

 **SPINEFITTER**
BACK IN BALANCE

SPINEFITTER®
BY SISSEL®

Sports & Fitness



It's all in Your Back

Strong and stable core and back muscles are essential for almost every movement and they form the foundation of a healthy body. They protect the spine, support an upright posture and enable optimum power transmission – crucial for sporting performance and everyday movements.

A well-trained deep musculature significantly reduces the risk of injury, especially during sporting activities that put a lot of strain on muscles and joints. It stabilises the body dynamically, protects against overuse injuries and improves coordination and mobility at the same time.

Regular, targeted training of the core and back muscles not only promotes a healthy posture, but also increases your performance. A strong, flexible back is the key to long-term health, greater resilience and sustainable sporting success.

The answer:
SPINEFITTER® by SISSEL®





The Innovation for a Healthy Back

Thanks to its unique shape, the SPINEFITTER by SISSEL enables a comprehensive torso and back workout. The paired ball structure enables the spinous processes to sink in, which, even in a supine position, achieves a positive effect on the muscular tissue adjacent to the spine. The small vertebral joints can be opened and thus mobility is improved. The simple handling and immediate effect make the SPINEFITTER an ideal multi-tool for regular training – on the sports field, in the studio or at home.

- The 28-paired-ball-structure allows the spinous processes to sink in
- Punctual, deep-impact pressure effectively helps to relieve tension
- Improved mobility, more upright posture and increased athletic performance
- Ideal for proprioceptive and balance training
- Strengthens the deep muscles



Optimise your Performance with the SPINEFITTER®

Through the targeted improvement of mobility and muscle strength, movement sequences become more efficient and more powerful, which can increase athletic performance. Athletes who regularly train with the SPINEFITTER often experience increased performance and faster regeneration between training sessions.

1 Improved Performance Through Optimised Body Mechanics

A correctly aligned spine ensures better coordination and more efficient power transmission. The athlete can coordinate their movements better and achieve more power with less energy expenditure. This is particularly important for explosive movements (e.g. sprinting, jumping).

2 Improvement of Posture and Stability

The SPINEFITTER helps you to improve your posture. A stable spine is the basis for correct posture and even power transmission during sporting activities.

3 Injury Prevention

Through targeted exercises, the SPINEFITTER can help to correct muscular imbalances that often lead to back or neck injuries. This increases resistance to injury and improves the body's ability to recover.

4 Faster Regeneration

A stabilised spine and improved posture can help to relieve stress from the body and speed up recovery. The SPINEFITTER supports regeneration by releasing tension and loosening up the muscles.

Your Perfect Training Companion

INTUITIVE ... Easy to integrate into any workout thanks to easy handling.

VERSATILE ... Wide range of exercises for almost any sport. Can be used both in the warm-up programme and to support regeneration.

FLEXIBLE ... Easily added to your training routines.
Supplementary training device for mobility or strengthening exercises

FAST ... Exercises only take a few minutes.
Fast results after just a few days.

HANDY ... Compact and lightweight design – the device can be used anytime and anywhere.

Fitness and Weight Training

In disciplines such as weightlifting or CrossFit, which place high demands on the muscles, the SPINEFITTER can be used as a supplementary tool. The SPINEFITTER helps to loosen the muscles, promotes mobility and helps to prevent injuries.



Endurance Training

Although endurance sports such as running, cycling and swimming primarily promote cardiovascular fitness, the SPINEFITTER can be used as a support to accelerate regeneration and relieve tension after intensive training sessions.



Ball Sports

Sports such as football, basketball or tennis often require quick changes of direction and intensive movements that can strain the back muscles. Dynamically stabilising the spine with the SPINEFITTER and thus allowing faster changes of direction enriches training. Balance exercises to stabilise the ankle joints improve the leg axis and prevent injuries.





Racket and Precision Sports

Sports such as golf, tennis and badminton require a high degree of precision and flexibility. The correct control of the active muscle groups enables optimum power development. Good core muscles, dynamically stable shoulder joints and well-guided thoracic spine rotation are essential. The SPINEFITTER mobilises and at the same time ensures good interaction between the shoulder blade, upper arm and thoracic spine. Flexibility and strength in the right balance improve the movement sequence.





Back in Balance: The SPINEFITTER® in the Rehabilitation Phase

Thanks to targeted exercises, the SPINEFITTER helps to effectively relieve pain in the back, neck and shoulder area. The training device can therefore also be used in the field of rehabilitation and for pain in the back, shoulder and neck area. Various specially developed exercises and movement sequences can intensify and channel this perception so that 'problem areas' can be specifically addressed.

The SPINEFITTER is also used successfully in physiotherapy to treat numerous symptoms of the musculoskeletal system. You can find free exercise videos here:

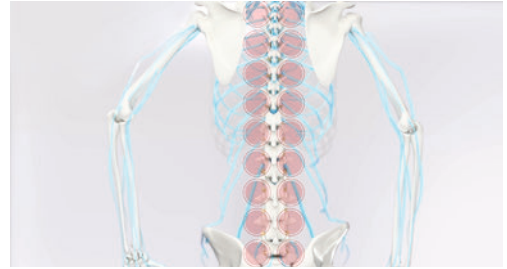
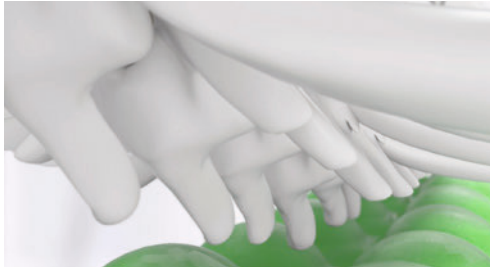


A Passion for Sports

The SPINEFITTER by SISSEL and its accessories were developed by an interdisciplinary team of physiotherapists, ambitious athletes and engineers. They all have one thing in common: a passion for motion and exercise. Effect studies carried out with the participation of scientists from the Technical University of Munich emphasise the numerous positive effects that the SPINEFITTER has on the musculoskeletal system.

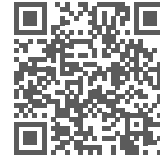
Back in Balance





Focussed on the Spinal Column

The paired ball structure enables the spinous processes to sink in, which, even in a simple supine position, achieves a positive effect on the muscular tissue adjacent to the spinal column. The small vertebral joints can be opened and other structures in the body mobilised.



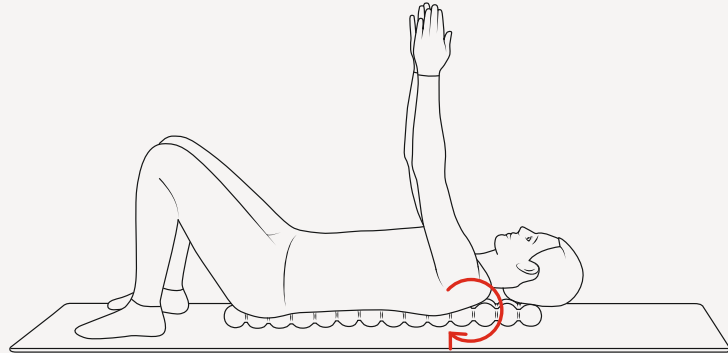
- Intense, deep-impact pressure across the entire muscular and fascial tissue along the spine
- Spinous processes slide between the rows of balls

Exercise Examples

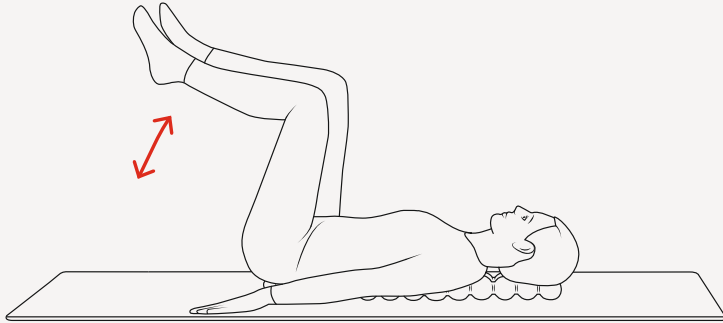
Scan the QR code for more exercise examples. For even more variety in your training.



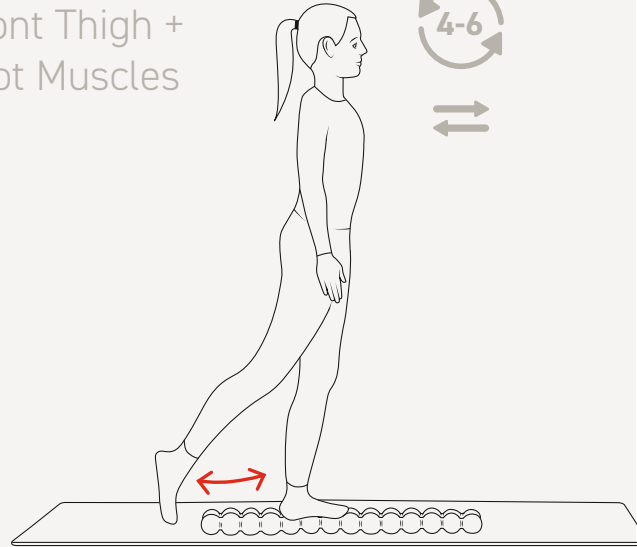
Upper Back + Shoulders



Abdominal Muscles



Front Thigh +
Foot Muscles



The SPINEFITTER® by SISSEL® System

An innovative, modular system for maximum application possibilities



The SPINEFITTER by SISSEL System was developed by an interdisciplinary team of physiotherapists, osteopaths and Pilates trainers and can be supplemented by innovative extensions to create a versatile system. Numerous exercises can be combined to create an effective and individual training programme.

Discover the SPINEFITTER System and find out why this multi-tool has quickly become a professional asset in physiotherapy practices and self-treatment at home.



Discover the SPINEFITTER® by SISSEL® System

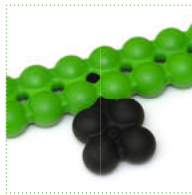
SPINEFITTER by SISSEL Trigger Tool

The attachable module offers a simple way to autonomously release trigger points and hardenings along the spine most precisely, and, thus, contribute to pain relief. Tip: Can also be combined with the SPINEFITTER Mini.



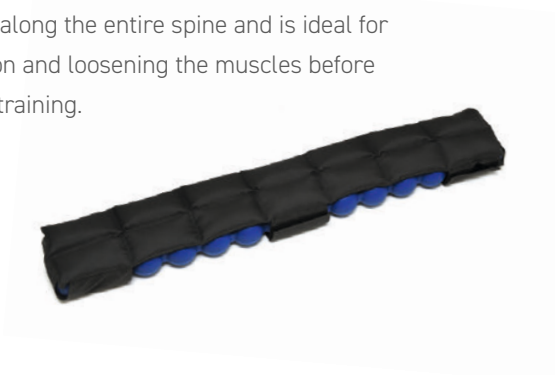
SPINEFITTER by SISSEL Extension Kit

Expands the range of exercises and is perfect for people taller than 180 cm. Set new stimuli with the Extension Kit and support specific areas of the body to optimise your self-treatment even more precisely.



SPINEFITTER by SISSEL Linum & Linum Pro

The custom-fit SPINEFITTER cover with natural linseed filling can be used for heat application on the SPINEFITTER. The linum provides natural warmth along the entire spine and is ideal for relaxation and loosening the muscles before or after training.



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