

# pedalo®

2017-2018

**MORE MOVEMENT  
MORE COORDINATION  
MORE BODY PERCEPTION**



Pedalo® Classic  
552 001  
Further information to this product  
on page 9.

[pedalo.de](http://pedalo.de)

**Dear customers,**

very often we define our health and our well-being about the appearance. Accordingly, the high dosed strength training is especially for younger people entirely based in foreground. The team of Pedalo recommends to optimize your coordination skills first. A training that brings a lot of fun and trains people from head to toe in balance with the right exercise equipment - from the young to the old.

Find the way back to your inner and outer balance in our fast-moving time. Our Pedalo-products are designed in a way which ensures that you can concentrate during the exercises entirely on yourself and your movements.

We are sure you will find on the following pages the Pedalo-product which is right for you. Very quickly you will perceive progress in your movement security.

Thereby, think in your purchasing decision of your health and the environment and that quality is not to be had for free nothing. Have fun with your new Pedalo-catalog.

Yours Martin Moser  
Managing Director Holz-Hoerz GmbH

**Guarantee**

At Pedalo you buy quality products „Made in Germany“. For this reason we give you with a good conscience a 2-year guarantee on all products and a 5-year guarantee with a lifetime service and spare parts guarantee on the original Pedalo system.

**A wide range of coordination products**

For almost every age, we offer you special products from head to toe to promote your health and balance.


**Telephone consultation**

Under +49 7381 93570 we will gladly accept your request personally (Monday to Friday 8:00 to 17:00 clock).

**Payment conditions**

In prepayment or PayPal. Further information can be found in our General Terms and Conditions on page 64.






**Shipping information and costs**

The shipping is via parcel services GLS or DHL. The shipping costs depend on country, volume, weight and quantity. Shipping costs are mentioned in the proforma invoice. Of course parcels can be picked up by own forwarder as well. Cargo items are marked with . The weight details (without packaging) for the individual articles can be found at the end of the article description.

**Promotion**

Increase your sale of Pedalo-products in your shop and on events by additional advertising. Present our products at POs. Roll-Ups, beach flags, theme flyers and exercise instructions, even products with your personal logo can be ordered. Prices on request.

**Contact details**

-  +49 7381 93570
-  [pedalo.de](http://pedalo.de)
-  **Pedalo by Holz-Hoerz GmbH**
- Dottinger Straße 71**
- 72525 Münsingen**
-  [info@pedalo.de](mailto:info@pedalo.de)
-  +49 7381 935740

**Product development and manufacture**



Different needs from play, sports and therapy require differentiated training devices. For over 50 years, we have been developing special training equipment together with our experts for these requirements. We implement the ideas right away in our in-house production.

**Product service**



Great advantage: There is the possibility that Pedalo-products can be given directly to Pedalo for maintenance or repair. A plus for you, if quality, longevity and sustainability rather than the throwing away of products belongs to your decision-making criteria.

**Pedalo-Movement concepts and Pedalo-Academy**



With the Pedalo-movement concepts we offer complete solutions for health-oriented and functional training in a small space, which are based on high-quality Pedalo-coordination equipment and alive exercises. You will develop variable and functional movement concepts for all age groups and performance levels with which physiotherapy practices, health centers and course studios can reposition themselves with little investment in the market. For clubs, teams, individual athletes and trainer, these movement concepts mean new, effective and efficient training courses.

In our Pedalo-Academy, we offer seminars, training or workshops, which give the participants a professional application of the Pedalo-movement concepts. You can find the current seminar dates under: [www.pedalo.de/pedalo-academy](http://www.pedalo.de/pedalo-academy)

**Pedalo-PlayMobile**



Already the presence of the Pedalo-PlayMobile-Trailer initiates and moves your event. It can't be easier. Loaded with individual products for your needs, selected play, fun and sport products from Pedalo extended product range. Depending on the size, the trailer contains of 40/80 products. Become Pedalo-PlayMobile Partner! For detailed information please send your request to us.

**Social Media**



Visit us on Facebook, click the like button and be always well informed. On YouTube you are inspired and moved by Pedalo-product videos.

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VARIETY WITH



# pedalo®

## experts



### Elisabeth Brandau

**6-fold German Mountainbike Champion**

Pedalo has a fixed place in my training. The Pedalo-products are efficient, varied and playful for me. The beauty of the products is that they can be used from young to old and they are not only suitable for the athlete. The most important thing for me personally is the effect of the training with the Pedalo-products on the muscle coordination and the injury prevention. My training is to be of high-quality instead of quantitatively.

Both my team drivers and customers are enthusiastic and like to train with the bike specific exercises. Especially as a mama I have to train efficiently, without having to miss the fun. Nice to see is that even my one-year-old son likes to go with. I think it is nice to see if, for example, the generations play together.



### Klaus Meyer

physiotherapist

Simple but effective! This comes to my mind when I think of the Pedalo-products. Above all, my favorite product, the Pedalo-Footboards moveable fulcrum, can be described with exactly these words. They can be used to practice simple stretching exercises for the foot arch as well as difficult coordination exercises. Many Pedalo-products I use with full conviction in my physiotherapy practice, as they have proven themselves in the treatment of my patients and have given them a lot of fun. The difficulty of the different products is very easy to adjust from the one-dimensional to the three-dimensional training and can therefore be optimally adapted to the patient. Two other important points for me are the fact that Pedalo works with the natural material of wood and the cooperation with the people behind Pedalo is very pleasant.

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### Harald Jansenberger

sports therapist

The Pedalo-products have a central role in my work. Due to the versatility, the high-quality workmanship and the main component of wood, the training devices are ideal for my main target group seniors and also ideal for my work priority 'fall prevention'. All aspects of balance can be trained. In addition, coordinated force training can be implemented from simple to highly demanding. For my clients, the training with Pedalo-training equipment is accustomed by the playful approach, the appealing look and the material, and yet always new.



### Timo Reiff

physiotherapist and athletics trainer

For years, I have been using Pedalo-products with great success in my work as a physiotherapist and athletic trainer. Both my patients, as well as the amateur or professional athletes I manage, greatly benefit from the playful and complex exercise variety of the equipment in the context of prevention and rehabilitation as well as training. The benefit of the individual lies in the improvement of essential properties such as coordination, stabilization, balance and body perception. Whether with deep relaxation or absolutely demanding training, body and spirit are addressed and trained in a playful way.



### Thomas Erny

sports scientist/  
sports therapist

With my health concept 'natural-MOVE', me and my team treat the so-called civilization diseases in a holistic and natural way. In the search for therapeutic devices, which should, according to our philosophy, treat health problems holistic from 'head to toe', we discovered the brilliant Pedalo-concepts. The functional high-quality devices are completely 'without' electronics and are applicable for the user 'without' operating instructions. 'Stand just one of these wooden implements! You will immediately notice the unique effect of these simple-acting workouts on your body.'

electronics and are applicable for the user 'without' operating instructions. 'Stand just one of these wooden implements! You will immediately notice the unique effect of these simple-acting workouts on your body.'



### Alexander Butte

sports pedagogues

Pedalo is easy, effective and successful for me. The pedalo in its many variants is very popular as a vehicle for children, young people and adults and it is an integral part of school and leisure sports. In a playful way the ability to balance, the body perception, the development of self-confidence as well as the socially-cooperative competences are addressed and targeted.



### Brigitte Wilhelmer

therapist for foot reflexology

Our feet carry us a lifetime and are too often neglected. It is therefore apparent that many people are initially tense on the Pedalo-Foot Massage Regeneration Mat. Only when users get a feeling for their feet, they can stand loosely and relaxed on the mat and let the nubs work on the entire sole of the foot by shifting the weight. The mat is not only helpful for the foot muscles, but can be used in many different ways, thus enabling tensions in the entire body to be relieved. For example, the mat can provide a pleasant ride during a car ride in the back region. Since the mat can be taken everywhere, it is indispensable for our wellbeing and is therefore appreciated and loved by our customers.



### Oliver Otto

coordination trainer

When I came into contact with Pedalo-products for the first time, three terms spontaneously came into my mind: self-motivating, innovative and creative. In the course of time, it became clear to me that these wood products, made with love on the Swabian Alb, are more for us humans than just toys. In a time of stress, medialization and lack of movement, they are a piece of home – a piece of what has been lost in our society.



### Sibylle Laubscher

Owner of the  
**'Reha-Sport-Gesundheit e. V.'**

We use the Pedalo-products in our rehabilitation sport. The products are suitable for people in rehabilitation, for young and old and also very well for people with disabilities. Important for me as a trainer is the simple and clearly visible effect without having to do without the fun. The Pedalo-products are very well received by my patients.



### Wolfgang Birkle

certificate/diploma trainer of the DOSB  
(German Olympic Sports Confederation)

Sensomotor training with Pedalo-products (Pedalo-Stabilizer, Pedalo-Sport, Pedalo-Rola-Bola, etc.) in combination with sport-specific technology elements accelerate the movement of the complex sport (golf). The Pedalo-products has a high demand character and creates an enormous self-motivation. In all age groups (children, young people, adults and seniors) the perceptions (brain and musculature) of the golfing movements are supported and promoted individually and very creatively. In modern golf practice, sensomotoric content with the available Pedalo-products is a novelty!



### Holger Laurisch

PlayMobile partner

For the last 40 years, I have been using Pedalo-products in both school and club sports. The quality has convinced me from the beginning. The wide range of products also contributes to the fact that sport without borders, also true popular sport, is possible. The Pedalo-system can be used in a need-oriented manner and is therefore interesting for people with different skills.



### Otmar Rösch

sports scientist

Pedalo-products combine great variability with simple application and a high fun factor. Pedalo-products are for big and small, young and old, performance athletes and rehabilitation patients. Just that makes them so interesting! For me, the products of Pedalo are versatile, effective and motivating. My athletes have fun with training with these products and are looking forward to the many different variations which are possible.

# Original Pedalo® Sport and Classic



- ✓ Increased level of difficulty
- ✓ For more ankle stability
- ✓ Maximum load capacity 120 kg



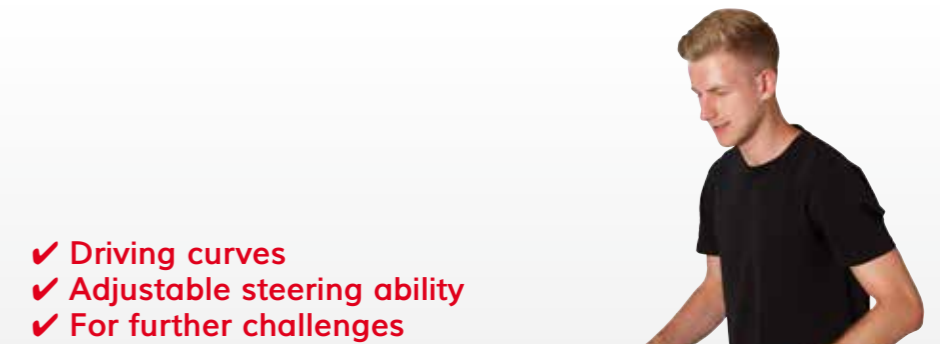
## 1 Pedalo® Sport

The original, made virtually unchanged for 50 years, is one of the most successful exercise equipment for play, sports and therapy. Rotating foot boards from 6x14 cm increases the difficulty degree compared to the Pedalo Classic and additionally trains the ankle joint stability. In recreational and competitive sports the Pedalo-Sport is an important part of training for the optimization of balance, reflexes, posture and movement coordination. For children over 5 years, the Pedalo-Sport is a great challenge, full of fun and joy. Just by the way they develop their motor skills. For additional aid, the accessory Pedalo-Support Rope can be mounted. Original Pedalo are made to ecological principles with wood of reforestation. They are proven to be free of prohibited plasticizers and bear the GS-seal for proven safety. They are useable without hesitation.

**Specification:** Maximum load capacity. For ages 5 and us. LxWxH: 37.5x22x22 cm. 2.8 kg.  
**Accessories:** Pedalo-Support Rope no. 556 001-01 (see catalog page 56), Pedalo-Station Trainer item no. 130 1000 (see catalog page 59).

**551 001** Each  
 Attention! To be used under the direct supervision of an adult.

# Original Pedalo® Slalom and Wawago®



- ✓ Driving curves
- ✓ Adjustable steering ability
- ✓ For further challenges

## 1 Pedalo® Slalom

This is the only Pedalo, which allows you to take curves. Doubled additional wheels, which are freely rotating in principle, may be tightened individually. Hence the steering capability can be adjusted from riding only in straight direction up to taking curves in different parameters what requires different steering techniques. Taking curves will be initiated by swinging your upper body or by a swinging movement of your trunk. Pedalo-Slalom is the challenge for all those who are pretty good in riding Pedalo-Sport. Forwards – backwards – slalom – circle on a point – clockwise – counter-clockwise – lots of tasks to solve with the Pedalo-Slalom... Practice effects a noticeable improvement of your own body perception and safety of movement. Get the feeling to control your body in balance – get the fun to try new tasks – your self-confidence will increase and you will feel encouraged to find new challenges. Pedalo-Slalom for fit children for ages 7 and up and for all those who are looking for new movement tasks. Ideal training equipment for recreational and professional athletes, much appreciated by skiers and snowboarders.

**Specification:** Very high degree of difficulty, rotating foot boards 6x14 cm, LxWxH 37.5x22x22cm, recommended for ages 7 and us. Maximum weight capacity 100 kg. 3.6 kg.  
**Accessory:** Pedalo-Support Rope item no. 556 001-01 (see catalog page 56).

**553 600** Each  
 Attention! To be used under the direct supervision of an adult.



- ✓ Improvement of movement coordination
- ✓ For more safety in standing
- ✓ Maximum load capacity 200 kg



## 2 Pedalo® Classic

The classic under the Pedalo and the ideal entry-level model for children and adults. The surface of the footboards with 30x14 cm provides space for one person. Recommended for ages 3 and us. The Pedalo Classic is equipment that trains the entire body to improve posture and movement coordination. Using the Pedalo simulates walking and requires fluent load change between the left and right leg. Consequently this motion improves the responsiveness and the stability of the leg axis and thus the safe walking. Pedalo Classic is a must for children's development and a highlight in kindergarten, school and leisure time. Support bars may not be mounted in this model. Conversion to 2 pcs. Pedalo Sport (higher difficulty) by 4 smaller foot boards item-no. 511 029 possible. Original Pedalos have been tested and fully comply in load and pollutant test. They are free of prohibited plasticizers and can be used safely.

**Specification:** Maximum load capacity 200 kg. For ages 3 and us. LxWxH: 44x37x22 cm. 6.2 kg.  
**552 001** Each  
 Attention! To be used under the direct supervision of an adult.

## 2 Pedalo® Wawago®

The Pedalo-Wawago is a special form of Pedalo. Compared to other Pedalo, the Pedalo-Wawago gives you an entirely new feeling of motion. In total there are 4 different exercise variations. Depending on your position, the toes and heels move up and down just like they do during the natural process of walking. It mobilizes the foot joints, resulting in stretching and contracting of the calf muscle. Exercising in squat intensifies this effect. There are different ways to train on your Pedalo-Wawago. Turn over one of the boards to lengthen it. You will experience a new kind of motion. Try with right foot in front, afterwards with the left foot in front. Riding it backwards results in new motion tasks. In the rehabilitation and in therapeutic settings the Pedalo-Wawago offers a wide variety of treatment options due to its manifold training possibilities (e. g. the exercises are used to prevent phlebitis, boost coordination and strengthen the back muscles through asymmetric stimuli). Also it is used in competitive sports for specific exercise sequences in coordination training.

**Specification:** Maximum load capacity 150 kg. For ages 6 and us. Foot boards 36x14.5 cm. 10 kg.  
**Accessories:** Pedalo-Support Rope item no. 556 001-01 (see catalog page 56), Pedalo-Station Trainer item no. 130 1000 (see catalog page 59)

**558 001** Each  
 Attention! To be used under the direct supervision of an adult.



- ✓ 4 standing and exercise variations
- ✓ Mobilization of the ankles
- ✓ Strengthening the pumping of the veins





- ✓ Varied play and exercise variants
- ✓ Ride tandem



**Expert opinion Pedalo®**



Since 40 years I use Pedalo-equipment in school sports and club sports. The quality has convinced me long lasting from of the beginning on. The various product range helps to make 'sport without borders', what means really popular sport. The Pedalo-system is needs-based usable and therefore interesting for people with different qualifications. From easy to difficult: Pedalo-Reha 'S',

Pedalo- Family, Pedalo-Classic, Pedalo-Combi, Pedalo-Sport, Pedalo- Slalom. All Pedalo-devices belong to the category of mobile devices. Compared with stationary devices (such as seesaw, monkey bars, balance beam, swing) their advantage is, that they are versatile and mobile in use, adaptable by supplemental parts and therefore remain attractive for a much longer time.

**Holger Laurisch**

**① Pedalo® Combi**

The Pedalo-Combi provides space for up to 2 people. The platform measures 60x14 cm. When only one person is riding Pedalo-Combi it is just as easy as riding the Pedalo Classic. Riding tandem makes fun and increases the difficulty level. Riding back to back, face to face, both in the same direction are just some exercise variations. Partner exercises need closer coordination and foster the team spirit. To execute the tasks, extreme concentration is required.

**Specification:** Maximum load capacity 200 kg. Recommended for ages 3 and us. LxWxH: 64x37.5x22 cm. 7.7 kg.

**Accessories:** Pedalo-Support Rope item no. 556 001-01 (see catalog page 56), Pedalo-Support Bars 'Telescopic' item no. 520 154 (see catalog page 56).

**552 101** Each

Attention! To be used under the direct supervision of an adult.

- ✓ For up to 4 persons
- ✓ Fun and variety are guaranteed
- ✓ Incl. 2 Pedalo-Support Bars 'Telescopic'



**② Pedalo® Family**

Fun, excitement and variety for the whole family. A break game equipment for playgrounds and kindergarten, which motivates groups of up to four people to move. Assimilation, coordination, alignment and integration to each other and with each other are particularly demanded in this case. The two support bars are included for additional stability and safety.

**Specification:** Foot board 100x14 cm. Incl. 2 Pedalo-Support Bars 'Telescopic' item no. 520 154. Maximum weight capacity 200 kg. Recommended for ages 3 and us. LxWxH (without Support Bars 'Telescopic'): 104x37.5x22 cm. 13.8 kg.

**553 011** Each

Attention! To be used under the direct supervision of an adult.



- ✓ Ride Pedalo on any underground
- ✓ For even more action
- ✓ Playful training of the motor skills

**① Pedalo® Sport 'S' Air**

The Pedalo-Sport 'S' Air for outdoor sports with high demands on the balance, improves the coordinative abilities of the user effectively. You can attach a rope for more support.

**Specification:** Rotating foot boards 6x14 cm. air filled tires for uneven terrain. Recommended for ages 6 and us. Maximum load capacity 130 kg. 5 kg.

**Accessory:** Pedalo-Support Rope item no. 556 001-01 (see catalog page 56).

**551 051** Each

Attention! To be used under the direct supervision of an adult.



- ✓ Ride tandem over rough and smooth
- ✓ Play outdoors
- ✓ Maximum weight capacity approx. 250 kg



**② Pedalo® Combi 'S' Air**

The Pedalo Combi 'S' Air is for outdoor-specialists who are on the move on uneven terrains. It rolls over grass, gravel, untarred or unpaved streets. The air filled tires absorb any unevenness and allow for higher speeds. Thus it is particularly well suited for PlayMobile and playgrounds. The foot board of 60x14 cm offers plenty of space for up to two people and therefore enables various game and exercise options with a partner (e. g. riding it back to back, face to face or both in the same direction). This exercise forms require a special level of concentration and coordination with the partner.

**Specification:** Maximum load capacity 250 kg. Recommended for ages 3 and us. LxWxH: 82x47x28 cm. 12 kg.

**Accessories:** Pedalo-Support Rope item no. 556 001-01 (see catalog page 56), Pedalo-Support Bars 'Telescopic' item no. 520 154 (see catalog page 56).

**552 151** Each

Attention! To be used under the direct supervision of an adult.





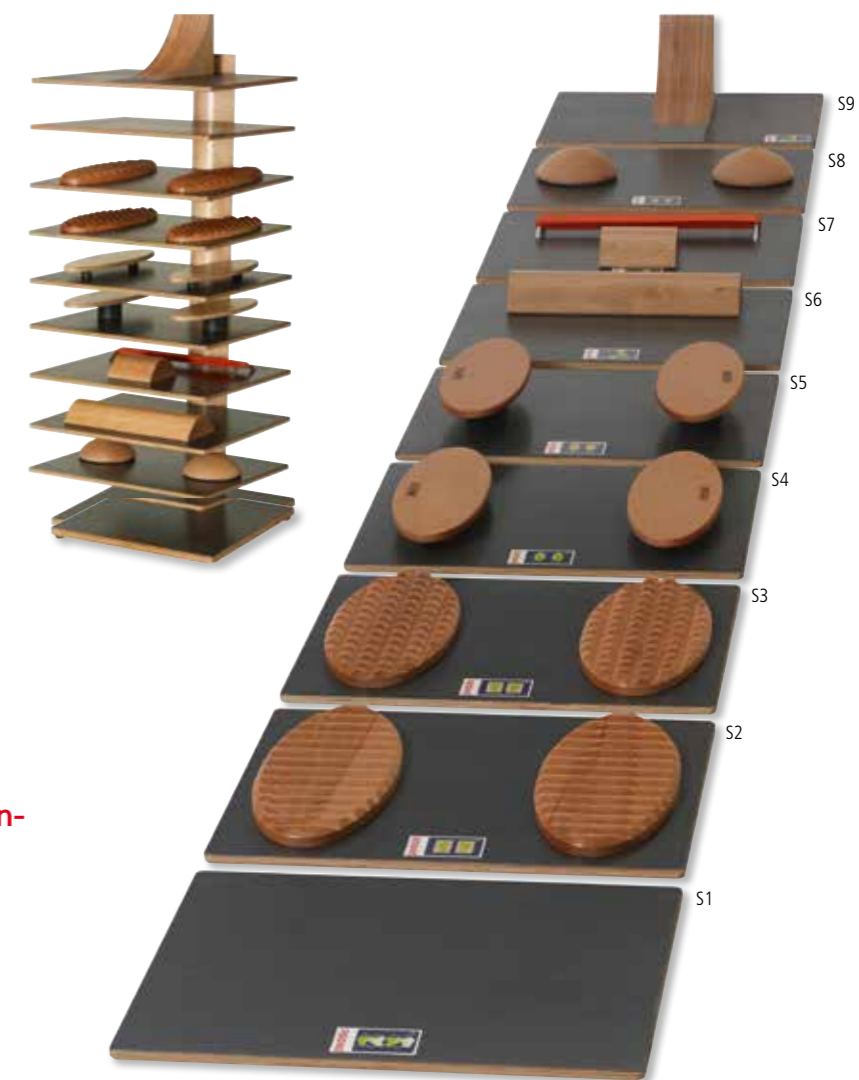
# A healthy foot

## ① Pedalo® Foot Workshop

The nine exercise stations of the Pedalo-Foot Workshop are convincing through their versatility and activate all systems and structures, which are important for a healthy and functional foot. Thus the different stations are intended to activate the feet, sensitize and massage the foot soles, stabilize the ankle joints, strengthen the foot and lower leg musculature as well as to stretch the foot arch and the plantar fascia.

In everyday life and in sports healthy feet are a blessing and the basis for pain-free movement. They are also responsible for fun at movement. The Pedalo-Foot Workshop is suited ideally as training circuit for prevention and rehabilitation. It is used in fitness and health studios, podiatry, physiotherapy and rehabilitation facilities, in retirement homes or even in wellness hotels but also in the course of operational health management. The shelving frame allows a clear and space-saving storage of the stations. Through the exercise posters and exercise pictures on the stations, the Pedalo-Foot Workshop is a high quality, unique and also self-descriptive movement and training concept.

**Specification:** Shelving frame 40x50x1130 cm with 9 stations 40x47 cm. Made of wood. Total weight 29.2 kg.  
**160 02000** Set



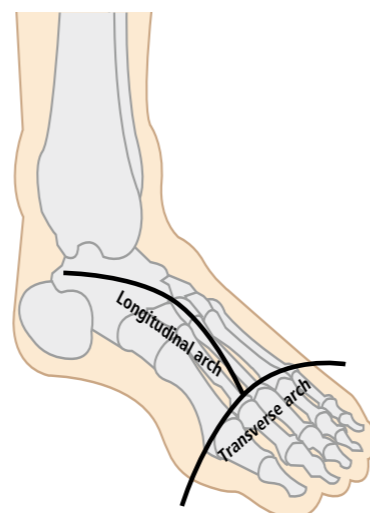
- ✓ Sensitization of the foot sole
- ✓ Mobilization of the ankle joint
- ✓ Strengthening of the foot and lower leg muscles
- ✓ Stretching of foot vault and plantar fascia
- ✓ Regeneration of the feet

# pedalo®

## A healthy foot

Our feet are the fundamental base of our body whose importance we mostly underestimate. The human foot is a fantastic construction of 26 bones, from many ligaments, tendons and nerves. The physician Dr. Christian Larsen discovered that nature has built our feet after the spiral principle. The back foot (heel) rotates outward, the fore foot turns oppositely inward. Therefore, the so important lengthwise and crosswise vault are arised. If our foot vault is not intact anymore, this natural damping gets lost what results in top load on our locomotor system. A majority of the population is suffering from foot problems of which two-thirds are often caused by (wrong) movement habits and inappropriate biomechanical stress on muscles and joints, what leads to skew-, flat- or splayfeet. This inevitably means an over-stressing of foot, knee and hip joints and spine. Often this is the beginning of a chain of larger foot problems and in its further course it can lead to chronic inflammation and increased signs of wear and tear in the joints, associated with pain. Therefore, the feet get a great significance for the whole locomotor system as basis of the straightening and body posture. In its totality, the sole of the foot forms a sensory contact zone between body and earth. By the important perceptual signals about the nature and position of the subsoil, which it sends to the brain, the balance of the inner ear is supplemented. Also the horizontal position of the head is regulated and the sensomotoric balance of the body adjusted. Optimal longitudinal and transverse arches of the foot are essential for a healthy foot. A healthy longitudi-

nal and transverse arch construction provides a unique and inherently resilient construction, which allows for a statodynamic pressure distribution. In addition to the numerous foot muscles, the structures of the plantar fascia and the long soles of the foot are important factors in the development of numerous short muscles. In addition, the interaction of the structures of the upper and lower ankle joints allows the deflection of vertical and horizontal forces acting on the foot. Further, the ankle joints ensure the mobility of the foot skeleton against the lower leg. Decisive for the function and stability of the hindfoot is the active joint stabilization and control of the heel contact during the appearance by the musculature. The round basic shape and relative small area of the heel requires the immediate balanced activation of the stabilizing lower leg and foot muscles. Healthy feet create the basis for an optimal physical performance and maintain the necessary movement security up to the old age. With healthy feet we have fun at movement and are able to stand, walk, run, jump, run, dance and bounce. Begin your workout on time. Pedalo offers you a high-quality and proven selection of training equipment.





✓ Incl. instructions



- ✓ Treatment of foot problems
- ✓ Strengthening of upper and thigh muscles
- ✓ Adjustable resistance

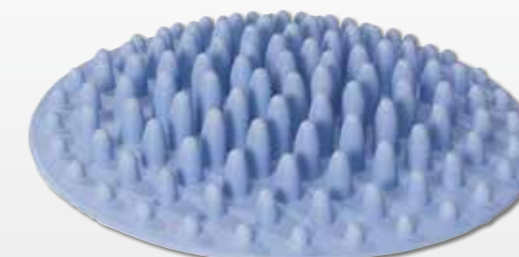
### Pedalo® PhysioFlip®

① The PhysioFlip® is an innovation in treatment of foot complaints (e.g. flat foot, hollow foot, deformations of the foot, over pronation) and prevention of injuries, especially developed for physiotherapists, sports and rehabilitation physicians. Elastic Thera-Band® Tubings in different sizes/tensions give adjustable resistance when exercising; simply plugging into different positions enables changing between inner and outer rotation. PhysioFlip® is mainly used for the improvement of the foot, knee and hip joint as well as for the strengthening of the associated muscle groups:

- Lower leg musculature (knee-joint rotators and "long" foot muscles)
- Thigh musculature (hip-joint rotators)

**Specification:** High quality wooden design incl. 3 Thera-Band® Tubing to adjust resistance. Dimpled surface for additional sensory stimulus. 2.5 kg.  
**Accessories:** Pedalo-PhysioFlip hand grip item no. 751 021 provides exercises for fingers, hand, arm and shoulder joint. Pedalo-PhysioFlip wall mount item no. 130 16001. Pedalo-PhysioFlip Leveling Board item no. 751 027 (see catalog page 58).  
**751 001** Each

- ✓ Stimulation of metabolism
- ✓ Relaxation of the deep muscles
- ✓ For a fast regeneration
- ✓ Available in a promotion carton



✓ Incl. instructions



### ① Pedalo® Foot Massage Regeneration Mat

A foot sole massage is not only a pleasure for the feet but also has a major influence on health and well-being. As a consequence of the today's way of life on hard and even ground conditions, our feet are missing differentiated and, above all, natural surface stimuli. The sensory systems of the soles of the feet are wasting away, balance information as well as relevant neuromuscular responses and adaptations of the whole muscle system do not occur. Due to the spherical convexity of the mat all reflex points are stimulated simultaneously. Foot reflex zone massage is a benefit for your feet and improves your health and well-being. Standing on the massage mat for only 3 minutes each day are enough, not only to release your foot musculature and consequently the deep musculature of the whole body, but also to strengthen it. The forced blood circulation activates your metabolism and hence contributes to a faster regeneration in sports and everyday life. The massage mat can be used while standing as well as sitting (weakens the pressure on the feet).

**Specification:** Natural rubber. ø 25 cm. 0.6 kg. Incl. exercise instructions. Recommended by Brigitte Wilhelmer, foot reflexology practice (www.fussreflexologie.eu). Also available in a promotion carton (see catalog page 59).  
**143 028** (Without promotion carton) Each

- ✓ Stimulation of the foot sole
- ✓ Strengthening of the arch of the foot
- ✓ Improvement of the ability to balance



② Pedasan ø 22 cm



✓ Incl. instructions

### Pedalo® Pedasan

Exercising barefoot on Pedalo-Pedasan helps to strengthen the foot musculature and to boost the neglected foot vault. The blood circulation in feet and legs will be stimulated. With shoes the Pedalo-Pedasan can be used also for coordination exercises which support the ability of balance and reaction as well as an upright body posture. At the big Pedalo-Pedasan 32 the pressure of the feet spread evenly to a bigger surface. Therefore, the feet have more grip and the exercises are easier. Through the higher stand, users need more courage as at the smaller Pedalo-Pedasan 22.

- Foot massage
- Stimulation and sensitization of the sole
- Strengthening of foot vault
- Training for an upright body posture

**Specification:** Multiplex birch wood 21 mm and solid beech. Width 37 cm. Maximum weight capacity approx. 100 kg. Pedasan ø 22 cm, 2.4 kg. Pedasan ø 32 cm, 4 kg.  
**Accessories:** Pedalo-Support Rope item no. 556 001-01 (see catalog page 56), Pedalo-Station Trainer item no. 130 1000 (see catalog page 59).

② Pedasan ø 22 cm, 2.4 kg  
**143 004** Each

③ Pedasan ø 32 cm, 4 kg  
**143 032** Each

Attention! To be used under the direct supervision of an adult.



✓ Incl. instructions



### ② Pedalo® Pro-Pedes

This foot-leg-axes equipment is ideal to learn and train the foot-screwing for a healthy foot. The longitudinally arch is trained and a fine and straight leg-axe is stabilized in parallel. Pro-Pedes is ideally used to learn and train the foot-screwing according to spiral principle. The implementation of exercises on the arched part of the Pedalo-Pro-Pedes contributes the support of the arch. Moreover, it counteracts a plantotransversus foot and a splayfoot. Over the heel erection and the high-toeball contact, the arch of the foot is trained and at the same time an anatomically straight and beautiful leg axis is stabilized. Pedalo-Pro-Pedes with the flat side facing up is used as a effective balance board for stabilization of the leg axes. Also to improve posture and movement coordination. It is recommended to use on smooth ground the Pedalo-Anti-Slip-Mat. Useful for children, adults and seniors. Also after injuries in postural system. Recommendation and therapy application by practice Rückel, physical therapy and spiral dynamic.

**Specification:** Solid beech. Arched on one side. Approx. ø 27x4.9 cm. 1.3 kg. Incl. exercise book and cotton bag.  
**Accessories:** Pedalo-Anti-Slip-Mat ø 25 cm item no. 140 18000 (see catalog page 57).

Also available in a promotion carton (see catalog page 59).  
**143 160** (Without promotion carton) Each

- ✓ Training of the arch of the foot
- ✓ Stabilization of the leg axis
- ✓ Both sides are useable
- ✓ Available in a promotion carton





- ✓ Coordination training for the ankles
- ✓ Strengthening of the foot and lower muscles
- ✓ For injury prevention und rehabilitation



① Pedalo® Footboards Top

Through the moveable platform to all sides the Pedalo-Footboards Top are an ideal exercise product for improving the interplay of the structures of the upper and lower ankle, the activation and strengthening of the lower leg and foot muscles as well as the stabilization of the foot axes. Thus, they are optimally suitable for use in injury prevention as well as in the rehabilitation of ankle injuries.

**Specification:** 1 pair Footboards Top of multiplex birch wood. Surface in clear lacquer. LxWxH: 35x12x6 cm. 1.6 kg. Universal use on Pedalo-coordination devices and on floors (without fastening mechanism). 653 102

Pair



Putting in mechanism

- ✓ Combinable with numerous Pedalo-products
- ✓ Usable on uneven floor



② Pedalo® Footboards Seesaw

Pedalo-Footboards Seesaw offer a linear movement left-right. Compared to the Pedalo-Footboards Moveable Fulcrum they have a higher tilting effect. They provide a foot independent leg axis training in which the ankle is particularly in demand. Predetermined movements of Pedalo-Spring Boards, Balance Boards or Rotating Balance Boards are intensified when adding Footboards Seesaw. Two independent movement patterns, one upon the other, demand the coordination skills in an increased degree. The Pedalo-Footboards Seesaw are specifically used in sport for strengthening and control of the musculoskeletal system, intensively in preparation for the next competition. In therapy they are successfully used to restore the stability of foot and leg-axis.

**Specification:** 1 pair Footboards Seesaw of multiplex birch wood. Surface in clear lacquer. LxWxH: 35x12x6 cm. 1.3 kg. With putting in mechanism for variable plugging on Pedalo-coordination devices or universal use on floors. Rotatable and adjustable in space to each other. Double-point bearing. 653 101

Pair

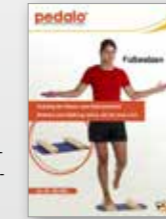


① Pedalo® Footboards Moveable Fulcrum

The special feature of the Pedalo-Footboards Moveable Fulcrum is the versatility. Both sides can be used and thereby enable numerous exercises for a healthy foot and a horizontally foot arch. With the flat side above, the Pedalo-Footboards are comparable with the Pedalo-Footboards Seesaw. Thereby, strengthening and stretching of the foot as well as the longitudinally arch are the focus of attention. Turn them around, exercises are possible for the lengthwise and cross arch. As a result, the trainees are significantly improving stability and walking safety. Tested and frequently applied in fall prevention. Nicely used for strengthening exercises in lying position when hand or forearm rests on the boards. Also ideally used as supplemental parts to balance boards or spring boards to increase level of difficulty. In combination with these additional parts, two independent movement patterns – one upon the other - have to be balanced. Stowed away quickly in every bag, this set of Pedalo-Footboards is a great companion for every training.

**Specification:** 1 pair footboards in solid ash. LxWxH: 35x10x5 cm. Incl. exercise instructions and Pedalo-Anti-Slip-Mat item no. 628 050-02 (see catalog page 57). LxW 48x29 cm. 2 kg. 653 098

Pair



- ✓ Incl. instructions

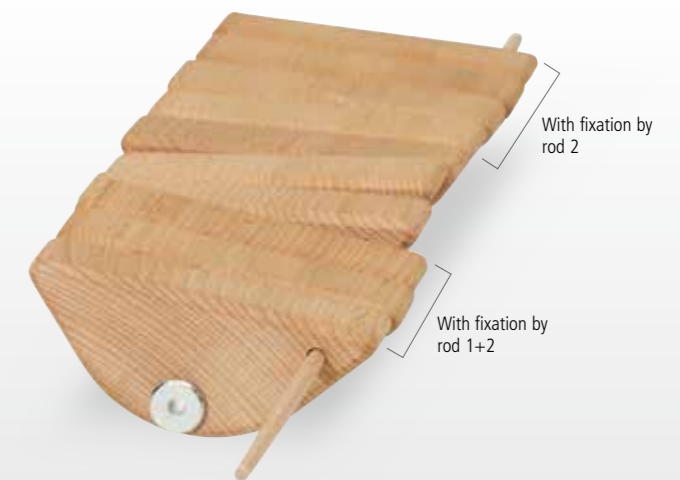
- ✓ Both sides are usable
- ✓ Strengthening and stretching of the foot muscles
- ✓ Stabilization of the leg axis



- ✓ Detection of foot deficiencies
- ✓ Training of the foot torsion
- ✓ 10 moveable elements



- ✓ Incl. exercise poster



② Pedalo® Foot Torsion Trainer

The unique Pedalo-Foot Torsion Trainer enables through 10 (one after another) strung segments, a focussed training for foot torsion (forefoot turns inward, backfoot turns outward). Each segment is independent in itself, moveable to left and right, what offers optimal control of the foot's musculature and position in each section and function. The unique Pedalo-Foot Torsion Trainer adapts to the current foot position. The position of the individual segment shows if the foot screwing from back to forefoot is running spirally and steadily. Weak points, malpositions and thus instabilities of the foot become visible and can be trained targetly in an absolute unique way. By means of two integrated fixing rods, the segments can be coupled together and therefore be restricted in their movement. For exercises with two feet it is recommended to use 2 Pedalo-Foot Torsion Trainer.

**Specification:** 1 piece. Solid beech. LxWxH: 32x12x5 cm. 0.7 kg. 2 fixing sticks. 140 08000

Each





# pedalo®

Health Academy

### Pedalo® Academy

Are you interested in Pedalo-Movement Concepts?  
Then request now further information under:

Phone: +49 7381 93570  
E-Mail: info@pedalo.de  
www.pedalo.de

With the Pedalo-movement concepts we offer complete solutions for health-oriented and functional training in a small space, which are based on high-quality Pedalo-coordination equipment and alive exercises. This means that you can also offer variable and functional movement concepts for all age groups and performance levels with which physiotherapy practice, health center or course studios can reposition themselves with little investment in the market. For clubs, teams, individual athletes and trainer, these movement concepts mean new, effective and efficient training courses.



Pedalo-Movement Concept 'naturalMOVE'



Pedalo-Movement Concept 'Rücksicht'



Pedalo-Movement Concept 'ProFit'

### Pedalo-Academy

The Pedalo-training concepts are characterized by a functional whole-body training with coordinative demand, whereby lively training programs with changing contents provide for enthusiasm.

The training concept 'naturalMOVE' is for everyone, it combines natural movements with functional exercises and core training and lives from his motivating choreographies to rousing music.

The concept 'Rücksicht' addresses the topic 'healthy back' and aims through optimally coordinated whole body exercises on the mobilization of the deep muscular supporting apparatus. But also the strengthening of the large movement musculature around the spine is the focus.

'ProFit', on the other hand, is a training concept specially designed for amateur, leisure and performance athletes. The focus is on the stabilization, coordination and strengthening of the entire posture and movement apparatus by means of a strength training aimed at movement coordination.

With the whole body stabilization program 'Head to toe', the 'best agers' are addressed and the foot - the foundation of our body - is placed in the foreground.

In addition, the 'Mobil' training circle includes a meaningful and selected range of exercises for functional mobilization from head to toe.

Further training concepts from the Pedalo-Academy round out the variety of movements:

- 'Company fitness' for the operational health management
- 'Test-Feedback-Training' to determine the risk of falling and fitness state
- 'Fascial therapy' for resolving tensions
- 'Swaywaver' with unique treatment techniques on a unique treatment table
- 'Pertra' - the promotion material für ergotherapy and special education



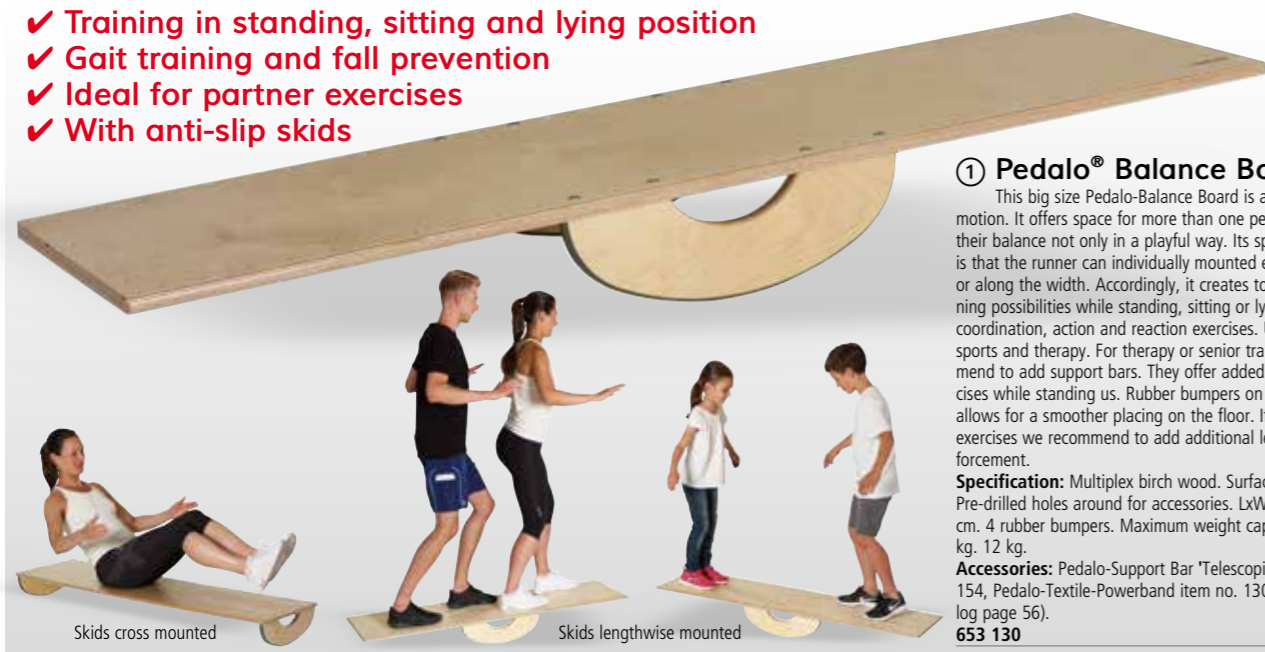
Pedalo-Movement Concept 'Head to toe'



Pedalo-Movement Concept 'Mobil'

# Coordination Training – seesaw

- ✓ Training in standing, sitting and lying position
- ✓ Gait training and fall prevention
- ✓ Ideal for partner exercises
- ✓ With anti-slip skids



## ① Pedalo® Balance Board 150

This big size Pedalo-Balance Board is a true island of motion. It offers space for more than one person to show off their balance not only in a playful way. Its special characteristic is that the runner can individually mounted either lengthwise or along the width. Accordingly, it creates totally different training possibilities while standing, sitting or lying. Relaxation, coordination, action and reaction exercises. Used in play, sports and therapy. For therapy or senior training we recommend to add support bars. They offer added safety for exercises while standing us. Rubber bumpers on the board's ends allows for a smoother placing on the floor. If used for jump exercises we recommend to add additional ledges for reinforcement.

**Specification:** Multiplex birch wood. Surface in clear lacquer. Pre-drilled holes around for accessories. LxWxH 150x45x16 cm. 4 rubber bumpers. Maximum weight capacity approx. 200 kg. 12 kg.

**Accessories:** Pedalo-Support Bar 'Telescopic' item no. 520 154, Pedalo-Textile-Powerband item no. 130 30001 (see catalog page 56).

**653 130** Each



- ✓ With anti-slip skids
- ✓ Effective balance training
- ✓ Expandable with Pedalo-accessories

## ② Pedalo® Balance Board 60x35

In leisure and competitive sports, fitness and therapy this Pedalo Balance Board is the starting point for many balance exercises in standing, sitting and lying positions. The low mounting height of 9.5 cm and the size of stand platform make it ideal for use in therapy and with seniors. In combination with Pedalo-Footboards Seesaw, this Pedalo-Balance Board turns into a sport equipment, which is already used by top athletes in competitive sports and constitutes an integral part of training equipment. The Pedalo-Footboards Seesaw can be attached in different intervals. If Pedalo-Balance Board is positioned heads up on one piece Pedalo Footboard Seesaw, exercises will be done with a high tilting moment and a really fast reaction is required. Anti-slip runners protect the floor, prevent sliding away and guarantee a steady movement.

**Specification:** Multiplex birch wood. LxWxH: 60x35x9.5 cm. Surface in clear lacquer. Anti-slip stickers. Maximum weight capacity approx. 150 kg. Edges rounded. Pre-drilled holes for supplemental parts all-round. 3.3 kg.

**Accessories:** Pedalo-Footboards Seesaw item no. 653 101 (see catalog page 14), Pedalo-Textile-Powerband item no. 130 30001 (see catalog page 56).

**653 124** Each



- ✓ With anti-slip skids
- ✓ Ideal for one-legged balance exercises

## ③ Pedalo® Balance Board 45x30

This Balance Board is ideal for balance exercises on one foot as well as those on both legs. It is very compact and easy to handle also for children. Many times there is often used one board per foot.

**Specification:** Multiplex birch wood, LxWxH: 45x30x9.5 cm. Surface in clear lacquer. Anti-slip stickers. Runners 34x7 cm. Maximum weight capacity approx. up to 150 kg. Edges rounded. Pre-drilled holes for supplemental parts all-round. 2.4 kg.

**653 122** Each

# Coordination Training – seesaw

**New!**



- ✓ Two levels of difficulty
- ✓ Two separate and moveable boards
- ✓ Stabilization of the ankles and leg axis
- ✓ With anti-slip skids



## ① New! Pedalo® Step-Balance-Board

The board consists of two different curve radii which are on the one hand demanding and on the other hand challenging, and two separate boards which rotate horizontally and independently of each other. Therefore, a movement combination arises which leads to a still better training result in contrast of using a conventional balance board. Besides, the usual training sequences of balance activities between left and right leg, the new step-balance board requires an extra stability in the inside (pronation) and outside (supination) of the ankle joint. The optimum leg axis can be coached if the feet position is always straight. When standing across in step position, it offers practising in a flowing change of load, similar to climbing stairs. Thereby, the stability is especially coached. In sum a training tool for leisure and competitive sports (skiing, ball sports, baseline sports).

**Specification:** LxWxH: 52x22x40 cm. 6.3 kg

**170 01000** Each

## ② Pedalo® Reha-Wipp

The Pedalo-Reha-Wipp with additional weights stands for an effective training in sports and therapy. With conventional balance boards the user works only with his own weight. To find his balance with the Pedalo-Reha-Wipp he has to work against the applied counterweight in an active way.

**Indication:** Compensation of muscle disbalances, strengthening, systematic force dosing; training of coordination, reaction and balance.

**Specification:** Stand platform cross mounted LxWxH: 65x75x16 cm. Lengthwise mounted LxWxH: 125x35x16 cm (higher lever action of counterweights). Anti-Slip-runners 14 cm. Multiplex birch wood. Surface in clear lacquer. Anti-Slip stickers. Pre-drilled holes on all sides to add two fixtures for counterweights ø 22 mm individually. Maximum load 150 kg. 7.8 kg.

**Accessories:** Pedalo-Support Bars 'Telescopic' item no. 520 154 (see catalog page 56) or Pedalo-Support-Ropes item no. 556001-01 (see catalog page 56).

**653 138** Each



- ✓ Ideal for physiotherapy
- ✓ Improvement of force regulation
- ✓ Compensation of muscle dysbalances

# Coordination Training – seesaw



- ✓ Best feature on any surface
- ✓ Professional product for therapy and sports
- ✓ Incl. instructions

## ① Pedalo® Balance Seesaw 50

The Pedalo-Balance Seesaw 50 convinces through its functionality and very stable platform. It features a unique design with two boards enabling usage on various floor surfaces. The size of 50 cm offers optimal foot positioning when standing with feet hip width apart. Used in therapy or fitness training the balance seesaw allows various stabilization exercises. Users can stand, sit or lie on the board for various stability and balance exercises. Linear motion sequences (forward/backward or left/right) give clearly defined movement directions. For additional strengthening exercises a pair of Pedalo-Textile-Powerbands can be easily attached. On request a set of Pedalo-Footboards Seesaw offers an additional movement axle.

**Specification:** Multiplex birch wood. Surface in clear lacquer. ø 50 cm. Anti-slip rubber feet. 40 mm sideways inclination. 5.6 kg.

**Accessories:** Pedalo-Textile-Powerbands item no. 130 30001 (see catalog page 56), Pedalo-Footboards Seesaw item no. 653 101 (see catalog page 14).  
130 29050

Each

# Coordination Training – spin



- ✓ Best feature on any surface
- ✓ Available in two levels of difficulty
- ✓ Incl. instructions

## ① Pedalo® Balance Top 50

Balance Top place higher demands on balance as Balance Seesaw. This high-quality Pedalo-Balance Top 50 convinces in functionality and stability. It features a unique design with two boards enabling usage on various floor surfaces. This platform offers optimal foot positioning when standing width of his. Users can stand, sit, or lie on the board for various stability and balance exercises. There are two levels of difficulty available: Sport+Kids (soft dumper, 75mm sideways inclination) and Therapy+Fitness (harder dumper, 40 mm sideways inclination). For additional strengthening exercises the Pedalo-Textile-Powerband can be attached to the platform. Recommended to combine as test station with Software Pedalo-Sensamove-Balance-Test. Pedalo Footboards Seesaw can be plugged on top for additional motion axis.

**Specification:** Multiplex birch wood 21 mm. Surface in clear lacquer. Anti-slip rubber feet. ø 50 cm. 5.6 kg.

**Accessories:** Pedalo-Textile-Powerband item no. 130 30001 (see catalog page 56), Pedalo-Footboards Seesaw item no. 653 101 (see catalog page 14), Pedalo-Sensamove-Balance-Test item no. 654 210-02 (see catalog page 35).

Sport+Kids, 75 mm lateral tilt  
130 06050

Each

Therapy+Fitness, 40 mm lateral tilt  
130 07050

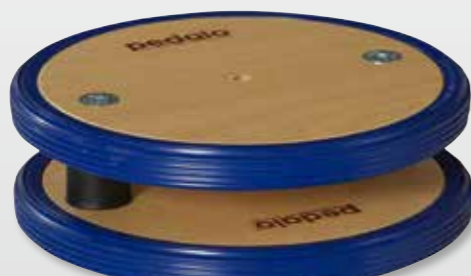
Each



② Balancewippe ø 32 cm



- ✓ Ideal for one-legged balance exercises
- ✓ Mobilization of the ankles
- ✓ Linear motion sequences



③ Balance Seesaw ø 22 cm

## Pedalo® Balance Seesaw

Depending on the stand position the linear inclination direction is determined. Thereby the stability and functionality of the ankle joint and leg axis will be trained individually. Balance Seesaw with small diameter are particularly suitable for exercises on one-leg-stand and for simultaneous standing on 2 Balance Seesaws.

**Specification:** Multiplex birch wood. Surface in clear lacquer. Available in ø 22 cm and ø 32 cm. Anti-slip tire PVC around.

② ø 32 cm, 40 mm sideways inclination, 2.9 kg  
653 150

Each

③ ø 22 cm, 30 mm sideways inclination, 1.5 kg  
653 155

Each



② Balance Top ø 32 cm

- ✓ Ideal for one-legged balance exercises
- ✓ Mobile use
- ✓ Training in standing and sitting

## Pedalo® Balance Top

Tipping the Balance Top in all directions means a much higher demand than with exercises on the Pedalo-Balance Seesaw. The sizes 22 and 32 are ideal for exercises on one-leg-stand and for exercises in which you work with standing leg and swinging leg. Pedalo-Balance Tops can be stored in small bags and are a discreet but useful companion at any place. Train at home, in the office, while traveling – whenever you feel the need to train.

**Specification:** Multiplex birch wood. Surface in clear lacquer. Anti-slip tire PVC around.

② ø 32 cm, 2.8 kg, 40 mm sideways inclination  
653 166

Each

③ ø 22 cm, 1.5 kg, 30 mm sideways inclination  
653 161

Each



③ Balance Top ø 22 cm



## Coordination Training – seesaw and spin



- ✓ High-quality magnetic plug-in system
- ✓ Balance Seesaw and Balance Top in one
- ✓ Different insert positions for plenty of exercises



- ✓ Incl. instructions



### ① Pedalo® Trimm-Top 50 Vario

This high-quality and multifunctional seesaw and spinning top offers comprehensive training while sitting, standing or being supported. The platform offers an optimal foot positioning when standing with feet in width of his. Therefore the Trimm Top 50 is nicely suitable for seniors in fall prevention. Trimm Top 50 strengthens the musculature of the legs and parts of core, back and abdominal muscles which relieves joints and improves the stability. The wooden hemisphere gives clear information about movement position and offers constant rolling character at loading. The conversion from spinning top to seesaw is easy to complete with the magnetic connection. 4 different positions of the wooden hemisphere offer a varied training for all sportspeople at every age.

**Specification:** Multiplex birch wood. Surface clear lacquered. Platform ø 50 cm. Approx. 8 cm high. 2 magnetic wooden hemispheres 'Fitness'. 3.0 kg.

**Accessories:** Pedalo-Anti-Slip-Mat item no. 628 050-02 (see catalog page 57). 2 pieces of wooden hemispheres 'Sport' item no. 159 072.

**130 08050** Each

## Coordination Training – seesaw, spin and twist

- ✓ Twister, Balance Seesaw and Balance Top in one
- ✓ Training of all body axis
- ✓ Diverse exercise opportunities



### ① Pedalo® Rotating Balance Board 50 Vario

The high-quality multifunctional fitness station combines twisting, spinning and seesawing by simply repositioning thanks to its magnetic mechanism. The rotating disc is used for twisting to mobilize, relax and strengthen the muscles in the lateral back, the abdominal and the lower back area and therefore can prevent back problems. The resistance of the rotating movement is adjusted individually using the supplied stoppers or locked with the fixing bolts. When standing on the Balance Board, smallest body imbalances will already put the Rotating Balance Board into a seesawing and rotational movement, which has to be balanced out with finest movement corrections. If the rotation is too fast for the beginning, just use the stoppers, mentioned above, to limit the movement gradually up to a standstill by request. You can gradually slow the rotation easiness down with 4 available stoppers up to a standstill. As a result you can concentrate on a Balance Board with linear motion sequences forward/backward or left/right. If only one hemisphere is fixed in the middle, you can use the various exercises of a spinning top. Pedalo-Rotating Balance Board is a unique and ambitious fullbody training equipment to improve body coordination, body awareness, anticipation of movement patterns, responsiveness, joint stabilization and the general stability even in constantly changing starting positions while strengthening large parts of muscles. In a holistic pattern of movement the body axis forward-backward, left-right and the rotation can be trained simultaneously. The supplied Footboards Seesaw, provide another difficulty level to the movement requirements.

**Specification:** Multiplex birch wood 22 mm. Surface clear lacquered. Anti-slip ruffle. ø 50 cm. 2 hemispheres 14 cm high with magnet system (quick plug in). 4 stoppers to adjust the rotating movement by degrees. High-quality ball bearing. 2 Footboards Seesaw to attach. 7 kg.

**130 09050** Each



- ✓ Incl. instructions



- ✓ Ideal for one-legged balance exercises
- ✓ Training in standing and sitting position

### ② Pedalo® Trimm-Top 32

Trimm-Top, the wooden balance-, sport- and therapy top for a functional coordination training.

**The benefits in using it:**

- Effective Balance- and posture training
- Strengthening of foot-, leg- and back muscles
- Improvement of your response time
- Allows an amplitude to the maximum allowable angle
- Turned upside down, it is used to stretch and strengthen the cross arch of foot.
- Highly functional spinner top, made of the natural material wood for smooth motion even under pressure
- All-round rubber ring (free of prohibited phthalates) offers a gentle rollover and prevents sliding away in the pitch condition
- For children, adults, seniors

**Specification:** Natural varnished multiplex birch. Platform ø 32 cm. About 9 cm high. On hardwood hemisphere. Anti-slip stickers. 1.8 kg.

**Accessories:** Pedalo-Anti-Slip-Mat ø 30 cm item no. 140 19000 (see catalog page 57).

**143 150** Each

- ✓ Training of the ability to balance and responsiveness
- ✓ Improvement of the motion control



### ② Pedalo® Rola-Bola 'Sport'

The rolling game with the balance demands children and adults. By shifting the body weight up to a good balance, the board can be controlled easily. The practitioner learns to control his movements much more finely. Skilled Persons and sportspeople use the Rola-Bola with the Pedalo-Footboards Seesaw to increase so the level of difficulty. The Pedalo-Textile-Powerband is mounted for additional strengthening exercises of the upper body. Tip for beginners: Try out the Balance Board firstly on a carpet or carpet tile, since in this case the motion will be slowed down.

**Specification:** Multiplex birch wood. Surface in clear lacquer. Board 60x35x2 cm. Edges and corners rounded. Four rubber stoppers on the ends for more safety. Anti-slip stickers for a better stand. Maximum weight capacity approx. 120 kg. 4.8 kg. Roll 10x35 cm in solid pine, safe rolling on anti-slip rubber rings. Benefits of the roll: It can be used to smooth and sensitive soils. The board runs safely on the roll.

**Accessories:** Pedalo-Footboards Seesaw item no. 653 101 (see catalog page 14), Pedalo-Textile-Powerband item no. 130 30001 (see catalog page 56).

**653 144** Each

Attention! To be used under the direct supervision of an adult.





① Twister ø 50 cm

- ✓ In case of dizziness and vertigo
- ✓ Relaxation of the core muscles
- ✓ High demanding character



② Twister ø 32 cm



## Rotational movements of vertigo patients

Physiotherapy takes an important place in the rehabilitation of vertigo patients. For organization of body balance three sensory systems (somatosensory, vestibular, visual) are responsible. These can be specifically stimulated, disturbed or switched off. It is often seen that people with discrete balance disorders (dizziness) and especially with disorders of somatosensation concentrate on visual fix points to keep on balance by the visual system. If affected persons close their eyes they are generally not able to stand still. In everyday activities they report about dizziness or balance problems. They must learn to get their balance even without visual information and they have to train it. For example, by standing with closed eyes, walking in place with your eyes closed, walking with open eyes and head movements to complete rotary motion. Static balance is trained by additionally repeated head/trunk movements (e. g. rotation) which are carried out while standing. Training stimulus can be enhanced simply by standing on Pedalo Twister or Pedalo Rodeosell and consecutive performs complete body rotations.

## Pedalo® Twister

Twisting – a form of exercise that is fun and beneficial to your well-being. This compact rotation disc will mobilize and relax the deep back muscles, prevents back pain and can help to relieve pain. For children and adults.

**Specification:** Made of multiplex birch wood. Surface in clear lacquer. Available in ø 32 cm or ø 50 cm.

**Accessories:** Pedalo-Anti-Slip-Mat item no. 140 19000 for ø 32 cm or item no. 628 050-02 for ø 50 cm (see catalog page 57).

① ø 50 x 8 cm, 6,7 kg  
130 26050 Each

② ø 32 x 7 cm, 3,8 kg  
130 26032 Each



- ✓ Active und passive rotation
- ✓ Training of the organ of equilibrium
- ✓ Improvement of the orientation ability

## ③ Pedalo® Rodeosell® 50

Turning is an important experience for our equilibrium. Due to the special inclination the Rodeosell develops its own dynamic and acceleration which need to be controlled (when red stickers are on top). No matter if exercises in standing or sitting position, even the smallest body dysbalances move the Pedalo-Rodeosell into a rotational movement, which have to be balanced by the user through finest movement corrections. If used on the other side (blue stickers on top) there will be only a turning movement when user actively initiates the movement by pushing off (e. g. from floor or from a training partner) Advantage: This side is controllable at any time.

**Specification:** Multiplex birch wood 21 mm. Clear lacquer. ø 55 cm. Height 21 cm. Maximum weight capacity approx. 100 kg. High-quality pivot bearing. Excellent stand. Low centre of gravity. 2 functions – each side has another rotation function. 9,5 kg.  
653 220 Each

Attention! To be used under the direct supervision of an adult.

- ✓ Training of all body axis
- ✓ Regeneration and relaxation
- ✓ Mobile use
- ✓ Ideal for pre-preparation

## ① Pedalo® Fitness-Set

This set of training equipment for coordination, strengthening, mobilization and regeneration brings health from head to toe for all ages. Whether on tour, at the training camp or used for daily training – this effective training set should not be missing. No matter if at home in the living room, in the corridor or next to the desk – wherever and whenever you feel the need to train for a few minutes with fun and joy. The inviting character of the material and the variety of exercises it offers, makes this mobile and compact training set so unique. The high quality Pedalo-products feature a unique design with two boards enabling usage on various floor surfaces whether indoors or outdoors. The practitioners notice positive development in their posture and movement coordination, improve their body awareness and increase their performance capability. For muscular relaxation and regeneration it is quite sufficient to use the Pedalo-Foot Massage Regeneration Mat for only three minutes a day.

**Specification:** Each 1x Pedalo-Balance Top 32, Pedalo-Balance Seesaw 32, Pedalo-Twister 32, Pedalo-Foot Massage Regeneration Mat. Transport bag included.

**Accessories:** Pedalo-Anti-Slip-Mat ø 30 cm item no. 140 19000 (see catalog page 57).  
140 12000 Each



Twister ø 32 cm

Balance Top ø 32 cm

Balance Seesaw ø 32 cm

Foot Massage-Regeneration Mat



- ✓ Training of sport-specific movement patterns
- ✓ Dosable sliding resistance
- ✓ Incl. 2 pairs of shoes



## ② Pedalo® Slide-X

The Slide-X professional meets the precise requirements for endurance and coordination training of athletes. Especially suitable for all sports like volleyball, basketball, tennis, hockey, where rapid sideways movements in frequent changes occur. Sport-specific movement patterns like skating or ice-skating can be trained motion-related. The training of the lateral mobility and the leg axis stability improves performance in the changes of direction, endurance and balance. Slide-X Professional is characterized by a flat smooth plastic surface with high lubricity. The sliding resistance can be determined by the dosage of the specific lubricant. The soft feet end stop allows training with low impact on joints and at the same time initiates the push-off impulse. Anti-slip strips stabilize the rail at the bottom. Slide-X professional can be rolled up after use and affixed with the attached Velcrostraps. For transport we recommend the bag as accessory.

**Specification:** Slide-X rail 200 x 100 cm with soft end stop and push-off impulse as solid wood stopper. Anti-slip tapes on the bottom. Incl. each 1 pair sliding over shoe size EU 36-41 or size EU 42-46, 1 Slide-X polish for best slide characteristics, pack size LxWxH 375x220x1040 mm. 11 kg.

**Accessories and spare parts:** Transport bag item no. 130 12002. Lubricant (250 ml) item no. 130 12001. Sliding over shoe size EU 36-41 item no. 130 12036. Sliding over shoe size EU 42-46 item no. 130 12042.

130 12000 Set





- ✓ Exercises on unstable underground
- ✓ Training of the depth sensitivity
- ✓ Improvement of posture and movement coordination



① Pedalo® Vestimed® 50

Patent 102007048399. The special feature of Vestimed is the Senso-spring system, which allows all exercises to be executed in an unstable state. The impulses to the nervous system and muscles are intensified and the training will be more effective. Posture and movement coordination will be improved noticeably. Vestimed is a universal full-body exercise system for all ages and supports individual capabilities of brain, nervous system, arms, legs, back, trunk, abdomen. The training has a targeted effect on the improvement of coordinative skills. Proprioceptive such as: balance, differentiation, focus, rhythm, reaction, conversion, coupling, strength, endurance. Training can be completed by standing, sitting, lying down or in quadruped position - and with or without the Pedalo-Textile-Powerband. Vestimed is suitable either for leisure, health or pro-sports, as well as for people with neurological deficiencies or in therapy after injuries of the musculoskeletal system. The Senso-spring system, which adjusts always to the body weight, reacts already from a load of 15 kg. An individual pre-tension of the resistance, adapted to users' physical capability, is possible by the new Textile-Powerband with graded loops for hands and feet. Popular and proven in gyms for group workouts.

**Specification:** Multiplex birch wood 21mm. Senso-Springs with optimal effect when loaded with 30-110 kg. Platform ø 50 cm. Height 21 cm. Non-slip and water-repellent surface. Features a pair of Pedalo Textile-Powerbands with loops (washable). 2 fixing loops. 7.0 kg.

140 04050 Each



- ✓ Ideal for one-legged balance exercises
- ✓ Stabilization of the ankles and leg axis
- ✓ Unique senso-spring system



② Pedalo® Spring Board 32

Due to the close arrangement of Senso-springs this Spring Board changes extremely fast to the position. Depending on the strength of the spring, it is a real challenge to your equilibrium. It offers you many ways to exercise, either on one leg or both. This board is preferably used in physical therapy, sports and fitness. Exercises such as catching and throwing balls or kick the balls back, create permanent changes in body position and challenge the practitioner in a playful way. A leg independent training, when using two spring boards next to each other (one for each leg), intensifies the training result.

**Specification:** Multiplex birch wood 21 mm. Surface in clear lacquer. Platform ø 32 cm. Height 21 cm. Integrated Senso-spring shocks for reaction from 15 kg. 5 Anti-slip feet for secure stand. Function is independent from ground. 4.1 kg.

**Accessories:** Pedalo-Anti-Slip-Mat ø 30 cm item no. 140 19000 (see catalog page 57).

130 02032 Each



✓ Available in 2 sizes

- ✓ Exercises in lying, sitting and standing position
- ✓ Training of the dynamic balance
- ✓ Additionally spring elements offer individual adaptability

Pedalo® Spring Board

The large Pedalo-Spring Board is the perfect training station for sports and therapy to improve the overall posture and movement coordination. The platforms of 150x40 cm or 180x60 cm offer additional dynamic balance exercises from head to toe - you won't succeed comparably, on hardly any other training equipment. Ideally used for walk training (fall prevention, safe standing) – also after injuries or surgeries e.g. in the ankle, knee or hip joints. For stabilizing exercises of the entire musculoskeletal system in standing, sitting or lying positions. The unstable platform increases the number of input information (stimulus through the senses). Reaction, balance skills and especially the depth perception (proprioceptive training) is trained particularly and thereby improves the interaction between nerves and muscles. The unique spring system intelligently adapts to the body weight and also reacts to each movement of your body. The combination of Pedalo-Textile-Powerband and Spring Board creates a great fitness station used for a modern comprehensive stabilization and coordination training on an unstable platform. The Pedalo-Textile-Powerband can be attached individually along the board and therefore allows comprehensive exercises for strength, endurance and mobility.

**Specification:** Multiplex birch wood, surface in clear lacquer, integrated spring system.

**Accessories:** Soft pads item no. 144056, Pedalo-Textile-Powerband item no. 130 30001 (see catalog page 56).

① LxWxH: 150x45x21 cm, 4 senso-springs are mounted outside and one is variably adjustable. 21 kg  
130 05150 Each

② LxWxH: 180x60x21 cm, 4 senso-springs are mounted outside and two are variably adjustable. Transport rollers integrated. 35 kg  
130 05180 Each

③ Pedalo® Spring Element

With Pedalo-Spring Element the stability of the platform can be increased individually and optimally adapted to the needs of the practitioner. One or more additional spring elements are quickly positioned between the plates without the need of any tools.

**Specification:** Suitable for Spring Board 50, 150, 180, Vestimed and Swaywaver. 0.6 kg.  
140 06000 Each

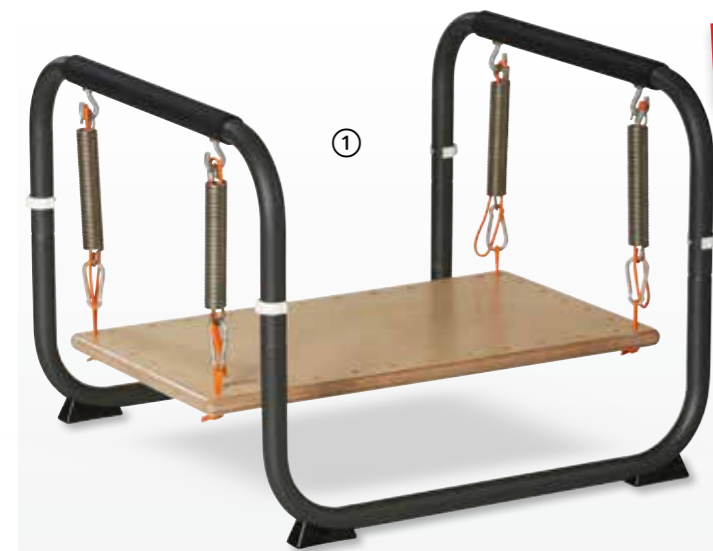


LxWxH: 150x45x21 cm

LxWxH: 180x60x21 cm

①

②



**New!**

**New! Pedalo® Stabilizer**

The Pedalo-Stabilizer trains your entire body to improve sensory control of posture and movement. It offers a multitude of exercises while standing or being supported. The high sensibility of the stand platform (through three-dimensional effect) immediately shows the slightest imbalances and instabilities of the loco-motor system. Therapy and training with the Pedalo-Stabilizer are highly effective, because the Stabilizer's mode of operation increases the receiving information of proprioceptors and receptors. This stimulates and improves the coordination of the inter-segmented muscles. Subsequently, it improves reaction and stabilizes the entire loco-motor system. Athletes use the Pedalo-Stabilizer 'Sport' to optimize their movements, decrease their response time, and to sensitize their reflexes. This kind of training also can be regarded as an active behavior to prevent injuries. The person who exercises on the 'Therapy' version can support him or herself by holding onto both sides of the frame, reaching up to the his. The impact of the movement is slower and softer. The motion limiter enables the user to adjust the range of motion and vibration speed. The Pedalo-Stabilizer version 'Therapy' shows its complete effect when used with patients who suffer from neurological disorders. In particular, with seniors to train balance (body stability, fall prevention). The Pedalo-Stabilizer is ideal for leisure and competitive sports, health and senior sports, therapy and rehabilitation.

**Specification:** Both versions include each 4 chain link suspension ropes. Suspended on springs the effect is three-dimensional, suspended on ropes it is twodimensional. Furthermore the ropes offer the possibility to hang up the stand platform. Metal frame suitable for quick and easy disassembly. Stand platform made of birch multiplex 60x35 cm suspended on 4 springs. Including Pedalo-Anti-Slip-Mat item no. 628 050 -02. Maximum weight capacity of approx. 150 kg.

**Specification 'Sport':** 4 'short' suspension ropes. Overall dimensions: LxWxH is approx. 58x58x44 cm. 7.4 kg.

**Specification 'Therapy':** 4 longer chain-link suspension ropes for suspending the stand platform at various heights and a pair of adjustable motion limiters. Overall dimensions: LxWxH is approx. 58x58x108 cm. 9.9 kg.

**Accessories:** Pedalo-Bag for Stabilizer item no. 628 215.

① Stabilizer 'Sport' Each 653 085-01

② Stabilizer 'Therapy' Each 653 086-01

- ✓ Improvement of the sensory motion control
- ✓ Reduction of the reaction time
- ✓ Incl. exercise poster



- ✓ For fall prevention and body stability
- ✓ Movement space and adjustable vibration
- ✓ For therapy, rehabilitation and senior sport
- ✓ More safety through hand-rails

**New!**



**③ Pedalo® Platform**

Recommended as an accessory for the Pedalo-Stabilizer 'Therapy' to increase the overall stability and to provide a first step. Also ideal for using of other Pedalo-coordination equipment dependent on floor surface such as in football training on grass fields, for example.

**Specification:** Multiplex birch wood, surface in clear lacquer, LxWxH 75x56x5 cm, 4 rubber feet. Weight 5.1 kg. 653 088-01 Each



**Expert opinion**

The Stabilizer is a multi-functional training tool for the general and specific athlete training. Individually coordination, fitness and - with special exercises - also your muscle power can be improved. An important role has the stabilizer for seniors. As a part of fall prevention the stabilizer improves the posture and movement coordination. I hardly know any training device which entirely promotes stability and perceptual processing. Therefore, in my view the stabilizer is a suitable device at every age, because exercise difficulty can be differentiated easily.

**Christoph Anrich**  
sports scientist

**① New! Pedalo® Stabilizer 'Professional'**

Pedalo-Stabilizer 'Professional' is the demanding increase of version 'Sport'. Its functional use is extended by two additional, mutually separated platforms. Legs work independently. Thus, one-sided muscular and coordinative deficiencies are even better demonstrated to the practitioner / therapist. The platforms provide more mobility to all sides and require more stability especially in the foot and lower leg muscles. The additional, quickly plugged standing platform, combines both foot platforms together and makes it easier to practice the exercises. The mounting of the standing platform can be adjusted up and down 10 times horizontally. According to this the vibration and tilting behavior of the platform changes from easy to difficult. Therefore, the person who trains has to constantly adjust him or herself to the altered movement requirements.

**Specification:** Metal frame suitable for quick and easy disassembly. Stand platform made of birch multiplex 54x35 cm. 2 foot platforms 54x13 cm, each 4 pieces of springs and chain link suspension ropes short. Anti-Slip-Mat 628 050-02. Maximum weight capacity approx. 120 kg. Exercise instructions included. LxWxH 58x58x44 cm. 9.0 kg.

**Accessories:** Pedalo-Bag for Stabilizer item no. 628 215. 140 03000 Each



**② Pedalo® Bag for Stabilizer**

Transport bag for the Stabilizer 'Sport' or 'Professional' with adjustable shoulder strap.

**Specification:** LxWxH: ca. 70x40x18 cm. 0.6 kg. 628 215 Each



**New!**

- ✓ Adjustable tipping behaviour
- ✓ Removeable platform for independent leg training
- ✓ Incl. exercise poster



## Pedalo-Product Variants

A special feature of the Pedalo-products is the variability. Through the compatibility of the individual products, several can be combined with each other and new training stimuli can be set. The superimposed movement axes, which are generated by the combination of individual Pedalo-products, increase the degree of difficulty and enable individual adaptation to the performance. A stagnation of the performance based on monotonous training stimuli can be prevented. The coordination training with Pedalo can thus be carried out optimally from light to heavy, from simple to complex, from known to unknown and from linear to multiaxial movement requirements, and can be controlled in a correspondingly differentiated manner. The multiple possibilities for combining the different Pedalo-training devices also allow countless exercises and always ensure a new motivation.

- ✓ Superimposed motion axes
- ✓ Increase of level of difficulty
- ✓ Complexity is individually adaptable to the performance



Pedalo-Stabilizer 'Sport' item no. 650 085-01 (p. 28) and Pedalo-Footboards Moveable Fulcrum item no. 653 098 (p. 15)



Pedalo-Balance Board 60x35 item no. 653 124 (p. 20) and Pedalo-Footboards Seesaw item no. 653 101 (p. 14)



Pedalo-Balance Board 60x35 item no. 653 124 (p. 18) and Pedalo-Footboards Top item no. 653 102 (p. 14)



Pedalo-Rola-Bola 'Sport' item no. 653 144 (p. 23) and Pedalo-Footboards Seesaw item no. 653 101 (p. 14)



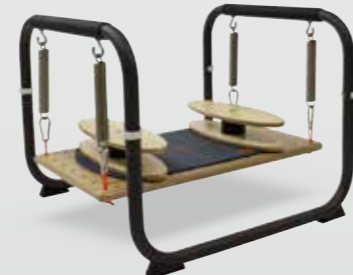
Pedalo-Balance Top 50 item no. 130 07050 (p. 21) and Pedalo-Footboards Seesaw item no. 653 101 (p. 14)



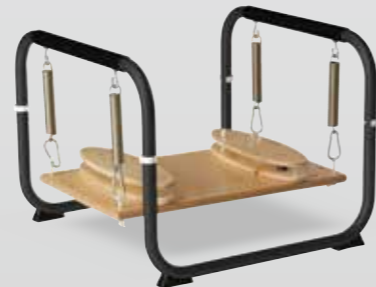
Pedalo-Vestimed item no. 140 04050 (p. 26) and Pedalo-Footboards Seesaw item no. 653 101 (p. 14)



Pedalo-Stabilizer 'Sport' item no. 650 085-01 (p. 28) and Pedalo-Footboards Moveable Fulcrum item no. 653 098 (p. 15)



Pedalo-Stabilizer 'Sport' item no. 650 085-01 (p. 28) and Pedalo-Footboards Top item no. 653 102 (p. 14)



Pedalo-Stabilizer 'Sport' item no. 650 085-01 (p. 28) and Pedalo-Footboards Seesaw item no. 653 101 (p. 14)



Pedalo-Spring Board 180 item no. 130 05180 (p. 27), Pedalo-Balance Top 32 item no. 653 166 (p. 21), Pedalo-Balance Seesaw 22 item no. 653 155 (p. 20) and Pedalo-Footboards Moveable Fulcrum item no. 653 098 (p. 15)



Pedalo-Spring Board 150 item no. 130 05150 (p. 27) and Pedalo-Balance Top 50 item no. 130 07050 (p. 21)



Pedalo-Balance Top 50 item no. 130 07050 (p. 21)



Pedalo-Spring Board 150 item no. 130 05150 (p. 27) and Pedalo-Balance Seesaw 32 item no. 653 150 (p. 20)



Pedalo-Balance Top 22 item no. 653 161 (p. 21) and Pedalo-Textile-Powerband item no. 130 30001 (p. 56)

- ✓ Set new training stimulus
- ✓ Countless exercise opportunities
- ✓ Extremely motivating



pivot above



pivot below

Pedalo-Pedasan 32 item no. 143 032 (p. 12) and Pedalo-Balance Top 32 item no. 653 166 (p. 21)





Our Pedalo-5S-Coordination-Course is recommended by the DGUV in the framework of workplace health promotion and the campaign 'Think of me – your back'.

### 5S-Coordination-Course

The Pedalo-5S-VM-Coordination-Course consists of 5 different stations. Every station trains a variety of complex movement patterns along the body axes.

- Left-right (Side)
- Forward-backward (Front)
- Rotation (Twist)
- Ankle-foot roll over (Turn-Around)
- 3D Springs (Up and Down)

This guarantees an effective training result on our entire balance system. Just a few minutes of training a day can significantly improve the coordination skills and therefore the quality of movement. Whenever you feel up to it, you train while passing by with fun and joy.

#### Training while passing by – Exercise for everybody at any place

- Public facilities like town halls, schools, universities and airports
- Leisure facilities
- Fitness centers
- Physiotherapy-, rehab-, therapy centers, hospitals
- Retirement residences facilities
- Companies, offices, workplace
- Events, fairs

#### Advantages:

- 5 coordination devices – variety of exercises
- High animation character
- Designed for daily use
- Set up and train
- Each station features self-explanatory exercise instructions at the training devices for a simple application
- More safety by sturdy handles, base plate with high stability and low height
- Space-saving stations, moveable and flexible use
- Your entry to fitness at any age
- High functionality and quality 'Made in Germany'



Small movement areas at work foster the exchange of communication between employees.



The 5S-Course is a central point of contact during the breaks. Employees enjoy moving with fun.



You can use every free minute spontaneously and uncomplicated for sustainable health training with our 5S-Course.



Even in crafts business the basis for a healthy back is the 'Training in between'.

### Operational health management

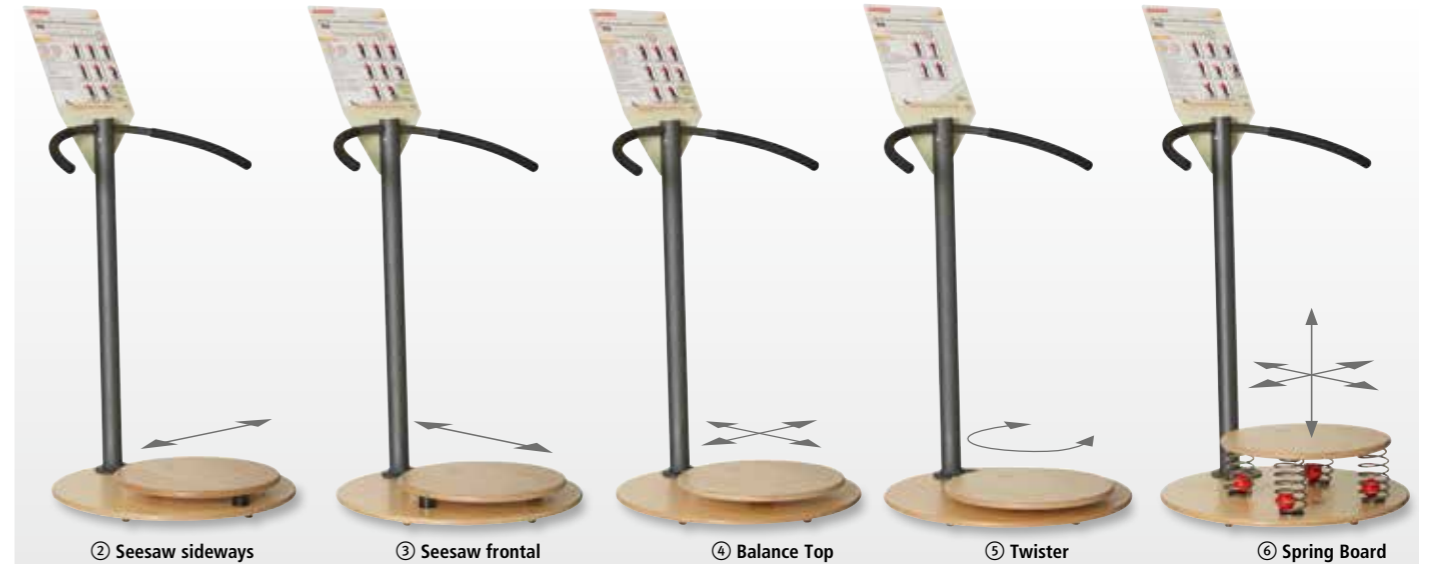
On each day an employee is absent we lack his productive time and capital. Healthy employees are an important basis for a company's productive and successful operational procedure. To invest in the employees' health equates to investment in your most important future resources. When looking for new work places, qualified employees will pay more attention to a well-balanced Work-Life-Balance in future. Hence employers are tasked to provide appealing, health-promoting options for current and potential employees and also to communicate these operational benefits. In doing so, they not only contribute to a good health of their staff, but also serve to emphasize the employers attractiveness on market. The Pedalo-5S-Coordination-Course is already a worthwhile purchase and introduction to the subject company fitness for medium-sized enterprises. As simple as handling of the Pedalo-5S-Coordination-Course in everyday working life is, as brilliant is its positive effect on the health of employees. The Pedalo-5S-Coordination-Course is one of the few concepts that have proven sustainable. Not least the system is so popular in many corporations and small companies.

#### In the context of operational health measures Pedalo offers the following services:

- Development, production, consulting, and sales of products and health concepts
- Presentation of the 5S-concept
- Mobile health analyses and advice on back screening, risk screening, Pedalo-balance test, work-life-balance analyses
- Organization and implementation of health days in your company
- Company-specific health programs for beginners as quality-tested prevention programs
- Sustainable use of Pedalo-concepts in companies
- In addition presentations, seminars, leadership workshops

#### Knowledge from the scientific work with the 5S-Course in workplace health promotion:

- Workers appreciated that the employer shows interest on workers by the training offer
- All test persons of different ages liked to train
- The majority felt better just by the short training on the 5S-Course
- Workers see it as an opportunity to keep fit; often do not want to train after work
- Workers indicated that they come with pleasure to work because of the training opportunity



**New!**

### 1 New! Pedalo® 5S-Coordination-Course (5 stations)

This circuit consists of 5 individual stations 2-6. Stations individually:

- 2 653 291 Pedalo 5S-Station Seesaw sideways
- 3 653 292 Pedalo 5S-Station Seesaw frontal
- 4 653 293 Pedalo 5S-Station Balance Top
- 5 653 294 Pedalo 5S-Station Twister
- 6 653 295 Pedalo 5S-Station Spring Board

**Specification:** Platform 75 cm. Exercise chart aluminium. Pillar: Steel. Round tube 70 mm. Powder coated. Anthracite. LxWxH: 100x75x150 cm. Approx. 16 kg.

653 290

Set



Fitness in the workplace



Leisure and health sport



Fall prevention in retirement homes

- ✓ Versatile training in smallest space
- ✓ Ideal for physiotherapy practice
- ✓ For one-to-one and circuit training

**New!**

### 7 New! Pedalo® 5S-Physio Station

The Pedalo-5S-Physio Station consists of a base station, 4 exercise devices and a shelf-trolley. It is designed for rooms where space is limited and applications in which only one person trains at the exercise station. In just 2 square meters all exercises of the successful 5S-Coordination-Course can be done. All important movement elements - balance, coordination, mobility and strengthening - are included in this equipment and it's combination with the 5S-PowerSet. The Pedalo-Base Station is the basic unit to hold on and offers sufficient safety to the practitioner. The complete training equipment is clearly stored in a mobile shelf trolley and are quickly and safely placed on the 5S-Base Station. This allows an individual and holistic training, adapted to the practitioner's present capabilities. This 5S-Physio Station is ideal for rehabilitation facilities and physiotherapy practices, as well as for private individuals.

**Specification:** Pedalo-Base Station with clipboard in aluminium item no. 130 21009, 5 pcs. exercise posters item no. 140 02000, Pedalo-Balance Top item no. 130 06050, Pedalo-Twister item no. 130 26050, Pedalo-Balance Seesaw item no. 130 29050, Pedalo-Spring Board item no. 130 03050, Pedalo-Shelf Trolley item no. 130 25000.

140 01000

Each



**New!**

- ✓ Support and safety in training
- ✓ Expandable with 5S-Accessories

**1 New! Pedalo® 5S-Base Station**  
 This practical handhold with its base plate offers the user especially in therapeutic use additional support and more safety. It is independent to other and therefore suitable for many Pedalo-coordination products, which are just easily placed on the ground plate.  
**Specification:** Metal frame with gummed handhold. Base plate clear lacquered. LxWxH 100x75x150 cm. Incl. 5S-Clipboard item no. 130 21004. 14.8 kg.  
**Accessories:** Pedalo-5S-Power-Set item no. 140 02000. Pedalo-5S-Clipboard item no. 130 21004. Pedalo-5S-Laptop Board item no. 130 21001.  
**130 21009** Each

**2 Pedalo® 5S-Power-Set**  
 The Pedalo-5S Power-Set can be adapted to any 5S-Station. The integrated Pedalo-Textile-Powerbands allow extra strengthening exercises for legs, trunk/back and arms. Beside of balance and coordination training the 5S-Station thereby becomes a complete workout station which allows you a quick and effective training from head to toe.  
**Specification:** 2 metal brackets adjustable in height. 2 Textile-Powerbands hand loops item no. 140 02001. 1 Textile-Powerband foot loops item no. 140 02002 each with carbine to attach. 0.6 kg.  
**140 02000** Each

**3 Pedalo® 5S-Clipboard**  
 Aluminium Clipboard with strip to attach the exercise posters to the Pedalo 5S-Stations (up to size A3).  
**Specification:** LxWxH: 650x315x75 mm. 1.6 kg.  
**130 21004** Each

**4 Pedalo® Laptop Board**  
 This Laptop Board is suitable to attach at 5S-Station.  
**130 21001** Each

- ✓ Sensitive recording of positional changes
- ✓ For diagnostics and health training
- ✓ Available in 3 variants



**1 Pedalo® Sensamove Balance-Test**

Coordination training represents a significant part in athletic/ performance training, rehabilitation and – much point – in the development of children. With Pedalo-Sensamove-Balance-Test, there has been developed a software, which is able to record the users' movements sensitively, to give information about body stability, response time and potential imbalances, based on different kinds of tests. The Pedalo-Sensamove-Balance-Test represents therefore a useful supplement to the analysis and control of the back training and health training. Pedalo Sensamove-Software is easy to handle and contains beside of data recording, an immediate data evaluation about a performance reproduction in %, as well as a comprehensive data documentation of all test measurements in the XY axes per customer / patient. The detailed documentation of single and long time statistics offers the visualization of the test results.

**Application:** The Pedalo-Sensamove-Balance-Test is designed for all fields in which the training or therapy development with its performance improvement in view of motor coordinative level, have to be documented. This is the case in school sports, fitness and health facilities, in competitive sports as well as in therapy and rehabilitation to check success of therapy.

**Specification:** Software with sensor and fixture to attach to Pedalo-coordination products. Data base with patient's management, single and long-time statistic, setting of exercise duration and angle of inclination. 7 tests (balance, proprioception, forward-backward, left-right, cross-diagonal, ring form decentralized, circular). 0.3 kg.

Pedalo-Sensamove Balance-Test **654 210-02** Set

Pedalo-Sensamove Balance-Test + Game, 6x3 games for kids and 48 balance training games **654 211** Set

Pedalo-Sensamove Balance-Test Pro. As Balance-Test + Game plus BMS **654 212-01** Set

**Modul BMS Analyse Software for therapy and rehabilitation**

Complementary software for therapy and rehabilitation. With this optional BMS analysis package you can carry out detailed measurements, collect data and store in a comprehensive and clear report for reference or print.

The therapy software BMS consists of a sequence of short standardized exercise tasks, which are automatically recorded. The practitioner starts all the exercises in the neutral starting position and then moves within one of the 4 directions to a predetermined target point. The different recorded measurements can be clicked on self-determined.

The ROM test gives insight into maximum range of motion of the patient. Following exercises are limited as a percentage of

maximum range of motion, in order to restrict overstretching and/or muscle strain.

In static balance, the deviation from centre point to all direction is calculated within 6 seconds. In dynamic balance it is calculated as follows:

- Proprioception - by taking a 'blind' reference position and therefore exercising without visual feedback
- Reaction – by approaching a point as fast and accurate as possible
- Coordination – by following the predetermined axes as precisely as possible.



**Games labyrinth**

If you have managed to balance one marble in an easy maze to the end, the next exercise which is becoming more difficult and complex, is waiting. The marble is controlled while standing or sitting. Either through the legs, pelvis or arms. With it the training of balance, mobilization and posture is combined with fun. For children, adults and seniors. Games are included in Pedalo-Sensamove Balance Test + Game item no. 654 211.

Further games also available on request.

**Games kids**

Especially developed for children for ages 3-7. Brightly colored designed and with constructive level of difficulty, this additional software with its different playful tasks is very popular with children. They get more and specific exercise and are also inspired and fascinated by the games. While playing, the movement results are invisible recorded and may be visualized on screen if desired.

**Specification:** 18 games in 6 exercise groups with each 3 difficulty degrees. Games are included in Pedalo-Sensamove Balance Test + Game item no. 654 211.

**2 New! Pedalo® 5S-Test Station Balance Top**

The Pedalo-Test Station ist coordinated to the Pedalo-Sensamove-Balance-Test and consists of of the Pedalo-5S-Base Station, Pedalo-Balance Top 50 and Pedalo-Laptop Board. The sensor of the Pedalo-Sensamove software has to be attached to the Balance Top 50.

**Specification:** 1x Pedalo-5S-Basis Station item no. 130 21009 (see catalog page 37), 1x Pedalo-Balance Top 50 item no. 130 06050 (see catalog page 24), 1x Pedalo-Laptop Board item no. 130 21001 (see catalog page 37). LxBxH: 100x75x150 cm. 16 kg.  
**130 21000** Each

**New!**

- ✓ Specifically for Sensamove-Balance-Test





- ✓ Gait training and fall prevention
- ✓ Improvement of the motion security
- ✓ Maintenance of the motor skills

① Pedalo® Spring Board 150

For seniors this Spring Board is a perfect coordination training equipment to improve the overall coordination skills, body posture and stability. Ideally used for walk training (fall prevention, safe standing) – also after injuries or surgeries. For stabilising exercises of the entire musculoskeletal system in standing, sitting or lying positions.

**Specification:** LxWxH: 150x45x18 cm. 21 kg.  
**Accessories:** Pedalo-Support Bars for walking (height adjustable) item no. 655 190 (see catalog page 56).  
**130 05150-1** Each



① Pedalo® Balance Board 150

Big size Balance Board to which the runners can be mounted individually either lengthwise or crosswise, what gives different exercise variants while standing, sitting, lying or walking. Exercises for relaxation, body perception, action and reaction. For therapy or senior training add support bars item-no. 520 154. They offer added safety for exercises while standing us. Rubber bumpers on the board's ends soften impact of the board with the floor.

**Specification:** Multiplex birch wood. Surface in clear lacquer. Pre-drilled holes around for accessories. LxWxH: 150x45x16 cm. 4 rubber bumpers. Maximum weight capacity approx. 200 kg.

**Accessories:** Pedalo-Support Bars item no. 520 154 and Pedalo-Textile-Powerband item no. 130 30001 (see catalog page 59).  
**653 130-1** Each

- ✓ Training in standing, sitting and lying
- ✓ Gait training and fall prevention
- ✓ Ideal for exercises with partner



- ✓ Improvement of deep sensitivity
- ✓ Improvement of posture and movement coordination
- ✓ 3-dimensional springy exercise device

② Pedalo® Vestimed® 50

The special feature of Vestimed is the spring system, which allows all exercises to be executed in an unstable state. The impulses to the nervous system and muscles are intensified and the training will be more effective. The Vestimed is a universal full-body exercise system for targeted training in fitness and rehabilitation (eg. Parkinson's, stroke, MS) and supports individual capabilities of brain, nervous system, arms, legs, back, trunk, abdomen. The proprioceptive training has a targeted effect on the improvement of coordinative skills and helps the practitioner in feeling more secure (fall prevention).

**Specification:** Multiplex birch wood. Senso-Springs with optimal effect when loaded with 30-100 kg. For higher body weight you can order additional springs item-no. 140 06000 (see page 27). Platform ø 50 cm. Height 21 cm. Non-slip and water-repellent surface. Features a pair of Pedalo Textile-Powerbands with loops (washable). 2 fixing loops. 7.0 kg.  
**140 04050-1** Each

② Pedalo® Trimm-Top 50 Vario

This high-quality and multifunctional seesaw and spinning top offers comprehensive training while sitting, standing or being supported. The platform offers an optimal foot positioning when standing with feet in width of his. Therefore the Trimm Top 50 is nicely suitable for seniors in fall prevention. Trimm Top 50 strengthens the musculature of the legs and parts of core, back and abdominal muscles which relieves joints and improves the stability. The wooden hemisphere gives clear information about movement position and offers constant rolling character at loading. The conversion from spinning top to seesaw is easy to complete with the magnetic connection. 4 different positions of the wooden hemisphere offer a varied training for all sportspeople at every age.

**Specification:** Multiplex birch wood. Surface clear lacquered. Platform ø 50 cm. Approx. 8 cm high. 2 magnetic wooden hemispheres 'Fitness'. 3.0 kg.  
**Accessories:** Anti-Slip-Mat item no. 628 050-02 (see catalog page 57).  
**130 08050-1** Each

- ✓ High-quality magnetic plug-in system
- ✓ Balance Seesaw and Balance Top in one



- ✓ Reduction of the reaction time
- ✓ Adjustable movement space and vibration speed
- ✓ Improvement of the sensory motion control

**New!**

③ **New!** Pedalo® Stabilizer 'Therapy'

The Pedalo-Stabilizer trains your entire body to improve sensory control of posture and movement as well as reaction and stabilization of the entire loco-motor system. The motion limiter item no. 613 206 enables the user to adjust the amount of movement and sway. The Pedalo-Stabilizer shows its complete effect when used with patients who suffer from neurological disorders or with seniors to train balance (steadiness, fall prevention). The platform can either be mounted on springs (three-dimensional effect) or suspended from ropes (two-dimensional effect).

**Specification:** Metal frame (reaching up to the hip) suitable for quick and easy disassembly. Stand platform 60x35 cm. Pedalo-Anti-Slip-Mat. LxWxH is approx. 58x58x108 cm with a maximum weight capacity of approx. 150 kg. Including instructions.  
**653 086-01-1** Each



- ✓ Improvement of the movement coordination
- ✓ Usable as movement circuit
- ✓ Maintenance of the motor skills

③ Pedalo® Balance-Box

The Balance-Box contains 9 coordination devices with different levels of difficulty with a low step height. It can be used individually or as a coordination circuit for teams to intensify the motor skills and concentration as well as to improve the posture and movement with regard to fall prevention.

**Specification:** Each 1x Balance Top ø 22 and ø 32 cm. Each 1x Balance Seesaw ø 22 and ø 32 cm, 2x Balance Hemisphere. 1 pair Footboards moveable fulcrum. 1x One-leg-stand with test-analysis documents. 2x Anti-Slip-Mat approx. 48x29 cm. 1x stackable folding box LxWxH 60x40x27 cm. 15,0 kg.  
**654 001-1** Each



- ✓ Recovery of the motor skills
- ✓ Wider stand through spacers
- ✓ Height-adjustable handrails



## Pedalo® System 'S'

Special features of the Pedalo S-Series are the wheels which are screwed to the axes what offers the possibility to replace the wheels easily when required. Also the axes offer enhanced stability. Developed for use in rehabilitation centers and physical therapy, where the Pedalo can be adjusted to individual needs. Ideal for therapy with:

- Strong vestibular disorders
- Weak leg muscles
- Light hemiplegia
- Slight half-sided paralysis after stroke
- After operations mainly in the knee and hip area
- For spastics also without standing function
- Wheelchair users with residual strengths

### ① Pedalo® Reha-Bar 'S'

In its design the Pedalo-Reha-Bar 'S' is specifically adapted for requirements of therapy and senior sports. Individually screwed wheels and axes allow individual conversion and adaptation to the needs of the user. The spacers between the wheels guarantee a wide and secure stand on the 100 cm long foot boards and offer sufficient freedom of movement between the screwed-on and height-adjustable Support Bars Telescopic. Especially recommended for treatment after injuries to the musculoskeletal system of the foot, leg and hip – the Pedalo-Reha-Bar 'S' mobilizes and strengthens just here the joints very carefully. Proved for treatment in case of balance disorders and for patients after stroke in order to initiate motion sequences.

**Specification:** Foot plates multiplex birch 100x14 cm. 4 telescopic rods incl. 2 bars elements. Maximum weight capacity approx. 280 kg. LxWxH: 104x45x70-100 cm. 21 kg.

**553 225** Each

Attention! To be used under the direct supervision of an adult.



- ✓ Recovery of the motor skills
- ✓ Improvement of the motion security
- ✓ Optimal usable for gait training

### ② Pedalo® Reha 'S'

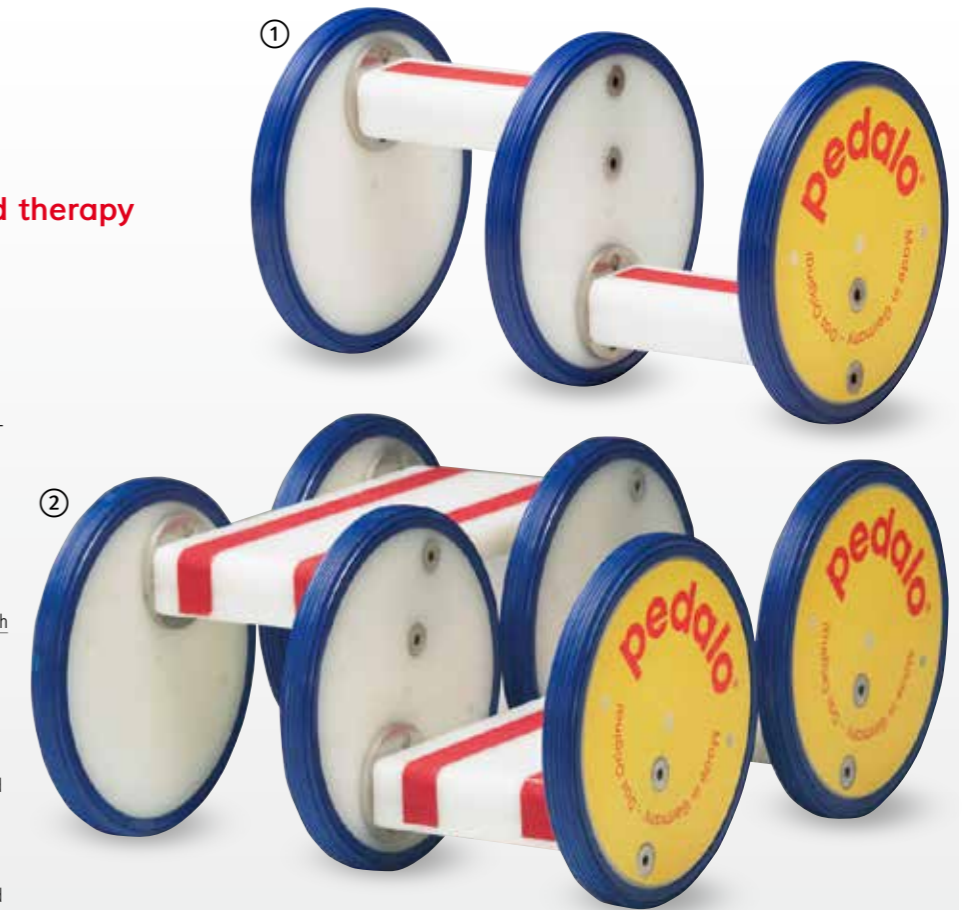
The large area of the foot boards (100x14 cm) leaves the therapist enough room to assist the patient with the necessary exercises. Two adjustable support bars provide additional support so that practitioners can hold on and relieve their legs if necessary.

**Specification:** Incl. 2 telescopic rods infinitely adjustable in height from 64-100 cm. Maximum weight capacity approx. 250 kg. LxWxH: 104x37.5x22 cm (without bars). 15 kg.

**553 052** Each

Attention! To be used under the direct supervision of an adult.

- ✓ For water and outdoor
- ✓ Stabilization of the ankles
- ✓ Popular in play, sports and therapy



### ① Pedalo® Sport 'S' Aqua

The Pedalo-Sport 'S' Aqua is used in advanced hydro therapy mainly with athletes after injuries. Balance, responsiveness, stabilization and mobilization of the loco motor system especially that of the legs and the lower back, are the training contents here as well. It is also used for play in public pools in assigned areas. The level of difficulty is higher than Pedalo-Classic 'S' Aqua.

**Specification:** PVC. Stainless steel axles. Anti-slip tread surface. LxWxH: 37.5x22x22 cm. 3.8 kg.

**551 301** Each

Attention! Only to be used in shallow water and the direct supervision of an adult.

### ② Pedalo® Classic 'S' Aqua

The Pedalo-Classic 'S' Aqua is used in hydro therapy to treat balance dysfunctions and responsiveness, to stabilize and mobilize the loco motor system especially that of the legs and the lower back in patients with arthrosis in knee or hip area. With the help of Pedalo-Classic 'S' Aqua a reasonable hydro-therapy with simultaneous relieving of musculoskeletal system can be done. It is also used for play in public pools in assigned areas.

**Specification:** PVC. Stainless steel axles. Anti-slip tread surface. LxWxH: 43x37.5x22 cm. 8.5 kg.

**552 401** Each

Attention! Only to be used in shallow water and the direct supervision of an adult.

- ✓ Ideal for movement therapy in water
- ✓ Mobilization of the legs and the torso
- ✓ Also ideal as Pedalo for outdoor use

## Fields of application of the Pedalo® Aqua

- Back training in the water
- Behavioral training in the living space water
- Mediation of body awareness
- Support of the movement coordination in the water with help for daily life
- Learning functional motion stereotypes
- Compensation for incorrect posture
- Exercises for body perception – conscious standing on the Pedalo Aqua
- Coordination exercises to improve the complex interaction of the tendons, muscles and nerves within a motion sequence
- Mobilization and retention of movement
- Cardiovascular fitness – endurance performance

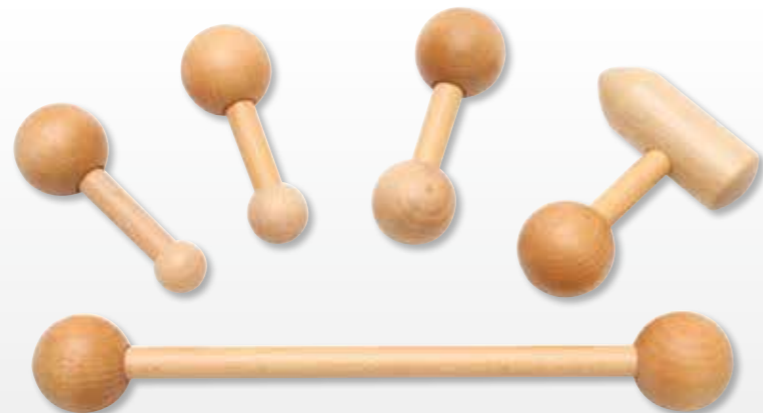
## Expert opinion

The safe stand instantly challenges and supports the entire perception. The high-low motion is executed more precisely and the pedaling causes that the whole locomotor system is harmonious in constant tension and relaxation. Play with the pace to feel the dynamic and rhythmic flow of movement over a longer distance

(Pedalo Aqua-marathon) forward/backward. Pedaling with a partner in different game variations open the horizon of the Aqua-World and train balance and coordination with fun. I favor the Pedalo Aqua for trendy fall prevention, especially for elderly people.

**Annette Jacoby**  
(Sports teacher, Aqua coach, lecturer for healthy sports in the movement area of water, owner of seal of approval 'Sport pro Gesundheit' – sport pro health)





- ✓ Ideal for the trigger and fascial therapy
- ✓ For relief in treatment application
- ✓ Solving muscle tension and relieving pain



## ① Pedalo® FasciaSticks

The main aim of a fascial therapy is to relieve tensions and pain in order to bring about sustained improvement in the range of movement. This enables patients or athletes to move more loosely, without difficulty and pain to improve the performance. The cause of much pain and movement restrictions are agglutinations in the connective tissue. With the Pedalo-FasciaSticks there is a new helpful tool available, with which the therapist is able to treat the fascia in an effective and targeted way. The Pedalo-FasciaSticks are in so far a facilitation for the therapist when treating, as he needs less own power to keep up pressure on the treatment point for a longer time. Also he preserves his own hands and joints when working with Pedalo-FasciaSticks. Thanks to the balls the sticks are very comfortable and ergonomic in handling. The attractive treatment tool made of the natural material wood is especially geared to physiotherapists' and masseurs' requirements.

**Specification:** Solid beech. 5-part set: consisting of 3 Trigger Pointer 25-30-40 mm, Trigger Stick with pointer, Fascia Roller 310 mm. Supplied in a wooden box (34.7x21.7x7.0 cm) with a soft inlay. 0.4 kg.

150 03000

Set

- ✓ Test battery to define the individual risk of falling and to determine the fitness state
- ✓ Feedback for exercise performance
- ✓ Incl. instructions and analysis data file



## ② Pedalo® T.F.T. (Test.Feedback.Training)

In addition to endurance and strength, health-oriented training should also focus on train coordination. Pedalo-T.F.T. (Test-Feedback Training System) is conceived as a test system for determining the risk of falling and the fitness state each on the basis of a test battery. As a training tool, it serves to improve coordination and overall body strength. The advantage is that the training movements whether invigorating or coordinative contents are executed with feedback. The feedback is thereby optically, tactilely and deeply sensitive experienced. The purpose of this is the rapid learning of exercise movements with regard to proper execution and movement effectiveness. In

addition, through the given feedback a more precise movement execution is required from the students by the feedback. This intensified the training exercises and increases muscle tension during strength training, even without the addition of weights. Additionally to the supplied detailed instruction booklet (in German language), the various plug variants offer further possibilities for additional exercises to the trainer and therapist.

**Specification:** Material beech, birch. 33-parted plug system set incl. Storage bag. 6.75 kg.

150 06000

Set



## ① Swaywaver

**Specification:** 4-piece upholstery (table top) of high quality 'Sky' artificial leather. Colored in beige-brown. When packed LxWxH: 89x43x35. Incl. 4 additional Pedalo-Spring Elements for weight adjustment. 32.5 kg.

140 14000	178x70x45 cm	Each
140 14030	178x100x56 cm	Each
140 14050	178x100x76 cm	Each

## Swaywaver 3D Treatment Couch

The unique construction of Swaywaver offers a feeling like floating weightlessly in threedimensional space. Thus a unique movement feeling and the possibility to apply treatment methods, which are known until now only from therapy in water, is given. Swaywaver represents the direct way to an absolute rest and relaxation: Intensive and deep, sustainable and extremely soothing for the whole body. Treatment methods, provided by Swaywaver, have a regulating and normalizing effect on the musculature, the fascia and the different reflex points.

### Swaywaver Treatment Techniques

Shiatsu, dynamic spinal treatment, classic full and part body treatment, foot reflex zone massage, fascia massage, deep tissue muscle massage, head pain and migraine therapy, aroma massage, Thai massage, cosmetic treatments.

### Swaywaver Application Fields

Swaywaver can be used for medical-therapeutical measures in the fields of occupational therapy, physiotherapy, osteopathy, movement therapy, rehabilitation, prevention, obstetrics, Snoezelen, for wellness, regeneration and relaxation.

### Swaywaver makes a treatment a movement experience

There is almost no other treatment method which leads into such deep relaxation. The unique functioning of the Swaywaver treatment couch, in combination with the specific treatment methods, brings added value to the therapist as well as to his patient.

### Swaywaver mobile

Usually your practice is where your customers are. To facilitate and intensify the feeling of inner peace and security, it makes sense to work with the patient/customer in his familiar environment or if the weather permits, even outdoor in the nature. The 4-part wooden treatment couch with its takeapart cushion of high quality foamed material and skin friendly artificial leather, allows a mobile usage. Swaywaver can easy and quickly be dismantled. Completely stored with all accessories in a suitable case with rollers and stands, you can easily take it with you. Whether for home visits, in wellness hotels, spas or companies rest areas, with Swaywaver you will inspire your customers of tomorrow. This totally new way of relaxation and massage makes you unique for your customers. Requiring a very small amount of floor space, you can create a wellness oasis in no time at all.

### Swaywaver Presentation Stand

The Swaywaver Presentation Stand gives your events and 'Health days' unforgettable presence and frames your treatment with the necessary pleasant and stylish ambience.

### Swaywaver Seminars

Our high quality Swaywaver user seminars 'therapy and massage', 'fitness and well' and 'beauty and well' are addressed to therapists, masseurs and lay therapists. The aims of these seminars are to learn the Swaywaver concept, with all its unique movement and treatment feelings, noticeably in the own body. Currently there are training centers in Palma de Mallorca and Münsingen. Seminar inquiries and information under [www.pedalo.de](http://www.pedalo.de)

## Expert opinion



**Michel-Claude Urban** is expert adviser for movement and posture analysis, masseur and an absolute professional for relaxation techniques. With his special treatment method, developed by himself, he knows more than anybody else how to bring people in an absolute deep relaxation.

In cooperation with Pedalo his idea of a three-dimensional treatment couch has been realized. His valuable longstanding expertise for years, together with the knowledge of the traditional manufacturer of high-quality coordination products, the company Pedalo, have created something unique for you – we call it 'Swaywaver'.



- ✓ Weightless lying feeling
- ✓ Enable numerous treatment techniques
- ✓ Treatments become a movement experience



## Accessories:



## ② Swaywaver Prone Position Cushion

**Specification:** LxWxH: 440x350x110 mm. 0.8 kg.

140 14002

Each

## ③ Swaywaver Knee Cushion

**Specification:** LxWxH: 600x400x40 mm. 1.3 kg.

140 14003

Each

## ④ Swaywaver Foot Roller (half-round)

**Specification:** LxWxH: 500x200x100 mm. 0.5 kg.

140 14004

Each

## ⑤ Pedalo® Spring Element

With Pedalo-Spring Elements the stability of the platform can be increased individually and optimally adapted to the needs of the practitioner. One or more additional spring elements are quickly positioned between the wooden plates without the need of any tools.

**Specification:** Suitable for Spring Board 50, 150, 180, Vestimed and Swaywaver. 0.6 kg.

140 06000

Each



## ⑥ Swaywaver Mobile Pop-Up Stand

**Specification:** WxDxH: 3.070x960x2.205 mm (bent). Aluminium base frame. Incl. halogen spotlights. Incl. transport box (=counter). WxDxH: 1.230x610x990 mm (built), WxDxH: 650x435x975 mm (size of transport box).

140 14005

Each



## ⑦ Swaywaver Trolley Case

**Specification:** LxWxH: 970x450x360 mm. Nylon. Black. 2 rollers and 2 stands. Circumferential zipper. Two parts joined together.

140 14001

Each



- ✓ Promotion of the self-confidence
- ✓ Incl. exercise instructions
- ✓ High gaming value
- ✓ Pneumatic tyre

① Pedalo® Exercise Drum

The forms of movement on this drum add to the exercise assortment for kindergarten, schools and club and are greatly aid training and perfecting balance skills. Running on the drum requires courage and improves self-esteem. The 28 inch air-filled tires roll on any terrain. The standing area is made of 44 round bars, if used barefoot, it massages soles.

**Specification:** 28 inch air-filled tire. ø 75cm. Open on both sides. Width 70cm. Rods in solid beech. 19.0 kg. 143 077 Each

Attention! Not suitable for children under 3 years. To be used under the direct supervision of an adult.



- ✓ Improvement of the ability to balance
- ✓ Strengthening of the foot vault
- ✓ High call character

Pedalo® Pedasan

Movements on the Pedalo-Pedasan have a very high demanding character, contribute to the enrichment of the sports offer in the school and association and are also a valuable aid to the testing and perfection of the equilibrium. After prior training for balancing on benches, suspension beams or also on Pedalo-Sport, Pedalo-Classic or Pedalo-Wawago, the use is recommended in sport lessons, in break sports, in leisure time, in groups of clubs, in occupational therapy and in psychomotor movement promotion.

**Specification:** Multiplex birch wood 21 mm and solid beech. Width 37 cm. Maximum weight capacity approx. 100 kg. Pedasan ø 22 cm, 2.4 kg. Pedasan ø 32 cm, 4 kg.

**Accessories:** Pedalo-Support Rope item no. 556 001-01 (see catalog page 56), Pedalo-Station Trainer item no. 13001000 (see catalog page 59).

② Pedasan ø 22 cm, 2.4 kg 143 004-2 Each

③ Pedasan ø 32 cm, 4 kg 143 032-2 Each

Attention! To be used under the direct supervision of an adult.

① Pedalo® Stilts

These Pedalo-Stilts are very sturdy and suited for children and adults alike. Due to the choice of various lengths and 12 different ways to adjust the height in 5 cm increments, they easily adapt to any level of difficulty and skill. Anti-Slip-Rubber-Caps, which are gym suitable, give you a secure stand and a more comfortable and cushioned walk. To increase the level of difficulty additional poles can be added, item no. 631 600-01 which create a new task. Can you manage to switch heights during 'stilting'?

**Age/size recommendations:** for nursery age children we recommend a height of 140 cm, at the elementary school level and up to 12 years 170 cm, ages 12 and up 200 cm.

**Specification:** Extremely durable beech plywood 3.2x2.5 cm. Ergonomic rounded for best grip function, extremely stable. Load capacity 120 kg. Incl. Anti-Slip-Rubber Caps. 2-3 kg.

657 003 140 cm, 2 kg Pair  
 657 005 170 cm, 2.3 kg Pair  
 657 007 200 cm, 3 kg Pair  
 628 032 Rubber Caps Each

Attention! Not suitable for children under 3 years. To be used under the direct supervision of an adult.



**New!**

② New! Pedalo® 'Dolli-Stilts'

Supported by a rainbow-colored webbing, the Pedalo-'Dolli'-Stilts enable a feeling of walking on stilts, suitable for kids in kindergarten age. Therefore, great movement experiences are given. Both sides can be used whereby they are different in degree of difficulty. If the flat side lies on the ground, this means stable standing on curved stand area. If the half-round side lies on the ground, this means more balance is needed. Than, the foot unrolls itself ergonomically in running direction.

170 02000 Pair

- ✓ Both sides usable
- ✓ Intended to collect movement experiences



③ Pedalo® Kiddy-Stilts

With these stilts our children will enjoy their first experiences in walking on stilts. The stilts have all features a good Kiddy Stilt need, so that children have long lasting pleasure. The advantages in the application:

- Modern design (V-shape)
- Good stand 12x6 cm
- Child-friendly footrest 8.5 cm
- Ergonomic grip
- Adjusted height: total 75 cm, handle height 50 cm
- Weight 1.25 kg
- Child-friendly and easy to use
- Wooden pin next to the foot prevents side slipping down and facilitate the control of the stilts with the foot
- Pedalo organic products made from native hardwoods from sustainable forests, massive, naturally oiled, free of pollutants
- Non-slip surface for the interior, dampens noise, protects floors, prevents slipping
- Stable version, for kindergarten and private

657 020 Pair

Attention! To be used under the direct supervision of an adult.

- ✓ Beginner's model
- ✓ Handle = traction and support function
- ✓ Non-slip pads on lower side
- ✓ For inside and outside





- ✓ Playful improvement of the motor skills
- ✓ To enhance concentration
- ✓ Ideal use for the 'Active Break'



**Expert opinion**

Extensive and varied perception and movement experiences represent an indispensable part of the development of children and teenager. The balance-box with its nine stations is made of sturdy wood. With focus on targeted and regular use, it stands for increased and intensified motor skills, concentration and joyful learning and experiencing. Games for group work and for individual work or rather individual needs complement one another.

The Balance-Box supports healthful active learning with all senses, especially in the range of vestibular perception. Children get new challenges for their balance skills and can control their developmental skills with the test method 'One-leg-stand' permanently.

With the varied offer of balance exercises, the breaks at school become more active and therefore more valuable. Children and teenagers experience the trial of balance situations on the one side as timely flexible activity, appropriate to situation what means a special challenge- but on the other side also as slow-down and relaxation. For a limited time, the classroom becomes a movement room which allows to act independently. Naturally the Balance-Box is also applicable in physical education, remedial physical education and general movement lessons.

The Balance-Box is easy to transport and therefore suitable for the 'Active Break' outdoor or indoor as well. Students can fulfill the function as experts for a balance station and present and supervise the exercise. For using, the coordination devices are put on anti-slip mats, so exercises will be executed on safe ground.

**A PLUS for children**  
They develop...  
• their coordination skills in a playful way, especially to stand safe, to balance and turn  
• a positive self-conception improves their confidence in body and spirit  
• their posture and body perception  
**They increase...**  
• their self-esteem  
• their confidence and safety and therefore prepare themselves for everyday situations  
• their sensibility for prevention of possible dangers

**The Balance-Box is useful for:**  
• Kindergarten  
• Clubs  
• Schools in motion  
• Full-time school  
• Childcare  
• Movement in break rooms  
• The so called 'Active Break' outdoor or indoor  
• Movement in classrooms  
• Sensory attractions  
• Movement promotion/ remedial physical education  
• Physical education in gyms or wherever you like  
• Children and adults

**Alexander Butte**  
Graduate degree in sport education

**Incl. exercise book with:**

- ✓ Game variants
- ✓ Test: One-leg-stand
- ✓ Test: Jump to the side
- ✓ Test documentation



**1 Pedalo® Balance-Box**

The Balance-Box contains 9 coordination devices with different levels of difficulty. It can be used individually or as coordination circuit for teams inside or outside of classrooms to intensify the motor skills, concentration and joyful learning as well as to improve the posture and movement in a playful way. The Balance-Box stands for movement exercises to improve the childrens' fitness level. Beside of the using in kindergarten and school, these training devices are also well-liked to specific coordination training in sport and fitness.

**Specification:** Each 1x Balance Tos ø 22 and ø 32 cm, each 1x Balance Seesaw ø 22 and ø 32 cm, 2x Balance Hemisshere, 2x Footboards Moveable Fulcrum, 1x One-leg-stand with test-analysis documents. 2x Anti-slip-mat approx. 48x29 cm, 1x stackable folding box LxWxH 60x40x27 cm. 15,0 kg. **654 001** Set



**1 Pedalo® Trace Path**

Once you have recorded the animal track, you follow it carefully and cautiously. Each step must be well thought, as no step is alike the previous. The individual paths are too different. Sometimes it tilts to the left, sometimes to the right, and oh dear, now also back and forth. No time to rest, always keep your concentration high and always remember the trace, it will lead you to the goal. The Trace Path is perfect used in kindergarten and schools. Of course it is also ideal for private explorers. The various game possibilities set no limits to the imagination of children. Whether you follow the path alone or together with others, fun is guaranteed.

**Specification:** Multiplex birch wood. 4 bridges (LxWxH: 75x12x6 cm). 7 kg. **130 13000** Set

- ✓ Experience the balance
- ✓ High call character
- ✓ Improvement of the power of concentration



**2 Pedalo® Shaky Footbridge**

Playing with balance can be tested dynamically and statically on Pedalo Shaky Footbridge. On the 100 cm long 'bridge' you can make a sequence of steps forwards and backwards. It is useable on both sides with different challenges. Sometimes the bridge wiggles, sometimes the tread is narrow. With multiple bridges you can build interesting movement landscapes. Walking barefoot on it, the important foot musculature is trained.

**Specification:** Solid beech. Oiled. Half-side rounded. 100 cm. 4,5 kg. **160 08000** Each



- ✓ Both sides are usable
- ✓ Balancing practice
- ✓ Ideal for step sequences

**3 Pedalo® Balance Stone**

From stone to stone – alone and with a team. Depending on the required level of difficulty, you are walking step by step over the stones either placed with flat or half round side faced upward. For many people it really means a challenge to do so barefooted, since the whole foot muscles are trained intensively thereby. The hemispheres are well suited to be a part of team games but can equally be used as balance path for individuals. For example: Walking over the stones with and without shoes; place the stones on flat or half-round side etc. Who crosses the river the furthest? Who stays the longest time on the stones without touching the floor? Balance on all fours. Teamwork game: For each teammate 2 stones are used plus 1 extra. Which team stays the longest time on the stones without touching the water? Many other ideas for games can be found in the included exercise instructions (currently in German language. English version in pdf. file in process). The Pedalo Balance Stones offer many possibilities to play with a lot of fun and concentration. They enhance your balance, anticipation, communication in team, movement safety, foot and leg axis stability.

**Specification:** Oiled beech. For ages 3 and us. ø 14 cm. 5 cm high. 0,16 kg. From 10 pieces incl. exercise instruction for team games in kindergarten, school and association. **143 158-01** Each



- ✓ Great game forms in balance
- ✓ Both sides are usable



- ✓ Training of the balance and reaction ability
- ✓ Improvement of the motion control
- ✓ Expandable with Pedalo-accessories



① Pedalo® Rola-Bola 'Sport'

The rolling game with the balance demands children and adults. By shifting the body weight up to a good balance, the board can be controlled easily. The practitioner learns to control his movements. Skilled persons and sportspeople use the Rola-Bola with the Pedalo-Footboards Seesaw to increase so the level of difficulty. The Pedalo-Textile-Powerband is mounted for additional strengthening exercises of the upper body. Tip for beginners: Try out the Balance Board firstly on a carpet or carpet tile, since in this case the motion will be slowed down. **Specification:** Multiplex birch wood. Board 60x35x2 cm. Surface in clear lacquer. Edges and corners rounded. Four rubber stoppers on the ends for more safety. Anti-slip stickers for a better stand. Maximum weight capacity approx. 120 kg. 4.8 kg. Roll 10x35 cm in solid pine. Safe rolling on anti-slip rubber rings. Benefits of the roll: It can be used to smooth and sensitive soils. The board runs safely on the roll.

**Accessories:** Pedalo-Footboards Seesaw item no. 653 101 (see catalog page 14), Pedalo-Textile-Powerband item no. 130 30001 (see catalog page 56). **653 144-1** Each

Attention! To be used under the direct supervision of an adult.



- ✓ Anti-slip motif printing
- ✓ Great for leisure sports
- ✓ Maximum load capacity 120 kg

② Pedalo® Rola-Bola 'Fun'

Fresh, dynamic and in fitted form – that's the new styled version of Pedalo-Rola-Bola 'Fun'. Four rubber feet, anti-slip motif printing and a gummed wooden roll offer highest safety features a quality product requires. Thus playful balance exercises on the roll are twice as fun. The comfortable handling enables the use for children, young people and grown ups alike. Maximum load capacity 120 kg and therefore almost indestructible.

**Specification:** Multiplex birch wood 15 mm. Surface in clear lacquer. Footprint green. Board 60x35 cm, waisted. Roll 10x35 cm solid pine. 3.6 kg. **150 00000** Each

Attention! To be used under the direct supervision of an adult.



① Pedalo® Surf

The new fun-sports equipment with addiction factor for all sports lovers and those who are looking for high demanding, little crazy and trendy movement tasks. Pedalo-Surf combines the characters of a surfboard, skateboard and snowboard. The specific Pedalo IG-guidance of the board, matched with the multifunctional roll, which allows moving in all directions, provides the base for a maximum free moving space. Rolling, tilting and turning in all directions, take off and come down safely, lots of different movements are challenging your balance skills. The board runs on two skids which are integrated in the guiding roll and provides the necessary control and safety in handling. Additional quality features such as end-stop and anti-slip surface attest the Pedalo-Surf his uniqueness. Pedalo-Surf is the perfect training equipment for snowboarder, skater, surfer and everyone who wants to test his balance. It requires reaction, anticipation and the sensitive use of balance at all times.

**Specification:** Multiplex birch wood 12 mm. Board 70x30 cm. Surface in clear lacquer with anti-slip covering, end-stops. Oval roll 12x30 cm beech wood. Maximum weight capacity approx. 120 kg. 4.3 kg. Mat 70x90 cm as base for practicing is included. **653 146** Each

Attention! To be used under the direct supervision of an adult.

- ✓ Rolling, tilting and turning in all directions
- ✓ Ultimate training and fun sport equipment
- ✓ Surfing, skating and boarding







- ✓ Diverse playing opportunities
- ✓ Discover balance together

① Pedalo® Balance Top 100

An all-round Balance Top which is suitable for indoor and outdoor use, during sport and play festivals as well as for the 'Active Break' in school and kindergarten life. With its huge platform of 100 cm the Pedalo Balance Top 100 provides a great movement experience for several persons at the same time. Thus the challenging character and attraction of the game increases enormously. With a lot of fun balance and responsiveness are trained. It is very exciting to try in common to make the platform stay in balance. Therefore concentration, reaction and cooperation are essential.

**Specification:** Wooden disc multiplex birch wood ø 100 cm. Mounted centrally on stable foot ø 32 cm. Solid model for children and adults. Design print. 13.7 kg.

160 01000 Each



- ✓ Active and passive rotation
- ✓ Improvement of the orientation ability
- ✓ Increase of the responsiveness and the ability to concentrate

① Pedalo® Rodeosell® 50

Turning is an important experience for our equilibrium. Due to the special inclination the Rodeosell develops its own dynamic and acceleration which need to be controlled (when red stickers are on top). No matter if exercises in standing or sitting position, even the smallest body dysbalances move the Pedalo-Rodeosell into a rotational movement, which have to be balanced by the user through finest movement corrections. If used on the other side (blue stickers on top) there will be only a turning movement when user actively initiates the movement by pushing off (e. g. from floor or from a training partner) Advantage: This side is controllable at any time. Little and big kids alike are animated to turn on the Rodeosell, keep their balance, and find their limits. Turning is an important experience for our equilibrium. Children consciously and on their own create this healthy dizziness by turning in circles or sideways down grassy hills.

**Specification:** Multiplex birch wood 21 mm. Clear lacquer. ø 55 cm. Height 21 cm. High-quality pivot bearing. Maximum weight capacity approx. 100 kg. Excellent stand. Low focus. 2 functions – each side has another rotation function. 9.5 kg. 653 220-1 Each

Attention! To be used under the direct supervision of an adult.



- ✓ Playful balance training
- ✓ High demanding character
- ✓ Attractive exercise variations

② Pedalo® Fun-Wipp

With this seesaw the training of balance and concentration is joined with playful elements.

Exercise 1: The cups ought to be stacked while either sitting, kneeling or standing. This should actually not cause any problems, if only the plate was not see-sawing. The more one moves, the more challenging the stacking.

Exercise 2: Who is able to swing the dangling ball into the cup by only see-sawing rhythmically? First, one can start with the biggest cup and move on to the next smaller cup. For this purpose the cups are placed in the plate with the opening facing to the top.

Exercise 3: Who is able to circle the ball similar to a propeller? Hilarious challenges which are solved with great balance and skillful shifting of body weight. The ball rope can be knotted at the front or the side of the small wooden plate in the drill holes provided for this purpose.

Attached in front = ambitious exercise. Attached to the side it will be a lot easier.

**Specification:** Multiplex birch wood. Surface clear lacquered. Balance board ø 50 cm. Incl. colored cups and ball. 3.9 kg. 653 145 Each

Attention! Not suitable for children under 3 years. To be used under the direct supervision of an adult.

② Pedalo® Turntable 50

The turntable for inside is already a profitable purchase for toddlers. For little and big children it is the highlight to get dizzy. The high-quality beared turntable turns on a horizontal constant level and offers plenty of room for sitting and kneeling – for courageous and trained people also while standing. The turntable has to be actively powered by oneself or by a playmate. In comparison, the Pedalo-Rodeosell is a turntable with an inclination and therefore develops its own momentum, which increases the difficulty level.

**Specification:** Turntable multiplex birch wood. Clear lacquered. High-quality pivot bearing. Very stable and very good stand. Low gravity. 4 kg. 130 22050 Each

Attention! Not suitable for children under 3 years. To be used under the direct supervision of an adult.



- ✓ Sensitization of the organ of equilibrium
- ✓ The play equipment for rotating exercises
- ✓ Maximum load capacity 150 kg



- ✓ Fantastic jump experience
- ✓ Unique feeling for movement

③ Pedalo® Spring Board 50

This Pedalo-Spring Board gives fantastic jumping experience for kids. They can jump infinitely high to get the feeling that their wings can touch the sky. Fit from head to toe through this unique sense of movement. Tried and tested for concentration and balance exercises, also for training of the senses of perception.

**Specification:** Spring Board ø 50x18 cm. 6.5 kg. 130 03050 Each

Attention! To be used under the direct supervision of an adult.

③ Varussell®

New: Now with Anti-Slip-cushion (pad). Attractive, easy balance disc with an inclination of up to 10 degrees. Kids are motivated to try out their limits of balance. Varussell will fast become their favorite toy and also have therapeutic benefits. They are fascinated by the ability to be in charge through weight shifting and the voluntary exposition to risk. Used in kindergarten and therapy, it trains your balance. Adjustable inclination of up to 10 degrees in increments of 1. Due to the light weight and practical size, it is easy to use everywhere.

**Specification:** Maximum weight capacity approx. 120 kg. ø 40 cm. Height 20 cm. 8.1 kg. 653 222 Each

Attention! Not suitable for children under 3 years. To be used under the direct supervision of an adult.

④ Varussell® Effect Discs

8 different prints and halogen foils make the Varussell an attractive eye-catcher. A set consists of 4 double-sided printed discs (color mixtures, spiral, rings, fireworks, spectral foil and so on). 0.2 kg. 653 226 Set

⑤ Varussell® Enlargement Disc 60

The Varussell Enlargement Disc (ø 60 cm) can be mounted on top or bottom of the Varussell. Mounted on top, the lacquered wooden disc is an ideal enlargement for the seating surface. If mounted at the bottom, it can also be used as a tilt safety while using the lying board (item no. 653 224). 3.4 kg. 653 227 Each

⑥ Varussell® Lying Board

To screw on to the Varussell. The Lying Board provides room for two people in an outstretched sitting posture, for example for therapist and child, or for an outstretched child. LxW: 120x60 cm (as tilt safety you should also order the Varussell enlargement disc, item no. 653 227). 653 224 Each





- ✓ Reaction and speed
- ✓ Eye-hand coordination
- ✓ Possibility of numerous game forms

① Pedalo® Rondolo

Pedalo-Rondolo, an exciting team game with high fun factor for children and adults pulls everyone into its spell. With help of the catching stick and catching fork you roll the wheel. Almost unstoppable the wheel starts a ride and overcomes some obstacle before it is caught by the other who may stand up to 50 m away. If the person who catches the wheel is too clumsy, the wheel will roll on and fall over just before it stops. However, exactly this should be avoided in the game. An improved eye, skillful hands with good reflexes and abilities in hitting, bring the wheel to its aim – directly into the vessel of the catcher. This game fascinates, involves the players. They are not able to keep still but do a lot of meters to track the wheel and to compete on eye height with it. The game variety of the Pedalo-Rondolo does not give boredom a chance but fun and excitement at the same time. Games, such as target shooting at pieces of wood, balancing the wheels over a bridge, running slalom around obstacles, rolling around a curve and so on are popular challenges.

**Specification:** Catching stick, solid ash. Catching fork, multiplex birch wood. 2 sticks 92.5 cm. 1 wheel with rubber tire, multiplex birch wood. Lacquered yellow. 1.8 kg.  
143 000

Set

Attention! To be used under the direct supervision of an adult.

- ✓ For gym and street
- ✓ Sliding up to 40 m meters



For street with PVC coating    For gym with felt coating

② Pedalo® Curling

A very popular game for children, adults, seniors and people with disabilities (also wheelchair users). In every season, no matter if indoors on gymnasium floors or outdoors on asphalt or concrete – this game gives fun, action and fascination. Target shooting at the puck or in painted target circles are only a few training opportunities which make this game so interesting. Further opportunities are target throwing with throw rings onto the curling sticks. The sticks are equipped with rubber tires which serve as protector against bumps. The indoor sticks are equipped with felt, the outdoor version for asphalt floor with PVC coating and therefore they slide optimally on the respective floors.

**Specification:** Wooden curling sticks ø 22 cm. Height 17 cm. Rubber tires all-around as bouncing protection. 0.85 kg per curling stick.

Set includes:  
• 1 goal puck  
• 4 curling sticks (each 2 in black and white)  
For street (outdoor) with PVC coating. 3.9 kg

143 185

Set

For gym (indoor) with felt coating. 3.4 kg

143 191

Set

Attention! Not suitable for children under 3 years. To be used under the direct supervision of an adult.



① Pedalo® Walking A

Only those who understand each other can enable the middleman walking on the 'A'. At the same time another person climbs in the middle of 'A'. Now it is necessary to develop together a strategy with which the 'Walking A' can be set in motion, because by itself it does not run. Pull the rope or avoid tension - just at the right moment - all together or one alone - this is the crucial factor. A great game for exciting contests. Variant: Let the 'Walking A' run without a per-

son in it.  
**Specification:** Load capacity 100 kg. Height 200 cm. 3.5 kg.  
130 19000

Each

Attention! Not suitable for children under 3 years. To be used under the direct supervision of an adult. Long cord. Danger of strangulation.



Pedalo® Summer-Ski hand-foot loops

When walking with Summer-Ski, the coordinative hand/foot skills will be tested particularly. The hand-foot strap is adjustable with a slider mechanism quite simple and therefore the loop can be set such way, that foot is fixed on the Summer-Ski. The foot strap is used to support oneself as well as the sequence of movement and thus the exercise is easier. If straps are tight you always have to counterpress between foot and board by using handfoot loop for not losing contact. You really have to work continuously with your hands what means a higher coordinative demand.

**Specification:** Very stable multiplex wood. Ribbed non-slip floor space, green-coated. Stable hand and foot straps rainbow colored, also usable for adults. 10 cm in width. 21 mm thickness of the board.

② For 2 persons, 80 cm, 2.8 kg  
143 222

Pair

③ For 4 persons, 160 cm, 5.2 kg  
143 224

Pair

Attention! To be used under the direct supervision of an adult. Long cord. Danger of strangulation.

- ✓ Together in lockstep
- ✓ Rhythm ability is playfully learned
- ✓ Exciting team competitions



Pedalo® Summer-Ski foot straps

Walking in lockstep is easier said than done. The more people participate, the more difficult but also funny it will be. An awesome game and exercise equipment that no game event should be without.

**Specification:** Very stable multiplex wood. Ribbed non-slip floor space, green-coated. Stable foot straps rainbow colored, also usable for adults. 10 cm in width. 21 mm thickness of the board.

④ For 2 persons, 80 cm, 2.6 kg  
143 016

Pair

⑤ For 4 persons, 160 cm, 4.8 kg  
143 018

Pair

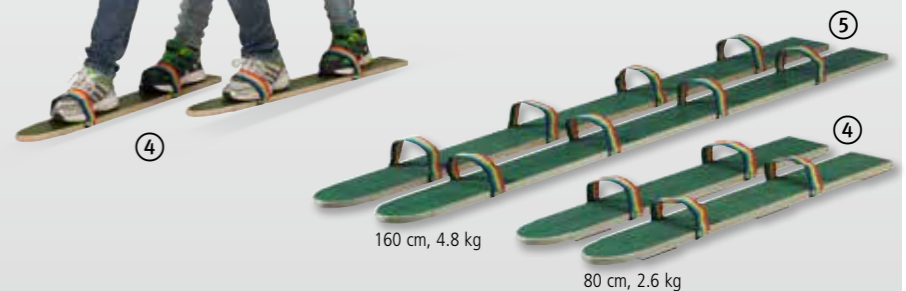
Attention! To be used under the direct supervision of an adult.

⑥ Pedalo® Summer-Ski felt pads for gym

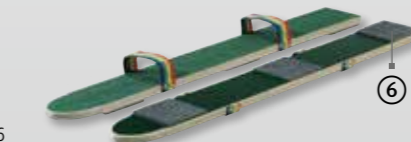
Previous Summer-Ski could not be used in gymnasiums yet since the condition of their soles was not suitable for sensitive floors. Pedalo Felt-Pads offer now a solution for: Attach the self-adhesive felt pads to the smooth underside of the Summer-Ski to make them ready for a daily use in gyms during physical education. For 1 pair of Summer-Ski 80 cm you need 1 set (consisting of 6 pcs. of felt pads 115x115 mm); whereas for Summer-Ski 160 cm 2 sets are necessary. The figure right side shows the felt pads glued on a pair of Summer-Ski 80 which is not included in delivery scope.

142 020

Set of 6



- ✓ Ideal accessory for gym





- ✓ Promoting social competences
- ✓ For children and adults
- ✓ Incl. instruction booklet

① Pedalo® Team-Game-Box 'One'

No one can do it on his own, only with teamwork the various play and concentration tasks can be solved. As so building a pipeline, stacking and forwarding rollers, transporting balls, forming and dissolving knots, weaving ... and so on. Different demands for children, adults, teams and companies. The participants learn effective communication, cooperation, active listening, to balance and accept responsibility. Between 4 and 16 participants can take part in the games. Awesome Team-Game-Box with detailed instructions.

**Specification:** 8 different colored ropes of 4 m each. 1 gripper. 4+2 wooden rollers. 4 wooden splints. 1 wooden ring. 2 balls of different sizes. 1 instruction booklet. Packed in a foldable transport box item no. 628 891-01 with cover LxWxH 60x40x27 cm. 7.2 kg.

**654 005** Each  
Attention! Long cord. Danger of strangulation.



- ✓ For 2-16 players
- ✓ More than 20 amazing team games
- ✓ Incl. instruction booklet

② Pedalo® Team-Game-Box 'Two'

Includes games to delight children, connects colleagues and continues to captivate leisure groups. Pedalo Team-Game-Box 'Two' offers a variety of fantastic team games for 2 to 16 persons. Social skills are promoted and the concentration, dexterity and creativity of the team players are challenged by games like transport of dangerous goods, crossing of a peak, pack one's bags, sunrise, change of scene or sorting plant. Whether in school, kindergarten, on the child's birthday, association celebration or company event, Pedalo Team-Game-Box 'Two' brings a lot of fun in movement and promotes sense of community. Not always leads the seemingly easiest way to your destination. Arrange, cooperate and tackle is the slogan to solve the exercises cleverly. Pretty tricky, sometimes child-friendly and supposedly easy, sometimes challenging - but never boring for children and adults. For this, comprehensive game descriptions offer a plenty of challenges.

**Specification:** 8 path elements. 16 wooden sticks with notch. 1 tarp green-blue. 8 different colored ropes. 1 ball. 1 instruction booklet. 1 foldable box. 10.2 kg.

**140 05000** Each  
Attention! Long cord. Danger of strangulation.



**New!**



① New! Pedalo® Team-Game-Box 'Three'

The box combines cooperation and conflict in a playful way. Working together, looking for solutions, developing strategies, handling tasks concentrated, feeling emotions and learning to deal with victory and defeat in team competitions. These are only a few of many great aspects which the players learn during the games. By the way social competences are supported and strengthened, a group feeling is built up and the importance of teamwork is clarified. Various game variants such as 'ball-golf', 'everything is in balance', 'pushing figures' or the numerous different games with the writing and drawing instrument, lead to this important things. Whether in kindergarten, school or club, at birthday parties, activ games evenings, company parties or special team building measures, with this box variety, enthusiasm, live interaction, but also failure and success are guaranteed with true emotions. Extensive game manuals (incl. team competition descriptions) complete the box and offer a lot of challenges.

**Specification:** Game board birch multiplex 50x40 cm. Ball-golf-board birch multiplex 28x28 cm. 10 game pieces each in yellow and blue. Pencil holders acryl glass. Water-soluble pencil. Powerring tape. 2 metal balls, 8 different colored ropes. 1 instruction booklet. Packed in a foldable transport box. LxWxH: 55x37x34 cm. 5.9 kg.

**170 03000** Each



- ✓ With and against each other
- ✓ Variety and enthusiasm are guaranteed
- ✓ Incl. instruction booklet
- ✓ For 2-16 players



Ball-golf



Everything is in balance



Games with the writing utensil, painting and drawing equipment



Building transport



Mysterious figures



Pushing figures



- ✓ Seat high adjustable for 16 cm
- ✓ High quality ball-bearings
- ✓ For ages 2 and up

**Pedalo® Pedo-Bike® S Air**

This is our top model. It is fast, flexible, and recommended for ages 2 and up. It is the Original under the walking bikes: stable, resilient and grows with the child, seat height adjustable for 16 cm. 25 years of experiences in producing walking bikes are reflected in our bikes. A high degree of safety and the childrens' real demands become even more apparent.  
**Specification:** Sturdy multiplex birch wood. Incl. safety handlebar grips. Solid tires. LxWxH: 88x39x56 cm. LxWxH: 88x39x56 cm. 4.5 kg.  
 For more details and selective accessories please see table below.  
**651 013** Natur Each  
 Attention! To be used under the direct supervision of an adult. Protective equipment should be worn. Not to be used in traffic.

- ✓ Walking bikes are available in two sizes
- ✓ Suitable for indoor and outdoor use
- ✓ Non-tilting
- ✓ Ideal for kids with balance problems



**Pedalo® Pedo-Bike® S Air tricycle**

The Pedo-Bike S Air tricycle was specifically developed for children with motor dysfunctions or walking disabilities. It serves as a means of transport by way of body impulses. The newly gained independence, being able to walk with the assistance of a balance bike, gives kids lots of pleasure and motivation. The leg and back muscles are strengthened, the posture and overall coordination improved. Based on the experience in therapy and in cooperation with physicians, we can say, using the bike over several months, helped quiet a few children to learn to walk on their own and unassisted. Features: grows with your child, non tilting, small turning circle.  
**Specification:** In the front, there are two ball-bearing steering rolls 15 cm each. Solid tires. Continuous adjustable seat height from 33 to 47 cm. In the XL version from 50 to 74 cm respectively. Removable saddle included. Model XL has an additional height adjustment of the steering unit. Rubber protection over the front of the handlebars protects door frames and furniture in case of accidental hits. Multiplex birch wood. Nature oiled. Safety grip for handle bar.  
 NEW: suitable for transport in luggage, space-front can be removed by quick-release fastener.

Tricycle: LxWxH: 88x73x62, 7 kg  
**651 110-01** Each  
 Tricycle XL: LxWxH: 120x72x62 cm, 9.2 kg  
**651 120-01** Each  
 Attention! To be used under the direct supervision of an adult. Protective equipment should be worn. Not to be used in traffic.

**Accessories for walking bikes**



- ② **Foot rests for Pedo-Bike® S**  
0.1 kg.  
**633 014** Pair
- ③ **Foldable kickstand for Pedo-Bike® S Air**  
Foldable upwards. 0.2 kg.  
**633 012** Each
- ④ **Safety grip for handle bar**  
For Pedo-Bike and Skaty with handle bar ends ø 22 mm.  
**628 123** Pair
- ⑤ **Saddle Blue for Pedo-Bike® S**  
0.35 kg.  
**628 076** Each
- ⑥ **Rim brake for Pedo-Bike® S Air**  
Front rim brake. 0.35 kg. Suitable for Pedo-Bike S Air (item no. 651 013).  
**633 017** Each



**Pedalo® Scooter-Boards**  
 Whether standing, sitting, kneeling or lying, driving alone or in pair - the variety of exercise possibilities make the Pedalo-Scooter Boards to an extremely popular exercise device with a high demand character. They promote motor skills and balance. Again, Pedalo stands for quality. Original Pedalo-Scooter Boards are equipped with very high-quality ball-bearing rolls, which run easy and quit as well as especially for gymnasium floors. The board is lacquered, the edges are carefully rounded. Due to the unique row of holes, the Scooter Boards are very flexible to use. Components such as pillars, rungs and bar parts, ball handles, pulling ropes, sidewalls, connecting bars and pads provide completely individual application possibilities for nursery school, school, club sport, therapy and a high degree of safety in daily use.

- ✓ Available in set and individually
- ✓ Fresh colors
- ✓ For play forms in groups
- ✓ Ideal for kindergarten, school and club

**Pedalo® Scooter-Board 'Color'**

The Pedalo Scooter-Board 'Color' convinces with an ergonomic design and appealing fresh, bright colors. With these boards energy and movement comes to sports lesson. The bright colors allow new forms of play in a group. Due to the low weight they are excellent to handle and do not tilt because of lower centre of gravity. The scooter board of the new generation for kindergarten and primary school leaves nothing to be desired and makes children simply fun.  
**Specification:** Each scooter board: Form 60x35 waisted. Birch multiplex 15mm. Painted surface. 4 ball bearing handlebars. Maximum load capacity 150 kg. 2.8 kg.  
 Scope of delivery: Set = 4 Scooter Boards in different colors (each 1x pink, orange, blue, green). From 44 sets also available with private label.  
**130 28000** Set  
 Attention! To be used under the direct supervision of an adult.

These Scooter-Boards are also available individual in the respective colors. In this version they are already mounted.  
**130 28001** Color: pink Each  
**130 28002** Color: orange Each  
**130 28003** Color: blue Each  
**130 28004** Color: green Each  
 Other variants of Pedalo-Scooter-Boards are also available. For further information visit [www.pedalo.de](http://www.pedalo.de)



- ✓ Edge protection
- ✓ Maximum load capacity 240 kg



**Pedalo® Scooter-Board 150x45**

Several people can find place on this great Scooter-Board. The additional shocks at the corners give high safety to protect your hands, indoor walls and the board itself. Even under heavy load with several people this Scooter-Board is rolling quickly and quietly away because of the high double steering rolls. For children, this big size Scooter-Board is pure fun. It offers the seniors a relaxed body lying and is base for many strengthening exercises. Due to the pre-drilled holes all-around the Pedalo-Support Bars 'Telescopic' item-no. 520 154

can be screwed on optionally  
**Specification:** Birch multiplex. Surface in clear lacquer. Ball-bearing double steering rolls, plus a ball-bearing steering roll centred, integrated shock absorbers at the corners. Abrasion-resistant rubber rolls with good gris. Non tilting. Pre-drilled holes all-around for supplemental parts. Maximum load capacity 240 kg. LxWxH: 150x45x12 cm. 12 kg.  
**Accessories:** Pedalo-Paddle item no. 633 129 (see above), Pedalo-Support Bars 'Telescopic' item no. 520 154 (see catalog page 56) and Pedalo-Ball Handle item no. 520 010.  
**653 012** Each  
 Attention! To be used under the direct supervision of an adult.





① **Pedalo® Textile-Powerband**  
 The Pedalo-Textile-Powerband is optimal for daily training in combination with Pedalo-coordination products. Quick mounting due to integrated carabiner.  
**Specification:** 9 loops for hands and feet for individual use in optimal length and resistance. Unique 100% elasticity. High durability and safety. Basic length 140 cm. Washable. 0.2 kg.  
**130 30001** Set



① **Pedalo® Gym Mat**  
 High-quality yoga and gym mat. Two layers with different soft sides.  
**Specification:** Pastel colors blue/green. LxWxH: 1830x610x6 mm.  
**150 05000** Each



✓ Ideal in combination with the Pedalo-Textile-Powerband

② **Pedalo® Training Stick**  
 The Pedalo-Training Stick is used for a variety of exercises. Strengthening in conjunction with resistance bands, stretching and balance exercises as well as gymnastics.  
**Specification:** Wood. 900x28 mm. With soft-grip coating. 0,8 kg.  
**144 140** Each

✓ Infinitely variable height-adjustable  
 ✓ Suitable for numerous Pedalo-products



③ **Pedalo® Support Bars 'Telescopic'**  
 Support bars can be screwed on Pedalo-Balance Boards, spring boards and scooter boards with a hole pitch of 8 mm. They give a safe stand and expand the variety of exercises with the products.  
**Specification:** Metal supports with ergonomic wooden handles, incl. fasteners. Through quick clamps height is adjustable, between 64-100 cm. 3.0 kg.  
**520 154** Pair

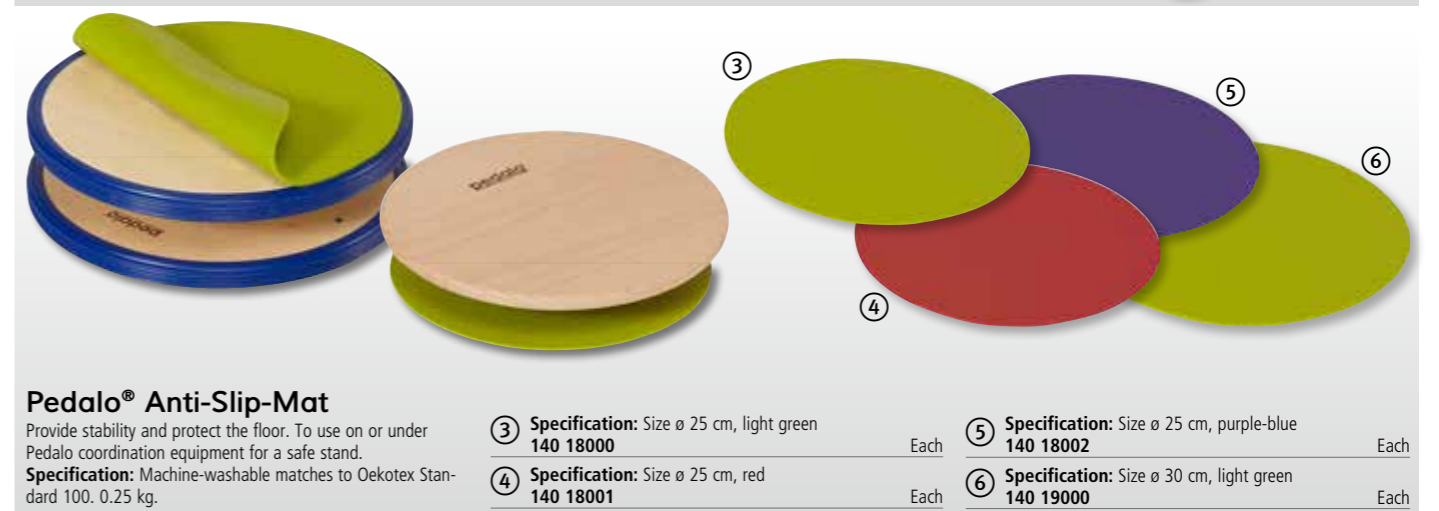


✓ Additional exercise support

④ **Pedalo® Support Rope with aluminium fixing**  
 For an additional training support you can attach this rope to the products "Pedalo" and "Pedasan". It can be fixed to the Pedalo that way that the movement is counter-running or parallel (Pacing) to the foot.  
**Specification:** 2 Support Ropes with metal fittings to fix. Length 100 cm. 0.3 kg.  
**556 001-01** Set  
 Attention! Long cord. Danger of strangulation.



② **Pedalo® Anti-Slip-Mat 48**  
 This Anti-Slip-Mat is recommended to use with coordination products. The mat can be used on the product's surface as an anti-slip surface for a safe stand or as an underlay to protect the floor and provide improved stability of the equipment. The mat can be wiped off with a damp cloth and is therefore suitable for the hygienic use in therapy.  
**Specification:** LxW: 48x29 cm. 0.2 kg.  
**628 050-02** Each



**Pedalo® Anti-Slip-Mat**  
 Provide stability and protect the floor. To use on or under Pedalo coordination equipment for a safe stand.  
**Specification:** Machine-washable matches to Oeko-tex Standard 100. 0.25 kg.

③ **Specification:** Size ø 25 cm, light green  
**140 18000** Each  
 ④ **Specification:** Size ø 25 cm, red  
**140 18001** Each  
 ⑤ **Specification:** Size ø 25 cm, purple-blue  
**140 18002** Each  
 ⑥ **Specification:** Size ø 30 cm, light green  
**140 19000** Each



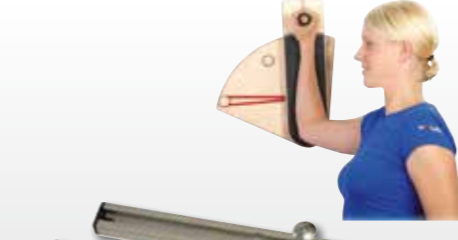
✓ Soft base for exercises  
 ✓ Increase of the training effect

⑦ **Pedalo® Softpads (joint protectors)**  
 Pedalo-Softpads can be used individually or as an overlay in combination with Pedalo-coordination equipment to enhance the training effect and to protect the joints. Suitable also for Pedalo-Foot Boards.  
**Specification:** Special foam material. LxWxH: 30x14x2.5 cm. Approx. 0.35 kg.  
**144 056** Pair



① Pedalo® PhysioFlip® Hand-grip

The additional hand grip allows exercises for fingers, hand, arm, and shoulder joint. Please note that this item is exclusively an accessory for the Pedalo-Physio-Flip item (see catalog page 12). Simply plugged in Physio-Flis.  
**Specification:** 0.35 kg.  
**751 021** Each



② Pedalo® PhysioFlip® Wall Mount

**Specification:** Height-adjustable aluminium rail 60 cm for wall attachment of Physio-Flis. Incl. fixing material. 0.2 kg.  
**130 16001** Each



③ Pedalo® PhysioFlip® Leveling Board

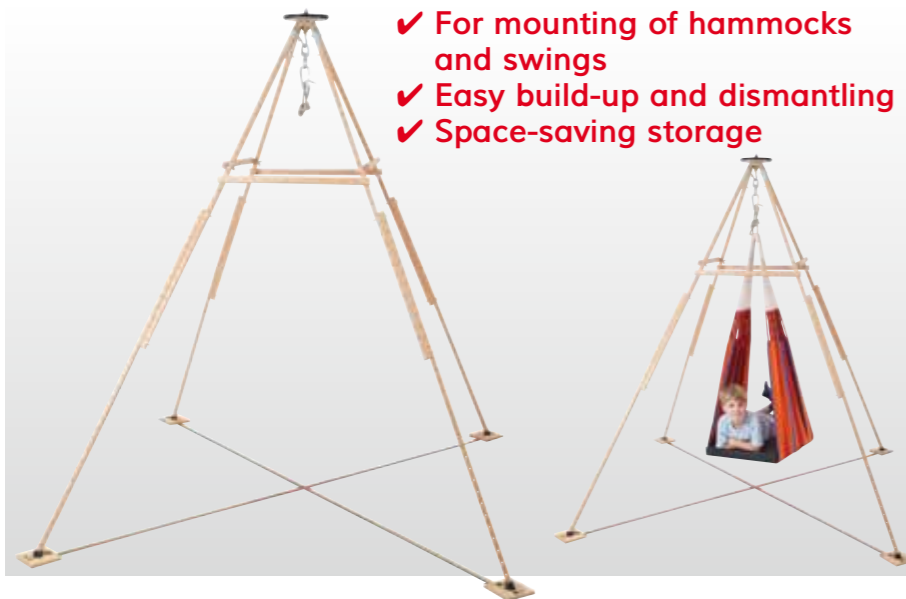
This board offers the possibility to stand with both feet in height of the Pedalo-PhysioFlis. Thus exercises for foot and leg axis correction can be done optimally. In physiotherapy Pedalo-PhysioFlip-Leveling Board is also used to have a higher stand of the supporting leg in order to be able to work with the free leg when standing with straight his.  
**Specification:** Multiplex birch wood. LxWxH: 35x12x6 cm. 0.7 kg.  
**751 027** Each



- ✓ Mobile shelf trolley
- ✓ Space-saving storage
- ✓ Height-adjustable support arms

④ Pedalo® Shelf Trolley

Movable shelf trolley for useful storing of Pedalo-coordination equipment 60x35 cm or ø 50 cm. Quick and immediate access to each part of coordination equipment. Vertical distance of the holders for storing is individually adjustable. Including additional removable storage compartment for accessories and small parts. Lateral you have a hanging possibility for Pedalo-Textile-Powerband and tubes. Proven in practices and institutions.  
**Specification:** Birch multiplex wood. 7 pairs of holders for storing. Wood with end caps made of rubber. 4 steering rolls. LxWxH ø 50x150 cm. 13.5 kg.  
**130 25000** Each



- ✓ For mounting of hammocks and swings
- ✓ Easy build-up and dismantling
- ✓ Space-saving storage

⑤ Pedalo® Pyramido®

Pyramido is a multi-usable wooden folding rack to attach hammocks and platform swings for the use in therapy, play or leisure time. Due to its form, it has a maximum weight capacity of 120 kg. Additional added horizontal bars create an excellent climbing tree or tent. The foot boards are covered with rubber to make them skid-resistant. It is easily put together, no matter when and where. Folds to save space. It can be adjusted in width and height according to your own imagination. It is the ideal device for occupational therapy, physical therapy, perceptual motor skills, logopedia, sensory integration, kindergarten, kindergarten and schools for the handicapped, preschool, school, at home in your backyard, during pregnancy and after delivery.  
**Specification:** Base rack: multiplex beech wood treated with linseed oil. Adjustable up to 240 cm in height. Standing area up to approx. 235x235 cm. Wooden disk with spiral stainless steel safety hook. Incl. 1 swivel hook, 1 carbine hook, 2 ropes each 100 cm to hang up hammocks. Hammock and therapy lay-in mat are not included. 14.5 kg.  
**657 045** Set



- ✓ Drive on the spot
- ✓ Ideal for areas with space restrictions



① Pedalo® Station Trainer

Versatile additional equipment for practice institutions like physiotherapy, occupational therapy and also for private using. The Pedalo Station Trainer provides the opportunity to ride Pedalo on the same spot, without giving up the motion respectively the training benefit. When used in combination with Pedalo-Sport it is a good mobilization and coordination exercise in sitting position, especially suitable for seniors. Apt to Pedalo-Wawago, Pedalo-Sport, Pedalo-Pedasan.  
**Specification:** Ball bearing rollers. LxWxH: 49x25x14 cm. 3.2 kg.  
**130 01000-01** Each



② Parallel Bars for walking

These practical parallel bars are height-adjustable from 75-108 cm. The distance between the bars is adjustable up to 60 cm. Handrail is 250 cm in length. The bars can be pushed together to the length so that the bars are 18 cm in width. Shipping weight 40 kg.  
**655 190** Each

- ✓ Adjustable in height and width
- ✓ For more safety
- ✓ Gait training and fall prevention

- ✓ Stimulation of the metabolism
- ✓ Relaxation of the deep muscles
- ✓ For a fast regeneration

- ✓ Training of the arch
- ✓ Stabilization of the leg axes
- ✓ Both sides are usable



③ Pedalo® Foot Massage Regeneration Mat

The Pedalo-Foot Massage Regeneration Mat is now available in a promotion box. This specification is ideal as a gift or to be placed on the shelf for resale (e. g. for medical supply stores, podology and physiotherapy practices). More information about this product on catalog page 13.  
**Specification:** Made of natural rubber. ø 25 cm. 0.6 kg. Incl. exercise manual and promotion carton.  
**143 028k-1** Each



④ Pedalo® Pro-Pedes

The Pedalo-Pro-Pedes is now available in a promotion box. This specification is ideal as a gift or to be placed on the shelf for resale (e. g. for medical supply store, podology and physiotherapy practices). More information about this product on catalog page 13.  
**Specification:** Solid beech wood. One side convex. Approx. ø 27x4,9 cm. 1.3 kg. Incl. exercise manual, cotton pouch and promotion carton.  
**Accessories:** Pedalo-Anti-Slip-Mat ø 25 cm item no. 140 18000 (see catalog page 57).  
**143 160k-1** Each



# pedalo®

- ✓ Versatile training in smallest space
- ✓ Ideal for physiotherapy practice
- ✓ For one-to-one and circuit training



Pedalo® 5S-Physio Station  
Item No. 140 01000  
Further information to this product on  
page 33.

**pedalo®** ... by Holz-Hoerz  
development, production and distribution  
**Made in Germany**

**Holz-Hoerz GmbH**  
Dottinger Straße 71  
72525 Münsingen

tel: +49 (0)73 81-93 57 0  
fax +49 (0)73 81-93 57 40  
www.pedalo.de · info@pedalo.de