



smovey

100% manual work





The extraordinary health sports device with an Austrian identity - does with you what you want!



By buying a Smovey, you have chosen a vibrant and mobile existence. Your locomotor apparatus will thank you when you regularly „get into the swing with vibrations“ at home, at work or out in nature.

Even with the first few swings, you feel the unique combination of swing and vibrations - the so-called Vibroswing Effect.

Through 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 also supports disabled persons in an integration workshop, where Smovey is produced in manual work to high quality standards.

swing & smile with smovey



LEGEND SALZHANS and 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, of which others in his position can only dream. His treating doctor is enthusiastic about the stable health of his patient.

smovey



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 cause 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 calls these effects the Vibroswing Effects.

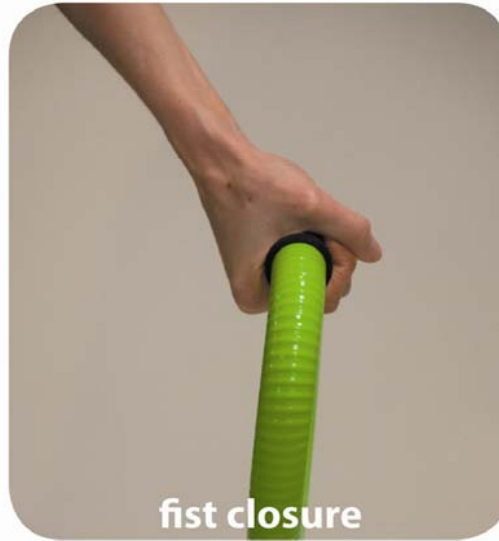
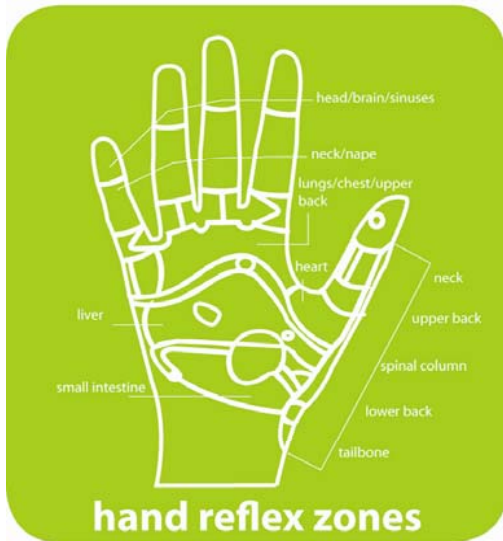
„I always determine the effects on my entire body system with the intensity of my motion: from relaxation to my performance limits.“

These attributes make Smovey unique.

Smove on & be happy - Holistic natural movement while lying, sitting, walking, running and jumping.



Grips



Important directions for use (recommended by sports physiotherapists):

- » Hold the Smoveys with a firm grip to protect the wrists
- » Stabilise your spine in its natural extension (straight back)
- » Swing so that the balls roll evenly in a way which is heard and felt - this is not a problem with some practice
- » Vary the exercises - variety is more fun and more efficient
- » Revitalisation: per exercise 2-4 x 30-60 sec. - 6-8 exercises - 1 min. pause
- » Strengthening: per exercise 2-4 x 10-15 sec. - 6-8 exercises - 3 min. pause
- » Relaxation: per exercise 60-90 sec/closed eyes/calm surroundings



NATURAL SWING



- i** Stand in a stable position, feet hip width apart, and alternately swing forward and back with both arms
- !** Keep your back straight and avoid excess rotation of the upper body and pelvis

i execution

! attention



DOUBLE SWING

-  Stand in a stable position, feet hip width apart, and simultaneously swing forward and back with both arms
-  Keep your back straight and avoid bending and stretching movement of the thoracic and lumbar spine



CROSS SWING

- i** Stand in a stable position, feet hip width apart, tilt the upper body slightly forward, and swing simultaneously before the body with both arms like a clock pendulum
- !** Keep your back straight despite being in a forward-bent position





Side Swing

SIDE SWING

- i** Stand in a stable position, feet hip width apart, tilt the upper body slightly forward, and swing simultaneously before the body with both arms like a clock pendulum
- !** Keep your back straight and avoid excess rotation of the upper body and pelvis



HORIZONTAL SWING

-  Stand in a stable position, feet hip width apart, and simultaneously swing back and forward horizontally with raised arms
-  Keep your back straight and avoid bending and stretching movement of the thoracic and lumbar spine



Criss Cross Swing

CRISS CROSS SWING

- i** Stand in a stable position, feet hip width apart, and swing one arm forward and simultaneously the other raised arm horizontally back and vice versa.
- !** Keep your back straight and avoid excess rotation of the upper body and pelvis



i am smovey



The extraordinary health sports device with an Austrian identity

**Developed and recommended by physiotherapists,
fitness trainers,
energeticists,
neurologists,
doctors and TCM medicine**

For a varied movement and therapy program:

**At work, indoors or in nature - moving with Smovey
is pure motion fun. Regardless of where and when -
or young or old.**

“Does with you what you want!”