

Offer Corporate follow-up, firm follow-up, follow-up **Gym**

This gym is not the classic muckibude, but a training method that makes it possible to train extremely gently, which is why a physiotherapist or naturopath would be ideally suited as a successor.

The devices, which form a circuit training unit as a unit, are particularly designed to train very gently but still effectively.

Prevention in the area of postural damage, but also to make the joints fit and to keep them fit, are an important consideration in addition to tightening and strengthening muscles and connective tissue.

It is trained holistically, i.e. the relaxation factor, the lymphatic system as well as meditative aspects are used here. The muscle is not considered as a single but the entire body. It is worked without weights, each train individually out of their own strength tension.

Succession

Region 65, Germany

Entry in own name

More informations and contact

www.biz-trade.eu/ma-18394.htm