

**Dr. WOLFF**<sup>®</sup>  
SPORTS & PREVENTION

## GET FLEXIBLE

Movement training for the back and joints



# GET FLEXIBLE

## Training of flexibility and an upright posture

This is the basic idea of the new movement concept. Compensate the lifestyle of a motionless professional life. Sitting, the typical posture permanence at the workplace with a tilted upper body increases the shortening of the ventral muscle chain (chest, abdomen and hip flexor muscles) in particular, as well as the leg flexor muscles. Deficiencies in the strength of the erecting muscles amplify this effect. The consequences are back and joint problems that coincide with the loss of an upright posture.

## THE supplement for your back center

*Get Flexible* is conceptualized for persons with back-related problems and movement constraints of the major joints.

Hence, *Get Flexible* is the ideal supplementary module for back and joint training programs. Particular compatibility arises with the Dr. WOLFF back systems.

**Extend and refresh your existing back concept!**



# GET FLEXIBLE

## Healthy back and healthy joints: the most important exercises

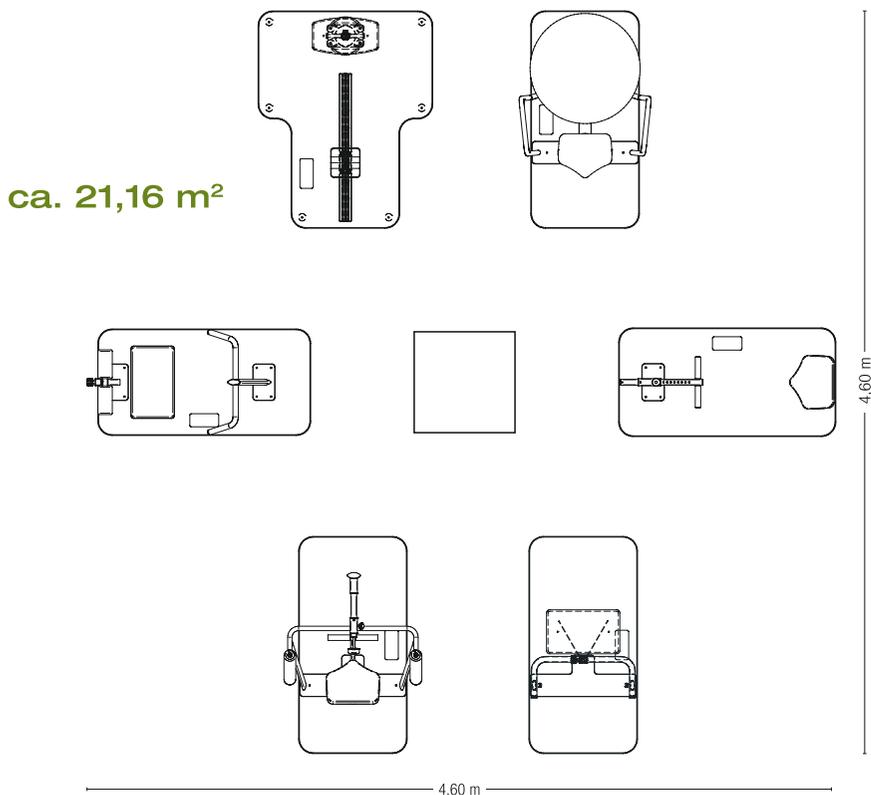
With the Dr. WOLFF *Get Flexible* Circle you train comfortable and effectively for more flexibility and a better posture. Handrails and entry aids facilitate exercising and make the trainee feel secure.

## Training comfort and movement control

Knee- and back protecting exercising positions with secured movement control. Sensor technology supports the posture training.

## Get Flexible Addition

6 apparatuses for an extensive movement training.





## ABDOMEN/HIP FLEXOR 206

Spine mobilization

Musculature: hip flexor, abdomen, intercostal muscles, chest

Technology: height adjustable seat, receptacle ring for 75 cm stability ball, handrail for ascent and descent



## LEG FLEXOR/CALVES 216

Flexibility of backward leg muscles

Musculature: Leg flexor/calves

Technology: Individually adjustable foot rests with scaling

# GET FLEXIBLE

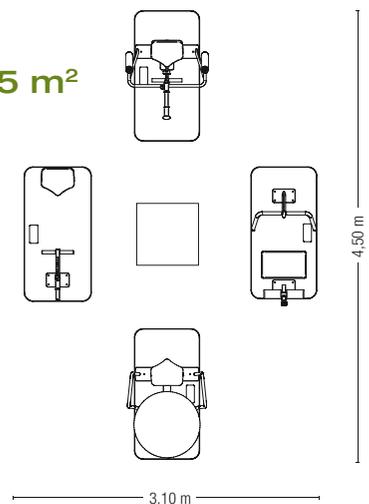
## Space-saving: 4 flexibility

For more than 20 years, Dr. WOLFF conceives equipment for health enhancing movement training. Get flexible as a circle with 4 apparatuses that trains movement and posture in a compact form.

Details with various advantages:

- Comfortable, age-appropriate training positions, knee- and back friendly
- Easy to learn: sensor-technique with biofeedback
- Mirror for movement control
- Secured movement execution

ca. 12,5 m<sup>2</sup>



## The back and posture program with sensor technique and biofeedback

Flexibility, a healthy posture and a pain-free back – these are the goals that are associated with this innovative approach. An ideal circle for workplace health promotion programs.

Ideal for all persons with computer-oriented workplaces: improves flexibility – reduces tensions.



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## ABDOMEN/HIP FLEXOR 206

Installation measures: W 74 x L 148 x H 133 cm



## LEG EXTENSOR/HIP FLEXOR 236

Installation measures: W 74 x L 148 x H 85 cm



## LEG FLEXOR/CALVES 216

Installation measures: W 74 x L 148 x H 59 cm



## ADDUCTORS 246

Installation measures: W 119 x L 148 x H 60 cm



## CHEST/THORACIC SPINE STRAIGHTENING 226

Installation measures: W 74 x L 148 x H 168 cm



## GLUTEAL/PIRIFORMIS 256

Installation measures: W 74 x L 148 x H 127 cm



## GET FLEXIBLE PILLAR



The design element  
in the center of the circle.

Mirror for movement control,  
extensive exercise illustrations,  
LED display for duration of exercise

Installation measures: W 60 x L 60 x H 120 cm



Detail LED display