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Dittmann Body Concept Catalogue



BODY-TUBE®

For training of all muscle groups. Improves fitness and efficiency. This is the classic amongst the fitness units, and is the ideal training unit in the studio, at home or while travelling. You can optimally train your most important muscle groups anytime and anywhere.

All tube-products have a high-class patented vinyl foam handle and offer with regard to conventional plastic grip tubes, a more comfortable and better grip during the exercises. Ideal for reducing finger cramps during intensive training!
No slipping of the tube due to sweating hands.

BODY-TUBE® is available in the following colours and strengths.
All products include a detailed exercise poster.

Colour	Strength
Yellow	Light
Green	Medium
Red	Strong
Blue	Extra Strong



BODY-RING®

BODY-RING will shape your legs and improve overall lower body muscle tone.
Includes Foam-grips for additional comfort.

Perfect product for legs and abs in combination with BODY-TUBE.

BODY-RING® is available in following colours and strength.
All products include a detailed exercise poster.

Colour	Strength
Yellow	Light
Green	Medium
Red	Strong



ANKLE-TUBE®

The most intensive workout for legs and upper body. The deluxe version for stomach, legs and bottom. Comfortably padded velcro fastener guarantees an optimum hold in any position during the exercises. Pressure points and any cutting off of the circulation during training are therefore avoided.

ANKLE-TUBE® is available in the following colours and strengths. All products include a detailed exercise poster.

Colour	Strength
Yellow	Light
Green	Medium
Red	Strong



BODY-TONER®

For the specific intensive training of individual muscle groups. Universal and versatile training unit for upper and lower body. The division of the BODY-TONER into eight parts allows for a variety of long and short pulling exercises with improved hold during the exercise.

BODY-TONER® is available in the following colours and strengths. All products include a detailed exercise poster.

Colour	Strength
Yellow	Light
Green	Medium
Red	Strong





BODY-BAND®

An extra large band for an even more intensive workout. All products include a detailed exercise poster.

Size

150mm - 2.40m
150mm - 2.40m
150mm - 2.40m
150mm - 2.40m

Colour

Yellow
Green
Red
Black

Strength

Light
Medium
Strong
Extra Strong

Size

100mm - 1.20m
100mm - 1.20m
100mm - 1.20m
150mm - 2.40m

Colour

Yellow
Green
Red
Black

Strength

Light
Medium
Strong
Extra Strong

Size

100mm - 2.00m
100mm - 2.00m
100mm - 2.00m
100mm - 2.00m

Colour

Yellow
Green
Red
Black

Strength

Light
Medium
Strong
Extra Strong

All bands come with clip for multiple size adjustments



A fresh approach to fitness...

'BODY-CONCEPT'

Body Concept offers a full range of high quality latex resistance bands and tubes designed to help you strengthen, tone and stretch all muscle groups. All products come with an exercise poster which includes 12 different exercises. They are suitable for sport, fitness, pilates and rehabilitation and are ideal for exercising at home or whilst travelling.



It's your individual fitness program, available at sport-stores and authorized dealers. Strictly manufactured under the ISO 9001, medical standard. The products in this catalogue are available in different pull strengths, to train individual muscle groups or increase your training level.

So you can choose the professional training unit the best suits your needs. We hope you will enjoy your training with **BODY-CONCEPT** fitness units.

Sport	Most Common injuries	To counteract sports related injuries and for rehabilitation	To increase athletic performance, to learn exercise movements and for technique training	BODYBAND	BODY-TUBE	BODY-TONER	ANKLE-TUBE	BODY-RING
Soccer	Strains, torn knee ligaments	Stretch front thigh muscles and hip muscles	Tip: For over-strained front thigh muscles, strengthen your upper back thigh muscles	●	●	●	●	●
Swimming	Over-strained shoulder muscles	Stretch chest muscles	Tip: For shortened breast muscles exercise your upper back muscles	●	●	●	●	●
Cycling	Back pains	Stretch neck, chest, stomach and front thigh muscles	Tip: To counteract back and neck pains, strengthen your back muscles	●	●	●	●	●
Jogging	Knee and back pains	Strengthen inner thigh muscles and stretch front and back thigh muscles	Tip: For knee instability strengthen your front and back thigh muscles	●	●	●	●	●
Tennis	Shoulder injuries, wrist instability	Strengthen calves, chest and upper back muscles	Tip: For tennis elbow, stretch your forearm muscles and your biceps	●	●	●	●	●

● Especially Suited

A fresh approach to fitness...

Health Management Group Markets and Distributes the Following Products



Sports Performance Recorders



Weights/Resistance Vests



Respiratory Exerciser



Stop Watches & Pedometers



Resistance Bands & Tubes

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