

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 14 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 refinements. They are proven to be free of prohibited plasticizers and bear the GS seal for proven safety. They are usable without hesitation.

Specifications: Maximum load capacity: For ages 5 and up, 120 kg. LaWell: 37.5x22x22 cm, 2.8 kg.
Accessories: Pedalo-Support Rope no. 556 001-01 (see catalog page 562), Pedalo-Station Trainer item no. 130 1000 (see catalog page 558).
551 001 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 up. 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 pos. Pedalo Sport (higher difficulty) by 4 smaller foot boards item no. 511 023 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.
Specifications: Maximum load capacity 200 kg. For ages 3 and up, LaWell: 44x37x22 cm, 6.2 kg.
552 001 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 its 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.

Specifications: Very high degree of difficulty, rotating foot boards 14 cm, LaWell: 37.5x22x22 cm, recommended for ages 7 and up. Maximum weight capacity 100 kg, 2.6 kg.
Accessories: Pedalo-Support Rope item no. 556 001-01 (see catalog page 562).
553 000 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

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 equal intensities 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 (i.e. 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 support in coordination training.

Specifications: Maximum load capacity 150 kg. For ages 6 and up. Foot boards: 30x14.5 cm, 10 kg.
Accessories: Pedalo-Support Rope item no. 556 001-01 (see catalog page 562), Pedalo-Station Trainer item no. 130 1000 (see catalog page 558).
558 001 Each

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

Coordination Training – spring



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

① Pedalo® Vestimed® 50

Patent 102001048399. 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-Texile-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 your physical capability, is possible by the new Texile-Powerband with graded loops for hands and feet. Popular and proven in gyms for group workouts.

Specifications: 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 Texile-Powerbands with loops (separable). 2 lying loops. 7.0 kg. 140 04050

Each

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 long independent training, when using two spring boards next to each other (one for each leg), intensifies the training result.

Specifications: 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



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



Coordination Training – spring



- ✓ 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 completely, 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 sensor). 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-Texile-Powerband and Spring Board creates a great fitness station used for a modern comprehensive stabilization and coordination training on an unstable platform. The Pedalo Texile-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. 140556, Pedalo-Texile-Powerband item no. 130 30001 (see catalog page 56).

① La/Wi: 150x40x21 cm, 4 senso-springs are mounted

outside and one is variably adjustable. 21 kg

130 05150

Each

② La/Wi: 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.

Specifications: Suitable for Spring Board 50, 150, 180, Vestimed and Swayboard. 0.6 kg. 140 06000

Each



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 variation of the performance based on numerous training stimuli can be provided. 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 multi-axial 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 Movable Fulcrum item no. 653 098 (p. 15)



Pedalo Balance Board 60x35 item no. 653 124 (p. 28) and Pedalo-Footboards Sessum item no. 653 101 (p. 14)



Pedalo Balance Board 60x35 item no. 653 124 (p. 28) and Pedalo-Footboards Top item no. 653 102 (p. 14)



Pedalo-Roll-Ball 'Sport' item no. 653 144 (p. 23) and Pedalo-Footboards Sessum item no. 653 101 (p. 14)



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



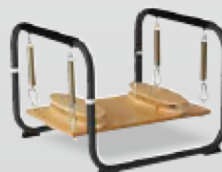
Pedalo-Vestired item no. 140 04050 (p. 26) and Pedalo-Footboards Sessum item no. 653 101 (p. 14)



Pedalo Stabilizer 'Sport' item no. 650 085-01 (p. 28) and Pedalo-Footboards Movable 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 Sessum 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 Sessum 22 item no. 653 155 (p. 20) and Pedalo-Footboards Movable 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 Sessum 32 item no. 653 150 (p. 20)

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



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



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