

FLEXVIT™
BANDS RELOADED



Product Catalogue 2018/19
www.flexvit.band

APPLICATIONS

- Training at home and on the move (hotel, office, beach)
- Personal Training
- Rehab training
- Athletic training in all sports
- Prehab before any training sessions
- Group training in clubs and gyms
- Corporate Health Management
- Outdoor and Crossfit training
- Additional tool for Pilates, Yoga, etc.



CHARACTERISTICS



MULTI BAND - SMART DESIGN

Adjusted to fit
the normal "range of motion"
for a meaningful and effective force curve

Different loops
for quick adaptation to any body size,
exercise and / or intensity



Slot to fixate the band
to a doorknob or
FLEXVIT multi-anchor
(at the middle of the band)

Loops
for quick fixation make it
unnecessary to wind the band
around the hand

Loop size big enough
to slip your feet in (with shoes)



41111 „rehab“ single
41101 „rehab“ team pack

Stretch  200%

Resistance  very easy



41112 „core“ single
41102 „core“ team pack

Stretch  200%

Resistance  light



41113 „prehab“ single
41103 „prehab“ team pack

Stretch  170%

Resistance  moderate



41114 „athletic“ single
41104 „athletic“ team pack

Stretch  170%

Resistance  solid

FLEXVIT *MINI*

- FUNCTION:**
- Varied uses in functional fitness training, rehabilitation and athletics training
 - Exercises to stabilise and activate muscles and muscle chains

SIZE: approx. (l) 32 cm x (b) 5.8 cm

- Each item (single, set or team pack) including a wash net for washing, drying, and storing the item as well as an exercise card.





FLEXVIT *MINI*



41115 „**power**“ single
41105 „**power**“ team pack

Stretch  170%

Resistance  strong



41116 „**professional**“ single
41106 „**professional**“ team pack

Stretch  170%

Resistance  extreme



41131 „**basic**“ set of 3
yellow, red, blue



41132 „**athlete**“ set of 3
orange, green, black



41161 „**all-in**“ set of 6
yellow, orange, red, green, blue, black



41212 „health“ single
41202 „health“ team pack

Stretch  120%

Resistance  light



41214 „fitness“ single
41204 „fitness“ team pack

Stretch  120%

Resistance  medium



41215 „power“ single
41205 „power“ team pack

Stretch  110%

Resistance  heavy



41230 „all-in“ set of 3
orange, green, blue



FLEXVIT *MULTI*

- FUNCTION:**
- Exercises for stabilisation, activation, strengthening and hypertrophy training
 - Maximum flexible use in (functional) fitness training, rehabilitation and athletic training (multi-vectoral training)

SIZE: approx. (l) 275 cm

- Each item (single, set or team pack) including a wash net for washing, drying, and storing the item as well as an exercise card.



41219 „no-stretch“ single

Stretch 0%

Resistance inelastic



FLEXVIT *MULTI no-stretch*

- FUNCTION:**
- Suspension or sling training for home or outdoors – to supplement training with our elastic bands
 - Specific exercises for stabilisation, core training, and strengthening using your own body weight
 - Can be used with our multi-anchor for attaching to a door, a branch, etc.

SIZE: approx. (l) 320 cm

- including an exercise card



FLEXVIT REVOLVE



41317 „**basic**“ single
41307 „**basic**“ team pack

Stretch  230%

Resistance  light



41314 „**solid**“ single
41304 „**solid**“ team pack

Stretch  230%

Resistance  moderate



41315 „**advanced**“ single
41305 „**advanced**“ team pack

Stretch  230%

Resistance  strong



41316 „**professional**“ single
41306 „**professional**“ team pack

Stretch  210%

Resistance  extreme

- FUNCTION:**
- Pragmatism meets strength for a full-body workout with a band that fits in your back pocket
 - No more excuses with this compromise between the multi and the resist band
 - For stabilisation, core training, mobility / flexibility
 - Can be used with our multi-anchor for attaching to a door

SIZE: approx. (L) 100 cm x (b) 3 cm or 4 cm (black)



41916 „basic“ single

FLEXVIT *MULTI-ANKER*

- FUNCTION:**
- The Multi-Anchor together with the FLEXVIT bands adds push, pull, and assisted exercises
 - Fits in most doors (door types)
 - Can usually be used on both sides of the door (wherever the space is best)
 - Can be affixed to the side, top or bottom of the door
 - Easy-to-use carabiner mechanism

SIZE: approx. (b) 5.8 cm x (l) 20 cm





41517 „light“ single
41507 „light“ team pack

Stretch  200%
Resistance  light



41515 „medium“ single
41505 „medium“ team pack

Stretch  200%
Resistance  medium



41518 „heavy“ single
41508 „heavy“ team pack

Stretch  200%
Resistance  strongly



41516 „no-stretch“ single
41506 „no-stretch“ team pack

Stretch  50%
Resistance  extreme

FLEXVIT RESIST

- FUNCTION:**
- Exercises for sprint, jump, agility and resistance training (acceleration + deceleration)
 - Varied use in rehabilitation, athletics and even technique training in many sports

SIZE: approx. (b) 5.8 cm x (l) 200 cm (double)

- Each band contains two straps for fixation around waist or leg
- Set and team pack comes with a washing pouch for washing, drying, and storing the bands.
- including an exercise card



41547 „all-in“
1x each color incl. bag



STATEMENTS

We set high standards for our seminars and choose our partners prudently. It is key for us to have quality and practical products. We are pleased to have found a partner with FLEXVIT, who supports us with high quality products "Made in Germany" for our seminars. The new types of bands are also very popular with our participants.

Matthias Keller, head of OS Institute Munich—Movement for Orthopedics and Sports Medicine, Schmidlein & Keller GbR

I got only good feedback from the athletes. The bands do not slip and do not roll up. In addition, we are still trying—but without success—to tear one.

Jonathan Januschke, athletic trainer, P.A.R. Center Munich

All FLEXVIT belt types are in use almost daily. They are pleasant on the skin, less susceptible to sweat and never stick together like the latex ones. Still, they do not tear, which provides a level of confidence during training, since no one is having the rubber slapped against their skin. When pulled, the resist bands only become slightly narrower, so they do not cut into the skin. They can simply be strung together if you need longer distances and can be untied easily (no knots).

Otmar Rösch, ehabilitation and athletic trainer TSG 1899 Hoffenheim

The FLEXVIT mini and multibands are ideal for use in therapy both for rehab and acute hospital wards. Due to the different strengths, one can choose the best individual fit for the resistance and adapt it at any time. Patients appreciate the comfortable feeling of the bands, compared to standard powdered latex ones. In addition, the FLEXVIT bands can be washed and disinfected at 60°C, so even the highest hygiene requirements for an early rehab ward are met and they are also suitable for use with patients in isolation.

Daniela Oestreich, MBA and Dipl. Sportwiss., Sports Therapy, Department of Interdisciplinary Early Rehabilitation and Physical Medicine, ASKLEPIOS Clinic St. Georg, Hamburg

We use the FLEXVIT bands in our training with young talents. They are ideal for training. They can be used easily anytime, anywhere.

Carsten Effertz, Tanner Speed Academy Gothenburg



Lisa Mayer

Lisa Mayer, German top sprinter, 4th place 4 x 100 m Olympic Games Rio 2016: *The FLEXVIT bands are a small but important tool for me in my preparation for the competitions and long term as I prepare for the Olympics in Tokyo.*

I am completely convinced by these bands! Top materials + properties.

Felix Bauer, athletic trainer SG BBM Bietigheim, women

We work with the mini bands from FLEXVIT almost every day to correctly activate hip stabilisers. The players greatly appreciate the high quality and the comfort of the bands.

Sven Herzog, athletic trainer Augsburg Panthers Ice Hockey

I love the material. I can just throw the straps into my tennis bag without worrying that they will break. And if something gets on it, then off to the laundry. Just perfect! (...) It's always fun to think up new exercises and to test them. My goal is to play my way up into the world's top ranks, and FLEXVIT is definitely helping me on my way there!

Romy Kölzer, professional tennis player

I have to say, my boys and I are excited. Optimal size and width. Super material that does not stick, does not cut into the skin, does not tear (hopefully), does not rub off, and is comfortable. I can also wash it. And I am happy too that it is a German product. All in all, top—so good that we cannot leave any bands lying around because they would soon be gone.

Matthias Schmitt, Munich Treatment Room and Physiotherapist Bayern München Basketball

PARTNER

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orthopädie & sportmedizin

**TANNER SPEED
ACADEMY**

TRAINING + CERTIFICATIONS

WE BELIEVE

- That training aids are only as good as the training provided for using them, correctly and creatively.
- That there is a lot of interest and demand by coaches, physiotherapists and rehabilitation specialists.
- That the use of the bands can be more diverse and more effective than is currently the case.

As of this year, we offer trainer training, workshops and further education as part of our **FLEXVIT FBT Academy**. Further and current information can be found on our website at www.flexvit.band





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