

# TRAMP TRAINER TT®

# FREI

## Types of training

- Mobilisation
- Elasticity
- Reactive strength
- Muscular endurance
- Cardiovascular
- Coordination



## Areas of application for the Tramp Trainer®

- Rehabilitation after operations
- Mobilisation of the joints
- Improving motor functions and sense of balance
- Stimulating lymphatic flow
- Stimulating metabolism and digestive system organs
- Stabilising the pelvic floor
- Fitness training:
  - Cardiovascular training
  - Muscle formation
- Sports training / competitive sports:
  - Muscle formation
  - Elasticity training
  - Jumping power training

## Technical data

- Medical device
- Angle of training surface adjustable in increments over a range of approx. 5 - 22°
- Elements of seating unit are continuously adjustable
- Dimensions: D x W x H = 255 x 110 x 180 cm
- Weight: approx. 150 kg
- Frame colour: platinum metallic

## Options

Tramp Trainer® platform

Tramp Trainer® accessories stand

Tramp Trainer® workbook „Der Tramp Trainer TT in der Therapie“

**Do you have any questions? We will be delighted to advise you and provide you an individual and non-binding offer.**

**FREI AG** Tel. 07661 / 9336 – 0 | Fax: 07661 / 9336 – 50 | [info@frei-ag.de](mailto:info@frei-ag.de) | [www.frei-ag.de](http://www.frei-ag.de)

**FREI SWISS** Tel. 043-811 47 00 | Fax: 043-811 47 01 | [info@frei-swiss.ch](mailto:info@frei-swiss.ch) | [www.frei-swiss.ch](http://www.frei-swiss.ch)

**FREI Nord** Tel. 040 890 61 63 | Fax 040 890 61 649 | [info@frei-nord.de](mailto:info@frei-nord.de) | [www.frei-nord.de](http://www.frei-nord.de)