

UK Market





MATHIAS

Five times more mobility

MOBILITY TRAINING – THE MUST-HAVE IN EVERY HEALTH CLUB

The new **five-mobility circuit** offers the benefit of combining **fasciae and mobility training** with everyday training in the simplest way possible using **five individual units**.

Your customers' training will be even **more effective**. The five-mobility units can be used **without assistance**, and the **supervision time** devoted to the circuit by trainers is minimal. The use of an existing power circuit is also perfectly rounded out by this addition.

You want to know how?

It has never been easier to integrate five into your health club concept. Your key to even more success: your customers will also be enthusiastic about training with the five back and joint concept.

ALL BENEFITS AT A GLANCE

- Training is done in a standing position
- Shoes can be worn during training
- Less space required, since there is no separate five area
- The standardised sequence streamlines training
- Little time required
- Can be optimally combined with power units (circuit solution)
- Ideal starting point for introducing mobility into the daily routine of your health club
- The base plates of the five units each take up less than 1 m² of space

Good to know: The demands on your trainers' time will be minimised.



LATERAL

Active muscle length training of the lateral muscle chain with a focus on the quadratus lumborum muscle and the transverse abdominal muscle.

L x W x H 91 x 72 x 129 cm
Weight 62 kg



STAND

Active muscle length training of the front muscle chain.

L x W x H 86 x 72 x 115 cm
Weight 52 kg





CHEST

Active muscle length training with a focus on the intercostal, thoracic and respiratory muscles.

L x W x H **86 x 72 x 129 cm**
Weight **56 kg**



GLUT

The five-Glute releases tension in all gluteal muscles and has a positive impact on mobility in the hip and knee joints.

L x W x H **86 x 72 x 129 cm**
Weight **59 kg**





ISCHIO

Active length training of the entire rear muscle chain, including the foot muscles.

L x W x H **86 x 72 x 129 cm**
Weight **56 kg**







package price

Package price ■ POA

What's included?

- Mobility training in your health club with our five-experts
- “five in Club” introduction, basic knowledge of the five method
- All participants receive professional, comprehensive training and an exercise tutorial
- Access to the “five-Club” online implementer portal with Wolf Harwath and other experts

Add-on services

- Custom m5 branding: POA





Wood & leather colours

* All m5 circuits are manufactured in the wood type “**Linoleum anthracite slate**”.
Combine this with your preferred colour of leather to adapt the design optimally to your premises.



Dimensions & weight

Individual dimensions of the devices (in cm)

	Length (Base plate)	Length (incl. overhang)	Width	Height
Stand	86	-	71.4	114.5
Ischio	86	-	71.4	129.0
Lateral	91	-	71.4	129.0
Glut	86	113.0	71.4	129.0
Chest	86	101.0	71.4	129.0

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