



stylum 
fitness



work**OUT**side



Specific movement training has established itself and become indispensable for many people in our modern world which is characterized by the lack of physical activity. And this is not surprising; because scientific studies have provided evidence for the fact that a certain level of physical exercise is biologically necessary to maintain our health and productive capacity. However, a large majority of people do not reach this minimum level of physical activity. Despite the growing range of fitness alternatives with sophisticated concepts and expensive high-tech equipment, it still seems as if a large proportion of people have not found the perfect fitness solution yet. Obviously, there is still a great demand for innovative ideas and a user-specific choice of products.

Although, by now, most people are not only familiar with but also appreciate gym equipment, there is no adequate range of apparatuses for the outdoor area.

stilum have set themselves the task of filling this gap with suitable training concepts and products. In cooperation with the Cologne-based Kölner Institut für Prävention und Nachsorge IPN (institute for prevention and follow-up care), they have developed a new generation of gym equipment. Their range of products combines all the characteristics of professional fitness equipment, i.e. simple and self-explaining handling, solid construction and attractive design. As a result, they are the first ones to offer fitness

apparatuses specifically designed for the outdoor area which allow for up-to-date and effective training. Their range of equipment offers varied and holistic exercise options for the following motoric capacities and training objectives:

Strength:

Improving and maintaining strength and substance of large muscle groups

Stamina:

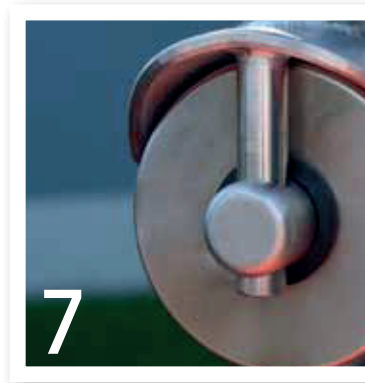
Improving the productivity of the cardiac cycle

Mobility:

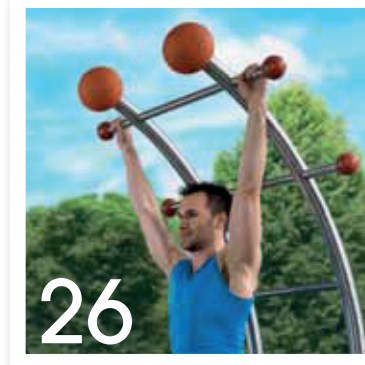
Counteracting and eliminating „muscle contractions“

Welcome

to the Fitness World by stilum



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Award-winning Design

In the first year already, stilum's close cooperation with sport physicians has led to success: stilum is awarded the FIBO Innovation Award

For more than ten years now, stilum stands for high-quality playground equipment and municipal furnishings made of stainless steel. Customers from all over the world appreciate the design-oriented solutions by stilum, which are additionally characterized by a high level of usability. When designing the new range of outdoor fitness equipment, stilum has consistently continued this path. In cooperation with sport physicians of IPN, the designers at stilum have developed very effective training units which can be used as individual training stations or, when combined, for effective circuit training.

The use of attractive forms does not only motivate joggers and other groups of sportsmen but also passer-byes, hikers and young people to exercise in the open air. The apparatuses designed on the basis of scientific findings meet with a high level of acceptance across all demographic groups. Operators of outdoor sports facilities appreciate the durability of the products which, thanks to the selection of high-quality materials, do not require much maintenance.



Effective Training

Developed in cooperation with sport physicians – stilum designs apparatuses which boost your body instead of stressing it.

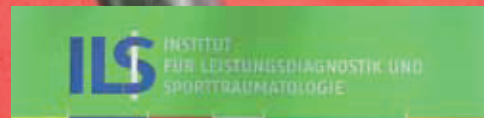
The Cologne-based Kölner Institut für Prävention und Nachsorge IPN (institute for prevention and follow-up care) founded in 1992 positions itself as a partner of companies and institutions committed to the field of health. IPN acts as the connecting piece between science, contracting bodies and health-conscious people.

The renowned institute works as a practice-oriented carrier of know-how and a service provider for health insurances, companies, associations, media and companies of other sectors – always with high standards and based on the key objective of promoting health and quality of life.

In cooperation with stilum, IPN contributes its know-how to the development of innovative outdoor fitness equipment. Not only the overall concept but also the detail design of individual apparatuses is based on scientific findings and long-standing practical experience. In the focus of attention there is the functional, health-oriented and highly effective training of body fitness which is carried out within the framework of different apparatus lines.



Elmar Trunz-Carlisi, Sport Scientist and General Manager of IPN



“Those who have experienced and physically felt high-performance sport themselves should be allowed to have a say and treat sportsmen”, comments Prof. Dr. med. Peter Billigmann, a man of practical experience who knows high-performance sport from the ground up. He started with bicycle racing and became its German Champion as a young man.

Having to decide between a professional sports career and a university career he took the latter one – and, for more than forty years already, he has contributed his own experience to the development of sport medicine. In the meantime, he has cared for numerous national and international athletes and sports clubs. In Germany he is one of the leading sport physicians. Prevention is an important element of ILS, Institut für Leistungsdiagnostik und Sporttraumatologie, founded by him in 2000. Preventing injuries has top priority, followed by conservative treatment of already existing deficiencies, where possible, and avoidance of potential injuries.

These are the standards which he also imposes on the development of fitness apparatuses by stilum which he actively supports in terms of athletic and health criteria. Recovery and prevention are the distinguishing characteristics of these apparatuses which, as such, meet the requirements not only of physio-therapeutical but also of sport-functional applications.



Prof. Dr. med. Peter Billigmann, Sport Physician and General Manager of ILS



Everywhere and at any time

Training independent of seasons and training levels - stilum fitness apparatuses convince by their sophisticated and effective design.

Apparatuses by stilum distinguish themselves by their attractive form language and the possibility of using them irrespective of weather conditions. Stainless steel combined with rubber granulate or new caoutchouc withstand high variations in temperature and are ready-for-use at any time.

Apparatuses can be used irrespective of seasons and training levels. A special focus has been laid on their self-explaining use as well as on the fact that movements are always carried out in the appropriate way thus guaranteeing the correct and effective training method at any time.

The apparative source of resistance filed for patent allows for progressive strain which can be adapted to the user's individual level of performance. Independent permanent load tests of the rubber buffer have shown that more than 150,000 repetitions are possible without notably reducing the resistance of the apparatus. The buffer, which is completely covered by stainless steel, is resistant to outside influences and has been designed for permanent use in outdoor areas.



Training with Apparative Resistance

Powerful training for effective build-up of strength – with a patented system

In order to counteract the decrease of muscular mass, regular training is an absolute must. Training based on apparative resistance is ideal for the well-aimed training of individual muscles. Our apparatuses are adaptable to the users' individual levels of performance, a fact which considerably reduces the risk of injuries. Slow, guided movements lead to a highly effective training result. Movements are carried out in a sitting position from a stable starting position and are guided or limited by corresponding mechanics. Posture is stabilized, without back padding, by the user's own muscular activity which increases the training effect ("Core Training"). The individual muscular group to be trained is activated deliberately, movement and coordination are in harmony with each other. In this way, neural networks can be re-activated. Training on apparatuses with apparative resistance followed by running training has a positive effect due to the fact that strain and relief are subject to particular rhythms.

Individual adjustment:

Special devices to adjust to the user's individual body dimensions are available, e.g. various treads for ideal foot positioning and grip variations for the arms. This guarantees axle-appropriate training for all common body sizes.

Individual dosing:

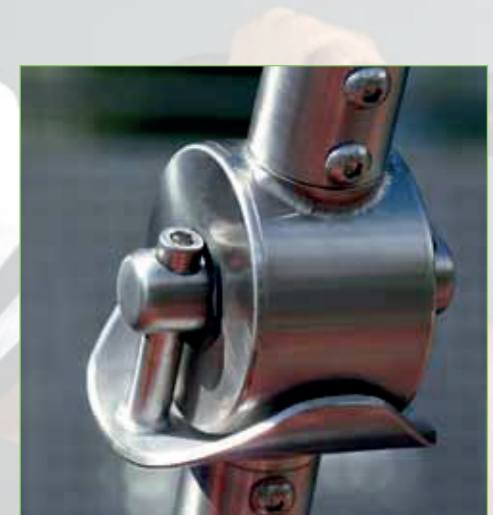
Apparatuses have been equipped with apparative sources of resistance - filed for patent - providing a progressively rising level of difficulty. The higher the amplitude of movement applied, the higher the resistance.

Movement control:

Thanks to the design of the apparatuses, paths of motion are guided in such a way that the main areas of the so-called natural "range of motion" can be trained.



Strengthening
Effective
Motion Control
Self-explaining
Individual





stylum
fitness

Squat

Strengthening of the entire muscle chain used for lifting the body

The Squat is used to train the entire muscle chain which is required for a counter-gravity lifting of our bodies. This apparatus guides the body in such a way that a functional sequence of motions and, at the same time, highly efficient strengthening is guaranteed. This exercise prevents, in particular, complaints which may arise when getting up from a chair.

Training Sequence:

Take a stable, shoulder-wide position and turn your feet, slightly V-shaped, outward.

Clasp the lateral handles with your extended arms and pull the seat holder towards your backside.

Tilt your torso slightly forward keeping your back straight.

Tense all the muscles of your trunk in order to stabilise your back.

Activity:

Now straighten yourself using the power of your leg muscles so that your knee joints are almost (not entirely) extended.

Make sure that your arms remain stretched out with your shoulders being neutral (do not pull them up).

Now lower your body again, backside first.

Carry out this movement until your knee joints have bent to an angle of about 80 degrees, i.e. shortly before reaching a right angle.

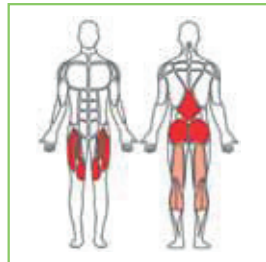
Appealing to these muscles

Main muscle groups:

Quadriceps extensor, Large gluteal muscle, Back extensor

Supporting muscles:

Hamstring and calf muscles



Back trainer

Strengthening of the back musculature to stabilise the spinal column

This apparatus helps you to specifically strengthen your back muscles in the area of lumbar and thoracic spine. Well-trained back muscles stabilise your spinal column and prevent back complaints.

Training Sequence:

Take a stable, upright sitting position.

Place your feet symmetrically – depending on your body size – upon the platform or the elevated tread of the frame.

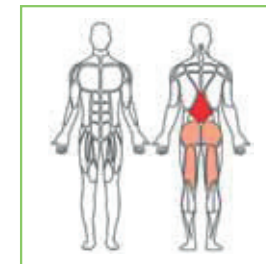
The padding is in contact with the upper part of the back. Keep your back upright and stable.

Viewing direction is always forward.

Activity:

Now press the padding back using the power of your muscles in the area of lumbar and thoracic spine towards movement limitation. Stay in this position for a short moment and then return slowly and controlled until you have almost reached the initial position (with the lever still providing resistance).

Make sure that you always keep up the tension of the muscles



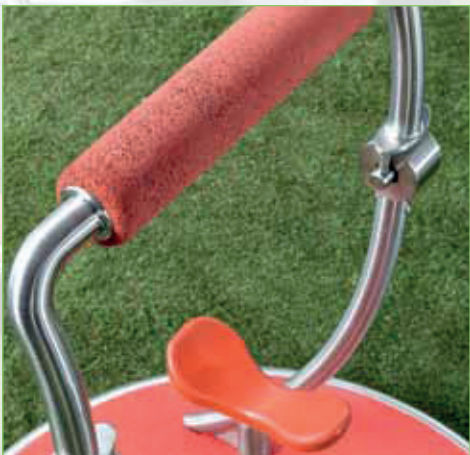
Appealing to these muscles

Main muscle groups:

Back extensor (M. erector spinae)

Supporting muscles:

Large gluteal muscle,
Hamstrings



Abdominal trainer

Strengthening of the abdominal musculature

The abdominal trainer has been designed in such a way that the exercise effect specifically appeals to the abdominal muscles. Strong abdominal muscles raise the pelvis, boost a good posture and relieve your back. Apart from the back trainer, the abdominal trainer is the most efficient apparatus to prevent backache.

Training Sequence:

Sit down in a stable, upright position.

Place your feet symmetrically – depending on your body size – upon the platform or the elevated tread of the frame.

Bend your elbows and place your lower arms - keeping them close to your torso - equally upon the paddings.

Before starting the exercise, actively tense your abdominal muscles.

Activity:

Now move your torso – en bloc – forward down using the power of your abdominal muscles.

Stay in this position for a short moment and then return slowly and controlled until you have almost reached your initial position (with the lever still providing resistance).

Make sure that you always keep up the tension of the abdominal muscles.

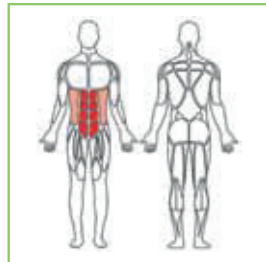
Appealing to these muscles

Main muscle groups:

Straight abdominal muscles

Supporting muscles:

Inner and outer oblique abdominal musculature, Transverse abdominal muscle



Rudder trainer

Strengthening of the arm flexors,
stabilisation of the rear muscles of the
shoulder girdle

The rudder trainer strengthens the crook muscles and the muscles of your shoulder girdle, in particular the rear muscle groups. Due to the fact that you have to stabilise your body without a backrest, the muscles of your trunk will be strengthened as well.

Training Sequence:

Sit down in a stable, upright position.

Place your feet symmetrically upon the platform.

Clasp the handles with firm wrists.

Raise your torso with concentration; for that purpose, intentionally tense the muscles of your back and abdomen.

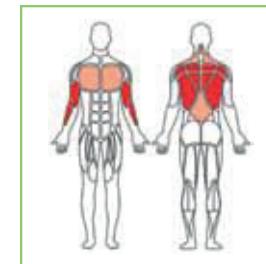
Activity:

Fill the muscles of your shoulder girdle with tension by pulling the handles, for the first centimetres, with extended arms towards your torso.

Only then bend your arms to complete the pulling movement towards your body.

Now lead your arms slowly back again.

Make sure that you always keep up the tension in your shoulder girdle and that you do not move your shoulders forward.



Appealing to these muscles

Main muscle groups:

Biceps arm flexor, Deltoid muscle,
Lat muscle, Trapezius muscle, Rhomboid
muscles

Supporting muscles:

Large pectoral muscle, Trapezius muscle,
Back extensor



Shoulder blade trainer

Well-aimed strengthening of the muscles responsible for body-lifting and fixation of shoulder blades

This apparatus has been designed to specifically train the muscle parts located in the area of the shoulder blades and the thoracic spine which are used for lifting the upper body. This exercise is particularly important as a compensation for „sitting people“, because their shoulder muscles usually have been considerably weakened in this target group.

Training Sequence:

Sit down in a stable upright sitting position.

Adjust the sitting height in such a way that the rotation axis of the apparatus (rubber buffer) is at a level with your shoulder joints.

Place your upper arms with their rear side symmetrically upon the paddings.

Raise your torso with concentration; for that purpose, intentionally tense the muscles of your back and abdomen.

Activity:

Now press the paddings back, in a short but concentrated line of movements, until they are located, more or less, in the elongation of your torso.

Feel how your shoulder blades come closer to each other.

After that, move the arms – slowly braking – forward again. But make sure that the apparatus still gives resistance.

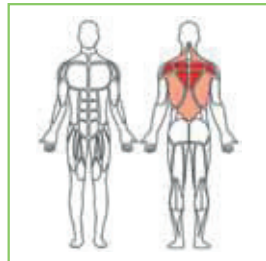
Appealing to these muscles

Main muscle groups:

Rhomboid muscles, Trapezius muscle, Deltoid muscle

Supporting muscles:

Lat muscle, Trapezius muscle, Back extensor





Lat pull-down

Strengthening of shoulder and arm muscles to stabilise the pectoral girdle

The lat pull-down strengthens large muscle groups of shoulder girdle and arms. It particularly trains the lat muscle (m. latissimus dorsi), a fact which is reflected in the name-giving of the apparatus.

Training Sequence:

Sit down in a stable, upright position.

Place your feet symmetrically – depending on your body size – upon the platform or the elevated tread of the frame.

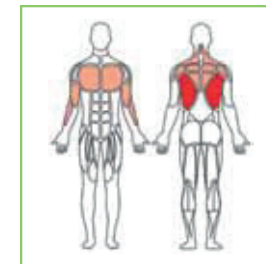
Choose a clasping position according to your body size which offers a good mobility reach.

Activity:

In a flowing movement, pull the lever arms towards your torso.

Stay in this position for a short moment before leading the levers back, slowly braking, towards their initial position.

Make sure that your arms are not completely stretched out.



Appealing to these muscles

Main muscle groups:

Lat muscle

Supporting muscles:

Trapezius muscle, Rhomboid muscles, Deltoid muscle, rear part, Pectoral and elbow flexor musculature



Lateral abdominal trainer

Strengthening of the lateral abdominal musculature

Thanks to the lateral inclination against the apparatus resistance, the trunk muscles of the respective body part which is just being trained will be strengthened. That means, areas of the back muscles as well as abdominal muscles will benefit from it.

Training Sequence:

Place your body in a stable position in a right angle next to the handlebar.

Bend your torso a bit to the side so that it forms a harmonious rounding.

Adapt the position of your feet in such a way that you can clasp the handles with your arms stretched out.

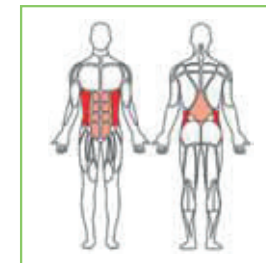
Tense the muscles of your back, abdomen and backside in order to stabilise your back.

Activity:

In a harmonious movement, lift your trunk - against the resistance of the apparatus - over the side and then bend it to the opposite side. In each phase of movement, your head has to be in the elongation of your trunk.

Make sure that your arm always remains stretched out.

After that, slowly return to the initial position keeping the tension of the trunk musculature.



Appealing to these muscles

Main muscle groups:

Square lumbar muscle, Inner and outer oblique abdominal muscles

Supporting muscles:

Back extensor, Straight abdominal muscles



Power bench, sitting

Strengthening of arm extensor and pectoral muscles

When bench pressing in a sitting position, you will train all the muscles which are used for stretching your arms in a horizontal direction. Apart from arm stretchers and pectoral muscles, some other muscles of the shoulder girdle will benefit from this training as well. It also appeals to the entire trunk musculature because the upper body has to be stabilised without a backrest.

Training Sequence:

Sit down in a stable, upright position.

Place your feet symmetrically upon the platform.

Clasp the handlebar symmetrically with firm wrists.

Raise your torso with concentration; for that purpose, intentionally tense the muscles of your back and abdomen.

Activity:

With the power of your shoulder/arm muscles, press the bar forward until your elbows are almost, but not completely, stretched out.

After that, lead your arms back towards your breast - against the pressure of the apparatus - until your upper arms roughly make line with the shoulder axis.

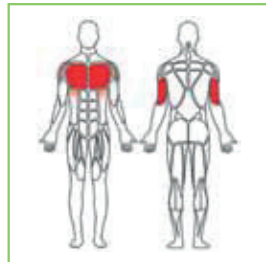
Appealing to these muscles

Main muscle groups:

Triceps arm extensor,
Large pectoral muscle

Supporting muscles:

Deltoid muscle, Serratus anterior





Intuitive

Street wear

Effective

Business outfit

Fast & simple

Corporate Fitness

Your added value for your company and your club

Well-aimed exercise impulses at the workplace are getting more and more important and, when looking ahead, even indispensable.

Any deficiencies caused by physical inactivity and monotonous work may be positively influenced by exercise therapy. As a consequence, maintaining fitness is not only a "private affair" or something to do in your free time, but a permanent challenge, also for employers who care about their employees' health and performance potential.

Short, but well-aimed measures to activate large muscle groups - with a special emphasis on strengthening the muscles around the spinal column - are an absolute must for members of staff. Apparatuses by stilum are safe and easy to operate and can be used even in conventional office clothes.

One sequence takes about 5 to 10 minutes and, as such, is the perfect solution for the regular exercise break recommended by preventive medicine. Apart from the back-training circuit, which has been designed with a special focus on the needs of people with sedentary work, the multi-functional trainer is particularly suited for well-aimed strengthening.

Advantages

- short training intervals
- prevention at the workplace
- easy and intuitional use of apparatuses



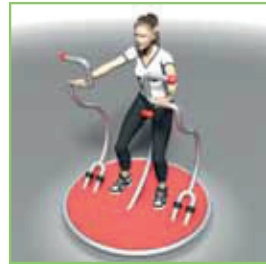


Modular System

Various combination options for perfect training results

Fitness apparatuses by stilum are harmonised and can be combined with each other. In order to reach optimum training effects we have selected a choice of eight apparatuses which, in varying combinations, offer different training units. They range from small full-body basic training for people with not much time and sport novices over back training to the large full-body circuit. In other words, we have the right set to meet any requirement.

We have placed a special emphasis on the functions of the apparatuses: simple, self-explaining training modules suited for people of any age and any training level. High-quality boards explain the exercises and offer tips for well-aimed and efficient training units. For more tips and tricks, consult the stilum app for each apparatus. You feel you need your personal trainer? Simply network with other athletics and exchange experience.



Ideal Training



Boards and video instructions guarantee trouble-free training units. Via QR code and smart phone you can comfortably contact your personal trainer.



Basic Training Circuit

Short units for effective whole-body training

This training course designed for full-body training combines two apparatuses which train the trunk muscles with two others to train the lower or upper extremities. This combination of only four apparatuses covers all the essential muscle groups of your legs, trunk and torso.

The basic circuit is made up of four apparatuses for different parts of the body: legs, abdomen, back and torso.

The Squat appeals to all major muscles in the area of your legs and hips, abdominal and back training strengthen the trunk. The lat pull-down is a multi-functional apparatus designed to train your torso and arms.

This circuit is ideal for small parks and highly-frequented areas where people do not have much time but, nonetheless, look out for effective training possibilities. They get the chance to train all major muscle groups within only five minutes. Two rounds, which can be managed in ten minutes, would be perfect.



Abdominal trainer

Back trainer

Lat pull-down

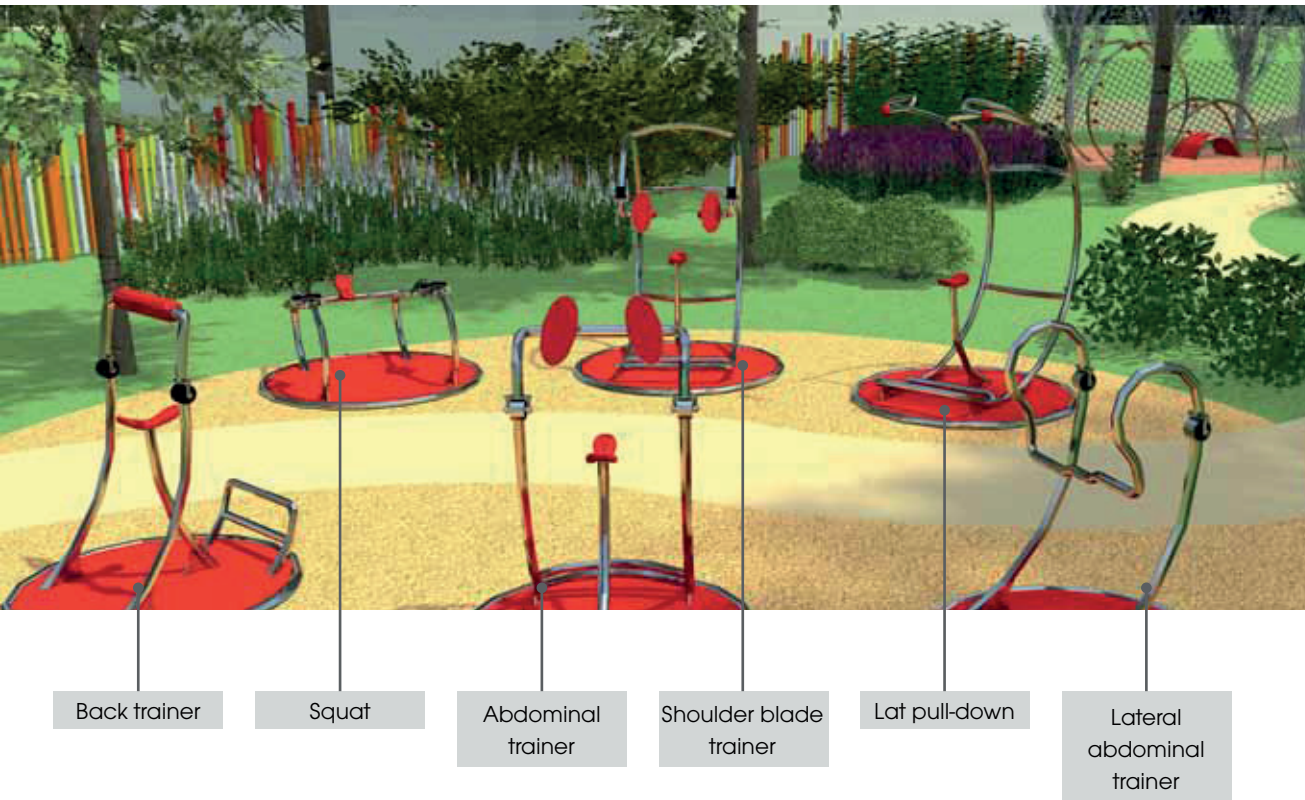
Squat

Strengthening

Stamina
Coordination
Mobility
Relaxation

Back-training circuit plus

Enhanced core training to strengthen deeper muscles



Here the focus lies on sophisticated, well-balanced training of the muscles around the spinal column. The objective of this “Core Training” is to harmoniously boost all the muscles involved in order to perfectly stabilize your back. In view of the widespread back problems, which in most cases can be attributed to muscular weaknesses or imbalances, the back course is particularly important for people’s health. This applies, above all, for “sitting people” or people with sedentary activities who will benefit from this back-training circuit.

Training of the abdominal muscles as the cornerstone of the back course is followed by a training unit on the shoulder blade trainer which focuses on strengthening the, quite often, weakened shoulder blade muscles and, as such, on supporting the lifting process in the area of the thoracic spine. The lat pull-down complements the function of the shoulder blade trainer by strengthening the muscles of the upper arms. Training of the lateral trunk musculature is dedicated to muscle groups which are often neglected as well and which, as a consequence, will benefit accordingly from well-aimed boosting. Training of the trunk musculature is completed by a training unit for the back extensor muscles.

This circuit is highly effective and can be done twice within a period of about 15 minutes.

Strengthening
Stamina
Coordination
Mobility
Relaxation

Complete Training Circuit

Effective whole-body training

Those who want to offer comprehensive full-body training can have recourse to the "Complete Circuit" comprising eight apparatuses.

Following the principle of a compass, the individual muscle groups can be trained one after the other. Due to the fact that the different muscle groups are trained independently, training can be done without any breaks offering a high level of time-efficiency. Assuming a time consumption of appr. 1 minute per apparatus, the entire circuit can be done in appr. 10 minutes with changing times being considered.

Training in compass style offers the additional advantage that several people can train simultaneously and the apparatuses are permanently in use. Those who want even more intensive training can simply add another round of circuit training.



Squat

Back trainer

Power bench

Lat pull-down

Rudder trainer

Shoulder blade trainer

Lateral abdominal trainer

Abdominal trainer

Strengthening
Stamina
Coordination
Mobility
Relaxation



Changing Times

Design and training for all generations

Our society has changed in terms of demography. People are getting older: natural ageing processes, such as muscle degeneration and wear of the joints cause pains and considerably reduce people's quality of life. The risk of getting dependent on care increases and, as a consequence, people's fear of old age as well. It is every individual person's aim to stay healthy and fit as long as possible. With a healthy attitude towards your body this wish can come true.

From the moment of our birth, we start struggling against some sort of resistance, assert ourselves and start life. In other words, we learn to make progress by overcoming resistance.

Competing with resistance by use of our own body weight runs like a common thread through our lives. A young child learns: by supporting myself I can stand up, by pushing against resistance it will give in. Without being aware of it, the musculature required for that is trained and links to our brains are set up, which, once established, will be maintained or further developed as long as we live. What we have learnt once will never get lost; it will be available even after serious accidents or with dementia.

Young children's lives have to do with grabbing and grasping, with balance and coordination. If children are offered sufficient opportunities for these things, e.g. through sports and playing outside, they learn about balance and movements while playing and, at the same time, train the most important human organ of equilibrium, i.e. the vestibular system in our inner ear. Thanks to this system, we are able to consciously orientate ourselves in rooms and control our movements with precision. Once this function is disturbed, dizziness and disorientation may occur.

Effective promotion of senior people

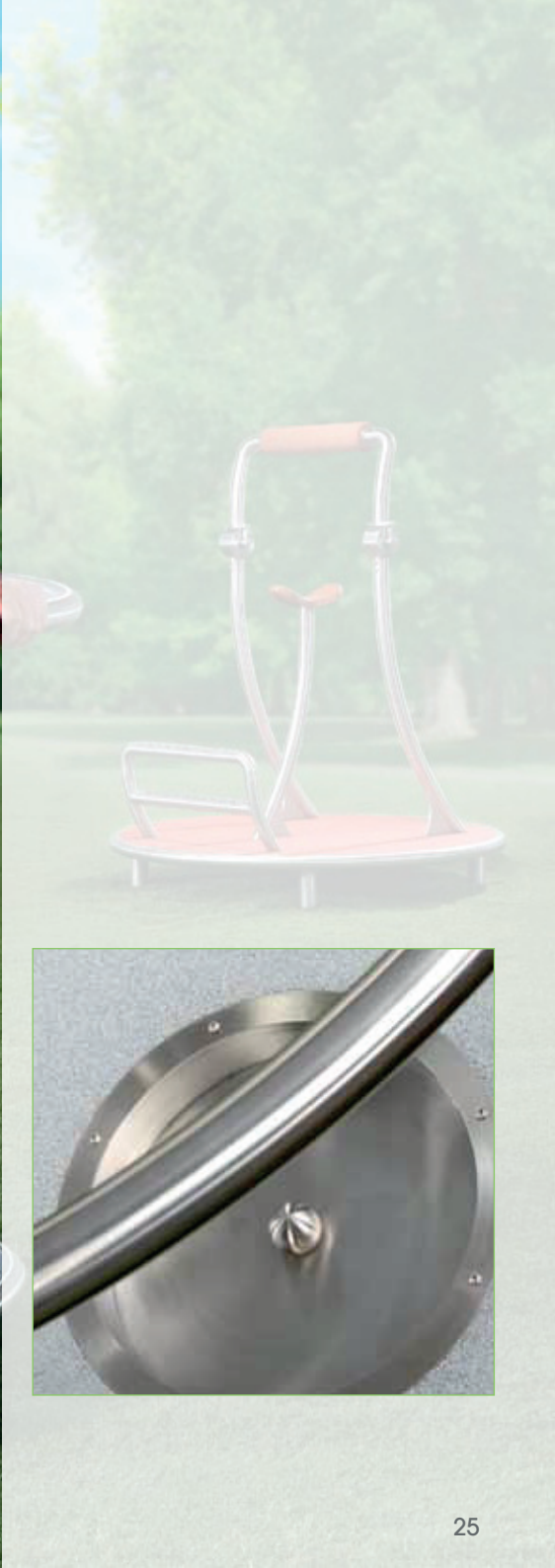
Effectively fighting signs of the times

This is the area where massive restrictions come up when we get older, often due to neurological diseases or restricted blood flow. This process may be prevented or slowed down by well-aimed training:

When training our balance, for example, a large number of cells remember specific sequences. This is very important for people suffering from dementia where neural cells, which are responsible for the performance of their brains, get lost.

Balance apparatuses as well as gym apparatuses by stilum have been developed in cooperation with physicians and physiotherapists. A special emphasis has been placed on the demands of elderly people on these apparatuses. This is why they promote and challenge body and spirit alike. Balance apparatuses in the usual high-quality stilum design encourage users to intuitional training.

Prevention
Coordination
Health
Sense of Balance
Integration





Strengthening

Versatility

Mobility

Practicality

individual

Multifunctional trainer

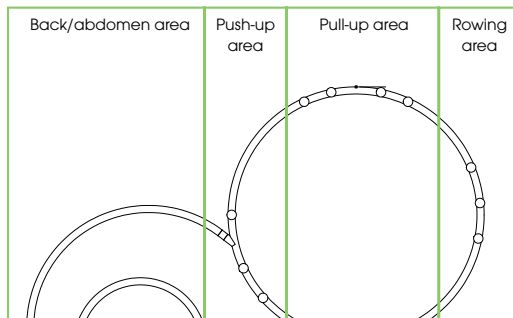
Fitness training with your own body weight

If you want to incorporate a lot of muscles - simultaneously - into your movements, training with your own body weight is ideal. Not only stamina and speed will benefit from it, but also balance, coordination and mobility. In this context, fitness trends such as "Functional Training" have been able to establish. This sort of training is easy to incorporate into our everyday (working) lives. Even easier if a company sets the scene for it.

The multifunctional trainer has been developed to allow for training units as varied as possible: with the result that all major muscle groups are effectively boosted and purposefully stretched.

Exercises with your own body weight are geared towards the reason, i.e. they strengthen the musculature from a merely functional point of view: for example, sitting over long periods of time leads to backache, working on the computer to a stiff neck etc. Specific exercises carried out slowly and while consciously breathing in and out have a stimulating effect on the muscles involved.

The multifunctional trainer offers a variety of options for pull and push exercises for a symmetrical strengthening of the upper body. Thanks to different grasp variants, training intensities can be individually adapted and increased. A special module for the back muscles makes sure that the muscles of back and abdomen are trained and boosted effectively and, at the same time, with due regard to the spinal column.





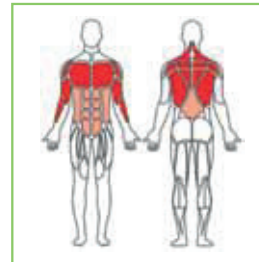
Multifunctional trainer

Fitness training with your own body weight



Pull-ups

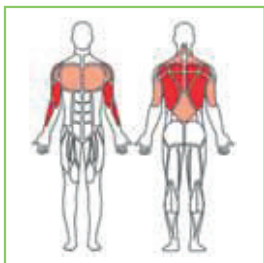
For the upper part of your body, in particular your flexors, there is no exercise which is more efficient than pull-ups. Thanks to different clasping positions, the exercises can be varied in many ways which makes training rich in variety and, as such, even more efficient.





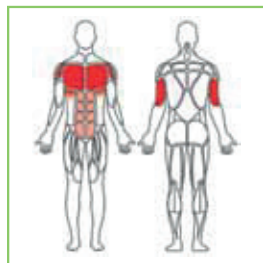
Strokes

Stroke movements carried out in different slants (or vertebra areas) are ideal for training the large muscle groups of the upper body and trunk, because they demand those muscles involved in flexing arms, in particular. The level of difficulty rises the closer you come to the lower grasp variants.



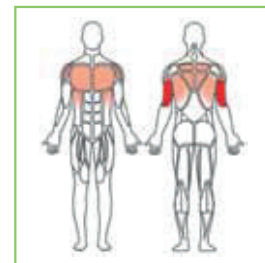
Push-ups

When doing push-ups, nearly all muscles of your torso and trunk are in action. Above all, the muscles which are necessary for stretching your arms are highly challenged. Different clasping heights and variants allow for perfect adaption to individual levels of performance: in almost upright position it is very easy, the lower your clasp the more difficult it gets.



Dips

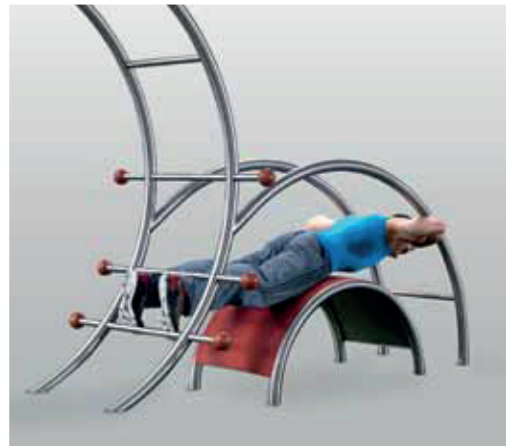
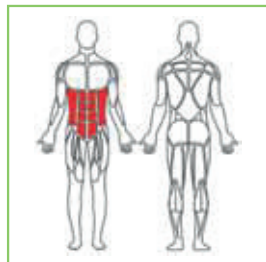
The multifunctional trainer offers perfect conditions for dips. This extremely effective exercise trains the muscles of the shoulder girdle and the arms with a special emphasis being placed on the stretching arm muscles. Beginners may support themselves on their feet.





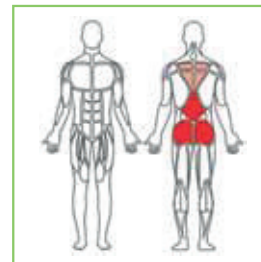
Crunches

Crunches are ideal for well-aimed and back-friendly strengthening of the entire abdominal musculature. The level of difficulty can be individually adapted and increased by taking different positions on the specifically shaped base.



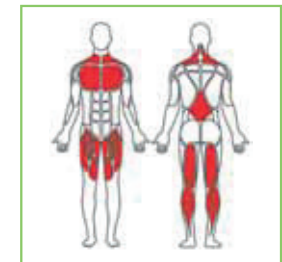
Training of the back extensor

When rolling up the upper part of your body into horizontal extension, your back stretchers in the area of your lumbar spine in interaction with your gluteal muscle are strengthened. Here as well, the specifically shaped contact base allows for functional, adaptable positioning and the possibility of gradually increasing the level of difficulty.



Stretching exercises

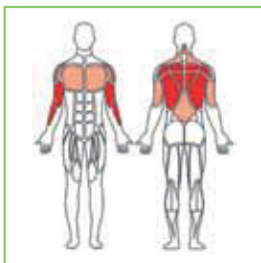
Well-trained muscles are not only strong but also flexible. The multi-functional trainer offers different positioning variants which are required to exactly stretch those muscle areas which often tend to develop so-called „muscle contractions“. This type of training is ideal for improving and maintaining the extensibility of your muscles.





Sling training

This exercise is particularly suited to strengthen the musculature in the area of the shoulder girdle and to stabilize a good body posture. Using the sling trainer makes this exercise even more demanding, in terms of coordination, and more effective.



Yoga

Yoga fans profit from the multifunctional trainer as well. Thanks to the variety of holding and grasping positions, many exercises – e.g. the lotus position displayed – can be effectively supported.





Strengthening
Flexibility
Mobility
Whole-body Training
Versatility

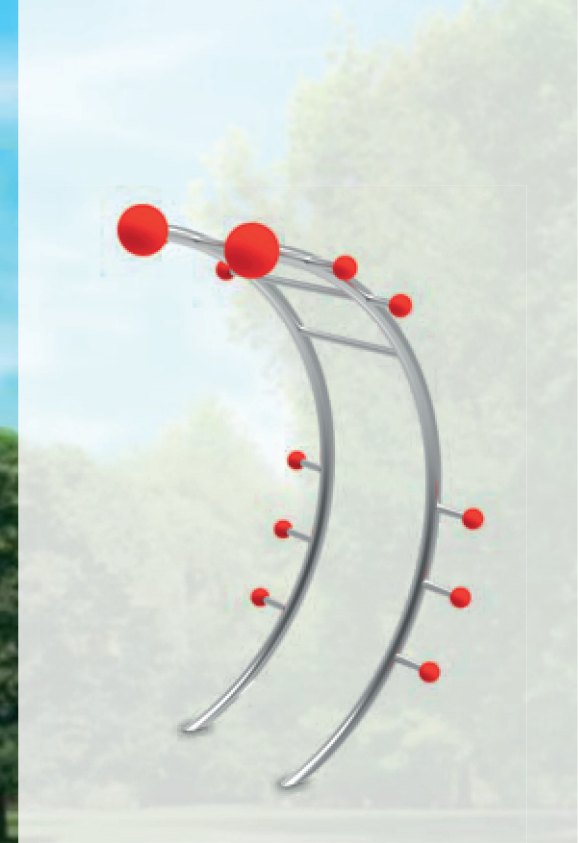
Multifunctional Trainer basic

Small version –
great training opportunities

The Multitrainer basic has been developed, above all, for small park areas, keep-fit trails, gyms and private gardens. This slim, elegant apparatus, just like its big "brother", allows for a variety of training opportunities, such as pull-ups, stretching exercises or pull and push-ups. Counter-gravity training units are demanding for the musculature in a very special way because users have to stem their body weight with the help of their own muscle power.

Apart from effectively strengthening the muscle groups involved, users train the interplay of different body areas as well. The level of intensity of the exercises can be increased or adapted to each user's individual level of fitness. For example, you can carry out push-up exercises using the upper grasp variants at the beginning of the training and later, with increased strength, use the lower handle bars.

The multitrainer basic is, in addition, the perfect apparatus to carry out sling training exercises. This new training method with a rope or sling system is a very effective whole-body training. When training outdoors in natural surroundings people often miss suitable fastening possibilities, which the Multitrainer basic can offer. Thanks to the fact that ropes can be fastened in different heights, individual levels of training intensities can be realized.



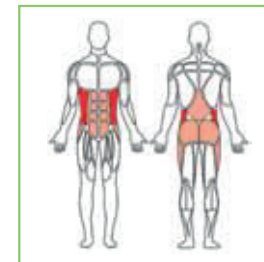
Multi-functional trainer basic

Fitness training with your own body weight



Sling training

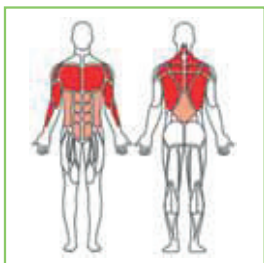
A kickstand trains the muscles of the corresponding body flank – i.e. areas which are not easy to appeal to in standard training and which, as a consequence, are often neglected. When using the sling trainer, the effect of this exercise is even intensified.





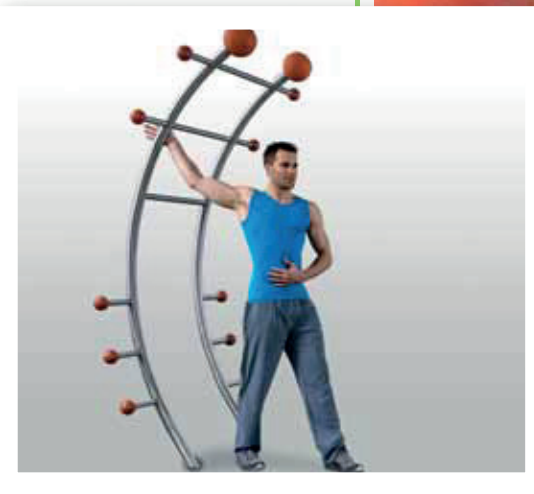
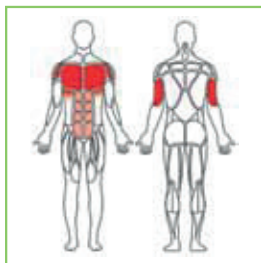
Pull-ups

Advanced athletes get the opportunity of carrying out their pull-ups in different grasp positions and levels of difficulty. With the back of their hands to the body ("instep position"), special emphasis is placed on the activity of the broad back muscle (latissimus dorsi). When placing the hands closer together, like in the „comb position“ with the palms of the hands towards the body, the main stress is relocated to the arm flexors ("biceps").



Push and pull exercises

With push-ups, a large portion of the muscles of the upper body and the torso are strengthened, above all the arm flexors and pectoral muscles. With pull exercises (see also illustration on page 34, left side, a special focus is placed on the arm flexors and the musculature in the rear shoulder and shoulder blade area. Different grasp positions can be used to adjust the level of difficulty.



Stretching exercises

For most stretching exercises, different grasp and support options, which are adequate for each individual athlete, are advantageous, sometimes they are even a prerequisite. Depending on body size and exercise, each athlete will find suitable fixing positions in order to effectively stretch all major muscle areas.





Fitness bike

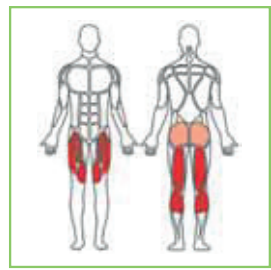
Stamina training for strengthening your leg musculature

Regular stamina training will boost your cardiovascular system, activate your metabolic system and strengthen your immune defense system. Additionally, the muscles of your lower and upper legs will be strengthened and tightened.

For those who want to train their stamina in a joint-friendly way, the fitness bike is the right thing. Thanks to the fact that your body weight is carried by the saddle, the activity can exclusively concentrate on the musculature of your legs. The movements are easy to carry out and control. That means, it allows for individual dosing of the strain requested, e.g. with the help of a pulse monitor.

The fitness trail in your garden!

Training aimed to improve people’s physical condition is interesting for all age groups alike. Doing physical exercise in the open air in combination with a simple and unchanged course of movements does not only strengthen the cardiovascular system but it also promotes fat-burning processes when used over a longer period of time. With the fitness bike, you train either in a standing or in a sitting, i.e. joint-friendly, position. And the entire training takes place in your own garden! This fact saves you time and costly journeys to special training places because your cycling or running course is right in front of your own house.



Appealing to these muscles

Main muscle groups:
 Quadriceps extensor,
 Large gluteal muscle, Calf muscle

Supporting muscles:
 Hamstring muscles

Crosstrainer

Stamina training to strengthen the muscles of your legs, backside and arms

A crosstrainer is the ideal training equipment to tighten legs and backside. The new crosstrainer by stilum offers you the opportunity of comfortably training and shaping your body in your own garden, irrespective of the opening hours of a gym.

The more muscles are applied during training the better the training effect. No wonder that, by now, crosstrainers have become the number one on the popularity scale of stamina equipment. Due to the fact that training takes place in an upright body position, they are perfectly suited for people with "sitting jobs" who will find their contrast exercise to permanent sitting.

How to shape your body!

Regular training on the crosstrainer will strengthen all muscle groups and contribute to continuous improvement of your physical condition. With the new stilum crosstrainer, joint-friendly training can now comfortably take place in your own garden. The apparatus is made of weather-resistant stainless steel, the materials used will only require an extremely low level of maintenance.

Experience effective body-shaping on your doorstep!

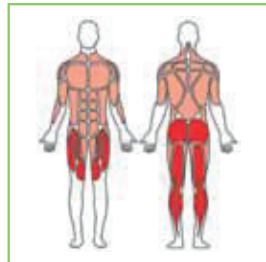
Appealing to these muscles

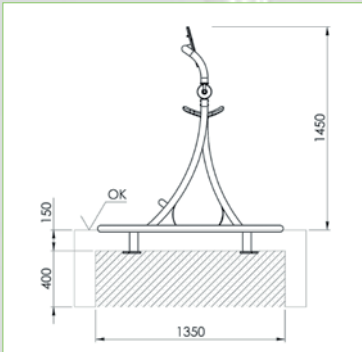
Main muscle groups:

Quadriceps extensor,
Large gluteal muscle, Calf muscle

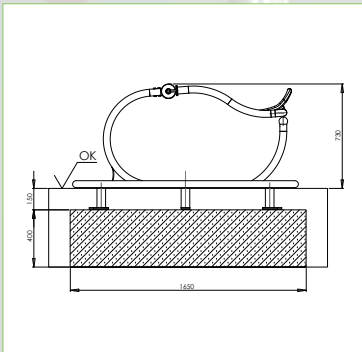
Supporting muscles:

Entire trunk, shoulder girdle and arm musculature, Adductor and abductor musculature

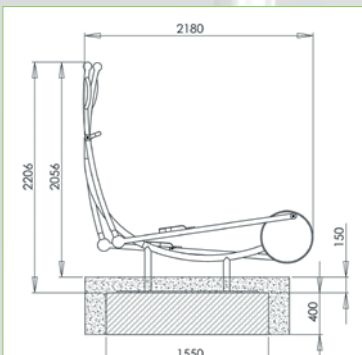




Apparatus with base plate \varnothing 140 cm



Apparatus with base plate \varnothing 160 cm



Crosstrainer

Mounting Instructions

Fast and Simple Installation

Installation of our apparatuses is fast and easy in concrete foundations. The apparatuses are delivered pre-assembled so that you can simply place them onto the foundations and screw them onto the concrete.

Equipment with apparative resistance

Two different concrete plates with different diametres are available. The alongside installation drawings are exemplary for the different base plates and can be applied for all other apparatuses as well.

Apparatuses with base plate of \varnothing 160 cm

- Squat
- Lat pull-down
- Shoulder blade trainer

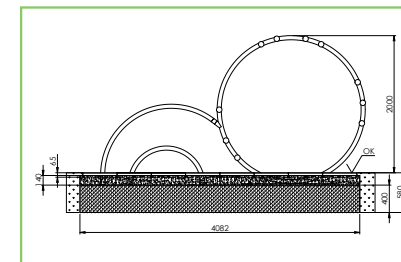
Apparatuses with base plate of \varnothing 140 cm

- Abdominal trainer
- Back trainer
- Lateral abdominal trainer
- Power bench, sitting
- Rudder trainer

Multifunctional trainer and cardio-apparatuses

Multifunctional trainers and cardio-apparatuses are delivered with base plates which are screwed onto the concrete foundation.

Simple and fast installation is also guaranteed for this type of apparatuses. **Please see our detailed mounting instructions which are delivered with every training item!**



Multi-functional trainer

How can we help you?

Bringing generations together in public spaces – the stilum concept of fitness apparatuses works out and allows for preventive health care from the beginning. According to the latest scientific findings, promotion of children and infants is regarded as active prevention as well.

We will assist you when planning and realizing generation places. Our one-stop service means planning security and reliability of a reference person. From visualizing the area beforehand via installation of the apparatuses to landscape designing, you can trust our skills and competences.

Feel free to contact us at any time!
We are looking forward to your call!

Get in contact!



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