



Get fit. Stay fit.

Let Galileo[®] take care of your training.



Galileo[®]
Training

In fitness, sports and wellness



Good prospects for your health! People need exercise to stay healthy and fit. A muscular, well-trained body does not hurt and exercise protects against wide spread diseases such as osteoporosis, diabetes, or degenerative joint disease. Exercise strengthens the immune system, keeps you fit, makes you happy, promotes good posture and body confidence. Galileo offers the perfect combination of fitness and health. With Galileo, you train power, strength, elasticity, speed and coordination all at once. Scientifically extensively investigated studies show the effectiveness of Galileo Training.

What happens during Galileo® Training? The Galileo principle adopts human gait. It employs a seesaw motion pattern with adjustable frequency and amplitude to simulate gait patterns. The Galileo platform's seesaw motion causes a side-alternating tilt of the pelvis – just as in gait but much faster. Consequently all muscle groups of the legs and trunk constantly react in a side-alternating manner to compensate this tilting, rhythmic motion. The muscle contractions required to compensate Galileo's side-alternating stimulation change with the increase of the tilting frequency. Above approximately 12 Hertz the muscle contractions originate from the physiological stretch reflex rather than from voluntary muscle innervation. Compared to voluntarily directed movements these reflex-based movements are much better coordinated and perceived as less exhausting by the individual.



Galileo's reflex-based training principle activates all muscle groups ranging from the legs far into the trunk, blood circulation especially within the legs is increased immensely and the metabolism gets activated.



■ **Galileo® for regeneration.** One of the most important factors in professional sports is rapid recovery in between competitions or after intense exercise. Time-efficient and effective measures are required. Galileo Training stimulates both the metabolism and blood flow within the trained body parts. Anabolic and regenerative processes within the muscle and surrounding tissues are accelerated. By applying low frequencies, muscles are loosened, relaxed and refreshed. Galileo Training is perfectly suited to be combined with conventional regeneration techniques such as getting a massage, using a sauna or going to the spa.

■ **Improvement of force and power with Galileo®.** Galileo boosts muscle strength, performance and the quality of daily and sports specific movement patterns. Compared to conventional power training Galileo Training puts a lot less pressure on the joints and ligaments - even lower than everyday movements such as walking, climbing a flight of stairs or jumping. The repetitive nature of Galileo Training helps to improve inter- and intra-muscular coordination. Training effects are enhanced, movement patterns are refined and stabilised and movements become faster and more accurate. Top athletes, personal trainers and health-conscious individuals are constantly looking for new and safe methods to explore or enhance their limits. Galileo offers this possibility. 5–10 minutes of Galileo Training as an integral part of your training session achieves sustained improvement of force, power, agility and coordination.

■ **Faster recovery after breaks in exercise.** Galileo has been successfully used to resume training after long breaks – voluntary or mandatory. Galileo reduces the risk of injury by improving the interaction of the muscles and supports tissue regeneration. As a result athletes can recommence training sooner and are revitalised going into the next training session.



Relax with Galileo®. The induced reflex contractions in the muscle are felt all the way up in the back. Depending on the training frequency your back muscles are relaxed or strengthened. Elasticity, flexibility and posture are improved and back problems effectively prevented. After an exhausting day Galileo Training can relax and loosen your muscles. After training on Galileo, you feel lighter on your feet, refreshed and full of energy. Just two training sessions per week are sufficient to achieve positive effects on your muscles and on your bones in the long term.

Functional muscle training adopting human motion.
Fast improvements – short training times.
Reproducible training conditions.

Galileo®
Training



Development, manufacturing and sales

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The quality of all Galileo medical and training products is permanently assured by a TÜV-monitored quality management system acc. to ISO 13485:2003.

Galileo Training puts minimum stress on the cardiovascular system, helps to increase blood circulation and metabolism and furthermore offers:

■ Muscle Power

- Increase of muscle power and muscle force
- Bodyforming
- Muscle hypertrophy after immobilisation
- Warm-up training

■ Muscle Function

- Improvement of muscle function
- Improvement of flexibility and range of motion
- Relief of muscle tension
- Faster recovery after training and competition

■ Mobilisation

- Balance training and coordination training

Various scientific studies have proven the effectiveness of Galileo Training.

Contraindications must be excluded before the first use of Galileo. If in doubt, please consult your doctor or therapist.

We are looking forward
to your enquiry!

