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twai.[®]

move with the light!

twai.[®] Technology powered by IMM

THE INTERACTIVE
TOUCH WALL



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THE INTERACTIVE TRAINING MODULE

SPORT & FITNESS

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THE INTERACTIVE TOUCH WALL

THE TRAINING DEVICE FOR SPORTS & FITNESS

use it or lose it...

This is the message that applies to all our physical capabilities. If they are not used, they will be eliminated.

As we move less and are confronted with an oversupply of meat and fats, we have to fight the so-called diseases of civilization such as type 2 diabetes, burnout, chronic back complaints, obesity and many others.

These facts force us to take appropriate countermeasures. A key aspect of the most effective measures however is to be mentally prepared. Motivation is the keyword. We love doing things that we can enjoy and make us see the results of our efforts. This is exactly what can be achieved at the **twall**® – a specially-designed training while having fun.

The latest research studies have proved that our muscles are not just "executing organs". Trained muscles will send messenger substances to signalize the body: "I am important and I need energy". That process, amongst other things, supports the production of neurotransmitters, and proteins causing cell death will be suppressed or blocked out.

Furthermore, our muscles are important components of the glucose metabolism. Inactive muscles however are not able to absorb glucose from the bloodstream which raises the risk of diabetes. Regular muscle training will keep our bodies healthy and young.

Depending on whether the training focuses on endurance or strength training, it either stimulates the slow twitch (Type I) or the fast twitch (Type II) muscle fibers. The discussion if the more effective way might be rather moderate endurance training or intensive strength training is mostly irrelevant. Both training methods are important since both of them burn glucose and send out neurotransmitters.

Due to its intuitive handling and programming, the **twall**® is particularly suited to achieve the following training objectives:

- **Reaction Training**
 - especially reaction timing and cognitive abilities
- **Coordination Training**
 - hand-eye-coordination and balance
- **Strength-Endurance-Training**



Statements

"Our branches have been using the **twall**® since it was 'born'. The huge variety of training options quickly convinced our club members. Exercises for the cardiovascular system or for coordination – everything is possible. We consider the **twall**® being an innovative training device with many areas of application. We would like to wish you good luck in all your future endeavors."

"We are aware of the great potential of the **twall**®. This is why our physiotherapy practice was the first one to buy it and our experiences with the **twall**® are very positive."

Physiotherapy practice Heike Riemke-Thöle, Celle, Germany

Sports Training

Coordination

Coordinative abilities (the ability to differentiate and to link) are qualities that have an influence on the athletic performance. They particularly refer to the control and the regulation of movements. Coordination training is basically aiming for rational and economical exercises.

A variable training to enhance the hand-eye-foot-coordination, exercises for the left and the right half of the body, as well as the possibility of visual tasks provide a wide range of options for an ideal training program.

Reaction

The **twall**® concept, based on visual stimulus, offers the best possible selection of exercises to maintain and to increase reflexes for people of every age and physical condition. The built-in display allows an exact evaluation of the reaction time.

Strength endurance

Break the monotony of your exercises with the help of the **twall**®. Use it for strength training, for example to train biceps and triceps, leg muscles, gluteal musculature and muscles of abdomen. Various programs will facilitate the training and increase the fun factor. Using the editor, new programs can be created in a quick and easy way. There are no limits to your ideas.

Train specific types of sports

Thanks to its compact and robust design, the **twall**® can be used for the training of specific types of sports. During pitching sessions, pass and shoot training using handballs, basketballs or soccer balls/footballs, the priority should be to train precision. A further type of sports where the **twall**® could be deployed would be boxing with different punch combinations. These can be edited any time using the **twall**® software. To avoid a monoton rhythm, the succession of the impulses can be changed (switch delay).

Velocity training and jump power exercises

The **twall**® is especially suited for the workout with young talents because of the short and precise programs to train velocity and jump power. The **twall**® dimensions make it possible to exercise intensely and effectively using fast step and jump movements. Due to its height of 2.35 m (7.7 feet), it is equally applicable to children and teenagers and their jump power training.



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