

Systematic e-coordination training



Coordinated from head to toe. Independent, easy, flexible.

The new balori® e-coordination training is a system to improve basic coordination which seamlessly fits into the training surroundings of modern fitness and wellness studios as well as rehabilitation facilities and physiotherapeutic practices.

It combines the balori® method, an innovative balance and coordination training, with a zebris pressure platform and an intuitive software program.

The system makes the presence of a trainer unnecessary and is therefore completely independent of trained staff and flexible with regard to time. The easy-to-use, virtual 3D instruction with an avatar on the large screen turns the coordination and balance training from head to toe into child's play!

Fields of application:

- **Functional coordination training**
- **Balance training**
- **Strength training**
- **Orientation training**

in order to improve your quickness of action and your ability to adapt, to strengthen and stabilize the back and joint muscles as well as to train good timing and safe movement. These factors are also important for fall prevention with advancing age.



Monitoring your own training. Reaching your goals easily.

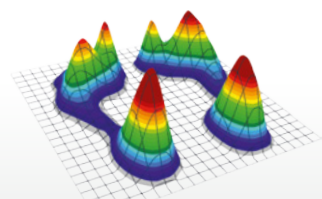
balori® e-coordination training effortlessly guides the user through the first simple exercises to more complex motion sequences with its built-in fully automated instruction program. Thanks to its thought-through software it gives objective feedback on balance and correct execution of the exercise.

Each set of exercises is customized to its field of application (health, fitness and sports) and has the option for beginner, intermediate or advanced levels.

After an individually introduction training, everyone can use the system without any further instruction. Depending on the training success, the exercises' degree of difficulty is increased and can be adapted to the individual performance level. The user takes control over his training and has the possibility to check the recorded training units together with his trainer.

System components

- Screen with stand
- High-performance PC
- Camera for tracking movements
- zebris pressure platform in two sizes:
110 x 146 cm W x L
90 x 113 cm W x L
- balori® coordination stick
- Exercise ball



Pressure Distribution Measurement of feet with capacitive sensor technology from zebris



Interested? Contact us:

The new balori® e-coordination training system will be available at the end of 2016.



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