

SISSEL® Pilates Toning Ball

A perfect addition to your Pilates mat program!

- exercises arms, shoulders and upper body
- toning balls can be easily integrated into many more Pilates exercises
- available in 2 weights:
approx. 450 and 900 g, set of 2
- size: Ø approx. 9 cm



Set of 2

ITEM NUMBER ATTRIBUTES

310.037	SISSEL® Pilates Toning Ball, approx. 450 g, set of 2, blue
310.038	SISSEL® Pilates Toning Ball, approx. 900 g, set of 2, blue

SISSEL® Pilates Soft Ball

Supports deep relaxation!

- for muscle build-up
- very suitable for spinal column and abdominal muscle exercises
- available in 2 colors and 2 sizes:
Ø approx. 22 cm,
Ø approx. 26 cm
- handles weights up to 155 kg
- incl. exercise manual



ITEM NUMBER ATTRIBUTES

310.030	SISSEL® Pilates Soft Ball, Ø approx. 22 cm, blue
310.031	SISSEL® Pilates Soft Ball, Ø approx. 26 cm, blue
310.034	SISSEL® Pilates Soft Ball, Ø approx. 22 cm, metallic
310.035	SISSEL® Pilates Soft Ball, Ø approx. 26 cm, metallic

For more see pages 52-53



SPINEFITTER

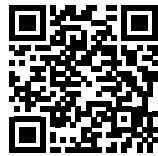
BACK IN BALANCE

SS SPINEFITTER

BACK IN BALANCE

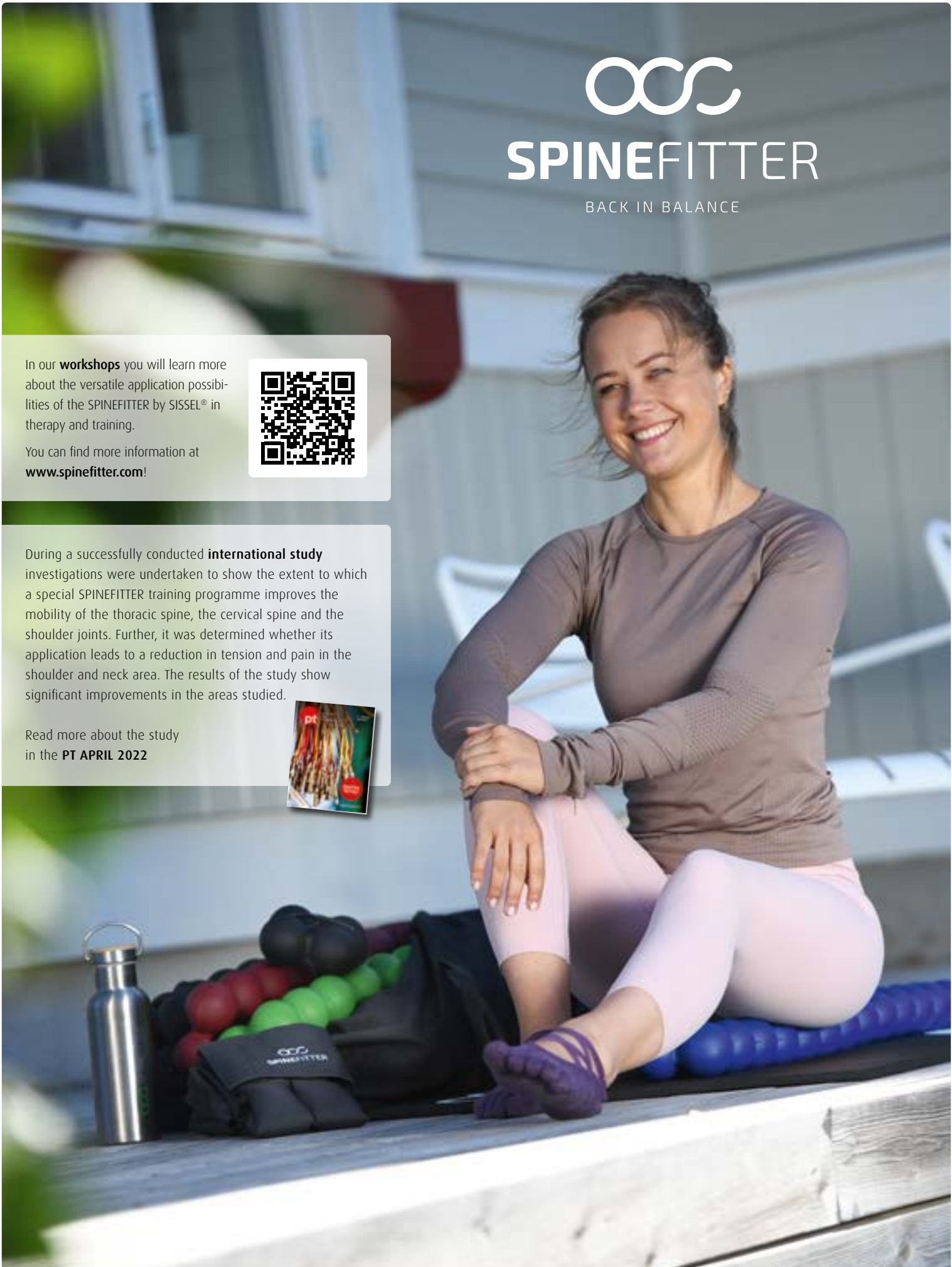
In our **workshops** you will learn more about the versatile application possibilities of the SPINEFITTER by SISSEL® in therapy and training.

You can find more information at www.spinefitter.com!



During a successfully conducted **international study** investigations were undertaken to show the extent to which a special SPINEFITTER training programme improves the mobility of the thoracic spine, the cervical spine and the shoulder joints. Further, it was determined whether its application leads to a reduction in tension and pain in the shoulder and neck area. The results of the study show significant improvements in the areas studied.

Read more about the study in the **PT APRIL 2022**



SPINEFITTER by SISSEL®

The innovation for a healthy back

The unique shape of the SPINEFITTER is easy to use and aids in loosening the shoulder-neck area. The small vertebral joints of the spine are opened and can decrease blockages through movement on the SPINEFITTER. Resting on the SPINEFITTER in the supine position has a relaxing and strengthening effect. The SPINEFITTER can be used for exercises from the areas of spinal gymnastics, Pilates and Yoga. New stimuli are set through easier joint positions and challenging motions (balance). Intuitive handling and a quickly noticeable effect make the SPINEFITTER an ideal piece of equipment for regular training in the Pilates or fitness studio, in therapy or at home.

- innovative training device with 28 interconnected balls
- the small balls help to relieve tension through deep pressure
- improve joint mobility
- strengthens deep muscular tissue
- available in four colours: anthrazit, green, blue, purple red
- incl. SPINEFITTER Carry Strap for comfortable transport on the back



ITEM NUMBER ATTRIBUTES

ITEM NUMBER	ATTRIBUTES				
162.300	SPINEFITTER by SISSEL®, blue				
162.301	SPINEFITTER by SISSEL®, green				
162.302	SPINEFITTER by SISSEL®, anthrazit				
162.303	SPINEFITTER by SISSEL®, purple red				
162.300.5	SPINEFITTER by SISSEL®, Set of 10 blue incl. Coach Bag				
162.301.5	SPINEFITTER by SISSEL®, Set of 10 green incl. Coach Bag				
162.302.5	SPINEFITTER by SISSEL®, Set of 10 anthrazit incl. Coach Bag				
162.303.5	SPINEFITTER by SISSEL®, Set of 10 purple red incl. Coach Bag				



SPINEFITTER by SISSEL® Accessories

1 SPINEFITTER by SISSEL® Backpack

- matching backpack for the SPINEFITTER by SISSEL®
- backpack made of 100% cotton
- colour: anthrazit

2 SPINEFITTER by SISSEL® Coach Bag

- matching carrying bag for 10 SPINEFITTER by SISSEL®
- enables easy transport of the entire training equipment
- dimensions: approx. 95 x 44 x 3 cm
- also available as a set incl. 10 SPINEFITTER by SISSEL®

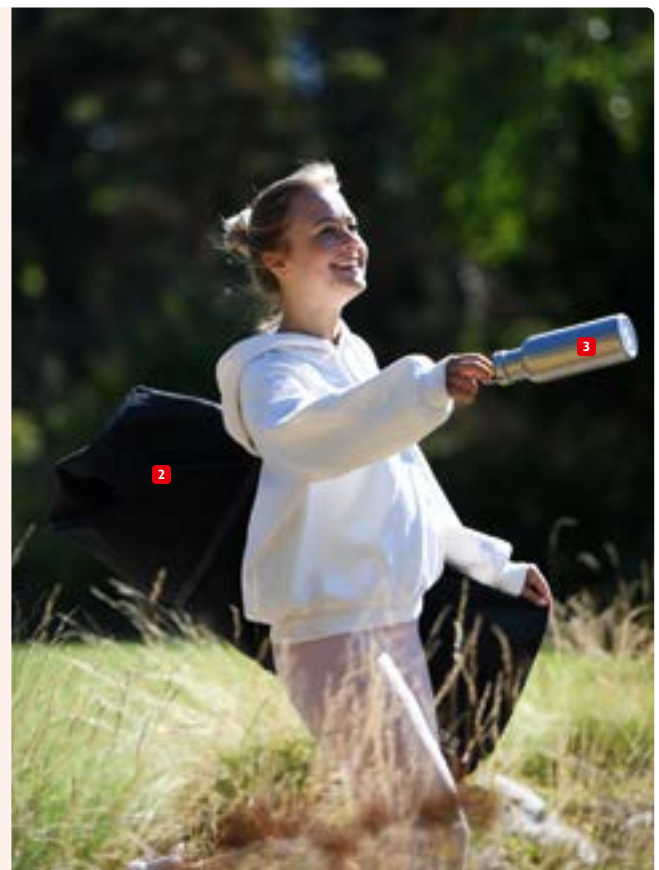
3 NEW – SPINEFITTER by SISSEL® Drinking Bottle

- Bottle: 18/8 food-grade stainless steel, double-walled, vacuum insulated
- Lid: 18/8 food-grade stainless steel, Bamboo
- Sealing ring: food-grade silicone (BPA-free, phthalate-free)
- dimensions: 22 x 7,3 cm, 500 ml



ITEM NUMBER ATTRIBUTES

162.311	SPINEFITTER by SISSEL® Backpack, anthrazit
162.312.10	SPINEFITTER by SISSEL® Coach Bag, anthrazit
600.001	SPINEFITTER by SISSEL® Drinking Bottle



SPINEFITTER by SISSEL® Mini

The mini version of the SPINEFITTER by SISSEL®.

- extra small and light – perfect for traveling, in the office or on the go
- supports segmental spine mobilization exercises
- helps with fascia loosening of individual areas
- suitable for balance exercises and for strengthening of deep muscle structures
- incl. SPINEFITTER carrying strap



ITEM NUMBER	ATTRIBUTES
162.304	SPINEFITTER by SISSEL® Mini

NEW



SPINEFITTER by SISSEL® Extension Kit

- extends the regular SPINEFITTER by SISSEL® by 12 cm (2 pairs of balls)
- ideal for people over 180 cm
- simple click system ensures correct alignment of the extension kit



ITEM NUMBER	ATTRIBUTES
162.306	SPINEFITTER by SISSEL® Extension Kit

NEW



NEW

SPINEFITTER by SISSEL® Linum und Linum Pro

- Hot/Cold pack with natural linseed filling
- suitable for the muscles around the spine
- can be used individually or with the SPINEFITTER
- for use with the SPINEFITTER by SISSEL® as well as for the XL version in combination with the SPINEFITTER by SISSEL® Extension Kit
- Filling: linseed
- dimensions: approx. 84 x 12 x 2 cm

SPINEFITTER by SISSEL® Linum

- cover: 100% cotton

SPINEFITTER by SISSEL® Linum Pro

- specially developed for use in a professional context, e.g. Pilates studios, physiotherapeutic practices – surface can be disinfected for use with varying applicants
- cover: 100% Polyester / PU coating, disinfectable



with hook-and-loop fastener on both ends for simple insertion of the SPINEFITTER by SISSEL® and the optional Extension Kit

ITEM NUMBER	ATTRIBUTES
162.310	SPINEFITTER by SISSEL® Linum, anthrazit
162.320	SPINEFITTER by SISSEL® Linum Pro, anthrazit

