

smovey

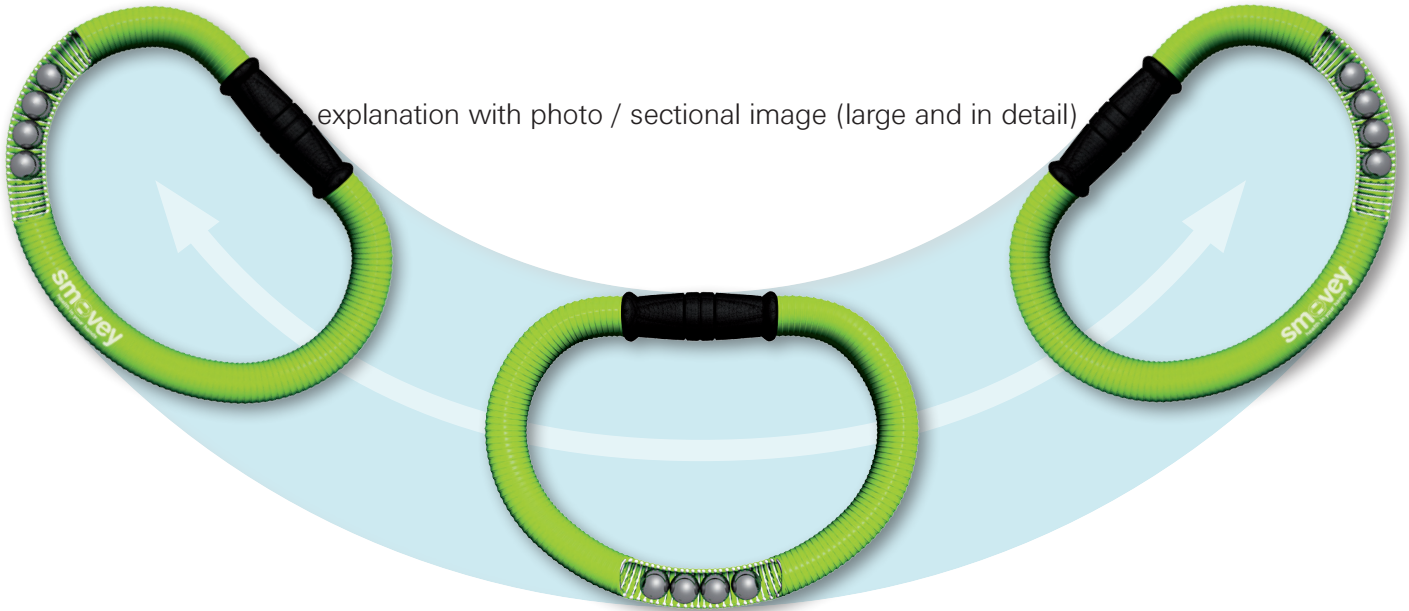
health in your hands

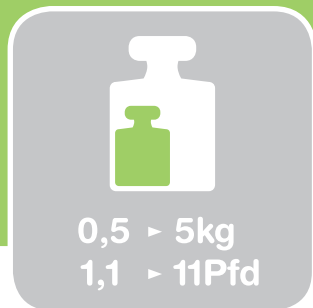


www.smovey.com



explanation with photo / sectional image (large and in detail)





the extraordinary health sporting device with the austrian identity does with you what you want!

in buying a smovey, you have chosen a vibrant and mobile existence. your locomotor apparatus will thank you when you regularly “get into the swing of things” with swinging vibrations at home, at work or out in nature.

right from the first swings, you feel the unique combination of swinging and vibration – the so-called vibroswing effect.

with the simultaneous stimulation of the hand reflex zones, energy flows through your entire body. relaxation, revitalisation or strengthening – you decide what’s good for you at that moment. you will be

rewarded with health and well-being. at the same time, your purchase supports disabled persons in an integration workshop where smovey is produced manually according to high quality standards.





good
vibrations

legend salzhans– the story of smovey

the inventor of smovey and the vibroswing system is johann „salzhans“ salzwimmer. he was firmly rooted in life on both feet when he received the diagnosis of „parkinson“. as an excellent tennis player and skier, he accepted his illness, but knowing about its rapid advancement, he began to develop a method which would stabilise his condition. this led to the vibroswing system and the holistic movement and life method which received the name smovey.

*the strength of the gentle movements of body,
thoughts and feelings - and the power of the natural
pause.*

a life in motion according to the example of nature.
to the present day, he has been able to achieve a maximum of quality of life with a minimum of medications that others in his position can only dream about. his treating physician is enthusiastic about the stable health of his patient.



holistic movement according to nature's example...

... is possible always and anywhere with the health sports device smovey. smovey is a harmonically coordinated swinging ring system with free swing mass, which rhythmically and pro-actively accelerates and decelerates the mass of four steel balls when swinging the arms.

"smovey does with me what i want!"

the effects which this generates send many sensory motor and neuronal stimuli to the muscles, tissues, organs and nerve systems. the massage on the reflex zones of the palms stimulates energy points according to traditional chinese medicine. smovey refers to these effects as vibroswing effects.

"i always determine the effects on my entire body system with the intensity of my motion: from relaxation to my performance limits."

these attributes render smovey unique.
smove on & be happy –

holistic natural movement while lying, sitting, walking, running and jumping.



swing & smile

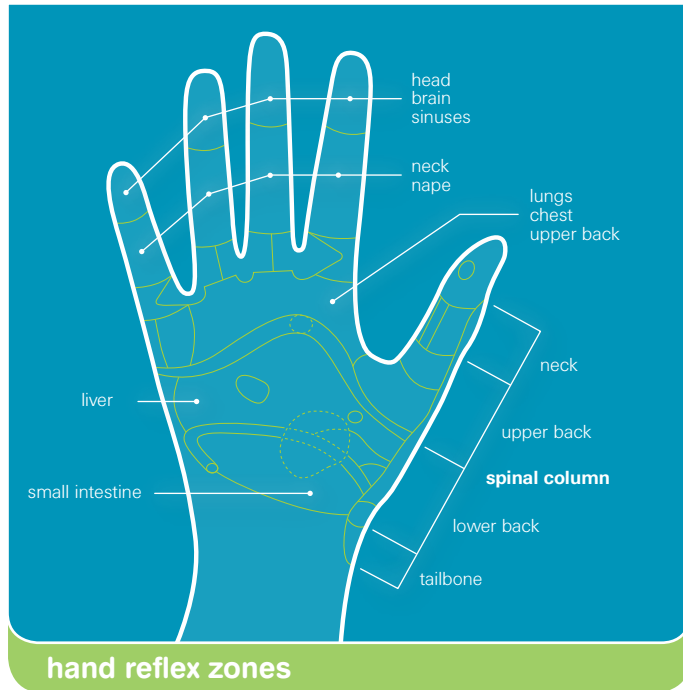
information for use



fist closure



monkey grip



- 2 hold the smovey firmly in both hands
- 2 start each exercise in an upright body position with feet hip width apart
- 2 keep your upper body still and stable
- 2 always keep the arms and knees gently bent
- 2 swing so that the balls roll evenly forward and backward without striking the handle
- 2 find your own rhythm and smove as long as it feels good

mobilise body and spirit and lend a feeling of mobilising, pleasant movements

strengthen existing muscle strength with rapid movements

relax with closed eyes, perceive the slow and calm movements in the moments of calm



parallel

- 1** swing parallel and evenly, forward and backward, from the shoulders
- 1+** go to the tips of your toes as you swing forward
- !** pay attention to an upright body position



natural

- 2** swing forward and backward alternately with the right and left arms
- 2+** slightly lift the right/left leg off the ground for a few swings
- !** pay attention to standing securely



rotation

3

put the smoveys on your sternum and hold them with your arms slightly crossed. gently rotate your upper body by bringing the right/left shoulder back

!

guide the movements by looking over both shoulders



horizontal

4

swing the arms horizontally back as far as possible at shoulder height and bring the arms together in front of the body. the more your arms are extended, the more intensive the exercise

!

stabilise your upper body and make no sudden swings back



crosswise

5

swing the right arm back and forth beside the body while simultaneously swinging the left arm horizontally forward and laterally at shoulder height – and reversed. start with both swings in front of the body without the smoveys touching

5+

swing the arms opposite each other so that either the right or left arm is in front of your body

!

increase from small, correctly done swings to larger swings



laterally parallel

6

swing the arms alternately to the right or left side at the same time

6+

swing both arms to the left side and step with the right leg to the left at the same time – and reversed

!

stay loose in the shoulders and open up your chest



lateral front crossover

- 7** swing the arms so that they cross alternately in front of your body (without touching)
- !** slightly lean your extended upper body forward



alternating step

8

set the right/left leg far back and lower your buttocks. the rear knee is only slightly above the ground, and the front knee does not move forward past the tips of your toes – now start swinging parallel and evenly

8+

from the same stable starting position, swing the right/left arm alternately forward and back

!

keep your upper body upright



lateral lean

- 9 place the smoveys on your sternum and hold them with your arms slightly crossed. lean your upper body left/right
- ! pay attention to keeping your upper body straight



smovey ACADEMY

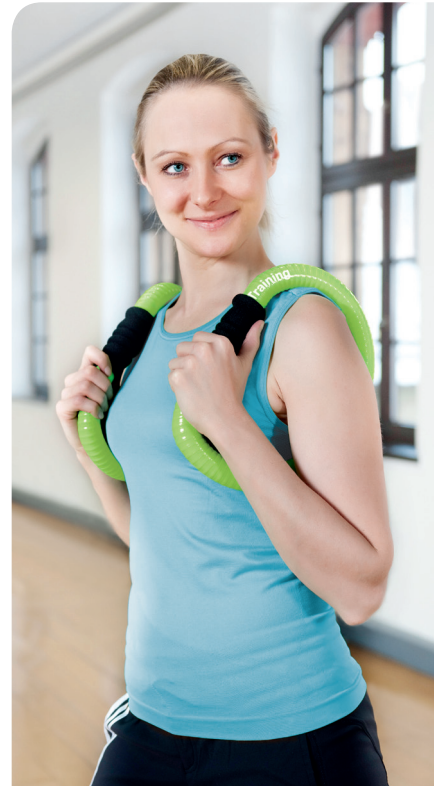
the smoveyACADEMY offers you numerous options for training and continued training. the training that is offered includes seminars for many user groups:

- fitness trainers
- health trainers
- children's and seniors' trainers
- nordic walking trainers
- physiotherapists
- energeticians

more information about current dates and locations is available at www.smovey.com!

smovey GmbH
smoveyACADEMY

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health in your hands

smovey – the extraordinary health sporting device with the austrian identity.

developed and recommended by:

- physiotherapists
- fitness trainers
- energeticians
- neurologists
- physicians and tcm medicine

a varied movement and therapy program:
whether it's at work, indoors or in nature - moving with smovey is pure motion fun. regardless of where and when - or young or old.

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