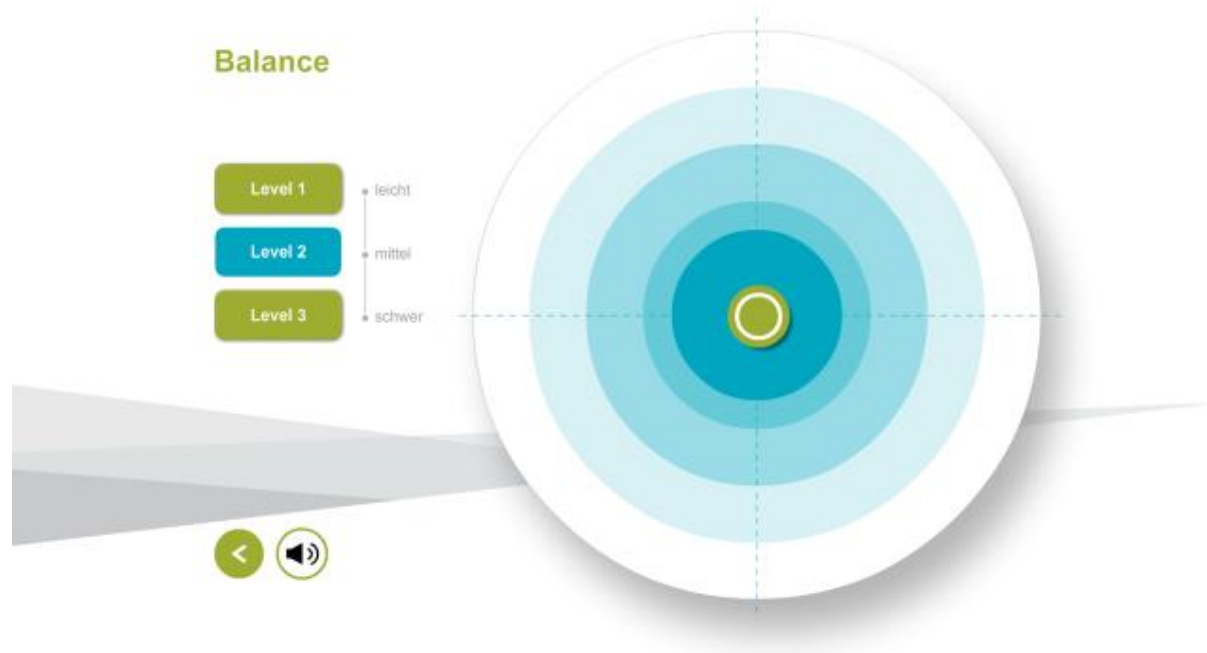


Balance exercises MFT Fit Disc 2.0

Balance – The balance control is used to always stand controlled in the balance/center during training exercises such as different arm movements or the two-legged knee bend. The balance control is visually and acoustically possible in 3 levels.



Balance exercises MFT Fit Disc 2.0



Two legged stand with different arm movements (to the side, forward, to the top, etc.),



Classic knee bend with different knee bend depths; with or without shoes