



The natural way

SISSEL® OCTOCORE®

Functional training of the myofascial chains

The beginning of a journey

Every form of training requires concentration and, above all the ability to understand and implement new movement patterns. When carrying out the exercises, two central challenges become clear time and again:

1. Users unconsciously fall back into familiar movement patterns
2. Users find it difficult to consciously activate the relevant muscle groups

These initial conditions formed the basis for the development of the SISSEL OCTOCORE.

The answer to an important question:

A training device that effectively reactivates the deeper muscles along the functional chains.



Stretching and
strengthening of the
myofascial chains

Balancing
strength
and tension

Eccentric muscle
training

Varied training
in different levels
of difficulty

Why not train with classic elastic bands?

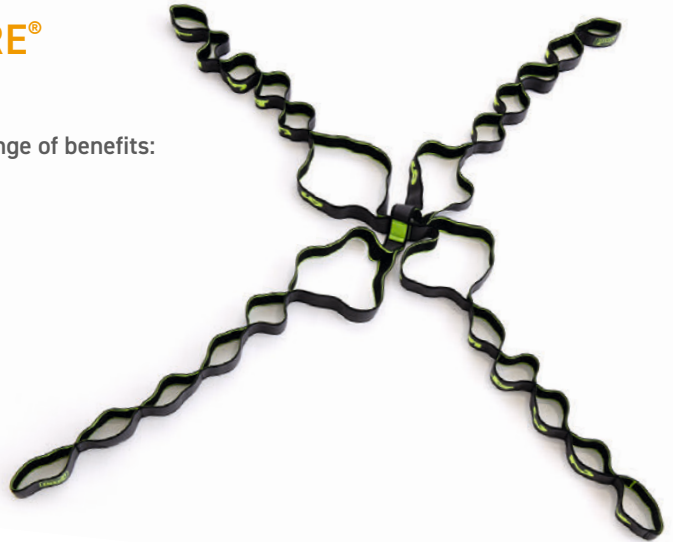
- Difficulties in targeting certain muscle chains
- Too little three-dimensional functionality
- Texture not comfortable/can cut in
- Risk of tearing
- Constant repositioning
- Closed fist leads to tension in the shoulder-neck area



Training with the SISSEL® OCTOCORE®

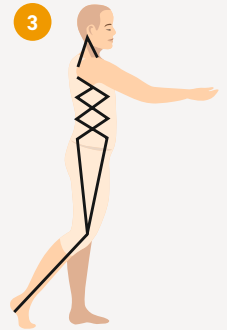
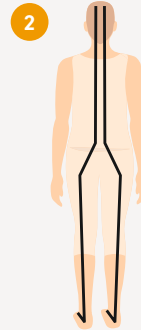
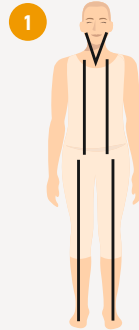
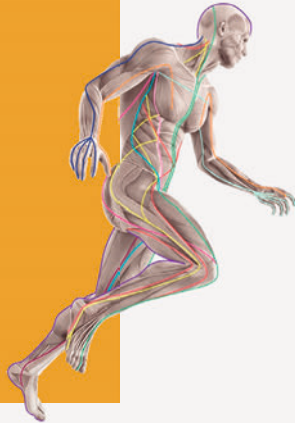
Regular training with the SISSEL OCTOCORE offers a whole range of benefits:

- Multidimensional movements
- Improves body awareness and perception
- Enables muscle relaxation and stretching
- Supports rebounding skills
- Activates entire muscle chains, especially the deep muscles
- Strengthening, with a focus on eccentric muscle activity
- Promotes an upright posture
- Can relieve tension and reduce pain

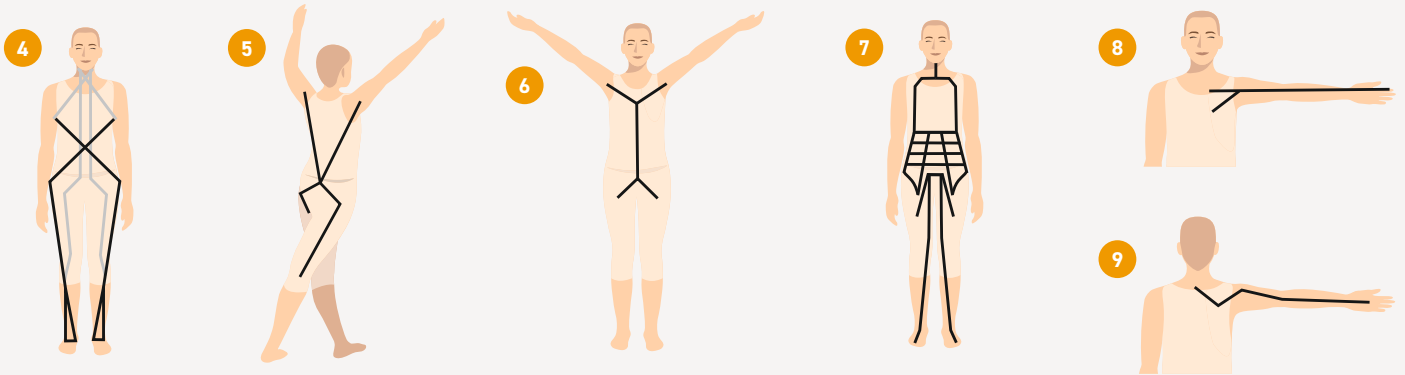


What are the myofascial chains?

- 1 Anterior myofascial chain
- 2 Posterior myofascial chain
- 3 Lateral myofascial chain
- 4 Spiral (lateral) myofascial chain
- 5 Posterior functional chain
- 6 Frontal functional chain
- 7 Deep myofascial chain
- 8 Anterior myofascial arm line
- 9 Posterior myofascial arm line



Myofascial chains are networks of muscles and fascia (connective tissue), that are connected to each other and work together as a functional unit.



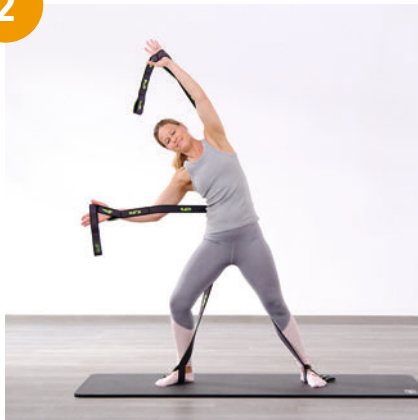
The illustrations are schematic and highly simplified.

Example exercise: activation of the deep muscles (rotation)

1



2



3



1 Start

Stand upright, band in an individual basic position, cross on the back, arms in a W-position, hands open to the front or upwards.

2 Exercise

1. Push the arm outwards with shoulder and hand, alternating between right and left arm
2. Push the arm upwards over the shoulder and hand, alternating right and left
3. Combination at approx. 90°

3 Variation

- Legs crossed (foot in dorsiflexion, not shown)
- Legs crossed (foot in supination, entire lateral line addressed), both arms overhead in a V-position
- Both arms held overhead and the band behind the arms (requires more ventral activity)

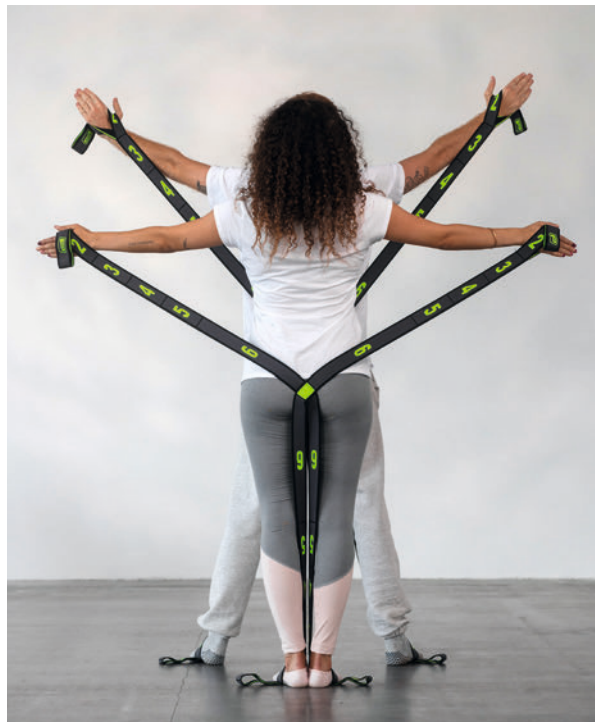
In case of the following diseases / in these situations the SISSEL® OCTOCORE® should not be used:

- Acute inflammation and inflammatory changes in the joints (arthritis)
- Osteoporosis (reduced bone density)
- Acute slipped discs
- Pregnancy
- Fibromyalgia ('fiber-muscle pain', 'soft tissue rheumatism')

The future of myofascial training starts here

Whether you are a trainer, physiotherapist or user:
the SISSEL OCTOCORE offers you reliable and effective
training of the myofascial chains.

The variety of exercises can be tailored precisely to the individual
needs of the user. The SISSEL OCTOCORE combines the elements
of stretching, training, activation, relaxation, and rehabilitation in
a convincing overall package.





Free training programmes



Scan the QR Code for free training videos.
Achieve your personal fitness goals or
expand your services as a trainer or physio-
therapist with the SISSEL OCTOCORE.

The SISSEL® OCTOCORE® activates
and stimulates the myofascial chains!



The Power of SISSEL®

SISSEL ACADEMY

- Innovative and qualitative workshops
- A deep dive into anatomical correlations
- Exercise programmes to support individual and group training and rehabilitation

The SISSEL ACADEMY stands for first-class international fitness and rehabilitation educational programmes led by a global network of experienced Educators.

Scan QR code for direct access to all SISSEL ACADEMY workshops.

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Based on current medical studies and the experience gained, new workshop formats will be released in 2025.

Professional Workshop: Functional training of the myofascial chains

Exercises with the SISSEL OCTOCORE

This 6-hour 'Certified Professional Instructor' workshop is designed specifically for physiotherapists, medical practitioners, and trainers. It focuses on training functional muscle chains and addressing myofascial pathways. The workshop covers a variety of exercises that enable you to address the whole body with each exercise and compensate for deficits. The innovative approach enables functional training that offers your participants new training stimuli.





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Are you interested in the SISSEL® OCTOCORE®?

Find practical exercise videos with the SISSEL OCTOCORE on our YouTube channel 'SISSEL International'. You can purchase the product from the distributors listed on our website.