New Dimensions for Therapy and Training

www.ivotrainer.de
New Dimensions for Therapy and Training – the ivo TRAINER

The ivo TRAINER is the only portable pull resistance system for coordination and speed training with articulated suspension which enables not only linear sprints but also lateral movements with constant resistance throughout the movement. This helps to significantly improve both inter- and intramuscular coordination.

The heart of this mobile system is a patent pending brake system that allows for continuous resistance adjustment. Thus the ivo TRAINER can be precisely adapted to the different capabilities of every single athlete. The intensity range is displayed on an easy to read scale which enables a quick stress reconstruction.

The belt system with roller bearings provides an unlimited range of motion which makes the ivo TRAINER a perfect multidimensional device for therapeutical and sport specific movements in conjunction with other therapeutical devices.

Endless Possibilities for any Application

Thanks to the continuous resistance adjustment the ivo TRAINER can be used for young athletes as well as for elite athletes. But the system is also suitable for rehabilitation and prevention. It can be used for locomotor training and walking training in orthopedic and neurological rehabilitation.

Another highlight: The resistance system can be easily mounted on a wall mount as well as on a stand, so the ivo TRAINER can be used for indoor as well as for outdoor training.

ivo TRAINER at a Glance

- Continuous resistance adjustment
- Constant resistance
- Easy handling
- Multidimensional motion thanks to articulated suspension (180°)
- Cable travel: 22 m
- Training vest with shoulder harness for optimum speed training
- 360° belt for rotation and plyometric exercises
- Patented brake system
- Indoor and outdoor use

The ivo TRAINER offers endless options for many different applications.

The ivo TRAINER supports sport specific coordination and speed training.

The belt system with roller bearings provides an unlimited range of motion.

Individual setting thanks to continuous resistance adjustment.

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