



# Walking on clouds

NEW at the Parkhotel Igls – a treadmill with the heart of a trampoline

Earlier this year, our Managing Director Andrea Gnägi and the Parkhotel Igls' Exercise Team Leader Michael Multerer went on a fact-finding mission to Roggwil in Switzerland. What they discovered was the kyTrainer, kybun®-inventor Karl Müller's latest brainchild. It's a fabulous new exercise development that puts a spring in the step of even the most unmotivated of couch potatoes! One of these prized units is now located in the Parkhotel Igls' panoramic gym and we invite all our guests to come up and give it a go.

## Like walking barefoot on a soft and elastic surface

The new kyTrainer's running deck is made of the same soft and elastic material as the kyBounder mats and kyBoots – and feels like walking on clouds. The kyTrainer is easy on the joints, exercises fine motor skills, and improves performance. The soft and elastic material of the kyTrainer running deck absorbs the impact on the joints caused by running and walking. The muscles of the lower limbs are energised, which compels users to move in a way that stabilises them. This improves stimuli detection, movement control and inter-muscular as well as intra-muscular coordination.

The kyTrainer is ideal for people with movement restrictions because the soft and elastic material's cushioning effect facilitates the feet's rolling

movement. Adaptive postures, mild leg length inequalities and pelvic obliquities are automatically and naturally balanced.

## Unique micro-interval exercise programme

A special feature of the kyTrainer is the micro-interval exercise programme, which Karl Müller developed specifically for the training device. Two distinct training phases alternate at 15 to 30-second intervals during which the kyTrainer varies incline and speed.

The intensive phase triggers gentle muscle impulses throughout the body and relaxes the muscles, while the coordination phase energises and exercises the deep muscles with the effect of relieving pain. Naturally, both the duration and the intensity of the exercise can be adapted to suit a person's particular needs. The fully automatic heart rate monitor also allows exercises to be tailored to suit different fitness levels.

Over time, the two phases lead to distinct physical adjustments: the intensive, loosening phase releases

**'As soon as we started testing the kyTrainer we knew: this offers an entirely new, thoroughly enjoyable and entertaining walking experience. When we understood the versatility of its therapeutic uses, it didn't take us long to decide that this device would be an excellent addition to our exercise facilities.'**

Michael Multerer, Exercise Team Leader.

tensions and improves stamina, while the coordinative phase improves sensorimotor skills and coordination.

## Floating between walking and running

When the phases alternate, the brain has to prepare for a change in movement. At the same time, long-standing patterns of movement that are firmly embedded in the brain fade into the background. This means that movements performed on the kyTrainer are perceived and performed with greater consciousness, which automatically corrects poor posture. Rapid phase alternation also promotes concentration and the precision with which each movement is made.

Even if you're no great fan of jogging and treadmills, the kyTrainer's trampoline-like feel will give you the incentive you seek to enable you to exercise more and get back in shape. Moreover, the alternation of phases prevents muscle-overacidification and so avoids the less pleasant symptoms of overexertion. This means even more motivation to exercise!

## Countless options for fitness and relaxation

Micro-interval exercise is not designed as a standard programme that makes people repeat the same thing over and over again. Hence the kyTrainer offers a wide range of exercise options and variations and allows specific programmes to be tailor-made for individual users.

However, there are over a hundred pre-installed programmes to help you get started straight away. These have been designed to work on various exercise targets and for a wide range of fitness levels.



**Michael Multerer** is Exercise Team Leader at the Parkhotel Igls.

# kybun® – soft and elastic



### Special offer kybun®@Mayr

- The Basic Programme\* including kybun® group classes
  - 2 one-to-one kybun® classes (50 mins each)
  - 5 partial body massages (25 mins each)
  - 1 liver compress with beeswax
- €1,290 for one week – excluding accommodation and kyBoots (available from our shop)

\* See page 11