

smovey
health in your hands



smoveyCONCEPT

Smovey presents a new concept in fitness training that will elevate your workout whether it's walking, jogging or exercising. The unique design of Smovey incorporates modern physics with traditional Chinese Acupressure, delivering a unique workout experience that works on your body while also healing your body and your mind.

With a variety of workouts designed by leading fitness trainers Smovey is sure to have a workout that meets your needs.

Key benefits include:

- Burn 30% more calories while walking or jogging.
- Get a full upper body workout while walking or jogging.
- Exercise to strengthen your core muscles and stabilize your back and spin, reversing the negative effects of modern day living on your body.
- Varying resistance of 1-10 lbs. that dynamically adjusts to your strength and fitness conditions ensuring an optimal workout with minimal risk of injury.
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smoveyINFOS

What is smovey?

smovey is a dynamic fitness product that is like no other. It provides a dynamic upper body workout that gets you fit while helping to burn more calories and stabilize your back and spine.

Each smovey ring weighs 1 lb. and includes four metal balls that run freely inside the hollow plastic tubes. Swinging the smovey rings moves the balls inside the rings creating a varying resistance of up to 10 lbs. that is dynamically adjusted based on your strength and condition.

The movement of the balls also creates a vibration of 60Hz, which is transmitted through the handles of the smovey rings to the palms of the hand. The vibration acts on the meridians in your palms harmonizing the flow of Qi (energy) throughout the body, providing an exceptional healing effect while working out, leaving you relaxed and revitalized.

Right from the first swings, you can feel the positive effect of swinging and vibration – we call it the Vibroswing Effect.

smovey is manufactured by hand in Austria according to high quality standards.

smovey values social responsibility and a few of our manufacturing employees are disabled persons.

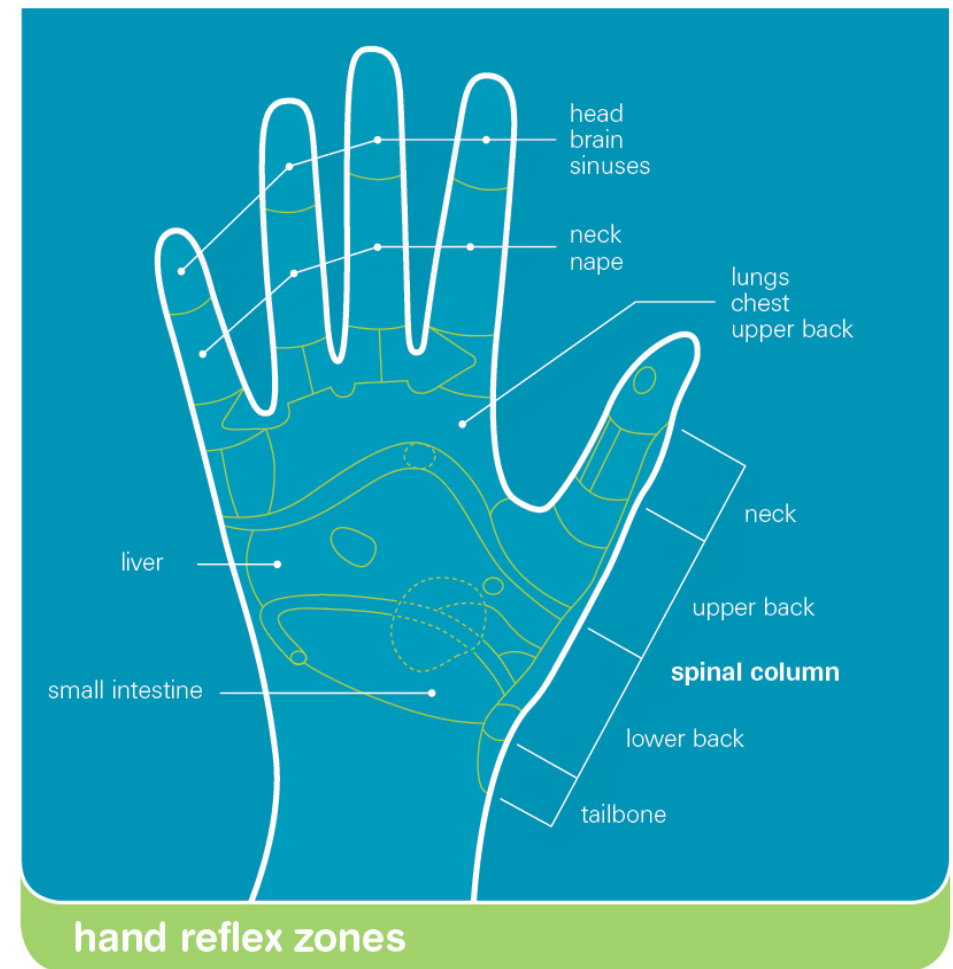


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The positive vibration of Smovey penetrates the meridians through the palms of your hands and harmonizes the flow of Qi (energy) through the 3 Yin meridians and the 3 Yang meridians, providing an exceptional healing effect while working out.

Normally there are stagnations of the Qi due to wrong posture during the day. Stagnant Qi means lack of flow of energy, which results in muscle pain, numbness and stiffness of ligaments, joints and spin. Excessive use of joints also wires out the flow of Qi, leading to problems such as frozen shoulders, carpal Tunnel Syndromes ,Tennis elbow and Tendonitis.

According to Traditional Chinese Medicine and Reflexology, the palms of the hands include specific pressure points for the inner organs of the body. The rhythm of the Smovey vibration regulates the flow of Qi and contributes to the harmony of all organs in the body.



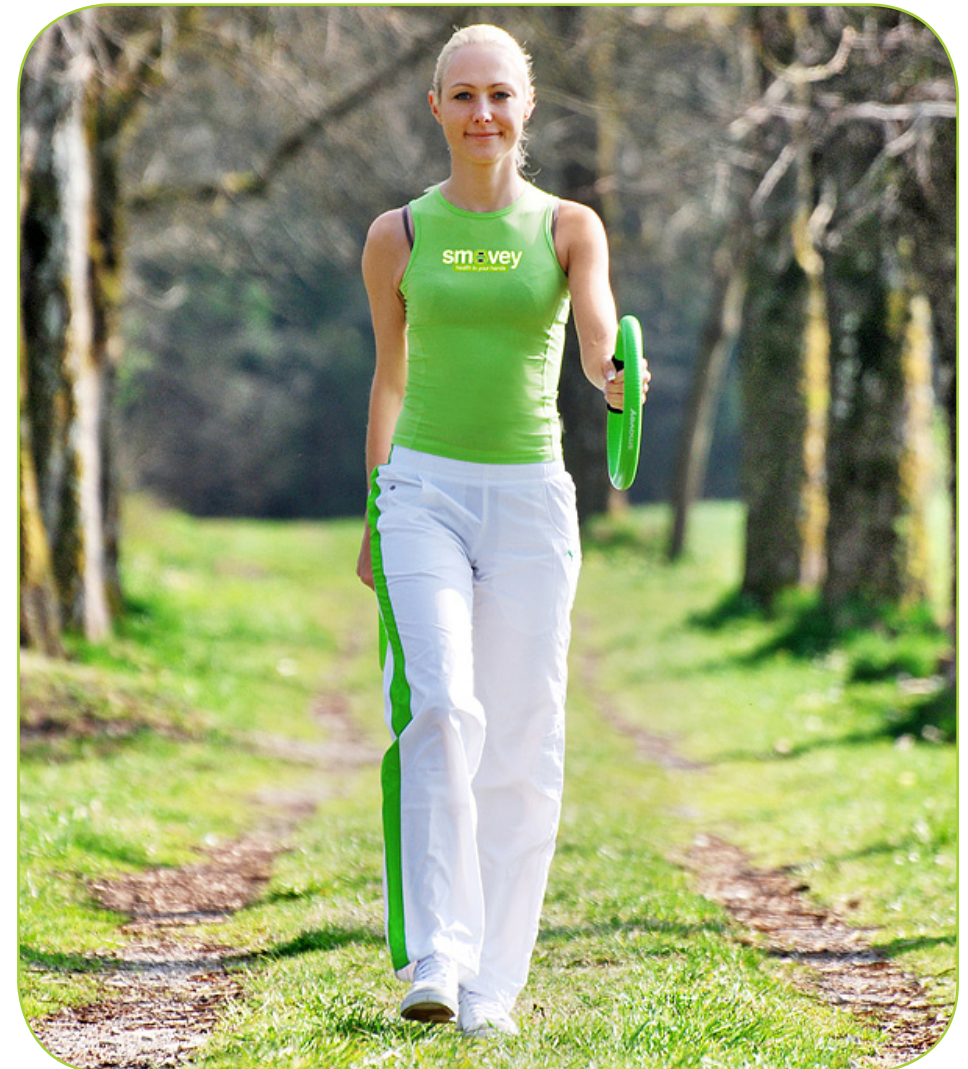
smovey for Walking and Jogging

Adding Smovey to you walking or jogging routine will allow you to burn 30 % more calories, while also getting a dynamic upper body workout.

The design of the smoveyRINGS create a momentum every time you swing the rings. This ensures that you swing your hands vigorously enough to actually work your upper body. With regular weights your arms do not swing enough to improve your workout and actually present a risk of injury.

The dynamically adjusted resistance of the smovey rings coupled with the momentum created by the balls inside the rings ensures an optimal workout with minimal risk of injury.

In addition the swinging of the arms while walking helps to strengthen your core muscles and align your whole body while also strengthening your back and shoulder muscles while opening up your chest muscles, reversing the negative effects of modern day living on your body.



smovey for Fitness

The varying resistance smovey always provides the right resistance needed to tone your muscles at minimal risk of injury. With exercise programs designed by leading fitness instructors and available on DVD you are sure to find a workout that meets your needs.

The dynamically adjusted resistance of the smovey rings coupled with the momentum created by the balls inside the rings ensures an optimal workout with minimal risk of injury. Helps to strengthen your core muscles, tone your upper body and align your whole body.



smoveyHISTORY

Smovey and the Vibroswing System were invented by Johann 'Salzhans' Salzwimmer a professional Tennis and Ski instructor who was diagnosed with Parkinson in 1995.

Wishing to continue his active lifestyle Salzhans recognized that swinging his tennis racket a number of times before serving provides him with more control over his muscles and a greater range of motion. The first prototype that he built was actually a plastic tube with metal balls attached to a tennis racket. After recognizing the positive effects on his body a group of sports and fitness medical professionals and engineers perfected the design over 5 years of research and development.

The result is the current design of the Smovey rings, providing the ultimate fitness product and the perfect way to elevate one's strength and flexibility no matter his current physical condition.

Thanks to Smovey Salzhans was able to stabilize his condition, lower his medication intake and is able to continue playing tennis and skiing the Alps of Austria. Working out with Smovey has also shown positive effects on stabilizing the conditions of Multiple Sclerosis, Arthritis, Stroke and Diabetes.



smovey for Fitness



balance • stability • power • walking • jumping • mobility • endurance • coordination • strengthening • speed



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