. High-quality mats do not change their jumping properties over the years. They remain elastic. Mats of a lesser quality quickly wear out and you do no longer enjoy jumping. Trimilin elastic mats are extremely durable and retain their shape.

The spring quality decides about the swinging properties. We distinguish between two different systems here: steel springs or rubber cables. Each system has its advantages and disadvantages. However, the lower the quality of the springs or the rubber cables, the faster you will lose interest in your trampoline. Anyone who ever compared a cheap unit with a high-quality product will confirm: they are worlds apart.



One special feature of the Trimilin is its unique special mat. It guarantees the highest degree of elasticity and a long service life.

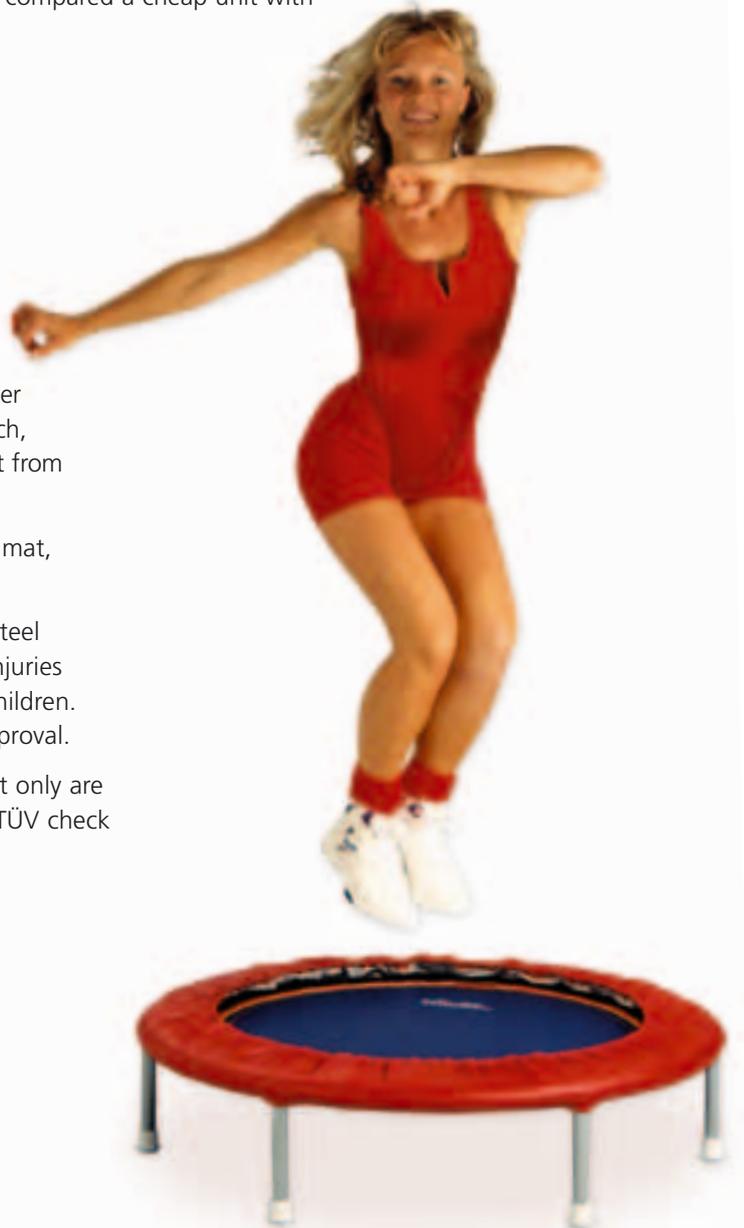
The Original

For a Trimilin Heymans only uses high-quality materials which have proven themselves in the long run. You profit from the extensive know-how of the first and most experienced provider in Europe. You can count on 30 years of experience in research, development and production of trampolines. And you benefit from the outstanding price/performance ratio of the Original.

Each original Trimilin trampoline features a long life special mat, high quality suspension and excellent craftsmanship.

Naturally each Trimilin comes with a padding to cover the steel frame. It does not only look good, but also protects from injuries on the hard steel frame. It is especially recommended for children. A sufficiently thick frame padding is mandatory for TÜV approval.

So be wary of trampolines offered without frame cover. Not only are they potentially dangerous. They also have not passed the TÜV check and are not certified.



The proven design is German TÜV certified.

How to select the right model

The trampoline should be adapted to your body weight for best performance. We recommend you to consider the indicated body weight limits in order to largely avoid contact with the floor.

Trimilin offers you 7 different types of suspension, from sporty-dynamic to "soft as a cloud".

	Softness level	Recommended body weight*
Trimilins with steel springs		
sport	■	50 - 125 kg
pro	■ ■	40 - 180 kg
med	■ ■ ■	30 - 110 kg
Trimilins with rubber cables		
junior	■ ■ ■	10 - 55 kg
miniswing	■ ■ ■ ■	10 - 85 kg
swing	■ ■ ■ ■ ■	10 - 90 kg
superswing	■ ■ ■ ■ ■ ■	10 - 80 kg

* limits are recommended to largely avoid contact with the floor while training

A natural walking and running rhythm is only possible up to softness level 4 (miniswing). As of stage 5 (swing), the swinging frequency is too slow for normal running. These soft units are better suited for easily swinging up and down, as well as for children with their light body weight, who just love to jump on them.



Trimilins with steel springs

trimilin sport

trimilin med

trimilin pro

Trimilins with rubber cables

trimilin junior

trimilin mini swing

trimilin swing

trimilin super swing

A fountain of youth for body & soul



Lymph vessels are very important for the drainage of liquid from tissue. Disruptions of the lymphatic drainage lead to local accumulations (lymphedema). Lymph drainage can be improved through external influences, such as Trimilin training.

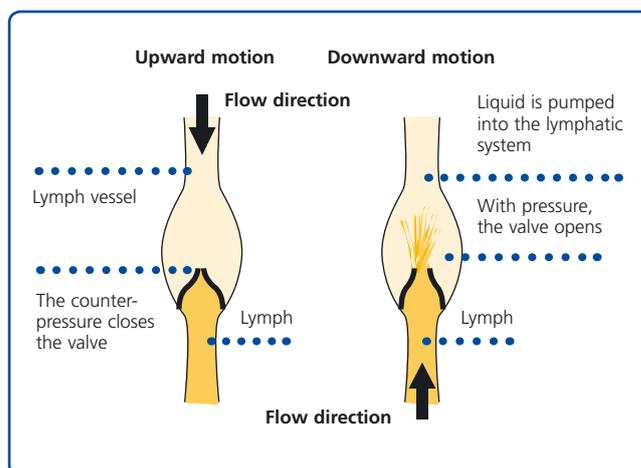
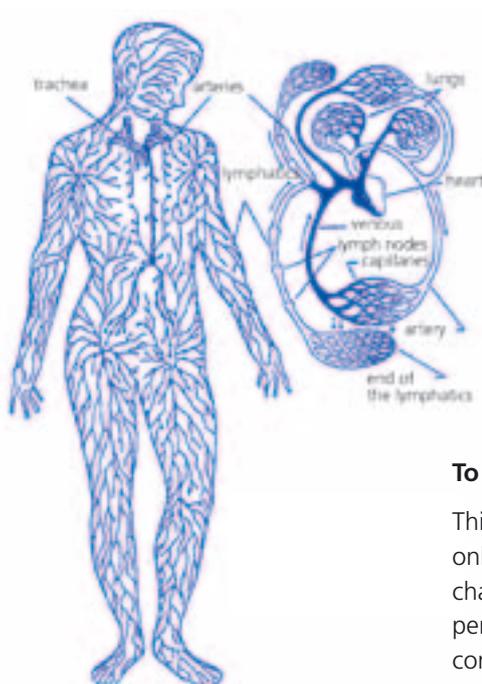
The lymphatic system – as important as the blood circulation

Experiments have demonstrated impressively that the body is just as healthy as its circulatory system. This does not only include the cardiovascular, but above all the lymphatic system. Each cell of our body is practically bathing in a watery tissue fluid, also called lymph. Approx. 85% of the body fluid consists of lymph. Nutrients and oxygen contained in the blood are transported to the cells via this fluid.

The lymph is also in charge of transporting metabolic waste products back to the blood stream. It is vital to keep this system circulating. The lymph channels are similar to veins and have one-way valves. These open when fluid is pressed forward by pressure from the outside. When the pressure subsides again and the fluid wants to flow back, the valves close.

However, there is just one problem: The system does not have a heart to 'power' it. The heart only propels the cardiovascular system. While the lymphatic system depends on external pressure to circulate, especially muscle contractions. At night it mainly is the breathing motion of the lungs which keeps the system moving.

The circulatory and lymphatic system



On the Trimilin, the constant pressure change ensures a strong circulation of the lymph.

To top speed within seconds

This is where another advantage of the Trimilin comes in. Even a light training of only a few minutes is a perfect stimulation of the lymphatic system. The constant change of weightlessness and gentle pressure on your entire vascular system is a perfect whole body lymph drainage. No other kind of training brings about such a comprehensive change of cell pressure with such little effort.

Do you want to strengthen your immune system? Do you want to expel bacteria and toxins as fast as possible from your body? Then you should exercise on the Trimilin here and then throughout the day for a few minutes each time. This significantly speeds up your cellular metabolism. Waste products and toxins are pressed out of each cell. At the same time, you activate your circulation. The toxins can be removed and your cells are supplied with vital oxygen and nutrients.

Do you often feel tired and worn out during the day? Instead of coffee, why not try an invigorating oxygen shower for your brain and all other cells of your body. Take a 5-minute break on your Trimilin and enjoy the refreshing difference.

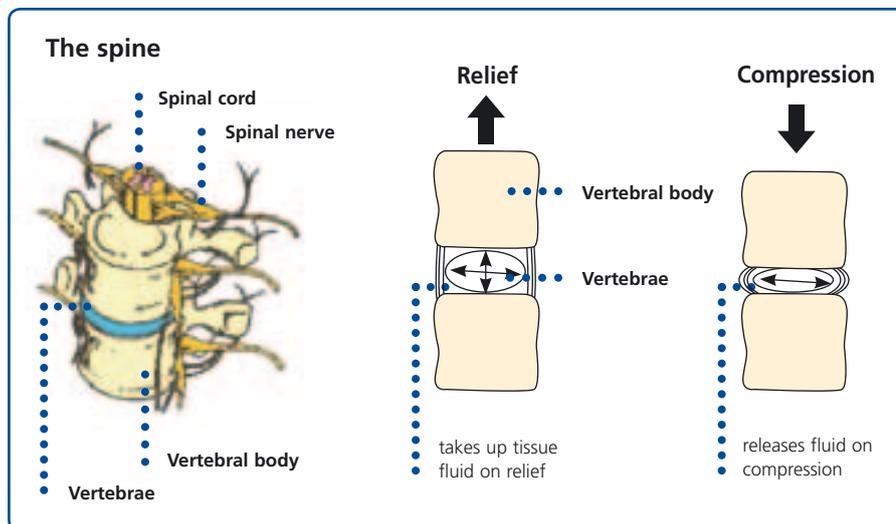
Vertebrae and joints

Back pain is a daily experience and hindrance for many people. Many are not aware that a lack of exercise is the actual cause.

Trimilin 'greases' your skeleton

The vertebrae are not perfused with blood. This is why 'lubrication' with tissue fluid is absolutely vital. It is the only way to keep the cartilaginous tissue elastic and functioning. Exercise on the Trimilin is truly ideal for this. With the constant gentle pressure change, the tissue fluid is pressed out and sucked in again. There is no better way to stimulate the metabolism of the vertebrae. At the same time, you automatically stimulate and train the entire supporting muscles along the spine.

Can you imagine a better training program for your back?



Jogging on clouds

The skeleton is the most rigid part of our body. This is why the bones are most susceptible for shocks and traumas. Jogging on hard ground is therefore not beneficial for everyone. It often results in damage to the ankle, knee and hip joints as well as the vertebrae.

When training on the soft, springy and elastic Trimilin, you achieve all the positive effects of jogging without the damaging impact of a hard floor.

Training on the Trimilin strengthens the cartilage of the joints, increases the production of red and white blood cells in the spinal cord and the number of collagen fibers for a stronger and better protection of the joints.



More and more Germans suffer from back pain

A representative long-term study published by the German health insurance association 'BKK-Bundesverband' in Essen shows a doubling of the number of persons suffering from chronic pain over the past eight years.



Partner training is perfectly relaxing for the back, shoulders and arms.



By shifting the weight and light swinging, the spinal-column is gently mobilised.

"My wife had to undergo hip surgery 11/2 years ago, because she was suffering from excruciating pain. It took a lot of convincing for her to start jumping one minute a day. Now, after 11/2 years, my wife jumps 15 to 20 minutes daily. She no longer suffers from any pain in her hip joints or her back. Surgery is no longer an issue."

Günther L., Harrislee
(Germany)

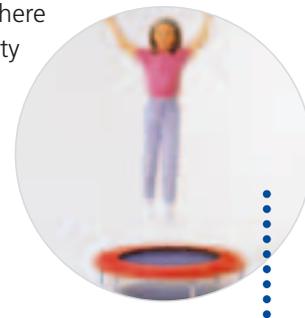
Fun for young and old



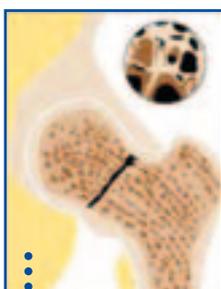
Attention deficit disorder (ADD) is an attention and concentration disorder that already starts during childhood. Primary symptoms are easy distractibility, low stamina and large emotional instability. This is frequently also observed in combination with hyperactivity (ADHD).

Trimilin as teaching aid

There is something you can do against ADD and ADHD! There has been an increase of persons suffering from hyperactivity over the past years, especially among children. They suffer from difficulties to concentrate and cannot sit still. If this excess energy had an escape valve, it might be possible to prevent the administration of medicine, e.g. Ritalin. Try out the Trimilin! For children, there is hardly a better way to get rid of excess energy than a few minutes of jumping on the Trimilin.



Kids get rid of excess energy – without Ritalin.



The skeleton is porous. This increases the risk of fractures.



Healthy, stable bones with a strong skeleton.

Stress relief through motion

Studies prove that we absorb most information during the first 10 to 20 minutes of learning. The longer the class, the less we remember. Darral Chapman from the New York Institute for Child Development has observed: Learning stress is relieved through exercise. Therefore, you should take a regular exercise break. Briefly review what you have learned. You will see that your learning ability and your memory will improve dramatically.

"6 years ago, my wife Barbara bought a Trimilin-med with accessories from you as a birthday present. Since then, I use this device almost daily for 10 minutes in the morning according to your instructions. As you described, I now feel much fitter, vital and healthy. Even after 6 years, the unit still has its full quality. I would like to thank you for this great idea and the outstanding quality of the product."
Diethard M., Leipzig
(Germany)



Osteoporosis prevention

Healthy bone tissue is the result of daily exercise and sufficient muscle tension. The skeleton constantly reshapes itself. Depending on the exercise, old bone material is replaced with new bone fibres. Each strain on the body leads to an increased deposit of new material and growing bone strength. Even gentle swinging on the Trimilin is successful.

In addition, you train your sense of balance and coordination automatically. As shown by a scientific study at Halle University.

Fit or fat

The Trimilin helps you to escape the vicious cycle of 'excess weight – inactivity – even more weight' once and for all. Start with a few minutes of swinging or walking in place. Your stamina will increase noticeably after a short time. You can train longer and more intensive. And the best thing is, this type of exercise is a great deal of fun!

And this motivates you to continue training regularly in the future. Dr. James R. White, University of California, San Diego, performed a study comparing a treadmill, a stationary bicycle and a mini-trampoline. After 10 weeks, all three groups showed substantial improvements with respect to fitness and fat reduction. However, after one year, he noticed great differences among the participants who still pursued their exercises.



Only 5% of the cyclists and 31% of the runners still trained regularly. On the other hand 58% of the mini-trampoline users were still training daily. Therefore, this is not a short-lived training flash. The motivating fun factor of the Trimilin is your unique chance to return to an active life. Permanently!



"2/3 of men in Germany are overweight." As reported by the European statistics office Eurostat in its current almanac in February 2007.



"Since I have been using my Trimilin for 15 minutes each day, I no longer suffer from vein complaints."

Ewald R., Melle (Germany)

"Some time ago, I purchased a Trimilin trampoline from your company and I would like to tell you that this is the best investment I have made in a long time. After jumping, I am wideawake, in a really good mood and ready to take on the day. I can use it in any weather and at any time of the day and also loose a bit of weight in passing. So far, I have lost 24 kilos in 8 months."

Uta B., Idstein (Germany)

Down with blood pressure

The heart alone cannot pump our blood through the whole body and back to the heart, but first of all through the arteries. After the blood has passed on its nutrients to cells and tissue, it is returned to the heart through external pressure on the veins, e.g. muscle movements. This is called the venous pump. With exercise, we can significantly support this motion and take stress off our heart.

In a study, Prof. Dr. Herbert DeVries, University of California, assessed that older people experienced great improvement of chronic migraine, back pain, stiffness of the joints and muscle ache, too low or excess blood pressure as well as coronary and vascular problems with a training of 3x1 hour a week. Varicose veins also react positively to the activation of the vein pump!

Up, up and away...

Escape from gravity

Resistance against terrestrial gravity, meaning against gravitation, is the source of our physical strength. It starts when we are babies. We grow, learn how to walk, run and jump. Each muscle in our body develops its power by working against the ever-present gravity. The stronger the gravitation, the more powerful the training effect for the entire body.

If we were able to control gravitation at wish, we would have an ideal training program. Above all, because this force evenly affects the entire body, each single cell. Whole body training in the true sense of the word.

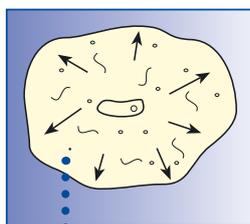
What would you think if the rise of gravity would only take half a second? Followed by half a second of weightlessness to relax? How many muscles in your body would be trained this way? How many cells would feel the additional pressure? Can you imagine that each part of your body would be included in such a training?

Training for each cell

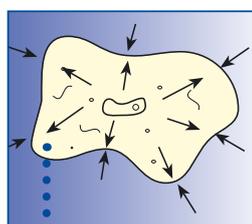
Well, we cannot control gravity. But Albert Einstein taught us that gravitation has the same influence on us as acceleration and slowing down. So if the entire body is accelerated or slowed down, we experience a greater physical strain just like with increased gravitation. Resistance against this strain makes us stronger.

Movement on the Trimilin produces this very training effect. At the top end of the motion, you are completely weightless and relaxed and remain so until you come down and your feet touch the elastic mat. It slows you down and stops you, then accelerates and pushes you up again.

This force is added to your normal body weight. All the muscles tense up to resist this force. Each cell wall is strained by the increased pressure. Each body cell is trained, from your toes to your fingertips.



• cell at the top:
• relaxed and
• weightless



• at the bottom:
• body cell is
• under increased
• pressure

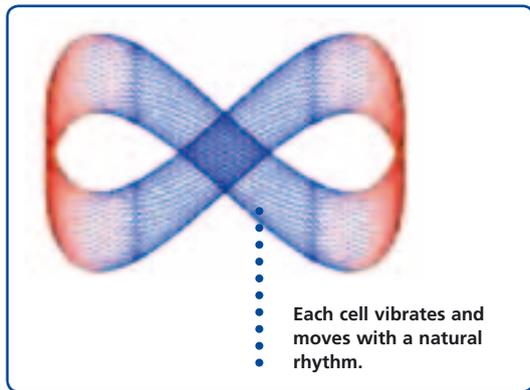
After such a training, you can feel the stimulating effect on your entire blood and lymph circulation throughout your body. The cells are supplied with fresh oxygen. You will normally experience a tingling sensation in your body.



Gravitation is one of the four basic forces in physics. It is the force which the earth exerts on all objects. On the Trimilin, you can benefit from this force to vitalise all body cells.



Everything swings



Each electron, each atom and each cell in our body swings. If all cells and organs in our body are in balance and swing harmonically, we are healthy. Disharmonies and energy blockades create an imbalance and may lead to pain and illness.

On the Trimilin, your entire body is set into harmonic vibration from head to toe without any strain on the joints. Each cell of your body is trained and strengthened in this process.

This helps the organism to overcome blockades and return to its energetic equilibrium. It reactivates the body's own regulatory ability.



Motion impulses for feet and legs activate the metabolism, circulatory and immune system.



Longer legs enable wheelchair-users to comfortably share all the fun and benefits of Trimilin training.

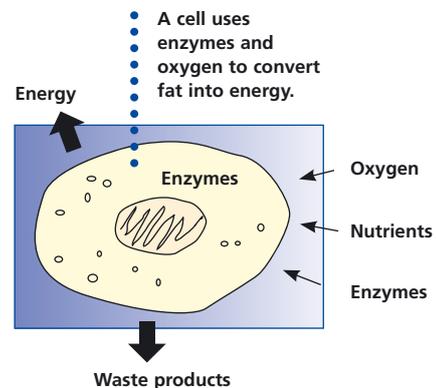
A rolling stone gathers no moss

Who does not know this old saying? Technical advancement is not always a blessing. We sit in our cars, in our offices, in front of the PC and the TV. Even children suffer from a lack of exercise and overweight and diseases going along with it.

With Trimilin exercising is fun again. Not only for children. The swinging motion, which is gentle to the spine and joints, motivates adults and elderly people alike to start training again. And rediscover the benefits of an active and – in the true sense of the word – swinging life.

A little note on cells

Each cell needs nutrients, enzymes and oxygen. Carbon dioxide (CO₂) and water (H₂O) are produced as waste products. These waste products are disposed via the lymphatic system, the blood and the lungs. The metabolism is stimulated by increased movement and exercise. Fat deposits are burnt away in the process.



"I frequently suffered from arthrosis in the past years, and these symptoms have completely disappeared now. The Trimilin also helps against constipation. I am 70 years old and still actively engaged in my company. Since I started using the device, I feel really good."

I also do not need to follow any tedious diets and can only recommend this device to everyone, especially to people my age."

Philipp S., Schmitt
(Germany)

Trimilin models with steel springs

Steel springs in brief

- high load bearing
- long service life
- normal to fast motion rhythm
- ideal for jogging, walking, ski gymnastics, dynamic cardio training
- recommended for untrained ankle muscles and for rehabilitation of ankle, knee and hip joints
- low distance to the ground (approx. 24 cm)



Steel springs can support more weight and have a longer service life than rubber cable. They also offer a very dynamic rebound. This allows a swinging frequency which corresponds to your normal rhythm, as we know it from jogging, walking and ski gymnastics. Steel springs are first choice for sporty-dynamic and dance exercises as well as for endurance training, jogging, etc.

With springs the elastic mat provides a rather stable, sturdy support. Therefore, this system is recommended in case of balance problems or untrained ankle muscles. It prevents overstraining and premature exhaustion of the muscles and related risks of injury like spraining of the ankle. Therefore it is first choice for rehabilitation of ankle, knee and hip joints.

trimilin sport

Enables a high running frequency and fast, dynamic motion.

Recommended for endurance training and aerobics. The gentle alternative to training and workouts on hard floors.

Dimensions: Ø 102 cm, 10 kg, height: 24 cm.

50 - 125 kg

for the sports fan!



Especially durable suspension in the frame. Special plastic eyelets prevent the hard spring steel from destroying the frame.



"Hello, I received the Trimilin sport today. 3 months ago, I had ordered a trampoline for around 50 EUR from a mail order shop. It not only made annoying squeaking sounds, but the mat also wore out noticeably. Then after three weeks, the springs started to tear at the suspension.

However, due to the fact that I really enjoyed the cardio training on the trampoline, I opted for a higher-quality model. The difference between the Trimilin and the cheap trampoline is incredible.

I just trained for an hour and a half with an ease I am not accustomed to from the cheap model. On the cheap model, I often experienced pain in my calves after 20 minutes. So thanks for this great product and the new found joy in my cardio training."

Frank E., Hanover
(Germany)

"I used the Trimilin according to your specifications and I am thrilled, because today, after two weeks, the pain in my left thigh is gone. I jump right after getting up and feel like I am reborn."

Hans G. R., Büchenbach
(Germany)



The all-rounder with soft and highly elastic special springs

Pleasantly gentle to the spine and joints. At the same time with very dynamic lift. For endurance and fitness training, perfect for physiotherapy and rehabilitation.

- Elastic mat available in black or blue.

Dimensions: Ø 102 cm, 10 kg, height: 24 cm.

30 - 110 kg

for the whole family!



Highly elastic springs for maximum fun.

"For years, I used a 49 EUR trampoline and was quite satisfied with it because I did not know any better. But now I bought the Trimilin-med and I am really delighted! There is no comparison between the two trampolines. The old one is quite hard and does not swing a lot; the Trimilin is much softer, swings with the motion and is still very elastic. Even after I step off the Trimilin, I can still feel the vibrations throughout my body."

Gabi M., Ravensburg
(Germany)

Each Trimilin-med and Trimilin-pro comes with a special lubricant which reliably prevents friction and noise where the springs are hooked into the steel frame.



Built for higher body weight

The Trimilin pro with its stronger springs provides ideal swinging properties for users with a body weight as of approx. 100 kg.

At the same time, it is highly elastic and gentle to the spine and joints.

- Elastic mat available in black or blue.

Dimensions: Ø 102 cm, 12 kg, height: 24 cm.

40 - 180 kg

for the big guys!



For a high load-bearing capacity: equipped with 48 strong, heavy duty springs.

Trimilin models with rubber cables

Rubber cables in brief

- soft and stretchable
- mat goes down a long way at a slow rhythm
- for very sensitive spine and joints
- also suited for very low body weight and children



Rubber cable is softer than steel. It is more stretchable and the mat goes down a longer way until it reaches the bottom of the movement. This brings about a slower swinging frequency. Especially recommended for slow, finely dosed swinging. For example when joints or the spine are very sensitive.

The lower the body weight, the more we recommend this type of suspension, like for small children or lightweight adults.

Trimilin is equipped with specially coated, very durable rubber cable. Its superior quality characteristic is the high extensibility and elasticity, which is the secret behind the superb Trimilin bounce quality: Active-dynamic rebound and very high fun factor.

trimilin. *junior*

Ideal for children

and all frequent travellers (up to a body weight of approx. 55 kg). Space saving and very light. With its frame height of only 22 cm it is especially well suited for children.

- Black elastic mat, red cover.

Dimensions: Ø 87 cm, 6 kg, height: 22 cm.

10 - 55 kg

fun for the little ones!



Due to their lesser weight, children need an especially elastic suspension system.

trimilin. *mini swing*

Fun-Jogging

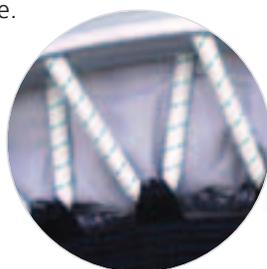
Same technology as on Trimilin-swing but using less space. The smaller diameter of only 1 meter provides a tighter suspension than the Trimilin-swing with its diameter of 120 cm. Therefore it swings sufficiently fast to support a normal jogging frequency, while the special rubber cable is just a bit softer than the springs of Trimilin-med.

- Elastic mat either in black or in blue.

Dimensions: Ø 102 cm, 8 kg, height: 26 cm.

10 - 85 kg

small but mighty!



"After 2 embolizations*, I have been suffering from incomplete paraplegia for the past 12 years. Within 2 years, I managed to get on my feet again. However, this progress has come to a standstill for the past 10 years, despite training three times a week. Physicians and therapists could also not achieve any progress. I only managed to walk with 2 crutches. Then I purchased your Trimilin with support bar 3 weeks ago. Now I can already walk approx. half an hour without the crutches. I can also walk up and down 4 or 5 stairs without any help. I achieved all this with only slight bouncing motions 1-2 minutes 3 times a day."

Christa H., Isernhagen (Germany)

* artificial obstruction of blood vessels through injection of chemicals

trimilin. swing

Ideal for swinging and jumping

Suitable for the entire family from toddlers to adults. Combines a soft landing with active-dynamic rebound and a high fun factor. Due to its large diameter of 120 cm it is also ideally suited for exercises lying down on the back or together with a partner.

- Elastic mat in black or blue.
- Also available with longer legs for a higher body weight.

Dimensions: Ø 120 cm, 9 kg, height: 29 cm.

10 - 90 kg

... makes you fly!



The durable coated rubber cable and the highly elastic special mat offer a superb elasticity.

trimilin. super swing

For especially sensitive spines or joints

Features an extremely gentle, super-soft suspension for easy swinging and light jumping. The extremely flexible and yielding mat provides a highly intense training for the ankle joints and surrounding muscles.

- Elastic mat either in black or in blue.
- Also available with longer legs for a higher body weight.

Dimensions: Ø 120 cm, 9 kg, height: 35 cm.

10 - 80 kg

super gentle!



Super soft rubber cable with long life coating

Brief overview

Technical data	Trimilin models with steel springs			Trimilin models with rubber cables			
	sport	pro	med	junior	miniswing	swing	superswing
Diameter	102 cm	102 cm	102 cm	87 cm	102 cm	120 cm	120 cm
Softness level of the suspension	■	■■	■■■	■■■	■■■■	■■■■■	■■■■■■
Recommended for a body weight of approx.*	50-125 kg	40-180 kg	30-110 kg	10-55 kg	10-85 kg	10-90 kg	10-80 kg
Weight of the trampoline	10 kg	12 kg	10 kg	6 kg	8 kg	9 kg	9 kg
Height upper edge frame	24 cm	24 cm	24 cm	22 cm	26 cm	29 cm	35 cm
Available with fold-up legs	-	pro-plus	med-plus	-	miniswing-plus	swing-plus	superswing-plus
Colour of the elastic mat	black	black, blue	black, blue	black	black, blue	black, blue	black, blue

* limits are recommended to largely avoid contact with the floor while training

Original Trimilin accessories



..... Folding legs

All models except Trimilin-junior and Trimilin-sport are available with folding legs instead of screwed on legs. The reliable folding mechanism provides for easy storage of your Trimilin behind the door, under your bed or in the car boot.



..... Variable leg heights

The screwed on legs for Trimilin are available in different lengths up to a max. frame height of 40 cm. For even more training and therapy variants, like in case of higher body weight or for wheelchair users.



..... Carrying bag

Suits all models except Trimilin-swing and Trimilin-superswing. For safe storage and transport when you travel with your Trimilin.



..... Support bar

Facilitates training on the Trimilin, especially for elderly people. Available for all models except Trimilin-junior.



..... Two side bars are optionally available in addition to the basic center bar.



..... Coloured spring covers for all models

Standard colour for all models is silver-grey, except for Trimilin junior which comes with a red cover. A range of other colours is available at a small extra charge (see details on current price list).

Gymnastics & therapy

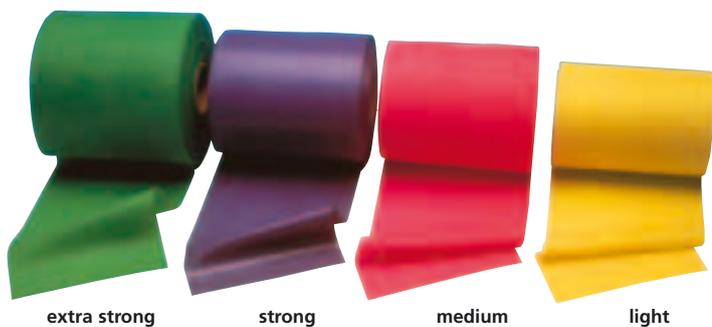


Pocket Multigym

Flexaband

The highly elastic latex band has been successfully used for years in fitness and body shaping, posture and back training, therapy and rehabilitation.

The unmatched elasticity of the 15 cm wide latex material provides a slowly and gently increasing resistance over a long way. This enables wide range yet gentle motion sequences. The result is an optimal physiological training of complete motion sequences and muscle strands. By holding the band shorter or longer, or by combining bands with different strengths, you can vary the resistance individually.



Practical
Flexaband-
dispenser

Rollpack

Flexaband Rollpack contains rolls from 20 m up to 50 m length on a practical dispenser. Ideal for training groups! Of course, the Flexaband is also available in lengths from 1 m to 10 m.



Rollpack
with
Flexaclip

Flexaclip

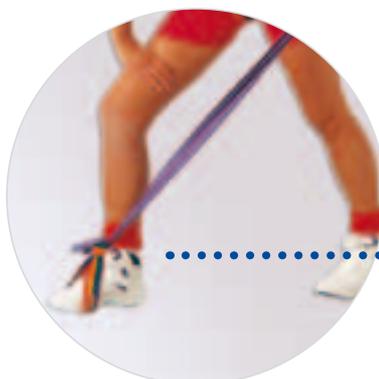
Flexaclip allows easy ring shaping without knots. Fold the 15 cm wide Flexaband to half its width (7.5 cm). Then place the ends of the band on top of each other and into the Flexaclip. The ends should overlap a few centimetres.

Flexafix

Flexafix is the practical grip for Flexaband. Easily fixed to the band within seconds – and without knots! Flexafix protects Flexaband. No more contact with scratchy soles or floors. Also ideal for anyone with a latex allergy.



with Flexafix you can fasten Flexaband wherever it is needed in therapy and rehabilitation



Flexafix for best possible protection and longevity of Flexaband

Flexaring

No open ends that you need to join with a knot or clip if you want to form a ring. Especially easy handling for your fitness training at home, in the office, on holiday or when travelling. With all the benefits and advantages of natural latex:

- extremely stretchable
- lightweight and space-saving



Poster:
• 20 easy to follow exercises
• with great results!



Flexaring: extremely stretchable and so easy to handle



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