



## KOORDIwood

Perfect your training programme with a **focus on coordination** and **cognitive training**.

## DIRECT FINANCING

Investing made easy.  
Conserve liquidity by financing your business equipment finance.

## GYMe-fascia

GYM-e-fascia provides deep stimulation and relaxation of the myofascial myofascial tissue.  
**Also available with a bench.**



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## GYM WOOD

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# GYMwood

**FLE-XX BY GYMWOOD – MULTIFUNCTIONAL SPORTS EQUIPMENT MADE OF WOOD**  
DEVELOPMENT & MANUFACTURING – EVERYTHING FROM A SINGLE SOURCE

Berthold Mayer has been running a carpentry shop in Bad Saeckingen on the Swiss border since 1993. His passion and love for wood as well as his expertise is known far beyond the borders of Bad Saeckingen.

Since 2012, the master carpenter and his team of 15 people have been producing the equipment for the “fle-xx backbone concept”. In 2020, Berthold Mayer took over the entire direct sales, production, service and assembly of fle-xx devices and integrated them into his family business GYMwood.

As there is often a lack of space for stretching and mobility exercises in gyms and physiotherapy practices despite the demand for stretching and mobility exercises, the master carpenter came up with the idea to depict the exercises made possible by the fle-xx circle on a wall. This created a space-saving alternative to the circle – the GYMwall.



# GYM<sup>e6</sup>

9.990 €

**With our specially developed digital GYM-e6, you can enjoy a wide range of functions in the smallest of spaces.**

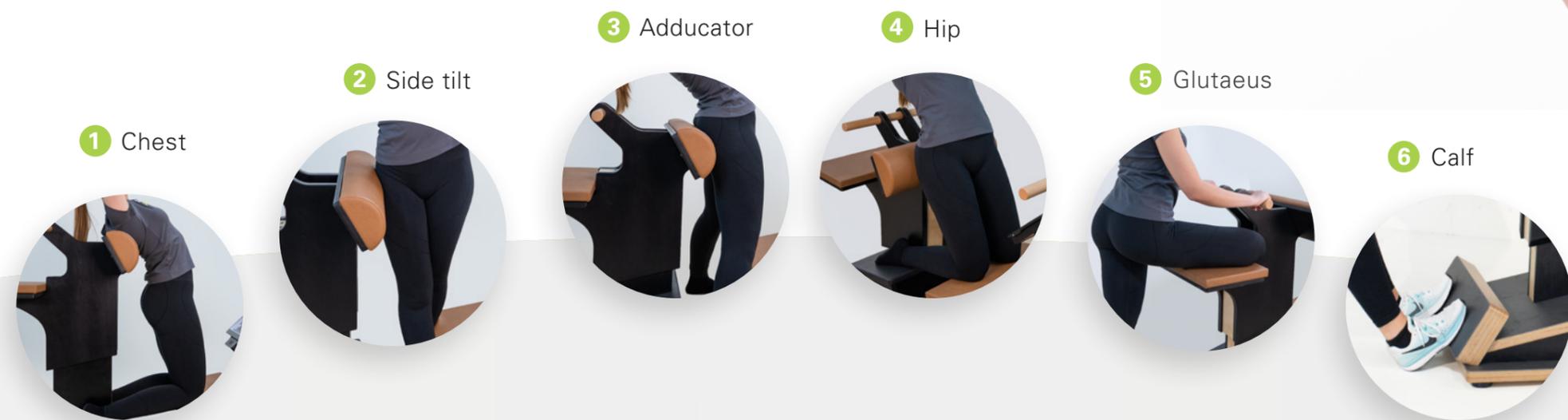
13.3" touch screen and the electric flexibility module take your training experience to the next level and digitalise your studio. The GYM-e6 is open to any software on the market. The great advantage of the device lies not only in the space-saving design, which combines six mobility devices on approx. 1m<sup>2</sup>, but also in the innovative combination of our high-quality and natural wooden construction with modern training computers.

This makes the GYM-e6 ideal for the holistic health sector.

Save time and personnel by saving your personal settings and training successes. The GYM-e6 takes over the stored data and adjusts the individual modules to the appropriate dimensions. For example, all stretching exercises can be carried out automatically one after the other on 1m<sup>2</sup> without the need for staff.

Fast and effective training is made possible by displaying the exercise sequences on the screen. Light and vibration signals indicate the optimal training and break times, making training comfortable and safe. The GYM-e6 is designed so that all exercises can be performed with or without shoes.

**WATCH EXERCISE VIDEOS**



1 Chest

2 Side tilt

3 Adductor

4 Hip

5 Gluteus

6 Calf



# KOORDIwood

14.990 €

**Perfect your training programme with a focus on coordination and cognitive training.**

Coordination is crucial for injury and fall prevention and, alongside mobility, is the perfect basis for efficient strength, speed and endurance training. The KOORDIwood enables individually customisable entry levels for every user, both for top athletes and recreational athletes, for children and young people, for patients before and after operations and people with neurological diseases such as stroke, Parkinson's, multiple sclerosis, dementia and others.

Coordination training becomes simple, effective and attractive. Use this innovative solution for better balance, more control of all movements with better muscle interaction, avoid incorrect loading and thus gain more safety.



## TRAINING GOALS:

- 1 Improvement of coordination and cognition
- 2 Reduces the risk of injury and fall risk
- 3 Training of the deep muscles & the pelvic floor
- 4 Improves blood circulation
- 5 Strength and endurance training

**WATCH EXERCISE VIDEOS**





# WOODwave

12.480 €

**Discover the fusion of elegance and performance with the WOODwave, an exclusive co-operation between GYMwood and SiWAVE.**

With its unique oscillation technology, the natural sine wave principle, the side-alternating platforms and the additional wobble function, the WOODwave revolutionises your training experience, supports the natural gait and the functionality of the entire body.

The extended screen enables even more intuitive operation, while the SiWAVE's proven technology stands for precision and efficiency. Change the amplitude by simply moving forwards and backwards, maintain your individual stride width and determine the intensity of the oscillation or vibration with the unique „0“ point.

Whether in everyday life or in sport, the WOODwave is your versatile companion and adds a new dimension to your training.



## TRAINING GOALS:

- 1 Reduces the risk of injury and falls
- 2 Training of the deep muscles & pelvic floor
- 3 Improves blood circulation
- 4 Improves coordination and cognition

**WATCH  
EXERCISE VIDEOS**





# GYM-e-fascia

WITHOUT BENCH  
3.990 €  
WITH BENCH  
5.181 €

The GYM-e-fascia, equipped with an intensive roller, provides deep stimulation and relaxation of the myofascial tissue in a very short time.

The massage device supports regeneration, relieves tension, promotes blood circulation, loosens congested connective tissue and also stimulates the lymphatic system.

## Particularly effective are applications for:

- 1 Muscle tension
- 2 Mobility restrictions
- 3 Weakness of the connective tissue
- 4 Dietary changes
- 5 Fasting, metabolic cures



WATCH  
EXERCISE VIDEOS



## AREAS OF APPLICATION:

- 1 Buttocks and hips
- 2 Waist and belly
- 3 Feet and calf
- 4 Thighs
- 5 Shoulder and back
- 6 Upper and lower arms



2.250 €

## GYMroll

Our fascia roller makes it possible to roll out the fascial structures, so that both the upper back and the thoracic spine can be better mobilised.

Due to the recesses of the fascia rollers, the fascia massage takes place on the left and right of the spine over a wide area and less selectively, which protects them.

The training is possible from a normal sitting height and is therefore much more pleasant than rolling on the floor.



### MOBILISATION, STRETCHING & FASCIAL MASSAGE FROM:

- 1 Thoracic spine
- 2 upper back
- 3 Intermediate ribs

**new classic**

2.977 €  
per unit

The New-Classic series stands out for its high-quality, natural look made of solid wood oak and surfaces sealed with clear lacquer. In addition, all adjustable mechanisms are single-handed for optimal use and can also be operated during training.

The high-quality stainless steel components perfectly complement the combination of appearance and quality. All parts remain odourless and easy to clean thanks to weld-proof padding. In order to maintain the hygiene permanently, there is a cleaning edge under the appliance.

1.115 €

Weight tower and bench available as accessories.

865 €



new classic  
**SPLIT**

- ✓ Posterior thigh
- ✓ Calves
- ✓ Hip flexors
- ✓ Squamous muscle
- ✓ Large lumbar muscle

new classic  
**HIP**

- ✓ Hip
- ✓ Large lumbar muscle
- ✓ Anterior thighs
- ✓ Stomach

new classic  
**CHEST**

- ✓ Chest
- ✓ Stomach
- ✓ Large lumbar muscle
- ✓ Back

new classic  
**NECK**

- ✓ Neck

new classic  
**LEG EXTENSION**

Exercise 1

- ✓ Quadriceps
- ✓ Large lumbar muscle
- ✓ Adductor group
- ✓ Stomach

Exercise 2

- ✓ Chest
- ✓ Anterior saw muscle

new classic  
**CALF**

- ✓ Calves
- ✓ Leg flexors
- ✓ Squamous muscle
- ✓ Posterior thigh
- ✓ Chest

new classic  
**SIDE TILT**

Exercise 1

- ✓ Lateral fascia
- ✓ Back

Exercise 2

- ✓ Adductor group
- ✓ Back

new classic  
**BRIDGE**

- ✓ Stomach

new classic  
**GLUTAEUS**

- ✓ Gluteal muscle
- ✓ Hip
- ✓ External gluteal musculature

**new classic dark**

2.977 €  
per unit

We are happy to supply all devices of the New-Classic series also in our noble Dark version. This is dark stained oak.

865 €



Weight tower and bench available as accessories.

1.115 €



**WATCH EXERCISE VIDEOS**



new classic dark  
**SPLIT**

new classic dark  
**HIP**

new classic dark  
**CHEST**

new classic dark  
**NECK**

new classic dark  
**LEG EXTENSION**

new classic dark  
**CALF**

new classic dark  
**SIDE TILT**

new classic dark  
**BRIDGE**

new classic dark  
**GLUTAEUS**

- ✔ Posterior thigh
- ✔ Calves
- ✔ Hip flexors
- ✔ Squamous muscle
- ✔ Large lumbar muscle

- ✔ Hip
- ✔ Large lumbar muscle
- ✔ Anterior thighs
- ✔ Stomach

- ✔ Chest
- ✔ Stomach
- ✔ Large lumbar muscle
- ✔ Back

- ✔ Neck

Exercise 1

- ✔ Quadriceps
- ✔ Large lumbar muscle
- ✔ Adductor group
- ✔ Stomach

Exercise 2

- ✔ Chest
- ✔ Anterior saw muscle

- ✔ Calves
- ✔ Leg flexors
- ✔ Squamous muscle
- ✔ Posterior thigh
- ✔ Chest

Exercise 1

- ✔ Lateral fascia
- ✔ Back

Exercise 2

- ✔ Adductor group
- ✔ Back

- ✔ Stomach

- ✔ Gluteal muscle
- ✔ Hip
- ✔ External gluteal musculature

**flexx  
wood**

1.287 €  
per unit

Our new flexx wood series is strongly based on the previous fle-xx devices. The new flexx wood devices are also made of birch plywood. Also like the New-Classic-Oak series, this series is also painted dark brown.

As with both New-Classic variants, the flexx wood series is delivered with the high-quality leather upholstery. The wooden guides of the devices can be easily adjusted with one hand.



flexx wood  
**SPLIT**

- ✓ Posterior thigh
- ✓ Calves
- ✓ Hip flexors
- ✓ Squamous muscle
- ✓ Large lumbar muscle

flexx wood  
**HIP**

- ✓ Hip
- ✓ Large lumbar muscle
- ✓ Anterior thighs
- ✓ Stomach

flexx wood  
**CHEST**

- ✓ Chest
- ✓ Stomach
- ✓ Large lumbar muscle
- ✓ Back

flexx wood  
**NECK**

- ✓ Neck

flexx wood  
**LEG EXTENSION**

Exercise 1

- ✓ Quadriceps
- ✓ Large lumbar muscle
- ✓ Adductor group
- ✓ Stomach

Exercise 2

- ✓ Chest
- ✓ Anterior saw muscle

flexx wood  
**CALF**

- ✓ Calves
- ✓ Leg flexors
- ✓ Squamous muscle
- ✓ Posterior thigh
- ✓ Chest

flexx wood  
**SIDE TILT**

Exercise 1

- ✓ Lateral fascia
- ✓ Back

Exercise 2

- ✓ Adductor group
- ✓ Back

flexx wood  
**BRIDGE**

- ✓ Stomach

flexx wood  
**GLUTAEUS**

- ✓ Gluteal muscle
- ✓ Hip
- ✓ External gluteal musculature

**new classic CDF**

2.197 € per unit

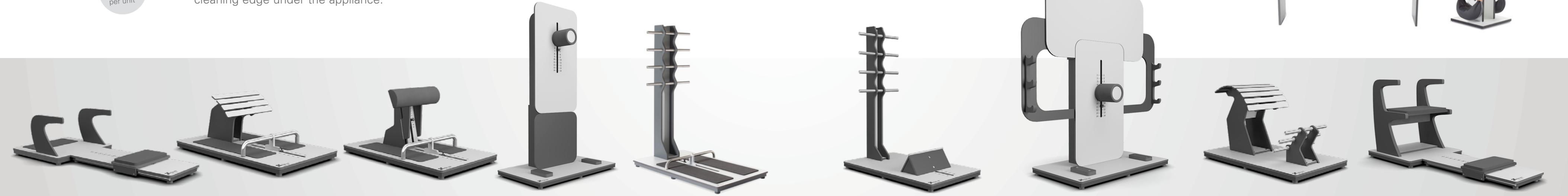
The New-Classic-CDF series is made of scratch-resistant Dibond composite material. This ensures safety, stability as well as hygienic and easy-to-clean surfaces. The single-handed adjustable mechanisms made of high-quality. Stainless steel offer easy handling of all devices.

Even after repeated use, the devices remain odourless due to the weld-proof padding. To prevent unwanted dirt accumulation and complicated cleaning of the floor, there is a cleaning edge under the appliance.

Weight tower and bench available as accessories.

1.115 €

865 €



new classic CDF  
**SPLIT**

- ✓ Posterior thigh
- ✓ Calves
- ✓ Hip flexors
- ✓ Squamous muscle
- ✓ Large lumbar muscle

new classic CDF  
**HIP**

- ✓ Hip
- ✓ Large lumbar muscle
- ✓ Anterior thighs
- ✓ Stomach

new classic CDF  
**CHEST**

- ✓ Chest
- ✓ Stomach
- ✓ Large lumbar muscle
- ✓ Back

new classic CDF  
**NECK**

- ✓ Neck

new classic CDF  
**LEG EXTENSION**

Exercise 1

- ✓ Quadriceps
- ✓ Large lumbar muscle
- ✓ Adductor group
- ✓ Stomach

Exercise 2

- ✓ Chest
- ✓ Anterior saw muscle

new classic CDF  
**CALF**

- ✓ Calves
- ✓ Leg flexors
- ✓ Squamous muscle
- ✓ Posterior thigh
- ✓ Chest

new classic CDF  
**SIDE TILT**

Exercise 1

- ✓ Lateral fascia
- ✓ Back

Exercise 2

- ✓ Adductor group
- ✓ Back

new classic CDF  
**BRIDGE**

- ✓ Stomach

new classic CDF  
**GLUTAEUS**

- ✓ Gluteal muscle
- ✓ Hip
- ✓ External gluteal musculature

**new basic**

897 €  
per unit

With the fle-xx New-Basic series, the studio is equipped for all occasions.

It increases therapeutic competence, the members benefit from the successful back & joint concept and at the same time the budget is spared.

Weight tower and bench  
available as accessories.



new basic  
**SPLIT**

new basic  
**HIP**

new basic  
**CHEST**

new basic  
**NECK**

new basic  
**LEG EXTENSION**

new basic  
**CALF**

new basic  
**SIDE TILT**

new basic  
**BRIDGE**

new basic  
**GLUTAEUS**

- ✓ Posterior thigh
- ✓ Calves
- ✓ Hip flexors
- ✓ Squamous muscle
- ✓ Large lumbar muscle

- ✓ Hip
- ✓ Large lumbar muscle
- ✓ Anterior thighs
- ✓ Stomach

- ✓ Chest
- ✓ Stomach
- ✓ Large lumbar muscle
- ✓ Back

- ✓ Neck

Exercise 1

- ✓ Quadriceps
- ✓ Large lumbar muscle
- ✓ Adductor group
- ✓ Stomach

Exercise 2

- ✓ Chest
- ✓ Anterior saw muscle

- ✓ Calves
- ✓ Leg flexors
- ✓ Squamous muscle
- ✓ Posterior thigh
- ✓ Chest

Exercise 1

- ✓ Lateral fascia
- ✓ Back

Exercise 2

- ✓ Adductor group
- ✓ Back

- ✓ Stomach

- ✓ Gluteal muscle
- ✓ Hip
- ✓ External gluteal musculature

**new  
studio**

2.327 €  
per unit

The high-quality New-Studio series, made of dark stained solid wood oak, contributes to a noble appearance in every room.

With all devices the kneeling is completely bypassed. The rubber tread is easy to clean. The padding is made of high-quality brown leather, which remains odorless and is also easy to clean.



new classic  
**HIP**

- ✔ Hip
- ✔ Large lumbar muscle
- ✔ Anterior thighs
- ✔ Stomach



new classic  
**CHEST**

- ✔ Chest
- ✔ Stomach
- ✔ Large lumbar muscle
- ✔ Back



new classic  
**CALF**

- ✔ Calves
- ✔ Leg flexors
- ✔ Squamous muscle
- ✔ Posterior thigh
- ✔ Chest



new classic  
**SIDE TILT**

- Exercise 1
- ✔ Lateral fascia
- ✔ Back
- Exercise 2
- ✔ Adductor group
- ✔ Back



new classic  
**GLUTAEUS**

- ✔ Gluteal muscle
- ✔ Hip
- ✔ External gluteal musculature

**all-in  
ONE**

5.837 €  
per unit

With our specially developed all-in-ONE device you can enjoy all the benefits and full functionality of our popular New-Classic-Oak series.

The fle-xx all-in-ONE device offers a combination of all fle-xx New-Classic-Dark devices. The big advantage of the all-in-ONE unit is the space-saving design, which requires only 4m<sup>2</sup> of space. This makes the device particularly popular in physiotherapy practices, smaller studios, wellness centers and business hotels.

Offer your customers maximum efficiency with minimal space requirements!



## EXERCISE SELECTION

- 1 Split
- 2 Hip
- 3 Chest
- 4 Leg Extension
- 5 Calf
- 6 Side tilt
- 7 Glutaeus





## WOODvibro

1.850 €

**The compact version of our popular belt massager is the perfect addition to your GYMwall experience. Position it flexibly at the height of the GYMwall and treat yourself to pure relaxation.**

The powerful special motor with two massage programmes has a fascinating deep stimulation and guarantees a soothing and targeted effect. The belt massage promotes blood circulation, leads to more relaxation and loosening of the muscles, tightens the connective tissue and helps you fight cellulite.

The WOODvibro is available in 2 versions: in birch multiplex and New Classic Dark.



## GYM-e-Wall

36.800 €

**Our variable and modular GYMwall becomes digital and thus the first digital training wall made of wood and metal.**

By integrating a 13.3 inch touch screen and the first electrical mobility modules in one wall, your training experience will be taken to the next level and your studio will be digitized. The GYM-e-Wall is open to any software on the market.

The GYM-e-Wall is ideal for the holistic health area in your studio.

In addition, the GYM-e-Wall can be individually adapted to any room. It may: on request also stand free. Since no wall mounting is necessary, it can also be used as room dividers.



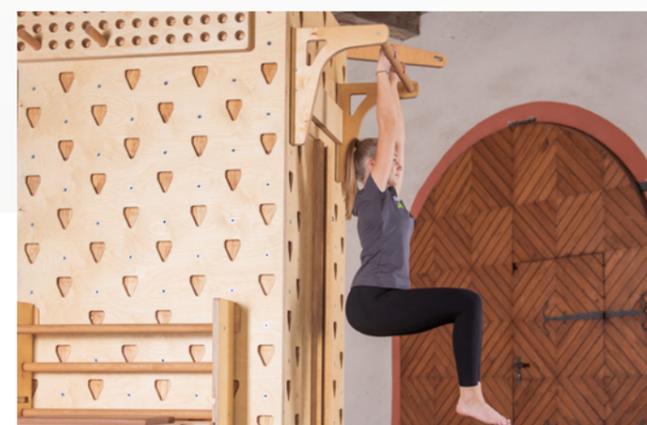
# GYMtower

6.830 €

**The GYMtower is a variable and modular training tower, with different plug-in elements.**

Punching bags, 4D-Pro and other suspension modules can be attached to the load rack.

Suitable for personal training, Functional Fitness, Calisthenics, Biokinematics and Mobility, Climbing, Yoga, Pilates, Physio- and Occupational Therapy both in the studio and practice area as well as in the company and at home.





2.587 €

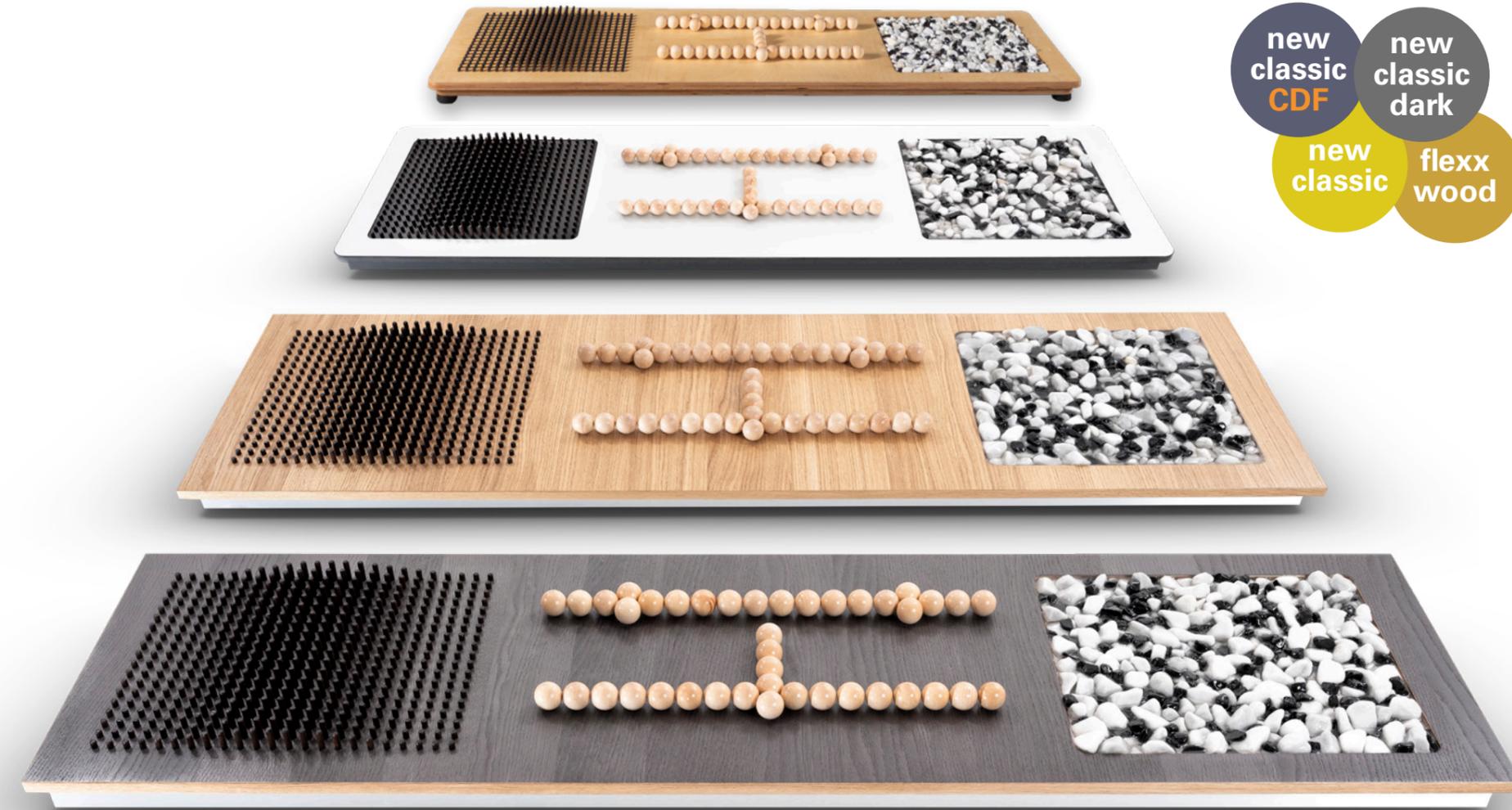
## THE FLE-XX FOOT BOARD

The fle-xx foot board offers an extension of the fle-xx module and thus the possibility to train the entire myofascial as well as neuromuscular system to its full extent.

Most people do not “feel” their feet. With everything our feet do for us, we take them for granted. They should be stimulated, strengthened and stretched like any other part of the body.

Therefore barefoot exercises are also an integral part of training for many athletes.

In addition, exercises for the soles of the feet are a great training for mindfulness. Walking barefoot over small rocks or forest paths requires full attention.



Available in the series:

new  
classic  
CDF

new  
classic  
dark

new  
classic

flexx  
wood



1.677 €

# GYMboard

**A multifunctional training device and space saving miracle. For home and work.**

The GYMboard also serves, like our GYMtrigger, as an element to relieve muscle tension.

The advantage of the GYMboard is that it can be mounted on a wall in a space-saving way. Perfect for home, small studios and the workplace (BGF- and BGM-concept).





# GYMtrigger

2.587 €

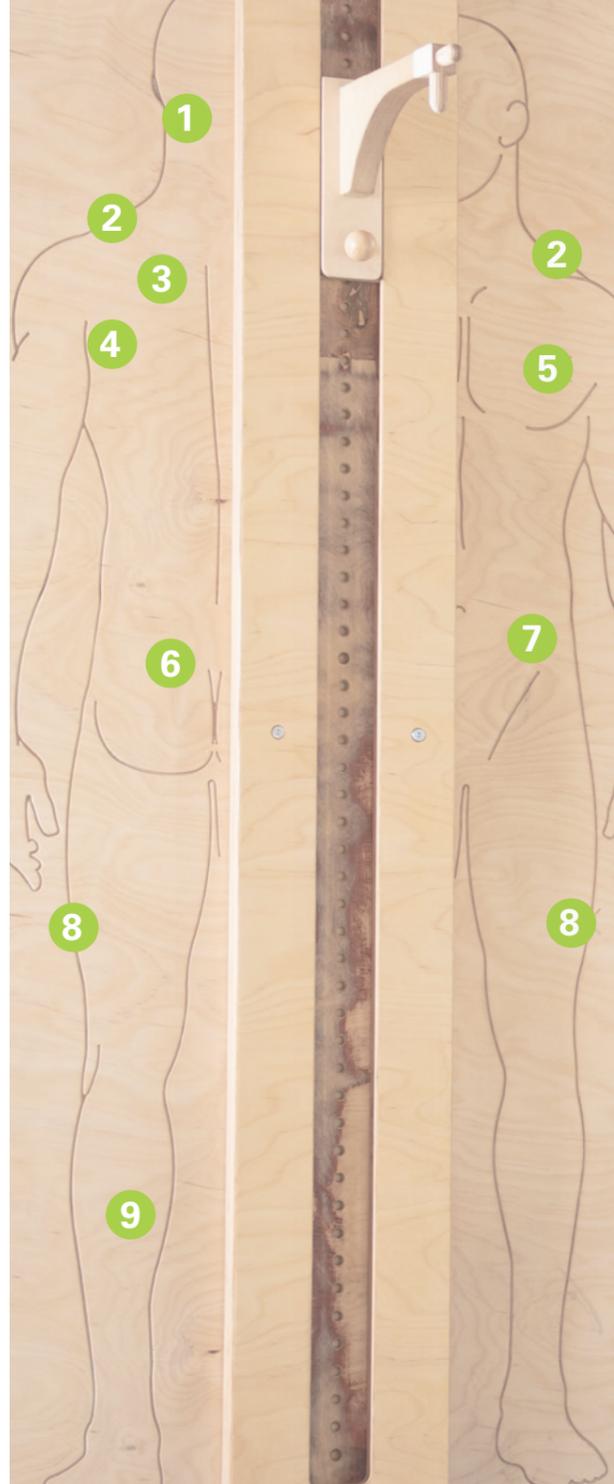
**Our trigger wall can be used by the user without wall mounting due to the stable foot.**

By placing the trigger elements in the splint, the different muscles can be targeted. In addition, thanks to the milling on the two side elements, it is explained where triggering can be done.



## TRIGGER POINTS

- 1 Head
- 2 Neck
- 3 Shoulder
- 4 Back
- 5 Chest
- 6 Buttocks
- 7 Hip
- 8 Thighs
- 9 Calf



# ORDER DIRECTLY FROM THE MANUFACTURER IN THE BLACK FOREST

Allmendgruett 2-4 | 79713 Bad Saeckingen | DE  
hello@gym-wood.com | [www.gym-wood.com](http://www.gym-wood.com)

## §20 TRAINING

You can find all information about training according to §20 on our website!



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TRAINER (IHK)

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ALL PRICES, DIMENSIONS  
& THE WEIGHT  
OF OUR UNITS CAN BE FOUND HERE



## YOU WANT TO BE PART OF THE DIGITALISATION IN THE FITNESS INDUSTRY? – BECOME A SALES PARTNER NOW

We are looking for sales partners in the DACH region for a long-term cooperation with attractive remuneration.

