

# SHAPE MASTER

## SPECIAL OFFER



Would you like to shape your body, enhance and strengthen muscles, reduce centimeters in problem areas or need to start moving right after an accident? Being fit and having a beautiful silhouette is given by nature only to a few of us, others have no choice but to start with a demanding training schedule. Or might it not be so hard?

A set of 8 reconditioning tables with adjustable speed offers an incredible amount of exercise variations, making it a versatile exercise tool for all age groups. Ten speed settings allow it, to suitably combine passive exercise with muscle contractions in different lengths.

The device is therefore suitable for both rehabilitation and effective body shaping.

## SPECIAL OFFER

### 1500,- CZK / 1 hour

INCLUDES EXERCISES ON ALL 8 DEVICES



### STOMACH HIP TRIMMER

Tightens and slims the tummy, hips, thighs, calves and improves the shape of the buttocks. Rhythmic motions decompose fat pads on the buttocks, hips and thighs. It has a significant effect against cellulite.

### TUMMY TONER

Tightens and slims the tummy, thighs, calves and strengthens the lower back. It restores elasticity of the muscles in the waist and enhances the flexibility of the body. The result is a smooth and firm abdomen.

### HIP WAIST TRIMMER

It strengthens the lower back, buttocks, thigh muscles are exercised, stretches and slims the hips, abdomen, waist, improves the shape of buttocks and cellulite dissipates. It strengthens the muscles of the pelvic floor.

### UPPER BODY TONER

Improves overall posture, flattens the ribcage, stretches and slims the upper arms, chest, abdomen, thighs and calves. Effectively eliminates back pain caused by repetitive strain.

### LEG TONER

Slims and shapes the legs, hips and buttocks. Strengthens the thigh muscles and shapes the inner and outer thighs. It exercises the hip and knee joints, regulates blood circulation in the lower extremities.

### THIGH TRIMMER

Shapes the muscles of the inner and outer thighs, shapes the hips, legs, waist and smoothes cellulite. The metabolism of adipose tissue is activated and leads to its reduction.

### WAIST TRIMMER

Strengthens the sides of the body, thereby strengthening and firming abdominal muscles and muscles in the lumbar region. It helps improve the muscle tone throughout the body and slim down the waistline.

### CIRCULAR – ROWER

ROWER - rowing strengthens the pectoral muscles, triceps, biceps and shoulders. CIRCULATOR - improves blood circulation with a gentle vibrating motion. Will release tense muscles and relieves the body of excess water and toxic substances. It gives a feeling of relaxation and regaining energy.