

Dr. WOLFF[®]
SPORTS & PREVENTION

FUNCTIONAL TRAINING STATION

Bodyweight exercise-based health training



FUNCTIONAL TRAINING STATION 786

Your entrance to healthy functional training

The bodyweight-based functional training gives less trained people in particular the optimal possibility for a goal-oriented health training with numerous advantages:

- Easy and safe through an innovative 3-step training
- Perfect extension of the traditional weight training
- New motivation through more than 50 exercises
- Intelligent scaling for workout planning and control

**Sling-Training
without wall- or
ceiling-mounting!**



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Save your space – the most important functional exercises on just 2.3 m²

On a very small area – just a little bit more than a gymnastic mat – your client experiences success and fun whilst working out with bodyweight exercises.

Use the professional *Functional Training Station* for more variety in your workout through functional exercises in loops.

Three different training levels with specific programs

LEVEL 1: Basic

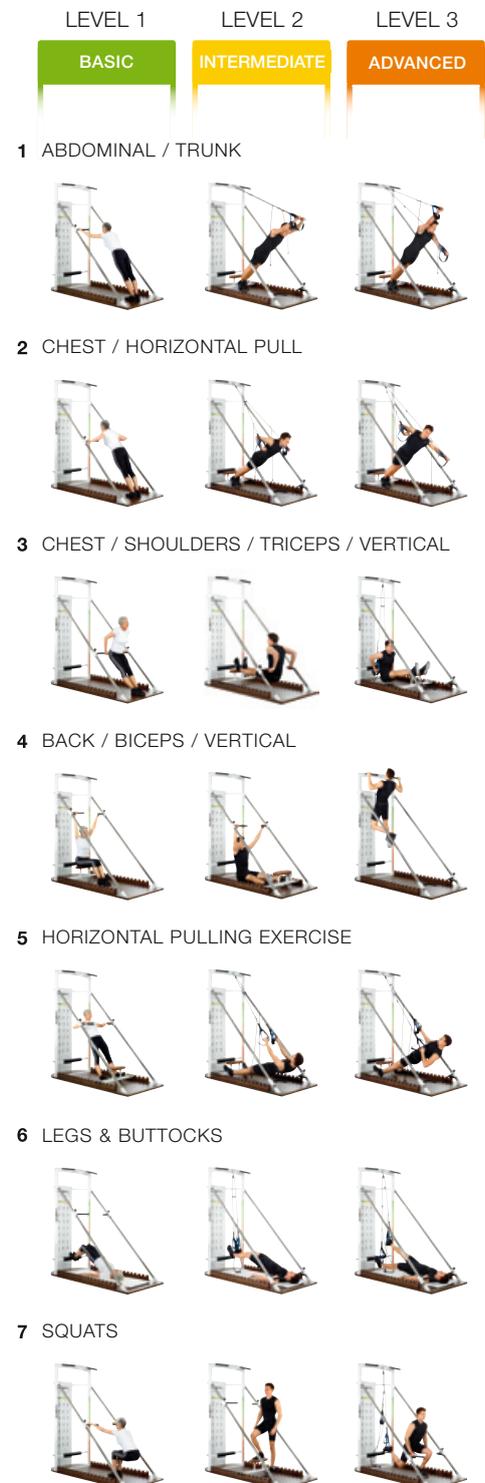
This is where the beginner feels comfortable and safe

LEVEL 2: Intermediate

First challenges for the advanced athlete

LEVEL 3: Advanced

The level for the well-trained sportsman



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The training concept for beginners
and advanced trainees

All important bodyweight exercises in four categories:

· PUSH



Push-ups, dips,
all variants of triceps
extensions

· PULL



Vertical pull-ups,
all variants of
horizontal rowing

· TRUNK



Classic abdominal and
lower back exercises,
stabilization exercises

· LEGS & BUTTOCKS



All variants of squats
and lunges

· FASCIA ROLLING



All important exercises
with the BLACKROLL®