



FREESTYLER™



FUNCTIONAL REHABILITATION
featuring **EASY PNF™** system

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.

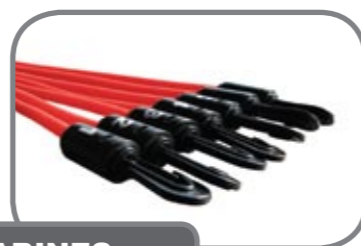


FOLDABLE MAT

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.

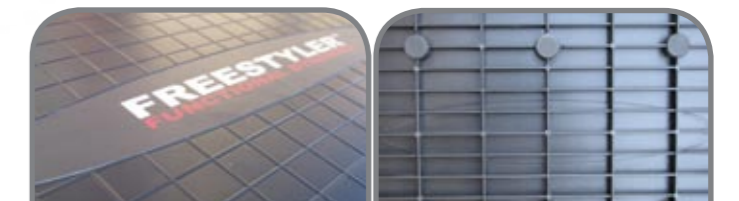
HIGHLY ADAPTABLE

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!



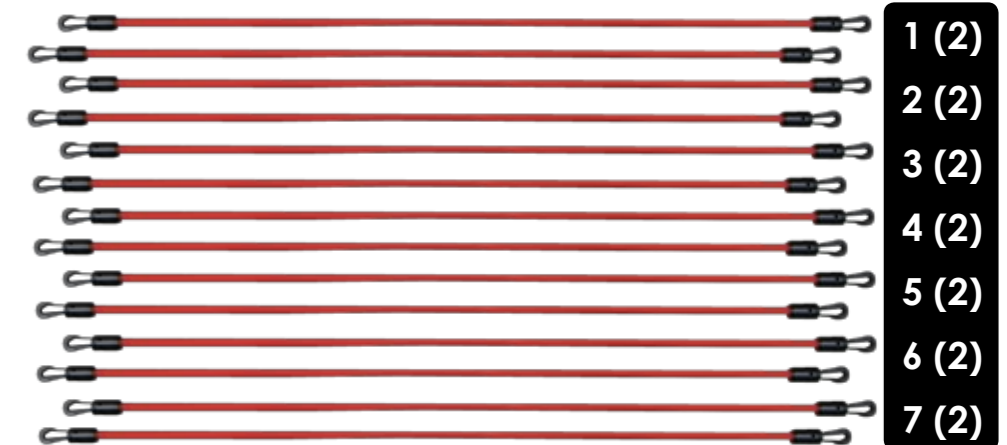
HYPERBOLOIDS

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.

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.

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.

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.



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.

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.

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.

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.



REHABILITATION

A great tool for rehabilitation professionals or individual use at home after an injury.

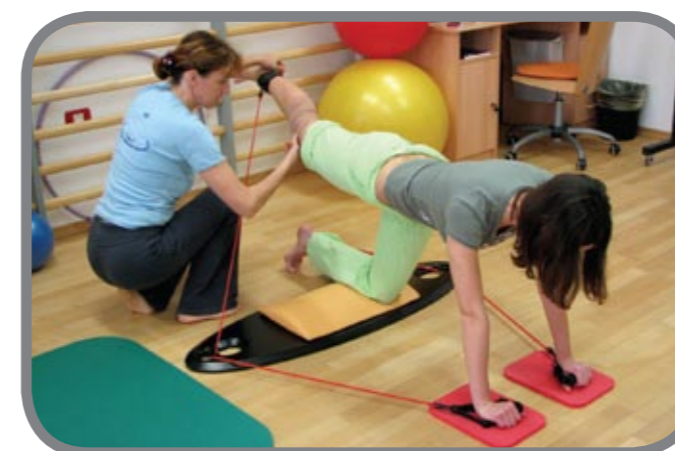


Professional physiotherapists can use **FREESTYLER™** in everyday therapies. They can use more than 200 modified multiaxis PNF exercises, which enable fast in effective functional rehabilitation. They can be implemented in existing programs or combined with other equipment.

EASY PNF™ FUNCTIONAL REHABILITATION

is the product of three years of research & development in the field of PNF exercises with added elastic resistance.

A team of physiotherapists and internationally recognized lecturers and other experts from the field of physiotherapy and sport training has been working intensely for over three years to create **EASY PNF™** with the intention to make the PNF technique more widely used and more easy to implement.



The **EASY PNF™** system uses a clear and logical overview of PNF patterns, single joint emphasis and modifications (bilateral, symmetric, ...), with vivid explanations of all movement components and more.



The most important addition to the existing PNF knowledge base is the unique transfer of PNF patterns performed by the physiotherapist to the PNF patterns performed with elastic resistance on the **FREESTYLER™**.



COMPLETE SUPPORT

Rich theoretical background of concepts integrated into the **EASY PNF™** system.

Acquire knowledge fast and safe within our comprehensive DVD collection of PNF exercises and rehabilitation programs.

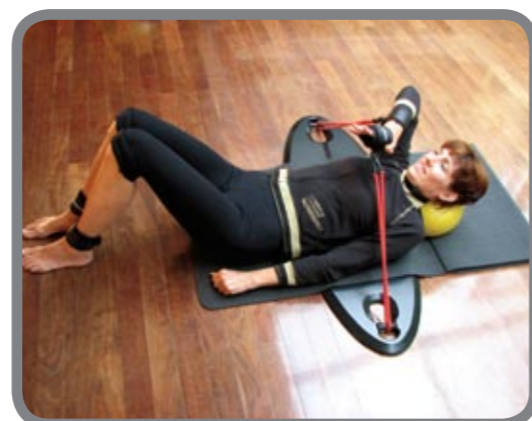
Constant technical, theoretical and consulting service.

The **FREESTYLER™** is a very efficient device with carefully planned exercise programs for muscle strengthening, improvement of coordination and balance as well as for facilitating patients' efficient return to everyday activities.

The **FREESTYLER™ FUNCTIONAL REHAB SYSTEM** offers a great opportunity for complete, step by step rehabilitation programs. Our system enables the rehabilitation professionals to save time and money and increase the quality of rehabilitation process at the same time.



Lower physical engagement of the therapist, because **FREESTYLER™** takes on outside progressive resistance thus enabling physiotherapist to focus on correct execution of the exercises and client's movement control.



Over 200 modified multiaxis PNF patterns enable fast in effective functional rehabilitation. Physiotherapist can prepare new workout programs which can be performed by the patient in the comfort of his home.



Increased patient's motivation because of a new gadget used, because of fresh approach and endless possibilities of different exercises.



FREESTYLER™ can be combined with other rehabilitation equipment, which provides additional possibilities and different exercise combinations. This enables more creative approach and new means for every rehabilitation professional.

FUNCTIONAL REHABILITATION FOR HOME USE

Complete home gym rehab solution in one place

SENIORS (STRENGTHENING AND PREVENTION OF FALLS)

Unfortunately, aging negatively affects every parameter of muscle-skeletal functionality. Moreover, a decrease in strength, endurance, muscular and bone mass is almost always directly related to the number of falls an individual experiences. For individuals in the older population, an everyday occurrence such as a fall can often be fatal. Each year approximately 30% of people older than 65 fall and injure themselves. Among them, 20% to 30% will never be able to walk again.

Studies have shown both strength and aerobic capacities improved after a few weeks of exercising, together with better coordination and balance which is vital in prevention of falls.

ATHLETES (SPORT RELATED INJURIES)

For the majority of sports injuries, exercise is a vital part of the rehabilitation process. The idea that an athlete is completely cured once treatment is over is simply outdated. Instead, an important part of an athlete's physiotherapy consists of specific strengthening and flexibility exercises.

Exercises included in rehabilitation programs ensure that the injured part returns to a fully functional state in a fast and efficient manner.

Exercises can be executed during the official rehabilitation process or after institutionalised rehabilitation treatment under supervision of a physiotherapist or a physician. Home rehabilitation users get complete step by step programs with full support and tutorials for a safe and effective home rehabilitation workout.



FREESTYLER™ rehabilitation programs increase strength, endurance and flexibility, improve bone mass and decrease the possibility of injuries caused by falls. Programs can also be used to prevent degenerative processes (osteoporosis, arthritis etc.).

Join thousands who use Freestyler functional rehabilitation complete home gym solution

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.

EASY PNF™ SYSTEM ADVANTAGES FOR REHABILITATION CENTER



Professional physiotherapists can use **FREESTYLER™** in everyday therapies. They can use more than 200 different exercises, which can be implemented in existing programs or combined with other equipment.

EASY & EFFECTIVE

- ▶ Over 200 modified multiaxis PNF patterns enable fast in effective functional rehabilitation.
- ▶ Increased patient's motivation because of a new gadget used, because of fresh approach and endless possibilities of different exercises
- ▶ **FREESTYLER™** enables progressive load with seven (7) pairs of durable and high quality elastic tubing with overall linear strength increase, which makes exact dosing possible. Lower physical engagement of physiotherapist, because **FREESTYLER™** takes on outside progressive resistance thus enabling physiotherapist to focus on correct execution of the exercises and client's movement control.
- ▶ **FREESTYLER™** can be combined with other rehabilitation equipment, which provides additional possibilities and different exercise combinations. This enables much more creative approach and new means for every rehabilitation professional.

MORE PROFIT

- ▶ Our system enables the rehabilitation professionals to save time and money and increase the quality of rehabilitation process at the same time.
- ▶ It is more likely that the patient shall return to the rehab center, the physiotherapist can prepare new workout programs which can be performed by the patient in the comfort of his home. The client is provided with continuous, interesting and dynamic workout and the control of his recovery and progress by the physiotherapist.
- ▶ The physiotherapist can work with the patient on the **FREESTYLER™** in the rehab center or use the Freestyler as a prescribed workout method for a workout at home (further sale).

COMPLETE SUPPORT

- ▶ Rich theoretical background of concepts integrated into the **EASY PNF™** system.
- ▶ Aquire knowledge fast and safe within our comprehensive DVD collection of PNF exercises and rehabilitation programs.
- ▶ Constant technical, theoretical and consulting service.

WHY FUNCTIONAL REHABILITATION?

“The key to functional exercise is integration. It’s about teaching all the muscles to work together rather than isolating them to work independently.”

Everyday natural motion demands movement in all directions. The exercises that force us to make simple movements are less effective and less useful. In single-axis movements certain muscles may become strong but there is a lack of coordination.

By making use of flexible elastic tubes, the Freestyler offers resistance when performing exercises which are specific for the function of a specific joint. Due to this fact, the muscles surrounding the joint gain strength faster and, at the same time, coordination and joint function are improved.



In everyday life it is important to gradually incorporate individual muscles and muscle fibers (individual muscle parts) into a movement or movements (coordination). When performing a specific movement, the whole body enters into action; certain muscles stabilize the body’s position in order to enable other muscles to perform the movement.

Our bodies work like a well-tuned orchestra. Every cell of the body performs its own function well in order to achieve coordinated, easy and beautiful movements. When treating injured joints, muscles and nerves, we make use of this very neurophysiologic property of a healthy body (irradiation) in order to improve the function of a specific joint. Here is where three-axis movement against

Freestyler is a very efficient device with carefully planned exercise programs for muscle strengthening, improvement of coordination and balance as well as for facilitating patients’ efficient return to everyday activities.

Elastic tubes offer the patient resistance, simulating a therapist’s hands. Due to the flexible hyperboloid rollers, resistance can be of various intensities. Depending on the patient’s position, the elastic tubes offer resistance in different directions, enabling the strengthening of various muscle groups. Similarly, the resistance can be accurately adjusted by using seven different elastic tube strengths.

WHAT IS PNF?

PNF is a way of thinking, observing and moving. When making use of the PNF concept, we become more aware of our body and its movements. PNF is simply a harmony of knowledge, awareness and movement.

The most important addition to the existing PNF knowledge base is the unique transfer of PNF patterns performed by the physiotherapist to the PNF patterns performed with elastic resistance on the **FREESTYLER™**.

THE NAME

The name of the concept reveals what part of the human body is being used in the treatment.

P - stands for proprioceptor (a receptor that perceives the changes in the human body) via which the muscular contraction is stimulated. The main receptors used in PNF treatments are in the muscles (the muscle spindle and free nerve endings), in the tendons (the Golgi tendon organ) and joints (Vater-Pacini corpuscles, Ruffini corpuscles and free nerve endings).

Beside proprioceptors, exteroceptors are also employed (receptors perceiving changes in skin, eyes and ears). By using basic PNF principles, proprioceptors and exteroceptors may be activated to either contract a muscle or muscles or to relax them.

N - stands for a neuromuscular link and symbolizes a motor unit. In treatments we strive to engage an optimal number of motor units (neuro-muscular links) in order to enable a movement that is light, coordinated, accurate, strong, etc.

F - Facilitation means that the input received by the motor cell in the spinal cord, which receives impulses from the brain and the spinal cord, is big enough and originates from different directions to enable optimal muscle activity.

HISTORICAL PERSPECTIVES

Proprioceptive neuromuscular facilitation (PNF) was developed in the late 1940s. It was initially used in treatment of children with infantile paralysis, but later its use spread to patients with various ailments (orthopedic, trauma, neurological etc.).

The pioneers were Dr. Herman Kabat, MD and a physical therapist, Ms. Margaret Knott. They aimed at developing a treatment method based on the neurophysiologic research of the physiologist Charles Sherrington.

PNF is a philosophy of healing. The core of the philosophy is that all human beings, including the sick, have unused potential for healing and improvement (Kabat 1950). The entire body is incorporated into the treatment.

**STRUCTURE OF THE FREESTYLER™
FUNCTIONAL REHABILITATION PROGRAMS**

The **FREESTYLER™** is a great addition to one's rehabilitation process, as it helps to strengthen muscles, develop coordination and balance and improve range of motion.

The **FREESTYLER™** research & development team presents rehabilitation programs on this three DVD set, which firstly develops passive flexibility in the joint, then progresses to exercises that strengthen impaired muscles and develop coordination and balance. The program is concluded with PNF stretching exercises in order to keep the muscles flexible and relaxed.

The **FREESTYLER™ FUNCTIONAL REHAB SYSTEM** offers a great opportunity for complete, step by step rehabilitation programs. To optimally adjust the exercise level to your injury, the programs have been divided into two levels.

LIMITED MOBILITY

This is the introductory level, for patients with limited joint mobility, decreased muscle strength and coordination, who still feel pain or discomfort when performing everyday tasks.

FULL MOBILITY

The advanced level is for patients with functional mobility but less than optimal muscle strength, coordination and balance.

For easier understanding, exercises are divided into three groups:

- ▶ increasing joint mobility,
- ▶ improving muscle strength, coordination & balance,
- ▶ stretching.

The exercises are described in various positions:

- ▶ supine & prone,
- ▶ sitting,
- ▶ kneeling & half kneeling,
- ▶ on all fours,
- ▶ standing.

**THEORY BEHIND EXERCISE
STRUCTURE**

FLEXIBILITY

In order to achieve normal joint flexibility, the joint must be intact and in a correct position. In addition, the joint must contain enough synovial fluid, which enables the physiological gliding of articular surfaces. Injuries, long periods of rest, surgeries, hemorrhages, reduced perfusion and the like usually cause a reduced range of motion. Thus, it is essential to attain a normal range of motion before muscle strengthening begins. One's own body weight is used to increase flexibility.

MUSCLE STRENGTHENING

This is the most important part of the exercise program. Stronger muscles provide support for the injured area, cushioning it against the jars and jolts of ordinary life. This doesn't sound that important, but it turns out to be the single most effective part of a successful exercise treatment program.

The most common problem when patients perform exercises on their own is inaccuracy. The movements are not performed in the entire range of motion. This leads to imbalance and unstable joints which further increases the risk of repeated injuries. Thus, when performing exercises one needs to pay attention and be accurate. Most exercises are created according to the basic principles of PNF (proprioceptive neuromuscular facilitation). Strengthening exercises are best performed every other day, or three times per week.

PNF STRETCHING

There are many ways of stretching. Currently, PNF stretching is the fastest and most effective way of muscle stretching that increases the range of motion of the joints. PNF is a combination of active (isometric) and passive muscle work with the aim of attaining the maximal possible muscle flexibility.

This technique is usually carried out with the help of another person; however, the patient's own body weight can help.

In stretching, the hold-relax PNF technique is employed. The patient first contracts the muscles that are to be stretched, holds this position for 10 seconds and then relaxes and stretches the muscles. The stretched position should be held for 10 seconds.



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. 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

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.

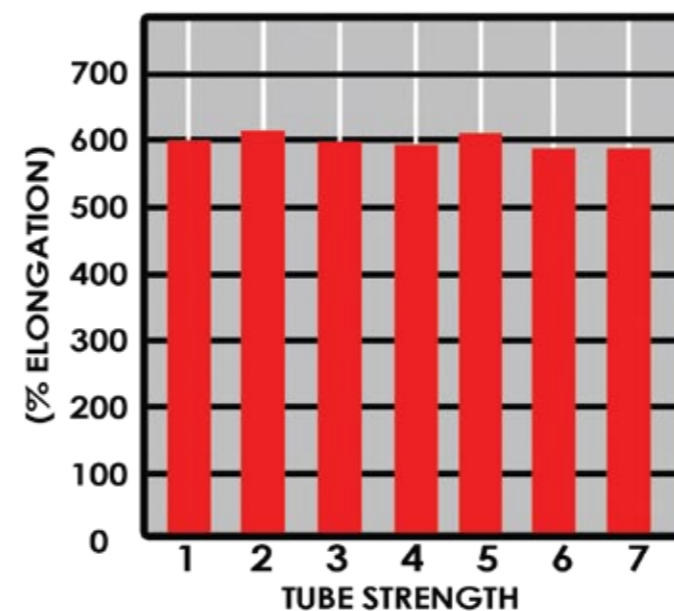
FREESTYLER INSTRUCTOR

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

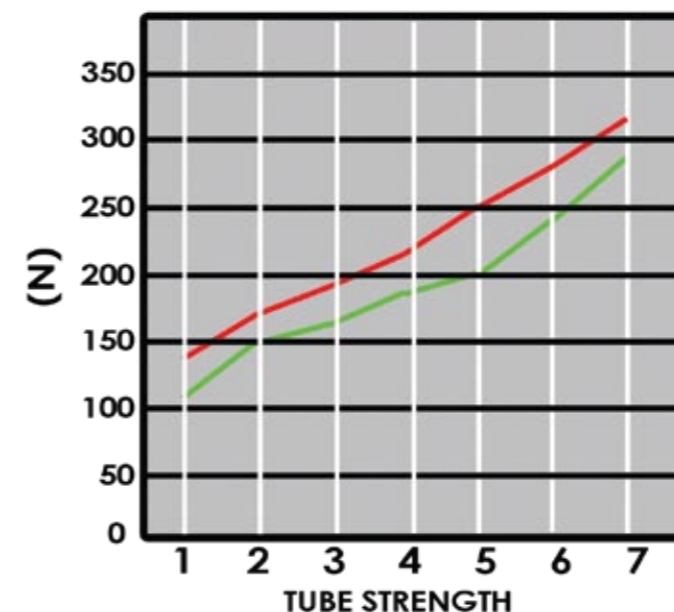
Freestyler system offers three ways of service support:

- 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.



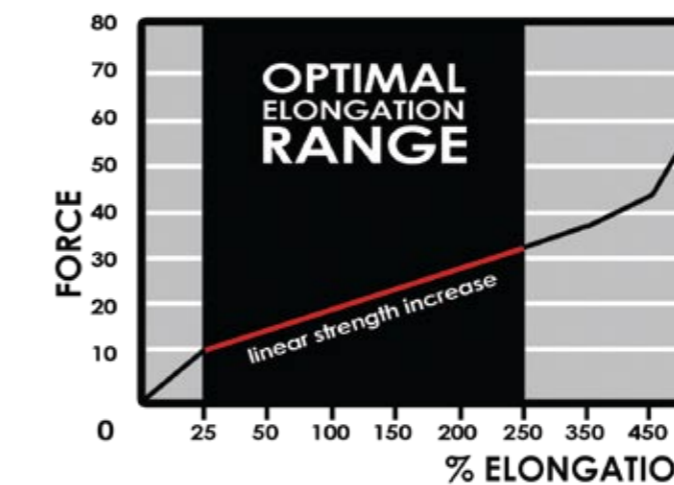
Behaviour of the resistance tubing samples (% elongation vs tube strength)

... 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

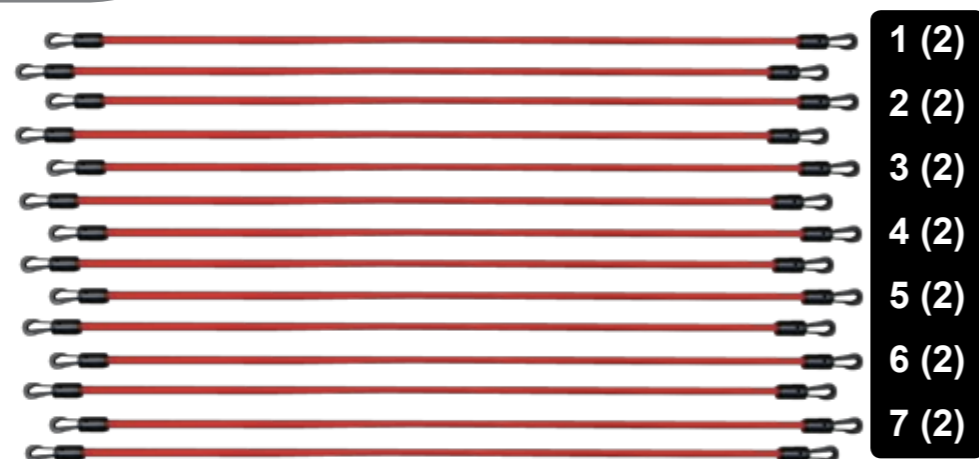
The **FREESTYLER™** device solves this problem at its root. Its unique system of hyperboloid rollers distributes force evenly which enables all the exercises on the **FREESTYLER™** device to be performed in the optimal elongation range.

**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

Elastic Tubing Set

- Strength 1 (for exceptional use or use in rehabilitation)
- Strength 2
- Strength 3
- Strength 4
- Strength 5
- Strength 6
- Strength 7
- Cuff
- Handle
- Foldable mat (240x60)**

- 1
- 2
- 2
- 2
- 2
- 2
- 2
- 2
- 2
- 2
- 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

REHABILITATION PROGRAMS DVD

- 1. **FREESTYLER™ FUNCTIONAL REHAB** - arms 35 €
 - 2. **FREESTYLER™ FUNCTIONAL REHAB** - legs 35 €
 - 3. **FREESTYLER™ FUNCTIONAL REHAB** - shoulders & spine 35 €
- DVD's with a well thought step by step programs consisted mainly from over 200 PNF movement patterns which simulate natural human movements.

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.

FREESTYLER™ - EASY PNF™ PACKAGE FOR FUNCTIONAL REHABILITATION

1. FREESTYLER™ BASIC PACKAGE: 190.8 €



2. EASY PNF DVD collection with more than 200 rehab exercises: 105 €



EASY PNF™ system offers unique approach and complete solution for functional rehabilitation. The programs are divided into two levels (limited and full mobility), because of better overview and optimal adaptation to the level of rehabilitation process. DVDs can also be used for exercising at home under partial or complete supervision of one's therapist.

SPECIAL OFFER FREESTYLER™ - EASY PNF™
FREESTYLER BASIC PACKAGE + EASY PNF™ COLLECTION (3 DVDs)
FOR ONLY 269 € (you save 26.8 €)



For additional information please contact:
 FREESTYLER™ Marketing Department Slovenia
 FGI d.o.o., Vrhovci c. VIII/17, 1000 Ljubljana
 Tel: +386 1 244 23 91
 Fax: +386 1 244 23 92
 Mobile: +386 41 868 952
 Email: rehabilitation@freestylepro.com
 Image website: www.freestylerpro.com
 Webshop: www.freestylerpro.com/shop

Thank you
for your interest in the **FREESTYLER™** and
EASY PNF™ system.

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 rehabilitation/fitness/wellness center. Please don't hesitate to contact us by email rehabilitation@freestylerpro.com, or by telephone +386 41 868 952, if you have any further considerations.

We will gladly answer all your questions.

Sincerely yours,
FREESTYLER™ Marketing Department
FGI d.o.o.
Vrhovci c. VIII/17
1000 Ljubljana
Tel: +386 1 244 23 91
Fax: +386 1 244 23 92
Mobile: +386 41 868 952
Email: rehabilitation@freestylepro.com
Image website: www.freestylerpro.com
Webshop: www.freestylerpro.com/shop

