

BALL CHAIRS



When you sit on a ball chair, the weight-gravity interaction will give you the best possible posture at all times. Sitting on a ball chair strengthens the abdominal, back and chest muscles, it relieves stress on the spine (back) and shoulder pain. The MSD Ball Chairs promote active sitting and the ball can be removed for exercising or exchanged for a different size of ball. All the ball chairs are available in black, except the fit chair which is silver.

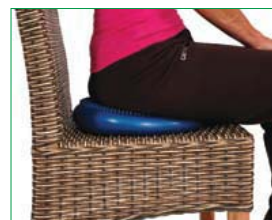


Reference	Description	Unit
04-040101	Fit Ball Chair	1 pc
04-040102	Fit Ball Chair With Metal Braces	1 pc
04-040201	Plastic Ball Chair With Back Adult	1 pc
04-040202	Plastic Ball Chair With Back Kid	1 pc
04-040301	Adjustable Height Set* adds 3-4 cm	Set

* available for 04-040101, 04-040102 and 04-040201

MAMBO STANDARD CUSHION

cb m p



The Mambo Max Standard Cushion is an air-filled cushion for active and dynamic sitting, recommended by therapists. This easy-to-carry air cushion is suitable for everybody. Needle pump included.



Ø 33 cm
↓ 7 cm



one smooth | one senso side

The PVC surface of the Mambo Standard Cushion cleans easily with soap and water.



Reference	Description	Unit
04-020101	Mambo Standard Cushion With Pump	1 pc

MAMBO SITTING WEDGE

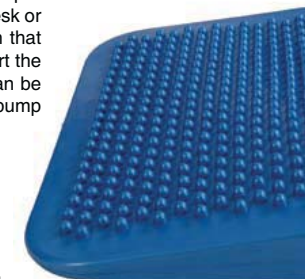
cb m p



The wedge shape encourages a proper posture and alignment while sitting at a desk or table. It is an inflatable, dynamic cushion that activates intrinsic trunk muscles to support the spine. The Mambo Max Sitting Wedge can be used as a back support. Faster blaster pump included.



□ 34 cm
↓ 7 cm



one smooth | one senso side

The PVC surface of the Mambo Sitting Wedge cleans easily with soap and water.



Reference	Description	Unit
04-020201	Mambo Sitting Wedge With Pump	1 pc

MAMBO SENS AIR CUSHION

cb m p



The Mambo Max SensAir Cushion is an air-filled cushion for active and dynamic sitting recommended by therapists. This easy-to-carry air cushion is suitable for everybody. Needle pump included.



Ø 32 cm
↓ 7 cm



one smooth | one senso side

The PVC surface of the Mambo Sensair Cushion cleans easily with soap and water.



Reference	Description	Unit
04-020102	Mambo SensAir Cushion With Pump	1 pc

MAMBO STEPPING STONES

The non-slip 18 cm Mambo Max Stepping Stone is an amazing tool to spice up your workout. It is also good for children's (group) exercises, both indoors and outdoors. Combine balance training and motor skill development increase, with playing fun. It is also used for foot massage, while sitting.



Reference	Description	Unit
04-030141	Mambo Stepping Stones	6-pack

This yoga set consists of
 - 1 pvc yoga mat (180 x 60 x 0,4 cm),
 - 2 EVA foam yoga blocks (7,5 x 15 x 23 cm)
 - 1 yoga strap with buckle (180 x 3,8 cm)

This set is packed in a full color box.
 Items are also sold separately.



Reference	Description	Unit
04-010201	Mambo Yoga Mat	1 pc
04-010202	Mambo Yoga Block	5-pack
04-010203	Mambo Yoga Strap	1 pc
04-010211	Mambo Yoga Set 1 Mat 2 Blocks 1 Strap	Set



Ø 26 cm
 100 kg



The Mambo Max Soft-Over-Ball is a 26cm inflatable ball used for resistance work in Pilates and other mat fitness programs. It is a wonderful tool for adding focus and energy to your workouts. In addition, when slightly deflated it can be used as a soft prop under the head, neck, feet, back,... Young children breathing can be improved by inflating the ball. After inflating it can be used as a playing tool.

Reference	Description	Unit
04-010103	Mambo Pilates Soft-Over-Ball	1 pc

Foam covered fiberglass resistive exercise ring with foam padded grips. For exercises focusing on strength, balance, flexibility and posture. The Mambo Max Pilates Ring adds light resistance to pilates exercises and helps target specific muscle groups. Often used to help tone the arms and thighs, and increase the core strength challenge of an exercise.

Ø 38 cm



Reference	Description	Unit
04-010101	Mambo Pilates Ring	1 pc

The Mambo Max Foam Roller has been designed for Pilates Training and spine exercises (back aches). Ideal for balance and stabilisation exercises. Foam rollers are used for stretch and strength exercises, as well as for massage and relaxation.

Ø 15x90 cm



Check our range of exercise mats on page 33

Reference	Description	Unit
04-010102	Mambo Pilates Foam Roller	1 pc



The Mambo Max Massage Balls, Roll & Ring are used for relaxing muscles and reducing tension by relieving trigger points. The Mambo Max Massage Ball helps to strengthen hands and feet and to improve coordination and flexibility. It can be used for massage therapy as well as to improve dexterity skills.



Reference	Description	Unit
04-030103	Massage Ball 6 cm	1 pc
04-030105	Massage Ball 7 cm	1 pc
04-030106	Massage Ball 7,5 cm	1 pc
04-030107	Massage Ball 8 cm	1 pc
04-030109	Massage Ball 9 cm	1 pc
04-030111	Massage Ball 10 cm	1 pc
04-030121	Massage Roll 16 cm	1 pc
04-030131	Massage Ring	1 pc

MASSAGE TOOLS



Jacknobber® II
The Original Jacknobber® II provides a relaxing back massage. The larger knobs provide broad and gentle pressure. The smaller knobs provide deep and intense pressure.



Palmassager™
The Original Palmassager™ is frequently used to massage tensed, tired and sore muscles. It is used for back, shoulder, arms and legs.



Index Knobber® II
The Original Index Knobber® II allows deep, sustained and precise pressure to the trigger points. It is used for sore and stiff muscles. The special design protects the hand and forearm from fatigue and overuse.



Backnobber® II
The Original Backnobber® II allows the user to apply as much pain-releasing pressure as long as required to achieve remarkable effects. A locking mechanism allows it to come apart for convenient travel and storage.

Reference	Description	Unit
04-031101	Jacknobber II	1 pc
04-031102	Index Knobber II	1 pc

Reference	Description	Unit
04-031103	Palmassager II	1 pc
04-031104	Backnobber II	1 pc

ECOFRIENDLY

Ecofriendly pvc - Heavy metal content in compliance with EN 71 Standards - Phthalates content meets EU-directive 2005/84/EC

350 kg
Yes, you've read it well...



NEW!
BUDGET BAG

The Mambo Max AB (Anti-Burst) Gym Ball increases flexibility, improves strength and fitness, posture, flexibility and back health. Exercising with this ball also enhances your balance and coordination. This extremely durable Mambo AB Ball comes in a Mambo cardboard retail pack, including AB Ball, Faster Blaster Pump, Exercise Chart, Plug and Plug Remover.

The Mambo Max AB Gym Ball is now also available in the budget bag, a polybag containing only the ball and plug.

Ball Size	Colour	Body Height	Mambo AB Gym Ball Box	Mambo AB Gym Ball Bag	Unit
45 cm	Yellow	< 125 cm	05-010102	n/a	1 pc
55 cm	Red	125-150 cm	05-010103	05-010203	1 pc
65 cm	Green	150-175 cm	05-010104	05-010204	1 pc
75 cm	Blue	175-185 cm	05-010105	05-010205	1 pc
85 cm	Black	185-200 cm	05-010106	n/a	1 pc
95 cm	Silver	> 200 cm	05-010107	n/a	1 pc

BALL ACCESSORIES



Reference	Description	Unit
05-020101	Ball Stabilizer	1 pc
05-020102	Ball Stacker	3 pcs
05-020201	Faster Blaster Pump	1 pc
05-020202	Hand Pump Profi	1 pc
05-020203	Needle Pump 4" - 100mm	1 pc
05-020204	Foot Pump	1 pc

The Ball Stabilizer facilitates balance. Its notches enable combined AB Ball/MSD-Band exercises.