



FREESTYLER™

PROFESSIONAL BODY SHAPER



GROUP WORKOUT SYSTEM
featuring **FUNCTIONAL DYNAMICS™** technique

We laid the tracks...
...you add the flow.



FREESTYLER™ was born out of the need to improve the quality of wellness lifestyle and bring free and natural movements back into play.

Freestyler's research & development team

The main advantage of exercising on the **FREESTYLER™** is the ability to use functional multiaxis movements.



The **FREESTYLER™** is designed to efficiently work all muscles of the body. This way of exercising is an improvement upon all the workouts you have seen so far.

The **FREESTYLER™** exercise system is a revolutionary workout system which is based on over three years scientific research and developed by top exercise experts.

The result of this dedicated work incorporates highly methodical, systematic and logical exercise technique called **FUNCTIONAL DYNAMICS™** which is the prime feature of the **FREESTYLER™**.

HIGHLY ADJUSTABLE

The whole **FREESTYLER™** is highly adjustable to your needs, skills and size of your body. It is the only machine in the world which gives you the opportunity to completely tailor it to your demands.



HANDLES

With a set you get a pair of adjustable rotating handles for different user heights with a soft grip, made for your comfort.



ANKLE CUFFS

In addition there are soft and adjustable ankle cuffs which are smooth and soft to the skin. You won't even know you are wearing them.

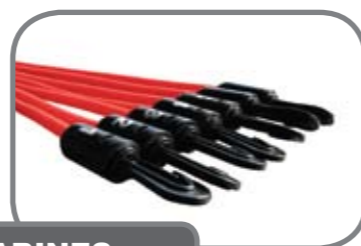


FOLDABLE MAT

Custom designed five - fold exercise mat enables different use and configurations, depending on the body position, whether you are lying, sitting or kneeling.



- The **FREESTYLER™** kit includes:
- 1x **FREESTYLER™** Base Board
 - 14x Elastic Tubing Set (strength 1-7)
 - 2x Ankle Cuffs
 - 2x Handles
 - 1x Foldable mat (200x60)
 - 1x Freestyler storage bag



CARABINES

Specialy constructed carabines are made of high quality materials for safety and durability.

HIGHLY ADAPTABLE

The **FREESTYLER™** adapts to you and follows your movements in all possible directions. This means that there is resistance at every point of the movement. Every move counts!



HYPERBOLOIDS

Two rotating hyperboloids are specially designed for smooth and even distribution of force produced by the rubber tubing (optimal elongation range enabled). The tubing always returns to its original position even if extreme positions are used in the workout.



ANTISLIP SURFACE ... ANTISLIP PADS

Special embossed grid prevents slipping while standing on the Frestyler. Soft pads placed under the board enable the board to stay in place.



ELASTIC TUBES

Included in the set are seven pairs of quality elastic tubing allow you to achieve step by step progressive resistance which is one of the basic rules in any workout. This highly durable tubing incorporates antiburst technology and has an inbuilt mechanism for length adjustment.



FUNCTIONAL DYNAMICS™

Functional training leads to better muscular balance and joint stability, possibly reducing the number of injuries sustained and improving an individual's performance in a sport. These benefits arise from the use of training that emphasizes the body's natural ability to move in three anatomical planes of motion.

In comparison, though machines can often be safer to use, they restrict movement to a single plane of motion, which is an unnatural form of movement for the body and may potentially lead to faulty movement patterns or injury.

FUNCTIONAL DYNAMICS™ is a technique embedded into the **FREESTYLER™** exercise system. It is unique because it incorporates three dimensional natural and functional multi axis movements, which are proven to be more effective and more useful way of exercising.

From now on ... every move counts!



Get on board ... be a Freestyler!

CONTINUOUS EXERCISE FLOW

The way elastic tubes are attached allows continuous exercise flow. It means you can progress from one exercise to another without changing equipment or significantly changing body position. Workout routines choreographed to music ensure fluid transitions between exercises, which assures continuous workout intensity.

CORE STABILITY

The aim of core stability training is to effectively recruit the trunk musculature and then learn to control the position of the lumbar spine during dynamic movements. When the "core muscles" are weak or there is an imbalance, a common side effect is back pain. By definition, the deep-trunk muscles act as "stabilizers" and are not involved in producing movements. These characteristics underpin the deep-trunk muscle training in all of the programs in the **FREESTYLER™** exercise system.

BASIC TRAINING PRINCIPLES

The principles of training derive from knowledge of the human body and its reactions to the functioning of the skeletal muscles. Always and everywhere the seven "sacred" principles of workout have to be taken into account. This principles are incorporated in all workout programs: overload, regeneration, specificity, adaptation, individuality, periodisation and planning principle.



VISUALISATION TECHNIQUES

The great advantage of visualization is that by merely imagining the action, the same neuron firing occurs as if we had actually performed the act. It also gives an instructor a supreme methodological tool for enhancing the technique of those who attend one of three group workout classes.

MAXIMUM RANGE OF MOTION

The **FREESTYLER™** allows you to achieve maximum muscle activation and greater strength gains. The **FUNCTIONAL DYNAMICS™** technique on the **FREESTYLER™** is superior to mainstream methods of training because it simulates a full range of natural human movements.

SYNCHRONIZED WHOLE BODY WORKOUT

The first and most obvious benefit is a whole body coordination that is possible only with the cooperation of many factors involved. The key to synchronized whole body workout is integration. It's about teaching all the muscles to work together rather than isolating them to work independently.

ASSURED MUSCLE BALANCE

All choreographies in the **FREESTYLER™** exercise system are developed in a way which assures balanced muscle strength in the lateral (left right) plane, agonist – antagonist muscle balance, which is balance between working muscle and muscle on the opposite side of the joint, and also a balance between upper and lower parts of the body. This is extremely important since improper muscle balance accounts for most sports related injuries.

DIFFERENT TYPES OF MUSCULAR CONTRACTION

Physical exercise science has come to an agreement that exercising in eccentric conditions is more effective than exercising in concentric conditions only. An advantageous characteristic of elastic resistance is the balance between these two ways of exercising.

3D NATURAL & FUNCTIONAL MULTI-AXIS MOVEMENTS

Everyday natural motion demands movement in all directions. Exercises that force us to make one-joint single-axis movements are simply less effective and less useful and can sometimes cause stress on involved joints. In contrast, the **FREESTYLER™** allows exercising using natural body movements.

PROPRIOCEPTIVE WORKOUT

From the initial pursuit of rehabilitation goals, proprioceptive workouts currently play an important role in prevention of injuries (especially of the ankle, knee and shoulder joints), and in the improvement of strength, static of the backbone and quality of movement control in general. For young people, the goal is to prepare for more serious strength training, whereas for older ages the aim is to prevent injury and to develop functional strength and coordination.



GROUP WORKOUT

A complete solution for fitness centers with choreographed group fitness to music for a wide variety of awesome quality workouts.



Start with our awesome programs on DVDs, which are fun and simple to use. You can find the whole solution in one place (device, programs, concept, education...).



The **FREESTYLER™** can be used as a separate choreographed group fitness to music program or in any of existing workouts already in progress in your fitness center, where an instructor can use the **FREESTYLER™** to work on strengthening different muscle groups.



**FREESTYLER™ BODY SHAPING CYCLE
(6 - 8 MONTHS)**

Every year **FREESTYLER™** program directors create a new choreographed classes. They take in account the latest developments in exercise science and rely on their deep understanding of what a well prepared workout programs should be like. They are distinguished by the intensity, dynamics, complexity of movements and targeted benefits.

The **FREESTYLER™** research and development team has been cooperating with academic establishments and fitness associations in an effort to define, develop and test group fitness workouts. When a group workout class is defined, refined and perfected, it is filmed and equipped with instructions as well as choreography notes, which give instructors an insight into how an exercise class should be executed.

The **FREESTYLER™** system also encourages the instructors to add their own creativity into the program and to express their own identity on stage.



FUNCTIONAL DYNAMICS

integrates 3D functional multi-axis movement patterns into fun, simple, safe and efficient workout routine.

FUNCTIONAL TRAINING (6 - 8 weeks)

POWER MOVES

includes slower and choreographically less demanding routines, integrated for strength and stability.

CIRCUIT TRAINING (6 - 8 weeks)

TOTAL EFFECT

includes aerobic style choreographies for body-shaping and high calorie burnout.

INTERVAL TRAINING (6 - 8 weeks)

LATINO CRAZE

includes genuine Latin dance choreographies for a dance pleasure and a good solid workout.

DANCE CARDIO WORKOUT (6 - 8 weeks)

START

FREESTYLER™ BODY SHAPING CYCLE (6 - 8 MONTHS)

FINISH

HOW DOES IT WORK?

Every fitness center starts with **FUNCTIONAL DYNAMICS** (functional training) which serves as introductory workout. After 6-8 weeks (depends on the group and instructor) program changes and **POWER MOVES** (circuit training) comes into play.

When clients have gained enough strength, it is time to move to **TOTAL EFFECT** (interval training), which adds both strength and cardio to create combined workout. At the end of the bodyshaping cycle comes **LATINO CRAZE**, which creates party atmosphere for effective cardio training and burning last unwanted fat deposits.



PROGRAMS FOR SPECIAL TARGET GROUPS

These two special programs can be used separately for either enhancing pilates technique or serve special needs of the senior population in your fitness center.

PILATES

includes slow and focused choreographies for increased core stability and body awareness.

FOR PILATES FANS

OSTEOREPAIR

includes weight bearing and resistance exercises to treat and strengthen bones and muscles.

FOR SENIORS

Free your mind ... free your movement

From now on ... every move counts

GROUP WORKOUT CLASS DESCRIPTION

Every fitness center is first introduced to the FREESTYLER™ FUNCTIONAL DYNAMICS workout class, which includes everyday three-dimensional and functional movements stacked together to form a specific flow of exercises. It strengthens and tones the whole body in most safe and natural way. This workout functions as an introductory workout in fitness centers while you are able to pick from five different workout every three months.

FREESTYLER™ FUNCTIONAL DYNAMICS integrates 3D natural & functional multi-axis movement patterns into fun, simple, safe and efficient workout routine. It focuses primarily on:

- ▶ performing activities of daily life more easily and without injuries,
- ▶ improved functional strength,
- ▶ better muscular balance and joint stability
- ▶ reduced stress level.



FREESTYLER™ TOTAL EFFECT includes dance-style choreographies with a dynamic music background for body-shaping and high energetic calorie burnout. It focuses primarily on:

- ▶ total body workout for improved overall fitness,
- ▶ improved cardio-vascular and respiratory function,
- ▶ targeted shaping of "critical" body parts for lean and defined figure,
- ▶ maximum calorie burnout,
- ▶ improved coordination and dexterity,
- ▶ reduced stress level.



FREESTYLER™ POWER MOVES includes slower and choreographically less demanding routines, integrated for strength and stability. It primarily focuses on:

- ▶ improved physical condition and joint flexibility,
- ▶ increased "core" strength,
- ▶ targeted burning of "fat" calories,
- ▶ sense of well-being and tranquillity.



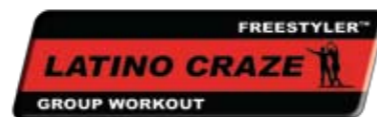
FREESTYLER™ PILATES includes slow and focused choreographies with a gentle music background for a complete pilates style workout. It focuses primarily on:

- ▶ increased core & functional strength,
- ▶ improved joint & muscle flexibility,
- ▶ reduced joint & back pain,
- ▶ better sense of control,
- ▶ reduced risk of injury,
- ▶ focused mind & feeling of empowerment.



FREESTYLER™ LATINO CRAZE includes latin dance music with genuine latin dance choreographies for crazy, never before seen workout, which will bring you the pleasure of dance (salsa, merenge, cha cha, rumba, samba, regaeton, afro..) and benefits of a good solid workout. It focuses primarily on:

- ▶ dance atmosphere workout for improved overall fitness,
- ▶ improved coordination and dexterity,
- ▶ maximum calorie burnout,
- ▶ energy.



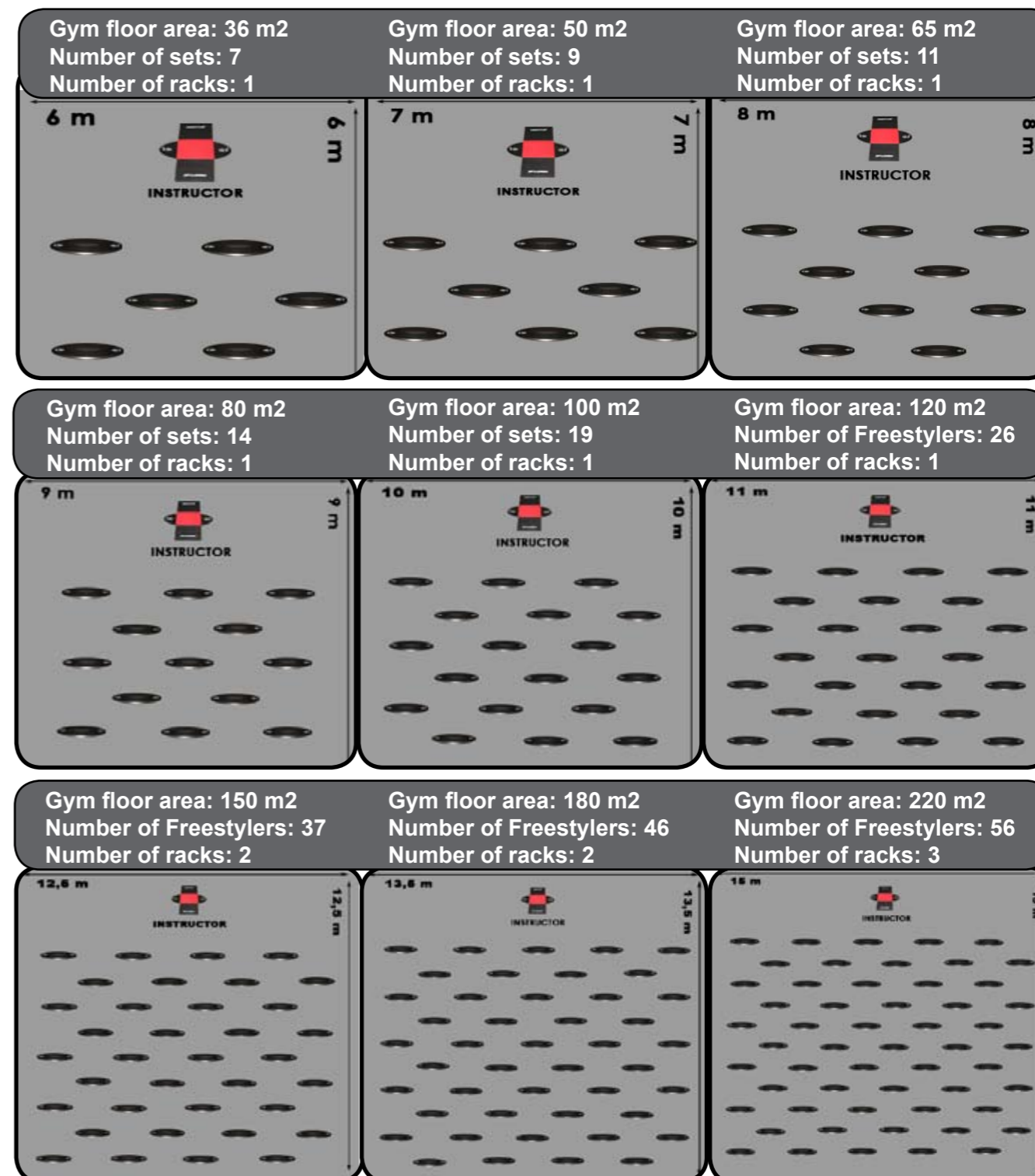
FREESTYLER™ OSTEOREPAIR program includes weight bearing and resistance exercises to either prevent early stages of osteoporosis (osteopenia) or treat and strengthen already impaired bones. It focuses primarily on:

- ▶ stronger and more flexible muscles which support and stabilize joints,
- ▶ improved bone density (fights osteoporosis),
- ▶ reduced joint & back pain,
- ▶ reduced risk of injury.



GYM FLOOR AREA / FREESTYLER CALCULATION

Here is a complete calculation for nine different gym floor sizes. Space between Freestylers was measured in real life situation, where there was more than enough room for every participant to feel comfortable and free. Look for your gym floor area size and find out how many Freestyler sets and racks do you need.



WHY SHOULD YOU START WITH THE FREESTYLER

ADVANTAGES FOR THE FITNESS OWNER

COMPLETE FITNESS CENTER SOLUTION

Whole solution in one place (device, programs, concept, education...).

NO LICENCE FEES FOR PROGRAMS

Free to choose from our fresh & new programs every three months.

ATTRACT MORE CLIENTS

Retain old customers, attract new ones.

COMPLETE MARKETING SUPPORT

Brochures, leaflets, posters, flags, promotion on local level...

1 YEAR WARRANTY

Send & replace concept for all parts.

EASY TO USE, EASY TO STORE

Fast implementation in your center, little storage room needed.

GREAT COST EFFECT RATIO

One device - endless possibilities, also within other classes (pilates, body shaping...).

BUSINESS OPPORTUNITY

Further resell to customers for off season workouts.

MORE PROFIT

More participants on a gym floor, save time & money on education...

BRING SOMETHING NEW TO YOUR FITNESS CENTER

Customers like new challenges.

ADVANTAGES FOR THE FITNESS INSTRUCTOR

FUN, INTERESTING & EASY TO LEARN

Awesome programs, fun & simple to use, learn quick & easy.

STEP BY STEP PROGRAMS ON DVD's

Two-angle video footage, clear & logical presentations, choreography notes...

EDUCATION SUPPORT

DVD's, manuals, one day cost-free education, online internet support...

PROGRAMS CREATED BY EXPERT TEAMS

University educated top instructors & physiotherapists, sport experts, doctors...

SIMPLE CLASS ORGANISATION

Replace different small equipment with one simple multi-use device.

ADVANTAGES OF THE FREESTYLER EXERCISE SYSTEM

3D NATURAL & FUNCTIONAL MULTI-AXIS MOVEMENTS

Everyday natural motion demands movement in all directions. Exercises that force us to make one-joint single-axis movements are simply less effective and less useful and can sometimes cause stress on involved joints. In contrast, the FREESTYLER allows exercising using natural body movements.

ENABLED PROGRESSIVE RESISTANCE

Progressive resistance is one of the most important rules in any physical activity and is defined as a strength training modality in which the overload is constantly increased to facilitate adaptation. The quantity of force can easily be adjusted according to the capabilities of the individual. This is achieved with seven pairs of elastic bands of different strength.

OPTIMAL ELONGATION RANGE

Elastic resistance offers increasing force with elongation. Freestyler's unique system of hyperboloid rollers distributes force evenly which enables all the exercises on the FREESTYLER to be performed in the optimal elongation range.

ELASTIC RESISTANCE WITH NO INERTIA

Not only does the adverse effect of inertia reduce workout benefits, inertia problems are also responsible for many weightlifting injuries. Because elastic tubes have no inertia they are safe and have proven successful in the rehabilitation of athletes with a whole spectrum of injuries, especially those of the shoulder, knee and elbow joints.

ENDLESS EXERCISE AND FUTURE WORKOUT POSSIBILITIES

(over 1.000 possible exercises and variations)
According to the specific adaptations to imposed demands (S.A.I.D.) principle, the body adapts over time to the demands imposed on it. By repeating the same exercises, the neuromuscular system becomes stronger and better coordinated so that the body is eventually more energy-efficient. As efficiency increases, caloric expenditure can drop by as much as 25 %, resulting in less effective workouts and plateaus. Therefore it is very important to continually challenge the body to achieve results.

INCREASED MUSCULAR INERVATION

Multi-axis movements employ not only prime movers but also a whole set of supporting muscle groups, which all adds up to increased muscle inervation.

ENHANCED CARDIO RESPONSE / PERIPHERAL BLOOD FLOW

The FREESTYLER offers unique resistance on all four limbs which in effect promotes increased peripheral blood flow. The principle of peripheral blood pump was exploited with thoughtfull exercise sequences which force muscles to pump blood into different parts of the body.

**ADVANTAGES OF THE FREESTYLER™
WORKOUT SYSTEM IN COMPARISON WITH OTHER WORKOUTS**

FREESTYLER™: No fees for franchise or licence.

OTHER: You pay a lot for franchise or licence, for something you don't need.)

FREESTYLER™: Six different exercise types which cover the needs of almost all customers in the fitness center. Low cost of individual programs, only 30 € per program with all added material (DVD video material, choreography notes, educational DVD, extensive manuals....

OTHER: For programs that exist on the market, you pay much more and you don't get any support whatsoever.

FREESTYLER™: The professional training system is provided on DVDs. As a result, the instructors can learn by themselves the program they want to teach. This way they save time and money. In addition, we developed international education system, which enables instructors to deepen their knowledge and improve presentation skills.

OTHER: They do not provide training, the instructor has to be inventive himself or the introduction of a new workout is connected with high travel and accommodation costs, as well as expensive courses.

FREESTYLER™: The Freestyler workout system includes a perfected set of elastic tubes for exercising at different difficulty levels which enables the clients to achieve constant progress and offers the possibility of adjusting workout intensity to their own fitness level.

OTHER: Most group workouts and equipment do not offer such a load range. Rare are workout classes which enable adaptation of exercise intensity, almost all of them are rigid in execution without possibilities to adapt exercises in any way.

FREESTYLER™: The Freestyler is easy to store and does not take up a lot of space. Its size is 120x40x4 cm and it weighs only 3,4 kg. A special stand is available to store 26 Freestyler sets.

OTHER: Many fitness devices require a lot of space for storage or setting up in a fitness center, which actually represents an obstacle in establishing the offer of group workouts.

FREESTYLER™: The instructor does not need to invent choreographies himself. However, he can choose the music for his workout if the suggested music choice from the Freestyler system does not suit him.

OTHER: Often the instructors are busy looking for suitable music and new ideas for their workout lessons. Many suffer under time pressure.

FREESTYLER™: Interesting, effective, simple choreographies are the key to participant's satisfaction, because the appropriate workout enables them to achieve the desired goals and stimulates them to workout regularly.

OTHER: Complex movement structures experienced in most workout lessons are the reason for unsatisfied clients, as they cannot enjoy their workout because they are not able to follow it and desired results are not achieved.

FREESTYLER™: It's a form of workout class system which includes cardio vascular and strength training at the same time. It is a unique opportunity for cross program customer transfer. You will get new customers who previously didn't like a classic fitness machine workout but want the same effects.

OTHER: Other programs don't combine these two in such an effective way, either because of limits of used gadgets or machines or the concept of a class doesn't allow it.

FREESTYLER™: Various programs, which simultaneously combine elements of aerobic and power training enable clients to achieve their workout goals on the Freestyler.

OTHER: Most other programs do not combine these two elements as effectively.

FREESTYLER™: The fitness owner gets complete marketing support in the form of brochures, leaflets, posters, flags...

OTHER: Many devices are sold only with a single A4 pamphlet with a few exercises in black and white and no other support whatsoever.

FREESTYLER™: The fitness owner gets the whole solution in one place, the Freestyler and choreographed workout classes at the same distributor or on the internet.

OTHER: Usually you get only the program or only the device, never both in the same package, which can produce numerous logistical and class execution related problems.

**INHOUSE PRESENTATION
IN YOUR FITNESS CENTER**

Duration: 90 mins,

Location: your fitness/wellness center

INHOUSE 90 MINS PRESENTATIONS SCHEDULE

- ▶ **Introduction to the FREESTYLER™**
- ▶ **Introduction to the FUNCTIONAL DYNAMICS™**
- ▶ **Basic instructions and guidelines**
(body positions, movement patterns, handling...)
- ▶ **Intro to the FREESTYLER™ group exercise system**
(functional dynamics, total effect, power moves, pilates, latino craze, osteorepair)
- ▶ **Practical presentation**
(short presentation of the six group workout master classes)
- ▶ **Marketing support presentation**
(promotional materials, leaflets, brochures...)
- ▶ **Conclusion**
(FAQ, class architecture, price list, education)



Demand presentation in your fitness center at info@freestylerpro.com,



DVD COLLECTION OVERVIEW

Different programs enable various implementations of the **FREESTYLER™** device as a regular choice in many wellness programs.

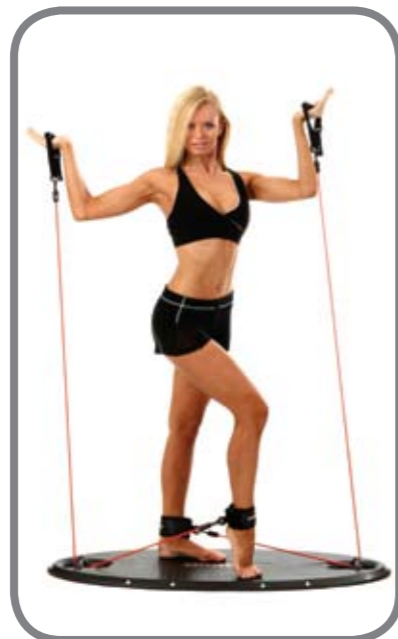
It can be used in existing sport training regimes, in pre-choreographed group fitness to music, in functional rehabilitation system after an injury, it enhances benefits of the pilates technique, and last but not least, it is probably the smallest home gym in the world which enables countless exercise choices.

Nicely designed menus enable quick and easy searches. Each video has an inbuilt menu with information on repetitions, instructions for correct execution of exercises and many advices. It will surely become your ultimate guide to a picture perfect body. Read more about specifications of each DVD at our online shop.

HOME GYM		
FREESTYLER™ HOME GYM LET'S DANCE (Latin Fusion)	FREESTYLER™ HOME GYM POWER SCULPT	FREESTYLER™ HOME GYM ACTIVE SENIOR
FREESTYLER™ HOME GYM PERSONAL TRAINER	FREESTYLER™ HOME GYM ULTIMATE PILATES	FREESTYLER™ HOME GYM TOTAL BODY MAKEOVER
GROUP FITNESS		
FREESTYLER™ GROUP WORKOUT TOTAL EFFECT	FREESTYLER™ GROUP WORKOUT POWER MOVES	FREESTYLER™ GROUP WORKOUT PILATES
FREESTYLER™ GROUP WORKOUT LATINO CRAZE	FREESTYLER™ GROUP WORKOUT OSTEOREPAIR	FREESTYLER™ GROUP WORKOUT FUNCTIONAL DYNAMICS
REHABILITATION		
FREESTYLER™ REHABILITATION LEGS	FREESTYLER™ REHABILITATION ARMS	FREESTYLER™ REHABILITATION SHOULDER & SPINE



COLLECTION 2009
DRESS TO IMPRESS



QUALITY TESTS

FREESTYLER™ tubing is one of very few, if not the only product using tubing, that has gone through extensive testing in laboratories. Below you can see a chart, where tube strength and aging (artificial) has been tested. You can see clearly, that Freestyler tubing set has linear strength increase, which is very important in defining the correct workload during workouts. Also artificial aging, where tubes were exposed to 70°C for 7 days (equivalent of one year period), show very little deterioration through time (less than 8 % in one year), which is rarity among tubing available on the market. You can rest assured that we are working hard to keep production at a high quality level with best possible materials and craftsmanship.

WARRANTY

Your **FREESTYLER™** has a warranty of one year for all parts from its purchase date. In the event of a manufacturers defect, your dealer (at option) will repair or replace it promptly with no questions asked. We take a great pride in providing support and service our clients need. This warranty however does not cover damages due to improper use or miss treatment of the unit, including any extraordinary event leading to damage, whether it is reversible or not.

EDUCATION SUPPORT

FREESTYLER EXERCISE SYSTEM also includes fully developed education system, which gives instructors and others, a better overview of the Freestyler programs and Functional dynamics technique. Extensive manuals with in depth analysis of the Functional dynamics technique and professional DVDs with workouts, enable quick learning and fast implementation.

WHO IS WHO IN THE FREESTYLER EXERCISE SYSTEM?

INTERNATIONAL FREESTYLER PRESENTER

is a person appointed by FGI to promote the Freestyler Exercise System and educate Freestyler National Presenters and Instructors in the particular Country with the support of it 's Distributor. This applies to both Group workout system and Rehab system.

NATIONAL FREESTYLER PRESENTER

is a person appointed by the Distributor in the Country. Her/His duty is the promotion of the Freestyler Exercise System and education of Freestyler Instructors in that Country with the support of the it 's Distributor. This applies to both Group workout system and Rehab system.

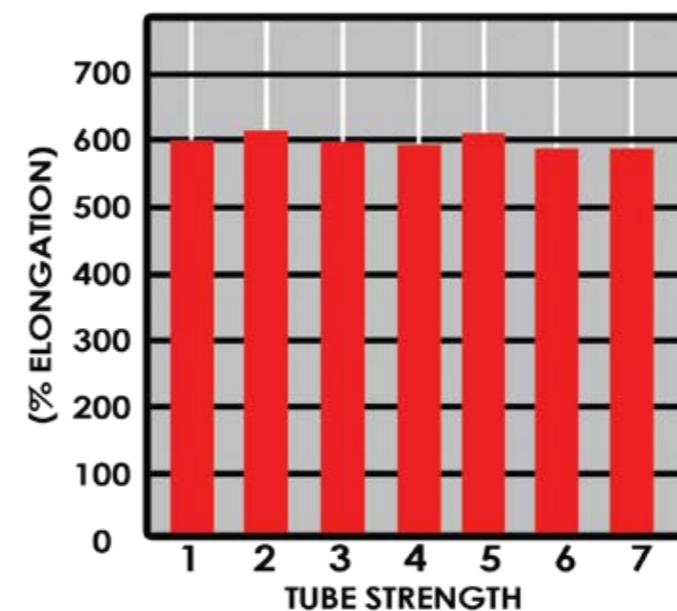
FREESTYLER INSTRUCTOR

is a person being certified after 1 or 2 day education executed by the National Freestyler Presenter or the International Freestyler Presenter. This applies to both Group workout system and Rehab system.

SERVICE & CUSTOMER SUPPORT

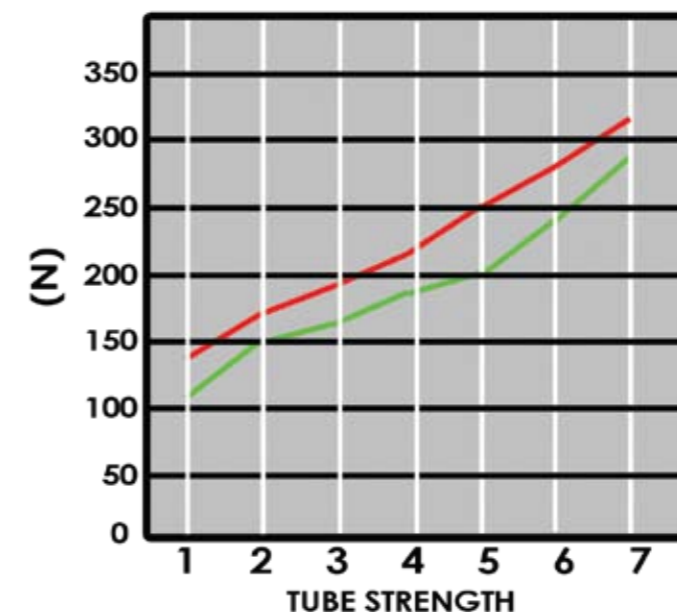
Freestyler system offers three ways of service support:

- constant information support (advising, giving additional information, education camps...),
- constant marketing support (brochures, posters, inner marketing material),
- constant technical support via our call center or email.



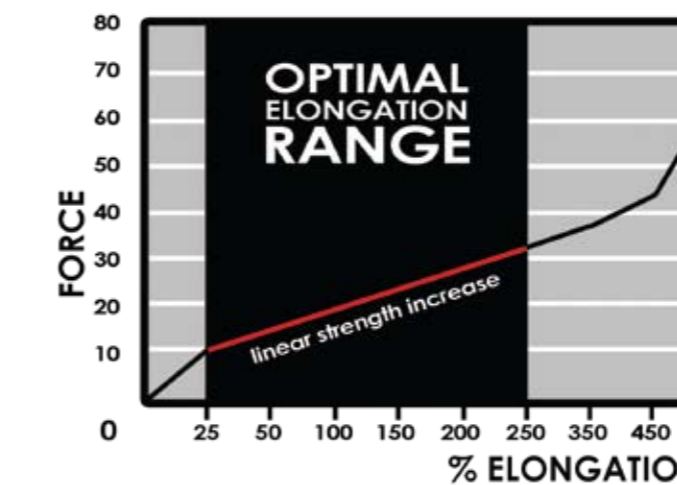
Behaviour of the resistance tubing samples (% elongation vs tube strength)

... average value is 600% elongation.



Behaviour of the resistance tubing samples during the tensile measurements (N vs tube strength) & artificial aging (1 year period)

The tensile characteristics were tested on tensile machine ZWICK Z400 WN, at (23 ± 2) °C, with a constant speed of grip separation of (100 ± 10) mm/min.



All elastic products have characteristic force – elongation curves, which are typically three phased. The first phase is marked by an exponential increase in the first 25 % elongation. Next, there is a linear increase between 25 % and 500 % and finally a sharp exponential increase until failure. Therefore, it is recommended that exercise is performed between 25 % and 250 % elongation and resistance increased by progressing to the next tubing strength rather than increasing the stretch on the tubing

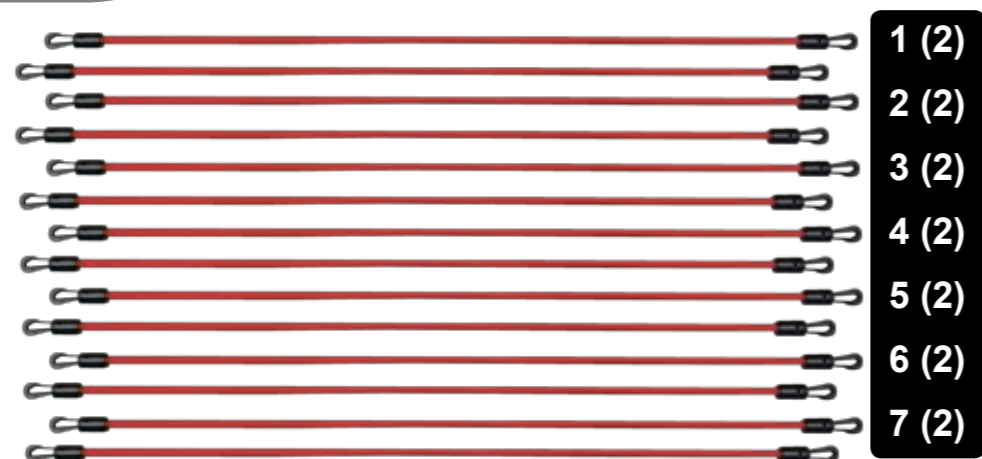
The **FREESTYLER™** device solves this problem at its root. Its unique system of hyperboloid rollers distributes force evenly which enables all the exercises on the **FREESTYLER™** device to be performed in the optimal elongation range.

**FREESTYLER™
BASIC COMPONENTS**

FREESTYLER™ base board



Elastic tubing Set



Ankle cuffs



Adjustable handles



Rack for 26 sets



Pilates straps



Foldable mat



FREESTYLER™ BASIC PACKAGE

FREESTYLER™ Base Board	1
Elastic Tubing Set	
Strength 1 (for exceptional use or use in rehabilitation)	2
Strength 2	2
Strength 3	2
Strength 4	2
Strength 5	2
Strength 6	2
Strength 7	2
Cuff	2
Handle	2
Foldable mat (240x60)	1



PRICE: 159 €

FREESTYLER™ STAND (1) FOR THE STORAGE OF 26 SETS

Nicely crafted Freestyler storage rack, where you can store up to 26 complete Freestyler sets (boards, tubes, ankle cuffs, handles...)

PRICE: 290 €

FREESTYLER™ MULTIPURPOSE PROMOTIONAL STAND

Promotional stand is intended as a tool for further resell and promotional purposes for fitness center, retail stores etc. Room for brochures, leaflets, DVDs, package & program information, class schedule.

PRICE: 299 €



QUANTITY DISCOUNTS

Number of Sets	Basic Package/Price
1-4	159,00 €
5-10 (3 %)	154,00 €
11-20 (6 %)	149,00 €
21-30 (10 %)	143,00 €

VAT not included in the price

GROUP WORKOUT PROGRAMS

DVD, Choreography Notes

FUNCTIONAL DYNAMICS	25 €
TOTAL EFFECT	25 €
POWER MOVES	25 €
PILATES	25 €
LATINO CRAZE	25 €
OSTEOREPAIR	25 €

PROGRAM PACKAGES

1/6 (one of six)	25 €
2/6 (two of six)	45,00 € (10 %)
3/6 (three of six)	63,75 € (15 %)
4/6 (four of six)	80,00 € (20 %)
5/6 (five of six)	93,75 € (25 %)
6/6 (five of six)	99,17 € (34 %)



PILATES

PILATES EXERCISE VAULT I, II, III	35 €
A three DVD set with over 150 Pilates exercise vault for pilates professionals	

SINGLE ITEMS

PAIR OF ELASTICS (Strength 1-7)	5 €
PAIR OF HANDLES	10 €
PAIR OF CUFFS	10 €
PAIR OF PILATES STRAPS	10 €
1 SET OF ELASTICS – in pairs (strength 1, 2, 3, 4, 5, 6, 7)	24 €
FOLDABLE MAT (200 x 60 cm)	25 €

MODE OF PAYMENT AND DELIVERY COSTS

- ▶ Delivery costs: warehouse _____ to the address of the purchaser
- ▶ Delivery charges : depends on the country
- ▶ Delivery time: 15 days
- ▶ Mode of payment: ADVANCE PAYMENT – Payment shall be made on the basis of a received e-mail, after the order placement or on the basis of a pro-forma invoice. Delivery time period shall commence on the day the payment is evident in our bank account.

Thank you
for your interest the **FREESTYLER™** and
FUNCTIONAL DYNAMICS™ exercise concept.

We are looking forward to future cooperation with your fitness/wellness center to implement the **FREESTYLER™** and related products into:

your existing exercise classes
(partial use for strengthening exercises for specific body parts)

or

complete FREESTYLER™ exercise system
(with six different programs for different target groups)
Total Effect, Power Moves, Pilates, Osteorepair and Latino Craze
and Functional dynamics introductory workout

You can rest assured that we will do everything in our power to accommodate your requirements and assist you in implementing the **FREESTYLER™** exercise system in your fitness/wellness center. Please don't hesitate to contact us by email info@freestylerpro.com, or by telephone +386 41 868 952, if you have any further considerations.

We will gladly answer all your questions.

Sincerely yours,
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FUNCTIONAL DYNAMICS TOTAL EFFECT POWER MOVES PILATES LATINO CRAZE OSTEOREPAIR