

Dr. WOLFF[®]
SPORTS & PREVENTION

CORE•STABILITY

the series for a strong core

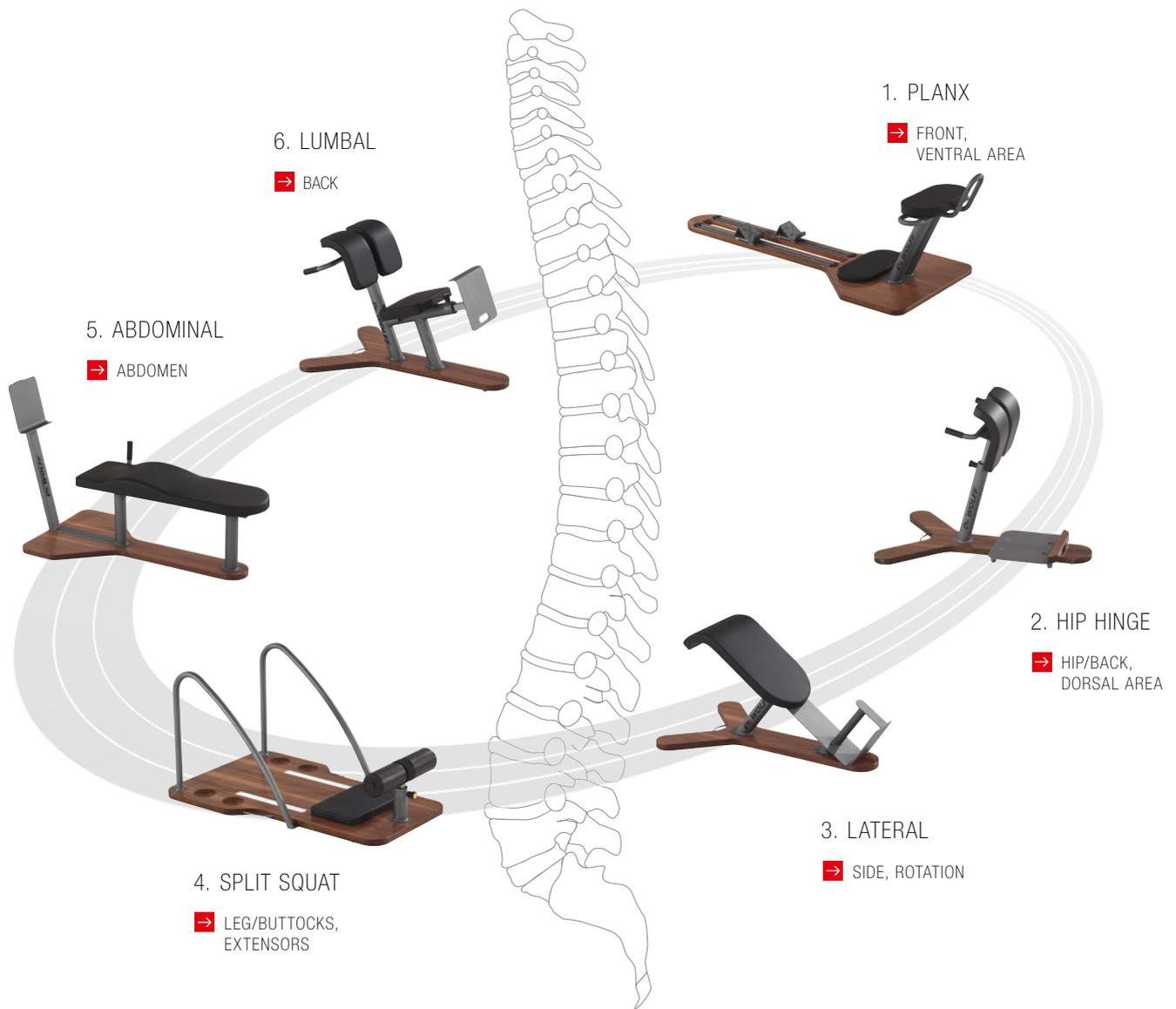


CORE·STABILITY



360 degrees for a healthy back

Complex, demanding and dynamic - this is how the training for a strong core looks like. New and aesthetic equipment design that concentrates on the essentials.



360° Core Training

The perfect solution for a successful trunk muscle training and stabilization of the whole body. A unique training concept with intensive functional workout.

Basics for a strong core - light to highly intensive.

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A strong core

Strong trunk muscles form the core and centre of the body.
The basis for success in sports and securing the spine in everyday life.

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Stabilization

The higher training goal is the stabilization of the whole body.
Special core training in combination with demanding stabilization exercises.

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1. PLANX 358 → FRONT, VENTRAL AREA

A unique training device for basic exercises: Plank, Side Plank, Mountain Climber and Rollout. The perfect dynamic workout with two high-quality guide rails. Core training with fun factor.

Assembly dimensions: L 233 x W 87 x H 81 cm

2. HIP HINGE 368 → HIP/BACK, DORSAL AREA

The basic exercise for stability of the whole body. Whether with one or both legs - now even beginners can achieve the correct execution of the exercise.

Assembly dimensions: L 124 x W 78 x H 95 cm

3. LATERAL 318 → SIDE, ROTATION

Training of lateral trunk muscles from a secured position for the static variant or dynamic lateral flexion.

Assembly dimensions: L 129 x W 78 x H 68 cm

4. SPLIT SQUAT 328 → LEG/BUTTOCKS, EXTENSORS

The combination of a height-adjustable, swivel-mounted footrest with a handrail on both sides guarantees a safe and controlled movement. Ideal for learning Single Leg Squat and Nordic Hamstring.

Assembly dimensions: L 148 x W 94 x H 75 cm

5. ABDOMINAL 338 → ABDOMEN

A classic with comfort function: Crunch and crunch rotation supported by a particular ergonomic lordosis pad.

Assembly dimensions: L 172 x W 78 x H 97 cm

6. LUMBAL 308 → BACK

Concentrated training of the lumbar back muscles and the hip extensor in a comfortable knee position. The knee flexors are almost inactive.

Assembly dimensions: L 124 x W 78 x H 90 cm

Shown dumbbells or straps are not included in the scope of delivery.
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