MSD

EUROPE BVBA

Health, Fitness & Wellness Products

REHAB | THERAPY | SPORTS | FITNESS

CATALOGUE 2012-2013

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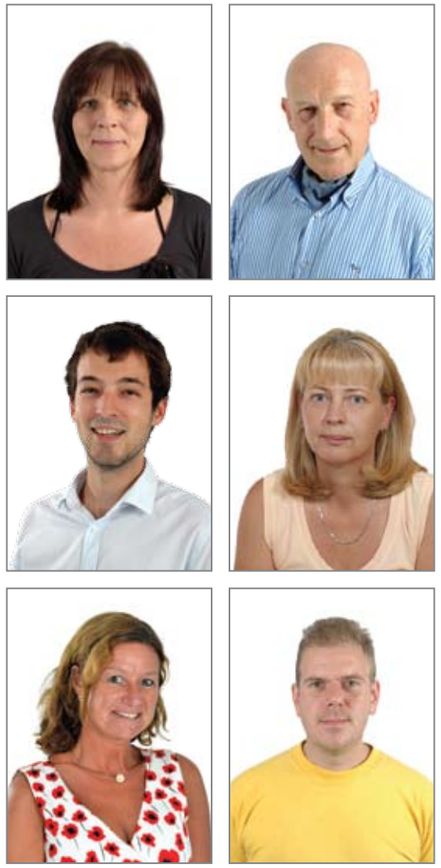
MSD Europe is a marketing, sales & distribution company, specialized in physical therapy & rehab and sports & fitness products. We are a successful business-to-business company with quality-driven people. We always try to deliver high quality products at the best prices and conditions, making sure that our distributors and dealers can make better margins and profit on MSD-label products.

Your MSD Europe Team



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In order to keep all the information in this catalogue as clear and easy accessible as possible, we introduce a system of icons that are shown next to the product where appliccable.

- m — Contains multilingual instructions.
- cb — Packed in a full colour cardboard box.
- bl — Packed in a blister pack with full colour insert.
- po — Packed in a polybag with full colour header.
- sh — Packed in a shrinkfoil wrap.
- p — Comes with a pump.
- ex — Packaging contains printed exercises.
- ex www — Downloadable exercises available on our websites.
- Ø — Product Diameter
- ↕ — Product height
- Maximum Load

RESISTIVE EXERCISE 6

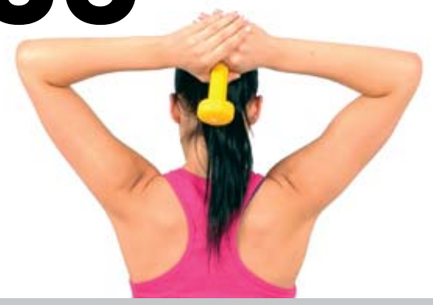
HAND EXERCISE 15

UPPER & LOWER BODY EXERCISE 20

WELLNESS 24

FITNESS 29

STRENGTH 36



HOT / COLD 38

MEASUREMENT INSTRUMENTS 40

The MSD Europe website has been completely renewed.
The product overview has been made easy accessible with an intuitive controle.
For our registered clients, we added a secured page with a number of downloadable files (high resolution pictures, manuals, exercises, ...)

But we also try hard to provide a service to your clients, without interfering with our B2B strategy.
That is why our housebrands, MSD-Band and Mambo Max, have their own site.
All exercises can be downloaded by the product user in a ready-to-print pdf-format.

Since we strongly believe in a two-way communication, we kindly invite you to share all remarks, ideas and suggestions you might have regarding these sites or exercises.

NEW WEBSITES

MSD EUROPE BVBA
Health, Fitness & Wellness Products

www.msd-europe.com

Available downloads
for registered clients:

All exercises
High resolution pictures
Manuals
Catalogue in pdf-format

The Original MSD-BAND
RESISTIVE EXERCISE SYSTEM

www.msd-band.com

Available downloads:

MSD-Band
MSD-Tube
MSD Shoulder Pulleys
MSD-Bar
MSD-Band Ankleciser
MSD-Tube Loops
MSD Squeeze Balls & Eggs
Theraflex Putty

Me and my body Mambo Max

www.mambomax.com

Available downloads:

Mambo Stepping Stones
Mambo Pilates Ring
Mambo Foam Roller
Mambo Soft-Over-Ball
Mambo Balance Trainer
Mambo Balance Board
Mambo Balance Board Freeman
Mambo Balance Pads
Mambo Dynadome
Mambo AB Gym Ball
Mambo Softmeds
Mambo Dumbbells

To minimize ecological and environmental impact, only a limited number of copies of this catalogue is being printed. Please treat them with the care they deserve.

Printed on FSC certified paper.

An electronic version of this catalogue can be downloaded from www.msd-europe.com.

By making our exercises available on our websites, not only do we reduce our ecological footprint by cutting down on the number of unused prints, it also allows us to reduce the cost, ensuring an affordable product for everybody.

NEW PRODUCTS

MSD-BAR | 13

Ankleciser | 13

Power-Web® Flex-Grip | 18

Mambo Yoga Set | 26

Mambo AB Gym Ball Budget Bag | 29

NEW PRODUCTS
introduction
at Medica 2012

Mambo Foam Balance Pad | 31

Mambo Dynadome | 31

Mambo Mat Hanger | 33

Hot/Cold Pack Classic | 39

Hot/Cold Pack Protection Sleeve | 39

natural
100%
biodegradable

The production of MSD-Band starts deep in the humid forests of Malaysia, where the best and strongest trees provide the natural latex rubber that will be processed from a milky fluid to your preferred resistive exercise band.
When a tree is 5–6 years old, harvesting can begin: incisions are being made orthogonally in the bark of the tree, just deep enough to tap the latex vessels without harming the tree's growth. The fluid is collected in small buckets, a process known as rubber tapping.

Did you know that rubber trees combat greenhouse gases and thereby slowing down global warming? Additionally, latex harvesting helps prevent deforestation...

"This is why we are not afraid to use the words 'premium quality' when referring to your MSD-Band."

Only the best quality latex is being selected to go to the MSD-Band factory. There, production starts under the constant supervision of a team of scientists, ensuring an immaculate product quality.
Latex sheets are produced, powdered, washed, dried and cut to the exact width.
Each batch of latex sheeting that is produced, is subject to the meticulous inspection of our scientists by a series of laboratory experiments: color-coding, dryness, tensile strength, tearing resistance, snapping resistance, …
During the rolling process, a 100% visual inspection is being conducted on both sides of the band. Indeed, before leaving the factory, every MSD-band has been completely analysed, checked and examined to ensure maximum product quality.

The Original

MSD-BAND
RESISTIVE EXERCISE SYSTEM

MORE THAN 10 YEARS OF EXCELLENCE

Our MSD-Band is a premium quality, low powder latex resistive exercise band. Using the MSD-Band for resistive exercise provides positive as well as negative force on the muscles and improves the range of motion, the strength and the cooperation of the muscle groups. The different resistance levels are determined by the thickness of the band. These bands are available in 1,50m, 2,50m, 5,50m, 22,50m and 45,50m and they all come with a full colour manual.

1,5m: 25 pieces of high quality MSD-Band in a sealed polybag in a great OTC dispenser box.
2,5m: 10 pre-cut pieces of the same resistance or 5 pieces of different resistance (yellow, red, green, blue and black) that come in a polybag with header.
5,5m: A small roll of our premium MSD-Band.
22,5m: A medium roll of our premium MSD-Band.
45,5m: A big roll of our premium MSD-Band.

COLOUR	RESISTANCE	MSD-BAND				
		1,5m	2,5m	5,5m	22,5m	45,5m
Tan	Extra Thin	n/a	n/a	01-100501	n/a	01-104501
Yellow	Thin	01-100102	01-100202	01-100502	01-102202	01-104502
Red	Medium	01-100103	01-100203	01-100503	01-102203	01-104503
Green	Heavy	01-100104	01-100204	01-100504	01-102204	01-104504
Blue	Extra Heavy	01-100105	01-100205	01-100505	01-102205	01-104505
Black	Special Heavy	01-100106	01-100206	01-100506	01-102206	01-104506
Silver	Super Heavy	n/a	n/a	01-100507	01-102207	n/a
Gold	Ultra Heavy	n/a	n/a	01-100508	01-102208	n/a
Set of 5 resistances (yellow to black)		n/a	01-100211	n/a	n/a	n/a

MSD-TUBE WITH HANDLES

Our high quality MSD-Tube, ready to use, straight out of its blister pack in a 120 cm length with handles.
The available colors are: yellow, red, green, blue, black and silver.

MSD O-RING TUBE LOOP

Ideal for exercises of stomach, bottom, hips and legs. With the MSD O-Ring Tube Loop you get an intensive training of each muscular group.
The available colors are: yellow, red, green, blue and black.

MSD FIGURE 8-RING TUBE LOOP

For intensive training of the individual muscles. Efficient for all muscles of upper- and lower body. The centre of the MSD Figure 8-Ring Tube Loop offers lots of possibilities for short and long pull exercises.
The available colors are: yellow, red, green, blue and black.

MSD CUFF-RING TUBE LOOP

The MSD Cuff-Ring Tube Loop is a versatile exercise tool to tone and strengthen all the muscles of the lower body. With velcro closure that fits most sizes.
The available colors are: yellow, red, green, blue and black.
This product is not available in Germany.

COLOUR	RESISTANCE	MSD-TUBE WITH HANDLES	MSD O-RING TUBE LOOP	MSD FIGURE 8-RING TUBE LOOP	MSD CUFF-RING TUBE LOOP
Yellow	Thin	01-200102	01-200202	01-200302	01-200402
Red	Medium	01-200103	01-200203	01-200303	01-200403
Green	Heavy	01-200104	01-200204	01-200304	01-200404
Blue	Extra Heavy	01-200105	01-200205	01-200305	01-200405
Black	Special Heavy	01-200106	01-200206	01-200306	01-200406
Silver	Super Heavy	01-200107	n/a	n/a	n/a

The Original

MSD-TUBE

RESISTIVE EXERCISE SYSTEM

Our high quality MSD-Tube is available in 7,5m and 30,00m rolls that are packed in a great dispenser box. In combination with safety handles, you get a superior grip. The available colors are: yellow, red, green, blue, black and silver.

Use Safety Handles (p12) for superior grip

COLOUR	RESISTANCE	MSD-TUBE	
		30m roll	7,5m roll
Yellow	Thin	01-203002	01-200702
Red	Medium	01-203003	01-200703
Green	Heavy	01-203004	01-200704
Blue	Extra Heavy	01-203005	01-200705
Black	Special Heavy	01-203006	01-200706
Silver	Super Heavy	01-203007	01-200707

MSD SHOULDER ROPE PULLEY - HAND SUPPORT

This MSD Shoulder Rope Pulley comes with a pulley, door anchor, nylon cord and detachable hand supports. These hand supports allow patients without gripping power to use the shoulder pulley.

Reference	Description	Unit
01-400103	Shoulder Rope Pulley | Hand Support	1 pc

MSD SHOULDER ROPE PULLEY - DOOR ANCHOR

The MSD Shoulder Rope Pulley is an economical, easy-to-use device that helps increase range of shoulder motion. It can be used for prevention and rehabilitation of shoulder injuries. This easy to use shoulder rope pulley can be mounted in a doorway.

The MSD Shoulder Rope Pulley comes with a pulley, handles, nylon cord and door anchor.

Reference	Description	Unit
01-400101	Shoulder Rope Pulley | Door Anchor	1 pc

MSD SHOULDER ROPE PULLEY - METAL BRACKET

This MSD Shoulder Rope Pulley comes with a pulley, handles, nylon cord and metal bracket.

Reference	Description	Unit
01-400102	Shoulder Rope Pulley | Metal Bracket	1 pc

MSD SHOULDER TUBE PULLEY

Just like the MSD Shoulder Rope Pulley, the MSD Shoulder Tube Pulley helps increase range of shoulder motion. It can be used for prevention and rehabilitation of shoulder injuries.
Due to its resistive tubing, the Shoulder Tube Pulley can also be used for strength development.

The MSD Shoulder Tube Pulley has a light, medium or heavy tubing.
This set includes the selected resistance of tubing, soft handles, pulley and door anchor.

COLOUR	RESISTANCE	MSD SHOULDER TUBE PULLEY
Yellow	Thin	01-400202
Red	Medium	01-400203
Green	Heavy	01-400204

MSD-BAND & MSD-TUBE ACCESSORIES

Reference	Description	Unit
01-300101	MSD Safety Handles	pair
01-300102	MSD Soft Handles	pair
01-300103	MSD Door Anchor	1 pc
01-300104	MSD Universal Assist	1 pc

MSD-BAND LOOPS

MSD-Band Loops are a small but effective instrument for stretching and strenghtening all muscle groups. Easy to use!

UNIT	MSD-BAND RUBBER BAND LOOP	COLOUR	RESISTANCE	REGULAR RUBBER BAND LOOP	UNIT
10 pcs	01-100002	Yellow	Thin	01-100012	1 pc
10 pcs	01-100003	Red	Medium	01-100013	1 pc
10 pcs	01-100004	Green	Heavy	01-100014	1 pc
10 pcs	01-100005	Blue	Extra Heavy	01-100015	1 pc

MSD FLEX TUBE

The MSD Flex Tube improves the muscle tone, endurance and coordination. It also increases the elbow, upper arm and shoulder muscles flexibility. The MSD Flex Tube is made of stretchable, soft material and is a portable and lightweight product.

COLOUR	RESISTANCE	MSD FLEX TUBE
Red	Soft	01-999999

MSD-BAR

The MSD-Bar was developed after the repeated demands of numerous clients to come up with an MSD-Band quality flexible bar exerciser. And we must say that we are proud to present it to you. Developed to focus on hand, arm and shoulder problems, this product allows flexion and extension exercises, adduction and abduction exercises and even soft tissue mobilization, far more than the twisting and bending you would imagine.
The MSD-Bar is available in 3 colors/resistances: light, medium and heavy. Size: 31 x 4,5 cm.

Packed in a polybag with full-color header.

COLOUR	RESISTANCE	MSD-BAR
Red	Light	01-600103
Green	Medium	01-600104
Blue	Heavy	01-600105

MSD-BAND ANKLECISER

The MSD-Band Ankleciser is a great ankle exerciser, complying to all the rigorous quality standards MSD Europe demands of its MSD-Band brand products. It's as easy in use as it is effective. The feet slip comfortably into the latex free elastic band which consists of two stitched loops. Available in 4 different resistances, this progressive exercise system enables the user to chose the desired resistance level to perform the exercises at, ranging from rehab to athlete.
Available in a set of 4 resistances, or in a 5-pack of the same resistance.
Packed in a polybag with full-color header and exercise chart.

COLOUR	RESISTANCE	MSD-BAND ANKLECISER
Yellow	Light	01-500102
Red	Medium	01-500103
Green	Heavy	01-500104
Blue	Extra Heavy	01-500105
Set of 4 resistances		01-500111

SAEHAN

SAEHAN Corporation

Leader in Strength Measuring Technology

The Saehan Digital Hand Dynamometer
has been improved.
Because measuring is knowing.

Dynamometers | page 40-42

DIGI-FLEX®

The spring loaded buttons of the Digi-Flex® isolate each digit, so the strong fingers cannot compensate for the weaker ones. This results in a better, faster and easier to control rehab process. Digi-Flex® is available in 5 color coded units with gradual resistance. This gradual resistance helps the therapist measure progress. The ergonomic base adds comfort and stability. Comes with an instruction manual.

COLOUR	RESISTANCE	Reference	Unit
Yellow	0,7 kg - 2,3 kg	02-010102	1 pc
Red	1,4 kg - 4,5 kg	02-010103	1 pc
Green	2,3 kg - 7,3 kg	02-010104	1 pc
Blue	3,2 kg - 10,4 kg	02-010105	1 pc
Black	4,1 kg - 14,1 kg	02-010106	1 pc
Digi-Flex Set | 5 Resistances | 1 Display		02-010111	set
Digi-Flex Empty Display | Metal		02-010121	1 pc

DIGI-EXTEND®

The Digi-Extend® is a unique therapy device that can isolate the extension of all five fingers and each of the individual finger joints. The product strengthens the intrinsic and extrinsic muscle groups to maximize extensor tendon gliding, joint motion, coordination and muscle function in the hand and forearm.
The Digi-Extend® focuses on the extensor mechanism of one or all fingers as it targets the area of the hand that needs rehabilitation. Patients can easily change the resistance levels and vary their hand positions for specific exercises to help maximize the exercise goals and prevent injury. The Digi-Extend® can also be used for finger adduction, abduction, blocking and flexion exercises. It is compact in design, high-tech, easy and comfortable to use as well as effective in helping patients reach their therapy goals. Four color coded band resistance levels allow each muscle or joint to work at a comfortable level and build as increased strength is achieved.

Reference	Description	Unit
02-010201	Digi-Extend	1 pc
02-010211	Digi-Extend Set | 4 units | 1 Display	set
02-010202	Digi-Extend Bands Set | 25 pcs	set
02-010121	Digi-Extend Empty Display | Metal	1 pc

MSD SQUEEZE BALLS & EGGS

The MSD Squeeze Egg is ergonomically shaped to provide highly effective exercise for the rehabilitation and strengthening of weakened or injured fingers, hands and wrists. Because it is small and easy to use, you can exercise anywhere.

The MSD Squeeze Ball is a specially formulated exerciser, provided in a progressive sequence of 5 colors. It strengthens hands, fingers, forearms and will work the muscles separately or in tandem. The MSD Squeeze Ball can be used for rehab as well as for sports training or stress relief. Available colors/resistances: yellow, red, green, blue and black.

The MSD Squeeze Balls & Eggs can help to:
- rehabilitate post-operative/post-traumatic hands and arms
- restore function in hands, arms and shoulders following stroke
- reduce pain and stiffness in arthritic fingers, hands and wrists
- relax tense, sore muscles and reduce stress
- strengthen aging hands and arms

COLOUR	RESISTANCE	MSD SQUEEZE BALL	MSD SQUEEZE EGG
Yellow	Extra Soft	02-030102	02-030202
Red	Soft	02-030103	02-030203
Green	Medium	02-030104	02-030204
Blue	Firm	02-030105	02-030205
Black	Extra Firm	02-030106	02-030206

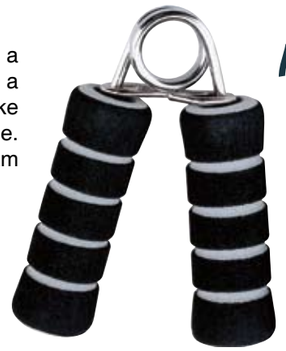
MSD ADJUSTABLE HAND GRIP

The MSD Adjustable Hand Grip comes in two different versions. Whether it is the 5 to 20 kg light version (orange) or the 10 to 40 kg heavy version (grey), you can always adjust the required tension simply by turning the control knob.

Reference	Description	Unit
02-070102	MSD Adjustable Hand Grip Light	1 pc
02-070104	MSD Adjustable Hand Grip Heavy	1 pc

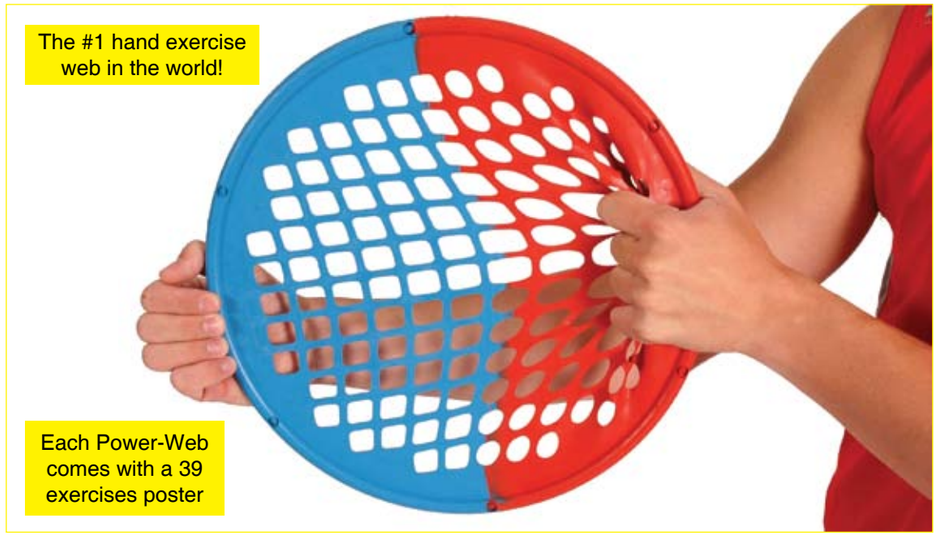
MAMBO FOAM HAND GRIP

The Mambo Max Foam Hand Grip assures a firm training grip. The foam handles provide a firm grip for the entire workout session. Take it with you to the office or just use it at home. Wherever you want to use it, the Mambo Foam Hand Grip assures a tight grasp.



Reference	Description	Unit
02-080101	Mambo Foam Hand Grip	1 pair

POWER-WEB® COMBO



The Power-Web® Combo features a unique advantage of two resistance levels in one, offering greater flexibility and value. It is identical in size and weight to the Power-Web® Senior with the same high quality construction and materials.

COLOUR / RESISTANCE		POWER-WEB COMBO
Tan/Ultra Light	Red/Medium	02-020101
Yellow/Light	Green/Heavy	02-020102
Red/Medium	Blue/Super Heavy	02-020103
Green/Heavy	Black/Ultra Heavy	02-020104

POWER-WEB® JUNIOR & SENIOR

Power-Web® Senior
The Power-Web® Senior is 36cm in diameter and weighs 450gr. Its unique patented design allows a variety of exercises to be performed comfortably and effectively. Constructed of high quality rubber with special agents added for durability and strength, the Power-Web® will last for years.

Power-Web® Junior
The Power-Web® Junior is 18cm in diameter and weighs 225gr. Just half the size of the Power-Web® Senior, it has all the same features as the larger product and delivers many of the same benefits when used in a hand and wrist exercise program.

COLOUR	RESISTANCE	POWER-WEB SENIOR	POWER-WEB JUNIOR
Tan	Ultra Light	02-020201	n/a
Yellow	Light	02-020202	02-020302
Red	Medium	02-020203	02-020303
Green	Heavy	02-020204	02-020304
Blue	Super Heavy	02-020205	n/a
Black	Ultra Heavy	02-020206	n/a

POWER-WEB® FLEX-GRIP®

The creators of the best-selling Power-Web®, are proud to present their newest product – the Power-Web® Flex-Grip®. The Power-Web® Flex-Grip® is a unique exerciser that fits in your palm and provides the ability to work dexterity, extension and strengthening in your hands, fingers, and thumbs. Available in 3 different resistances, the Power-Web® Flex-Grip® has finger and thumb holes and has two sides – one side featuring a ball to squeeze and the other featuring buttons and a thumb pad to exercise fingers separately and increase dexterity and strength in your fingers and thumb. Latex free and easy to use!

COLOUR	RESISTANCE	POWER-WEB FLEX-GRIP
Yellow	Light	02-021102
Red	Medium	02-021103
Green	Heavy	02-021104

NEW!

PROHANDS® SERIES

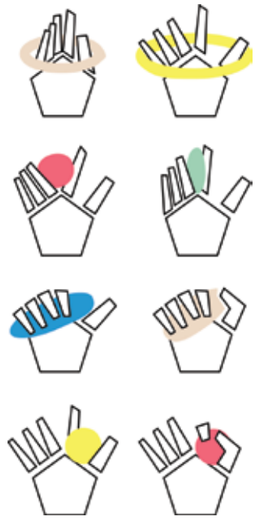
VIA™ is the entry level hand exerciser designed with young athletes in mind. It has a round, soft look, wider finger pistons for smoother function & improved finger performance, and is available in two tensions.

The unique Prohands hand exercisers are the only hand exercisers that challenge each finger individually for improved strength, speed, dexterity and overall hand health & wellness. GRIPMASTER™, the signature model, enjoys worldwide brand awareness and is used by all levels of athletes. The patented Gripmaster is available in four tensions.

PRO™ expands on the ingenious design of Gripmaster providing serious athletes with the most advanced hand exerciser in the world. The PRO™ features a larger profile, superior steel springs that resist wear, an integrated ergonomic palm bar for comfort, and is available in three tensions.

VIA	RESISTANCE	COLOUR	RESISTANCE	GRIPMASTER	PRO	Unit
02-060102	Light	Yellow	Extra Light	02-060201	n/a	1 pc
02-060103	Medium	Blue	Light	02-060202	n/a	1 pc
n/a	n/a	Red	Medium	02-060203	02-060303	1 pc
n/a	n/a	Black	Heavy	02-060204	02-060304	1 pc
n/a	n/a	Grey	Extra Heavy	n/a	02-060305	1 pc

THERAFLEX PUTTY™



The Theraflex Putty™ strengthens weakened grasp through exercise and is used for rehabilitative exercise or stress relief. It is odorless, does not stain and will not leave any residue on patient's hands. Theraflex Putty™ is non-toxic, greaseless, hypo-allergenic and latex-free. The Theraflex Putty™ is available in 5 colors/resistances and comes prepacked.

Theraflex Putty™ now has an added anti-microbial component.

COLOUR	RESISTANCE	THERAFLEX PUTTY			
		85gr	110gr	170gr	450gr
Tan	Extra Soft	02-040101	02-040201	02-040301	02-040401
Yellow	Soft	02-040102	02-040202	02-040302	02-040402
Red	Medium	02-040103	02-040203	02-040303	02-040403
Green	Firm	02-040104	02-040204	02-040304	02-040404
Blue	Extra Firm	02-040105	02-040205	02-040305	02-040405

HANDMASTER PLUS™

The Handmaster Plus™ strengthens the 9 muscles that close the hand as well as the 9 muscles that open the hand. The result is maximum strength, balance and blood flow to the hand, wrist and elbow.

Soft - Purple Ball / Yellow Cord (early rehab)
Medium - Red Ball / Black Cord (late rehab)
Firm - Orange Ball / Gray Cord (strength, speed training)

Reference	Description	Unit
02-050102	Handmaster Plus Soft | purple ball - yellow cord	1 pc
02-050103	Handmaster Plus Medium | red ball - black cord	1 pc
02-050104	Handmaster Plus Firm | orange ball - grey cord	1 pc

MSD STANDARD PEDAL EXERCISER

The MSD Standard Pedal Exerciser is ideal for restoring impaired muscle strength, improving blood circulation and gives a better coordination to the legs or arms. It can be used on a table top as an arm exerciser or on the floor to give the legs a workout. It is portable and can easily be stored under a chair or bed. The MSD Standard Pedal Exerciser has a convenient tension control that allows a broad range of pedal resistance for a progressive exercise program.

Pedal strap adjustable to two positions

- 54x40x30 cm
- 2 kg

Reference	Description	Unit
03-010201	MSD Standard Pedal Exerciser	1 pc

MSD OXYCYCLE 1 - ACTIVE MAGNETIC

The MSD OxyCycle 1 comes with strap pedals and handgrip pedals.

- 50x46x38 cm
- 9 kg

Reference	Description	Unit
03-010101	MSD OxyCycle 1 Pedal Exerciser	1 pc

The MSD OxyCycle 1 Pedal Exerciser is used for upper and lower body exercises. The adjustable resistance makes it a great product to progressively strengthen your arms and legs. Recommended for ACTIVE training. The MSD OxyCycle 1 Pedal Exerciser has a light-weight compact design, adjustable resistance and a multi-function LCD display readout scan, time, distance, calories and RPM. A non-skid mat and interchangeable handgrip pedals are included.

MSD OXYCYCLE 2 - PASSIVE

The MSD OxyCycle 2 comes with half-foot pedals and handgrip pedals.

- 50x46x38 cm
- 8 kg
- 60 Watt

Reference	Description	Unit
03-010102	MSD OxyCycle 2 Pedal Exerciser	1 pc

The MSD OxyCycle 2 Pedal Exerciser is a great tool for personalized, low-stress workouts that can be used anywhere. The adjustable speed makes it a great product to progressively strengthen your arms and legs. Recommended for PASSIVE training. This pedal exerciser provides low impact exercise to increase strength and flexibility, is versatile for both upper and lower body and it promotes the blood circulation. The MSD OxyCycle 2 Pedal Exerciser has a light-weight compact design, adjustable speed and a multi-function LCD display readout scan, time, count, RPM-level and estimated calories burned. A non-skid mat and interchangeable handgrip pedals are included.

MSD OXYCYCLE 3 - ACTIVE/PASSIVE

The MSD OxyCycle 3 comes with full-foot pedals and handgrip pedals.

- 50x46x38 cm
- 8,5 kg
- 60 Watt

Reference	Description	Unit
03-010103	MSD OxyCycle 3 Pedal Exerciser	1 pc

The MSD OxyCycle 3 Pedal Exerciser is a great tool for personalized, low-stress workouts that can be used anywhere. The adjustable speed and resistance makes it a great product to progressively strengthen your arms and legs. Recommended for ACTIVE and PASSIVE training. This pedal exerciser provides low impact exercise to increase strength and flexibility, is versatile for both upper and lower body and it promotes the blood circulation. The MSD OxyCycle 3 Pedal Exerciser has a light-weight compact design, adjustable speed & resistance, a 15-minute timer switch and a multi-function LCD display readout scan, time, count, total count and calories burned. A non-skid mat and interchangeable handgrip pedals are included.

FIT STRETCH

The Fit Stretch is a fantastic, simple and portable way to stretch your lower leg muscles. It is perfect for warm-ups and cool-downs. The use of a Fit Stretch helps increase your ankle, shin and calf flexibility. It is made of a durable, molded plastic and includes a non-skid foot pad.

Reference	Description	Unit
03-050101	Fit Stretch | Single Leg	1 pc

INCLINE BOARDS

The incline board increases extension in the lower and upper back while stretching the calves.
It can be used:

- to improve the general posture
- to stretch the calf muscles of athletes, soccer players and sportsmen in general
- to stretch the upper-leg muscles (Ischias)
- to increase extension in the lower and upper back

Basic, non-adjustable incline board made of aluminium. Evaluation level: 20°. Measures 45x30 cm.

Made of a composite plastic rated over 250kg. Adjusts to 4 levels and folds flat (8cm) to store easily. Levels are 10°, 15°, 20° and 30°. The last slot on the board makes an excellent hand-hold for stretching. Non-slip top measures 35x35 cm.

Made of wood. Adjusts to 5 levels (5°, 10°, 15°, 20° and 25°). With non-slip bottom and non-slip top measuring 35x45 cm.

Reference	Description	Unit
03-040101	Incline Board Simple	1 pc
03-040102	Incline Board Standard	1 pc
03-040103	Incline Board Deluxe	1 pc

CURAMOTION EXER 1

Improvement of blood circulation, muscle strength, joint range of motion and shoulder exercise. The CuraMotion Exer 1 has an adjustable resistance and a multi-functional LCD-display readout scan which indicates rotation count, rotations per minute, time exercised and calories consumed.
Quick release knob for easy height adjustment.

- 96x45x45 cm
- 11,5 kg
- Wall mounting hardware included

Ask for the Exer 2, Exer 3 and Exer 4 models

Reference	Description	Unit
03-030101	CuraMotion Exer 1	1 pc
03-030102	CuraMotion Exer 2	1 pc
03-030103	CuraMotion Exer 3	1 pc
03-030104	CuraMotion Exer 4	1 pc

Exer 1

Exer 2

Exer 3

Exer 4

OXYCYCLE PEDALS

Handgrip Pedal

Strap Pedal

Half-Foot Pedal

Full-Foot Pedal

Reference	Description	Unit
03-020101	Strap Pedals	pair
03-020102	Half-Foot Pedals	pair
03-020103	Full-Foot Pedals	pair
03-020201	Handgrip Pedals	pair

All these pedals are interchangeable and fit OxyCycle 1, 2 and 3

BALL CHAIRS

When you sit on a ball chair, the weight-gravity interaction will give you the best possible posture at all times. Sitting on a ball chair strengthens the abdominal, back and chest muscles, it relieves stress on the spine (back) and shoulder pain. The MSD Ball Chairs promote active sitting and the ball can be removed for exercising or exchanged for a different size of ball.
All the ball chairs are available in black, except the fit chair which is silver.

Plastic Ball Chair Adult

Plastic Ball Chair Kid

Braces

Fit Chair

Reference	Description	Unit
04-040101	Fit Ball Chair	1 pc
04-040102	Fit Ball Chair | With Metal Braces	1 pc
04-040201	Plastic Ball Chair | With Back | Adult	1 pc
04-040202	Plastic Ball Chair | With Back | Kid	1 pc
04-040301	Adjustable Height Set* | adds 3-4 cm	Set

* available for 04-040101, 04-040102 and 04-040201

ex www

MAMBO STEPPING STONES

The non-slip 18 cm Mambo Max Stepping Stone is an amazing tool to spice up your workout. It is also good for children's (group) exercises, both indoors and outdoors. Combine balance training and motor skill development increase, with playing fun. It is also used for foot massage, while sitting.

Reference	Description	Unit
04-030141	Mambo Stepping Stones	6-pack

MAMBO STANDARD CUSHION

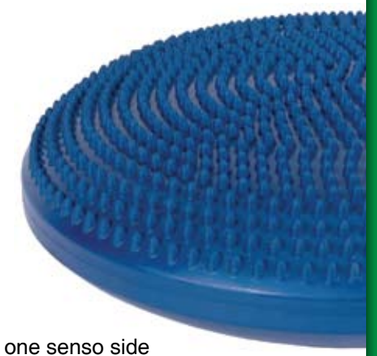
cb m p

The PVC surface of the Mambo Standard Cushion cleans easily with soap and water.

The Mambo Max Standard Cushion is an air-filled cushion for active and dynamic sitting, recommended by therapists. This easy-to-carry air cushion is suitable for everybody. Needle pump included.

Mambo Max

Ø 33 cm
↕ 7 cm



one smooth | one senso side

Reference	Description	Unit
04-020101	Mambo Standard Cushion With Pump	1 pc

MAMBO SITTING WEDGE

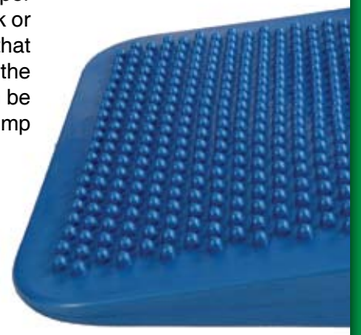
cb m p

The PVC surface of the Mambo Sitting Wedge cleans easily with soap and water.

The wedge shape encourages a proper posture and alignment while sitting at a desk or table. It is an inflatable, dynamic cushion that activates intrinsic trunk muscles to support the spine. The Mambo Max Sitting Wedge can be used as a back support. Faster blaster pump included.

Mambo Max

☐ 34 cm
↕ 7 cm



one smooth | one senso side

Reference	Description	Unit
04-020201	Mambo Sitting Wedge With Pump	1 pc

MAMBO SENSAIR CUSHION

cb m p

The PVC surface of the Mambo Sensair Cushion cleans easily with soap and water.

The Mambo Max SensAir Cushion is an air-filled cushion for active and dynamic sitting recommended by therapists. This easy-to-carry air cushion is suitable for everybody. Needle pump included.

Mambo Max

Ø 32 cm
↕ 7 cm

one smooth | one senso side

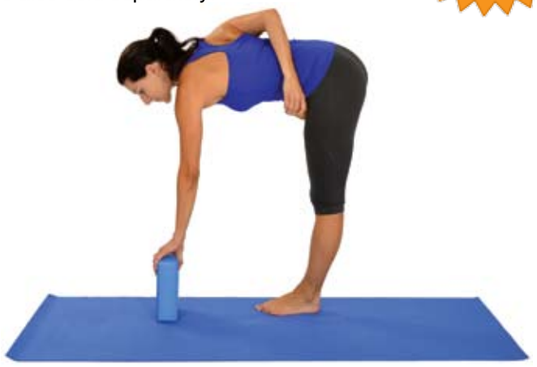
Reference	Description	Unit
04-020102	Mambo SensAir Cushion With Pump	1 pc

MAMBO YOGA SET

This yoga set consists of
- 1 pvc yoga mat (180 x 60 x 0,4 cm),
- 2 EVA foam yoga blocks (7,5 x 15 x 23 cm)
- 1 yoga strap with buckle (180 x 3,8 cm)

This set is packed in a full color box.
Items are also sold separately.

NEW!



Reference	Description	Unit
04-010201	Mambo Yoga Mat	1 pc
04-010202	Mambo Yoga Block	5-pack
04-010203	Mambo Yoga Strap	1 pc
04-010211	Mambo Yoga Set | 1 Mat | 2 Blocks | 1 Strap	Set

MAMBO PILATES SOFT-OVER-BALL

Ø 26 cm
100 kg

The Mambo Max Soft-Over-Ball is a 26cm inflatable ball used for resistance work in Pilates and other mat fitness programs. It is a wonderful tool for adding focus and energy to your workouts. In addition, when slightly deflated it can be used as a soft prop under the head, neck, feet, back,... Young children breathing can be improved by inflating the ball. After inflating it can be used as a playing tool.

Reference	Description	Unit
04-010103	Mambo Pilates Soft-Over-Ball	1 pc

MAMBO PILATES RING

Foam covered fiberglass resistive exercise ring with foam padded grips. For exercises focusing on strength, balance, flexibility and posture. The Mambo Max Pilates Ring adds light resistance to pilates exercises and helps target specific muscle groups. Often used to help tone the arms and thighs, and increase the core strength challenge of an exercise.

Ø 38 cm

Reference	Description	Unit
04-010101	Mambo Pilates Ring	1 pc

MAMBO PILATES FOAM ROLLER

The Mambo Max Foam Roller has been designed for Pilates Training and spine exercises (back aches). Ideal for balance and stabilisation exercises. Foam rollers are used for stretch and strength exercises, as well as for massage and relaxation.

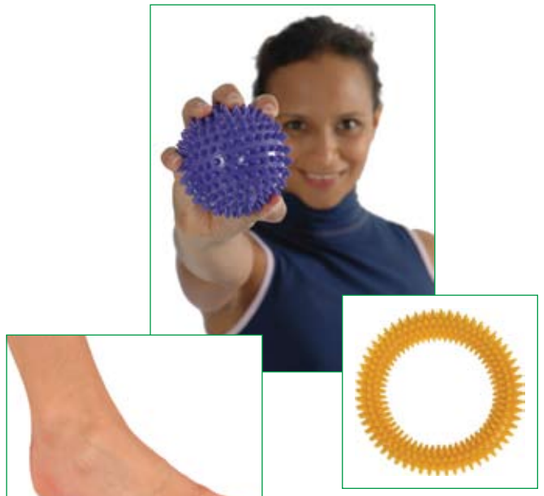
Ø 15x90 cm

Reference	Description	Unit
04-010102	Mambo Pilates Foam Roller	1 pc

Check our range of exercise mats on page 33

MAMBO MASSAGE BALLS, RING & ROLL

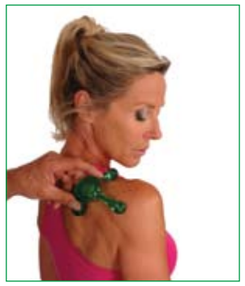
The Mambo Max Massage Balls, Roll & Ring are used for relaxing muscles and reducing tension by relieving trigger points. The Mambo Max Massage Ball helps to strengthen hands and feet and to improve coordination and flexibility. It can be used for massage therapy as well as to improve dexterity skills.



Reference	Description	Unit
04-030103	Massage Ball 6 cm	1 pc
04-030105	Massage Ball 7 cm	1 pc
04-030106	Massage Ball 7,5 cm	1 pc
04-030107	Massage Ball 8 cm	1 pc
04-030109	Massage Ball 9 cm	1 pc
04-030111	Massage Ball 10 cm	1 pc
04-030121	Massage Roll 16 cm	1 pc
04-030131	Massage Ring	1 pc

MASSAGE TOOLS

Jacknobber® II
The Original Jacknobber® II provides a relaxing back massage. The larger knobs provide broad and gentle pressure. The smaller knobs provide deep and intense pressure.



Palmassager™
The Original Palmassager™ is frequently used to massage tensed, tired and sore muscles. It is used for back, shoulder, arms and legs.

Index Knobber® II
The Original Index Knobber® II allows deep, sustained and precise pressure to the trigger points. It is used for sore and stiff muscles. The special design protects the hand and forearm from fatigue and overuse.

Backnobber® II
The Original Backnobber® II allows the user to apply as much pain-releasing pressure as long as required to achieve remarkable effects. A locking mechanism allows it to come apart for convenient travel and storage.

Reference	Description	Unit
04-031101	Jacknobber II	1 pc
04-031102	Index Knobber II	1 pc

Reference	Description	Unit
04-031103	Palmassager	1 pc
04-031104	Backnobber II	1 pc

MAMBO AB GYM BALL

cb p ex ex www

ECOFRIENDLY

Ecofriendly pvc - Heavy metal content in compliance with EN 71 Standards - Phthalates content meets EU-directive 2005/84/EC

350 kg
Yes, you've read it well...

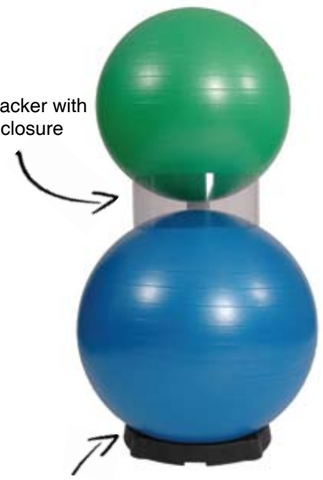
The Mambo Max AB (Anti-Burst) Gym Ball increases flexibility, improves strength and fitness, posture, flexibility and back health. Exercising with this ball also enhances your balance and coordination.
This extremely durable Mambo AB Ball comes in a Mambo cardboard retail pack, including AB Ball, Faster Blaster Pump, Exercise Chart, Plug and Plug Remover.

NEW! BUDGET BAG

The Mambo Max AB Gym Ball is now also available in the budget bag, a polybag containing only the ball and plug.

Ball Size	Colour	Body Height	Mambo AB Gym Ball Box	Mambo AB Gym Ball Bag	Unit
45 cm	Yellow	< 125 cm	05-010102	n/a	1 pc
55 cm	Red	125-150 cm	05-010103	05-010203	1 pc
65 cm	Green	150-175 cm	05-010104	05-010204	1 pc
75 cm	Blue	175-185 cm	05-010105	05-010205	1 pc
85 cm	Black	185-200 cm	05-010106	n/a	1 pc
95 cm	Silver	> 200 cm	05-010107	n/a	1 pc

BALL ACCESSORIES



The Ball Stabilizer facilitates balance. Its notches enable combined AB Ball/MSD-Band exercises.

Reference	Description	Unit
05-020101	Ball Stabilizer	1 pc
05-020102	Ball Stacker	3 pcs
05-020201	Faster Blaster Pump	1 pc
05-020202	Hand Pump Profi	1 pc
05-020203	Needle Pump | 4" - 100mm	1 pc
05-020204	Foot Pump	1 pc

MAMBO BALANCE TRAINER

Reference	Description	Unit
05-040102	Mambo Balance Trainer | 45 cm	1 pc
05-040103	Mambo Balance Trainer | 60 cm	1 pc

The Mambo Max Balance Trainer is designed for balance training. It is used to improve your sense of equilibrium, coordination, reaction and motor skills. It is also ideal for muscle exercise. The Mambo Max Balance Trainer can be adjusted by inflating and deflating the air through the valve. It can be used for lying, kneeling, sitting and stepping movement and it can be incorporated with other exercise equipment to spice up your rehabilitation.

Ø 45 cm
100 kg

Ø 60 cm
100 kg

MAMBO BALANCE BOARD

Reference	Description	Unit
05-040201	Mambo Balance Board	1 pc

The Mambo Max Balance Board is an effective tool for balance training and rehabilitation exercise. Stand on the rounded platform and start balancing. It is also a great tool to strengthen your ankles and thigh muscles. You can also use the Mambo Max Balance Board with the screw-on top for more severe balance training.

Ø 42 cm
↕ 5-8 cm
100 kg

MAMBO BALANCE BOARD FREEMAN

Reference	Description	Unit
05-040202	Mambo Balance Board Freeman	1 pc

Ø 40 cm
↕ 8 cm
100 kg

The Mambo Max Balance Board Freeman is an effective tool for balance training and rehabilitation exercise. Stand on the rounded platform and start balancing. This is a great tool to strengthen your ankles and thigh muscles. The handgrips on the bottom are used for upper body balancing and workouts.

MAMBO DYNADOME

Half sphere, inflatable exercise dome. This versatile product enables the user to perform exercises on both sides of the product, allowing it to be used for a full body work-out as for balance exercises. Basically it's MSD Europe's economical answer for the BOSU® system.
Packed in a full color box.
Dimensions: 59 x 21 cm

NEW!

Reference	Description	Unit
05-040401	Mambo Dynadome | Tubing with handles	1 pc

MAMBO BALANCE PAD

This foam balance pad provides the comfortable exercise environment needed to perform reinforcing balance exercises. Its soft and thus unstable surface challenges the user to work the foot-, ankle-, and leg muscles.

NEW!

Available in two versions:

1 rectangular chamfered shaped pad, 47 x 39 x 6 cm
2 oval shaped pads, 37 x 22 x 6 cm (x2)
Packed in a full color box

Reference	Description	Unit
05-040301	Mambo Balance Pad | Rectangular	1 pc
05-040302	Mambo Balance Pad | Oval	Pair

MAMBO FLEX STICK

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The Mambo Max Flex Stick can be used to quickly and simply train the deep small muscles as well as the surface muscle groups. It enhances the coordination and balance, whilst strengthening connective tissue and cardio vascular activity. The Mambo Max Flex Stick can also be used for repairing and keeping the balance of scapula and tennis- or golfer's elbow. Effectiveness for scapula positioning proven by leading physiotherapists of Brussels University.
Solid two-piece system for easy transportation.
Comes with a handy storage/carry bag.

Reference	Description	Unit
05-080101	Mambo Flex Stick	1 pc

VERSA GYM BAR

The Versa Gym Bar is a total body therapy and fitness system, that strengthens every muscle in your body, including muscle groups which are used for balance and coordination.

This product:
- Improves your balance & flexibility
- Improves muscular coordination
- Improves muscular strength

Comes with 6 tubings (3 different resistances) and 2 universal assists

Reference	Description	Unit
05-080198	Versa Gym Bar | Bar | 2 Tubings | 2 Assists	1 pc

VERSA FLEX BAR

The Versa Flex Bar offers an effective training for fitness & sports. It can be used standing, sitting, moving and balancing. The Versa Flex Bar makes it possible to exercise the superficial muscles on one hand and the deeper lying muscles on the other hand. This product can be used both isometrically and dynamically. Therefore it offers the user the possibility of carrying out an optimal training.
The Versa Flex Bar can also be used for rehabilitating and strengthening hands, wrists, forearms and shoulders.

Reference	Description	Unit
05-080199	Versa Flex Bar | Bar | Tubing | Door Anchor	1 pc

MAMBO EXERCISE MAT

sh m

The Mambo Max Exercise Mats provide a soft touch and comfortable exercise environment. They are perfect for gym & fitness. Non-slip, well-cushioned surface with a unique closed cell structure. The mats are equiped with plastic rings allowing suspension. Each mat comes with a handy storage/carry strap.

Reference	Description	Unit
05-030001	Exercise Mat Wall Hanger | for 10 mats	1pc
05-030101	Exercise Mat | 1,5 x 60 x 180 cm | Red | Rings | Strap	1 pc
05-030102	Exercise Mat | 1,5 x 60 x 180 cm | Green | Rings | Strap	1 pc
05-030103	Exercise Mat | 1,5 x 60 x 180 cm | Blue | Rings | Strap	1 pc
05-030201	Exercise Mat | 1,5 x 100 x 180 cm | Red | Rings | Strap	1 pc
05-030202	Exercise Mat | 1,5 x 100 x 180 cm | Green | Rings | Strap	1 pc
05-030203	Exercise Mat | 1,5 x 100 x 180 cm | Blue | Rings | Strap	1 pc

The Mambo Mat Hanger is a stainless steel mat suspension system that holds up to 10 mats. Distance between suspension bars is 40 cm.

MAMBO TRAMPOLINES

Ø 102 cm
↕ 20 cm
↕ 59-107 cm (handrail)
100 kg

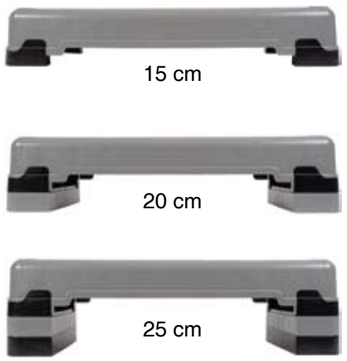
The Mambo Max Trampolines are fit for use by people weighing up to 100kg. Safety of use is given by 48 special springs and special bulge construction on the sides. Standard diameter is 102 cm. Available with or without handrail.

Reference	Description	Unit
05-060101	Trampoline | Simple	1 pc
05-060102	Trampoline | Armed	1 pc

MAMBO AEROBIC STEP

cb m

Adjustable Height



96x33 cm
↕ 15-20-25 cm
100 kg

Step aerobics is a form of aerobics that is practiced worldwide by millions of people. The reason for its popularity is simple, it offers a great cardio workout without the need for extensive space or equipment.
While the aim of aerobics is to increase the body's consumption of oxygen, step aerobics builds on that goal by offering a more intense workout. The Mambo Max Aerobic Step provides this extra boost by incorporating the action of stepping onto the platform to intensify the workout. It is low impact, and doesn't stress the joints as much as running or jogging.

Reference	Description	Unit
05-070101	Mambo Aerobic Step	1 pc

AQUATIC FLOATING BELT

The Aquatic Floating Belt provides added security during training. It also helps teach kids to swim. Keeps younger swimmers head up while learning to swim.

Reference	Description	Unit
05-050303	Aquatic Floating Belt	1 pc

AQUATIC FITNESS BELT

The Aquatic Fitness Belts unique design provides vertical balance. Suspension allows dynamic movement in deep water. EVA foam flexibility and comfortable fit. Although ideal for aquatic fitness, the Aquatic Fitness Belt can also be used as a swimming aid in Therapy and Rehabilitation.
Available in S/M and L/XL

Reference	Description	Unit
05-050301	Aquatic Fitness Belt S/M	1 pc
05-050302	Aquatic Fitness Belt L/XL	1 pc

AQUATIC ANKLE FLOAT

The Aquatic Ankle Float raises the buoyancy for aqua-jogging and aqua-fitness. The unique design of the Aquatic Ankle Floats provides vertical balance. The adjustable straps hold the cuffs securely in place.

Reference	Description	Unit
05-050501	Aquatic Ankle Float	1 pc

KICKBOARD

Beginning swimmers use the EVA foam Kickboard as a floating device, while trained athletes use it to accommodate kicking exercises. The special design helps to improve the flow of water over the board.
46x30x4 cm

Reference	Description	Unit
05-050201	Kickboard	1 pc

AQUATIC DUMBBELL

Useful for local muscle conditioning (such as upper body strengthening) but can also be used during aerobic exercises to increase the muscle workload and therefore, overall intensity of the workout.

Ø 15 cm
↕ 30 cm

Reference	Description	Unit
05-050401	Aquatic Dumbbell	1 pc

SWIM NOODLE

Noodles can be used as resistance equipment for muscle strengthening or as floating device. They are made of ultra-flexible foam that can bend into any shape. Ideal for aquagym, for fitness exercises and a perfect way to strengthen muscles in the water, especially the abdominals. Also great for relaxation and fun in the pool.
Ø 7x150 cm

Reference	Description	Unit
05-050101	Swim Noodle	1 pc

AQUATIC PULL BUOY

The Aquatic Pull Buoy is a figure-eight shaped floating device used in swim workouts. Place the buoy between the legs to provide support to the body without kicking the legs, allowing focus on training only the arms. The Aquatic Pull Buoy is an excellent training device for developing endurance and upper body strength. Good body position and technique can be established and a bilateral breathing rhythm can be refined. It also provides individuals with heavy legs with a way to be better positioned in the water.

Reference	Description	Unit
05-050601	Aquatic Pull Buoy	1 pc

MAMBO MEDICINE BALL

A medicine ball (also known as an exercise ball, a med ball, or a fitness ball) is often used for rehabilitation and strength training as it serves an important role in the field of sports medicine. Medicine ball training is one of the oldest forms of strength and conditioning training – the first reference to wrestlers training with sand filled bladders appears in Persia nearly 3000 years ago. In ancient Greece the physician Hippocrates had his patients throw them back and forth for injury prevention and rehabilitation.

Reference	Description	Ø	Unit
06-000301	Mambo Medicine Ball rack (6 balls)		1 pc
06-030103	Mambo Medicine Ball - 1 kg	20 cm	1 pc
06-030104	Mambo Medicine Ball - 1,5 kg	20 cm	1 pc
06-030105	Mambo Medicine Ball - 2 kg	20 cm	1 pc
06-030107	Mambo Medicine Ball - 3 kg	22 cm	1 pc
06-030108	Mambo Medicine Ball - 4 kg	22 cm	1 pc
06-030109	Mambo Medicine Ball - 5 kg	27 cm	1 pc

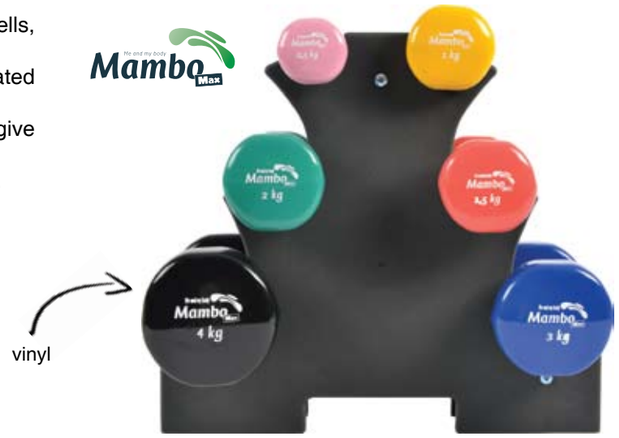
MAMBO SOFTMEDS

Mambo Max SoftMeds are color coded hand weighted balls that are small and flexible enough to grasp with one hand, yet big enough to hold with both hands. The soft, pliable vinyl cover makes it easy to hold and is a safe and effective way to add weight training to your workout.
Mambo Max SoftMeds are fully inflated and ready to use, straight out-of-the box. When needed, air pressure can be adjusted with a needle pump.

Reference	Weight	Description	Unit
06-040102	0,5 kg	Mambo SoftMeds Tan	1 pc
06-040103	1 kg	Mambo SoftMeds Yellow	1 pc
06-040104	1,5 kg	Mambo SoftMeds Red	1 pc
06-040105	2 kg	Mambo SoftMeds Green	1 pc
06-040106	2,5 kg	Mambo SoftMeds Blue	1 pc
06-040107	3 kg	Mambo SoftMeds Black	1 pc

MAMBO COATED DUMBBELLS

The Mambo Max Dumbbells are cast iron dumbbells, coated with vinyl or neoprene.
The vinyl coating is easy washable or can be treated with a waterbased disinfectant.
The neoprene coating has an added resin to give them a scrubby feel and superior grip.
Available in 7 weights with matching colour code.
The Dumbbell Rack holds 6 Dumbbells.



Reference	Description	Weight	Vinyl	Neoprene	Unit
06-010102	Mambo Dumbbell	0,5 kg	06-010102	06-010202	pair
06-010103	Mambo Dumbbell	1 kg	06-010103	06-010203	pair
06-010104	Mambo Dumbbell	1,5 kg	06-010104	06-010204	pair
06-010105	Mambo Dumbbell	2 kg	06-010105	06-010205	pair
06-010107	Mambo Dumbbell	3 kg	06-010107	06-010207	pair
06-010108	Mambo Dumbbell	4 kg	06-010108	06-010208	pair
06-010109	Mambo Dumbbell	5 kg	06-010109	06-010209	pair
06-000101	Dumbbell rack (6 dumbbells)	n/a	n/a	n/a	1 pc

MAMBO WRIST & ANKLE WEIGHTS

To quickly build stamina and muscle, simply add Mambo Max Wrist and Ankle Weights to your workout. They effectively shape and tone your body and can be worn anywhere. Sport them around the office, out shopping or at the gym. Eventually, your body will adjust to running, walking and living with this extra weight.

Reference	Description	Unit
06-020102	Mambo Wrist & Ankle Weights - 0,5 kg	pair
06-020103	Mambo Wrist & Ankle Weights - 1 kg	pair
06-020104	Mambo Wrist & Ankle Weights - 1,5 kg	pair
06-020105	Mambo Wrist & Ankle Weights - 2 kg	pair
06-020107	Mambo Wrist & Ankle Weights - 3 kg	pair
06-020108	Mambo Wrist & Ankle Weights - 4 kg	pair
06-020109	Mambo Wrist & Ankle Weights - 5 kg	pair

TOREX® ROLL-ON HOT/COLD SLEEVES & BOOT

Torex® Finger Radial
For sprained finger, swollen finger or post surgery.
0ne size fits most.

Torex® Large Radial
For sore overworked knees, swollen knee, post knee surgery, torn knee ligaments,...
Size: 380 - 540 mm

Torex® Small Radial
For sprained wrist, injured hand, swollen hand, carpel tunnel syndrome, sore upper foot, plantar fasciitis, tennis elbow.
Size: 75 - 250 mm

Torex® XL Radial
For pulled thigh muscle, pulled hamstring, sore upper leg muscle, large knee applications.
Size: 540 - 710 mm

Torex® Medium Radial
For sore foot, swollen foot, plantar fasciitis, tennis elbow, sore elbow.
Size: 250 - 380 mm

Maximum ankle cold and compression designed by PRO Athletic Trainers, effectively treats soft-tissue structures damaged in most ankle injuries.

Torex® Roll-on Sleeves are a true “open-ended tubular shape” which provides 100% coverage and excellent fit over ankles, arches, arms, elbows, fingers, feet, knees, thighs and wrists. The gel filled, one piece radial design allows cold therapy to be delivered to the entire area around your limb in one deep, penetrating application.

Reference	Description	Unit
07-030101	MSD Torex Hot/Cold Sleeve | Finger	1 pc
07-030102	MSD Torex Hot/Cold Sleeve | Small	1 pc
07-030103	MSD Torex Hot/Cold Sleeve | Medium	1 pc
07-030104	MSD Torex Hot/Cold Sleeve | Large	1 pc
07-030105	MSD Torex Hot/Cold Sleeve | Extra Large	1 pc
07-030201	MSD Torex Hot/Cold Pro Ankle Boot	1 pc

PAINLAX®

PainLax® is a refreshing and invigorating cold gel, beneficial in soothing aches, pains and relaxing muscular tension. When massaged into the skin, this non-oil gel relaxes tired and aching muscles.

PainLax® Cold Gel is available in a handy 60 ml roll-on bottle. Its new and improved formula provides you with an intense cold feeling and great smell. The Roll-On system ensures your hands stay clean while applying the cold gel. It is available in a nice and handy over-the-counter display box, containing 20 bottles.

PAINLAX® HELPS RELIEVE:
- Back & Neck Pain
- Hip, Leg, Knee Pain
- Sore Muscles
- Painful Joints
- Arthritis Pain
- Sports Injury Pain
- Muscle Sprain
- Shoulder-Arm Discomfort

Reference	Description	Unit
07-996001	MSD PainLax Gel | 60ml Roll-On Bottle	1 pc

MSD HOT/COLD PACK

The MSD Hot/Cold Packs are usable both when treating with heat or cold. This dual applicability makes them a strong alternative to ordinary heating pillows and ice packs. The versatile, re-usable packs deliver hot and cold therapy effectively and economically. The use of the MSD Hot/Cold Pack is unlimited and its material is non-toxic. Even after being frozen below 20°C it remains soft. The MSD Hot/Cold Pack can be bent in any angle, allowing maximum coverage of joint and muscle.
The Classic and Standard Hot/Cold Packs can be heated in the microwave (covered with water in a container) or in a water heating bath. Soft Touch Packs can be heated in a water heating bath, although their Soft Touch comfort is best experienced when heated in the microwave. All packs can be frozen in the freezer. Temperature holds approximately 30 minutes.

Hot/Cold Pack | Classic

The classic (and economical) transparent Hot/Cold Pack. The special gel is non-toxic and biodegradable.

Hot/Cold Pack | Standard

MSD Europe’s standard Hot/Cold Pack. Nylon cover gelpack.The special gel is non-toxic and biodegradable.

Hot/Cold Pack | Soft Touch

The Soft Touch has a frost-free, user friendly surface that allows usage in direct contact with the skin.
The Soft Touch is filled with clay, a 100% natural product.

NEW!

100% polyester protection sleeve for hot/cold packs.
Machine washable.
Available in 3 sizes.

Dimension		Hot/Cold Packs			Sleeve	Unit
		Classic	Standard	Soft Touch	100% polyester	
15 cm x 25 cm	Small	07-010102	07-010202	07-010302	07-020102	10 pcs
20 cm x 30 cm	Medium	07-010103	07-010203	07-010303	07-020103	10 pcs
25 cm x 35 cm	Large	07-010104	07-010204	07-010304	07-020104	10 pcs
40 cm x 20 cm	Tri-Sectional	n/a	07-010211	07-010311	n/a	10 pcs

HYDRAULIC 3-PIECE HAND EVALUATION KIT

Reference	Description	Unit
08-010113	Hydraulic Hand Evaluation Kit | 3 pieces	Set

Portable carrying case contains all instruments necessary to evaluate the strength and range-of-motion of the hand and fingers.
Set includes:
- hydraulic hand dynamometer
- hydraulic pinch gauge
- stainless steel finger goniometer 15 cm - 180° per 5°

HYDRAULIC 7-PIECE HAND EVALUATION KIT

Portable carrying case contains all instruments necessary to evaluate the strength and range-of-motion of the hand and fingers.
Set includes:
- hydraulic hand dynamometer
- hydraulic pinch gauge
- stainless steel finger goniometer 15cm - 180° per 5°
- 2-point discriminator with 3rd point
- wartenburg pinwheel
- finger circumference gauge
- functional finger motion gauge

Reference	Description	Unit
08-010117	Hydraulic Hand Evaluation Kit | 7 pieces	Set

DIGITAL 3-PIECE HAND EVALUATION KIT

Portable carrying case contains all instruments necessary to evaluate the strength and range-of-motion of the hand and fingers.
Set includes:
- digital hand dynamometer
- digital pinch gauge
- finger goniometer 15 cm-180° per 5°

Reference	Description	Unit
08-010213	Digital Hand Evaluation Kit | 3 pieces	Set

HYDRAULIC HAND DYNAMOMETER

The Hydraulic Hand Dynamometer gives accurate grip strength readings without the subject being able to “feel” the handle move. The adjustable handle has 5 positions to be able to accomodate to any hand size. The indicator remains at the subject’s maximum reading until it is reset. Has a scale in kilograms. Comes in a hard carrying case.

Range: 0 - 90kg (200lbs)

Reference	Description	Unit
08-010101	Hydraulic Hand Dynamometer	1 pc

DIGITAL HAND DYNAMOMETER

Designed for reliable grip-force evaluations from 0 to 90kg (200lbs). It has an easy-to-read LCD display. This hand dynamometer features an electronic zero calibration system and results can be stored in memory up to 40 test data. Data will not be lost when changing the battery. Powered by a rechargeable Li-Ion polymer battery. Comes in a hard carrying case.

Range: 0 - 90kg (200lbs)

Reference	Description	Unit
08-010201	Digital Hand Dynamometer	1 pc

DIGITAL HAND DYNAMOMETER WITH SOFTWARE

The Digital Hand Dynamometer with software transfers results directly to your computer during testing. The minimum system requirements for this digitized and computerized hand dynamometer are Windows XP and a USB port. The digital converter and Data Transfer System (DTS) comes with software and instructions.
This Digital Hand Dynamometer kit includes a Digital Hand Dynamometer, the DTS-software and a USB cable.

Reference	Description	Unit
08-010202	Digital Hand Dynamometer | Incl. software	1 pc

SMEDLEY HAND DYNAMOMETER

The Smedley spring-type Dynamometer has been succesfully used for many years to measure grip strength. The adjustable handle comfortably accomodates any handsize. Unit is calibrated in kilograms. Stored in a soft carrying case.

Range: 0 - 100kg (220lbs)

Reference	Description	Unit
08-010401	Smedley Hand Dynamometer	1 pc

SQUEEZE DYNAMOMETER

The Squeeze (bulb) Dynamometer is the inexpensive way to reliably measure hand and finger strength. The dynamometer has an indicator dial that remains at the maximum reading until reset. Unit is calibrated in pounds and kilograms.

Range: 0 - 70kg (150lbs)

Reference	Description	Unit
08-010301	Squeeze Dynamometer | 70kg	1 pc

BACK-LEG-CHEST DYNAMOMETER

Reference	Description	Unit
08-010601	Back-Leg-Chest Dynamometer	1 pc

Measure strength of back, leg and chest. Base provides secure footing. Chain length is adjusted to accomodate for height differences or to vary the point of force application. Shows pounds and kilograms. Pointer remains at maximum until reset. Comes fully assembled with 1,5m chain.

PUSH-PULL DYNAMOMETER

A simple, easy-to-use, ergonomically designed instrument that objectively measures push, pull and lift forces for manual muscle testing, functional capacity evaluation and job task evaluation at a remarkably affordable price. Because the instrument is lightweight, small and portable, you can perform precise, objective evaluations in your office or at the patient's location. The easy-to-attach dual grip handle can be used when measuring larger forces. Can be used with lift platform to perform lifting evaluation.

Reference	Description	Unit
08-010501	Hydraulic Push-Pull Dynamometer	1 pc
08-010502	Dual Grip for Push-Pull Dynamometer	1 pc

FAT CALIPERS

Professional light-weight aluminium caliper. Measurement arms with floating tips to assure accurate and reproducible results. 60mm scale is large and easy to read. Corrective scale for sex and age included in multilingual manual.

The Plastic Skinfold Caliper is the inexpensive alternative for skinfold analysis. Spring loaded arm assures reproducible "pinch". Read directly from the 50mm scale. Ideal instrument for screening large populations.

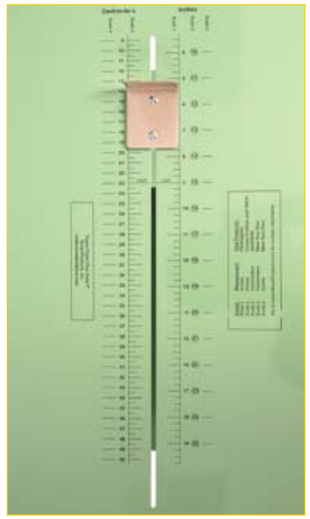
Digital Skinfold Caliper. Shows results in digital form. Caliper stores each of 3 measurements and then calculates and displays body-fat percentage. Comes with manual. Ideal for home use.

Reference	Description	Unit
08-040101	Skinfold Fat Caliper | Profi	1 pc
08-040102	Skinfold Fat Caliper | Digital	1 pc
08-040103	Skinfold Fat Caliper | Plastic	1 pc

SIT & REACH UNIT

Reference	Description	Unit
08-060103	Sit & Reach Unit	1 pc

When using the Sit & Reach unit you sit with your feet against the "sit and reach box" and flex forward moving the slide bar. Flexion is read directly from the calibrated bar.



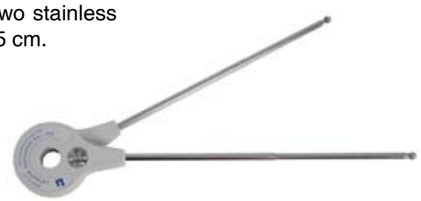
FINGER GONIOMETER

Stainless Steel Goniometer measures range-of-motion of finger joints. Head has two opposing 180° scales marked in 5° increments. A linear scale in centimeters is on arm.
Small Finger = 9 cm
Standard Finger = 15 cm

Reference	Description	Unit
08-030301	Finger Goniometer 9 cm | 180° per 5°	1 pc
08-030302	Finger Goniometer 15 cm | 180° per 5°	1 pc

EXTENDABLE GONIOMETER

Easy to read, accurate instrument that offers versatility for measuring large and small joints. Includes 4x magnifying lens to read the dual 180° high resolution scale and two stainless steel arms extending 35 cm to 65 cm.



Reference	Description	Unit
08-030402	Extendable Goniometer 65 cm | 180° x 2	1 pc

6-PIECE GONIOMETER KIT

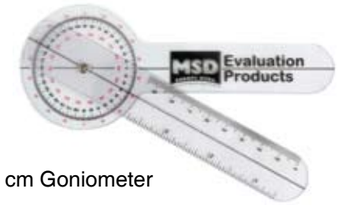
This carrying case contains the most frequently requested stainless steel and x-ray goniometers.
This set includes:

- robinson pocket goniometer 15cm - 180°
- stainless steel goniometer 35cm - 180°
- stainless steel goniometer 35cm - 360°
- stainless steel finger goniometer 12cm
- x-ray goniometer 20cm - 180°
- stainless steel goniometer 20cm - 180°

Reference	Description	Unit
08-030211	Goniometer Set | 6 pieces	Set

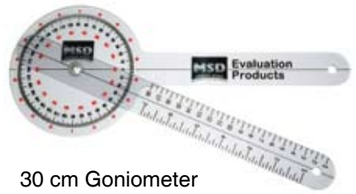
PLASTIC GONIOMETERS

Clear plastic permits observation of joint's axis of motion, and its range of motion. The 360° head has three scales calibrated to be used with ISOM (International Standard Of Measurements, STFR) system.



15 cm Goniometer

20 cm Goniometer



30 cm Goniometer

Pocket Goniometer

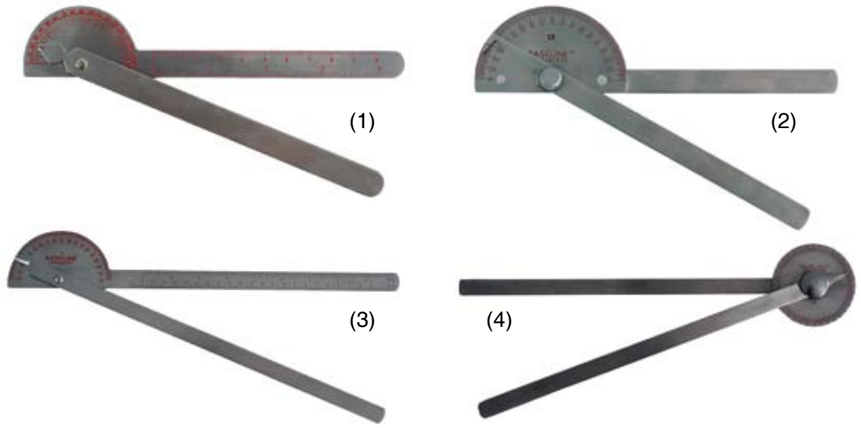
Rulong Goniometer

The pocket goniometer is an inexpensive clear plastic goniometer with a linear scale.

Clear plastic goniometer has a 20 cm linear scale calibrated in cm and 0 to 360° per 2°.

Reference	Description	Unit
08-030101	Plastic Goniometer 15 cm | 0° to 360° per 1°	1 pc
08-030102	Plastic Goniometer 20 cm | 0° to 360° per 1°	1 pc
08-030103	Plastic Goniometer 30 cm | 0° to 360° per 1°	1 pc
08-030111	Rulong Goniometer 20 cm | 0° to 360° per 2°	1 pc
08-030112	Pocket Goniometer 15 cm | 180°	1 pc

STAINLESS STEEL GONIOMETERS



(1) stainless steel pocket sized goniometer, has a 180° scale in 5° increments. (15 cm)
(2) stainless steel goniometer has two opposing 180° scales, marked in 1° increments. (20 cm)
(3) Extra long arms for measuring all joints. (35 cm)
(4) stainless steel goniometer has two opposing 180° scales, all marked in 2° increments. Arm tension is controlled by thumb knob. (35 cm)

Reference	Description	Unit
08-030201	Stainless Steel Goniometer 15 cm | 180°	1 pc
08-030202	Stainless Steel Goniometer 20 cm | 180° x 2	1 pc
08-030203	Stainless Steel Goniometer 35 cm | 180° x 2	1 pc
08-030204	Stainless Steel Goniometer 35 cm | 360°	1 pc

HYDRAULIC PINCH GAUGE

The Hydraulic Pinch Gauge uses the improved hydraulic system of the hand dynamometer to assure convenience, product reliability, measurement accuracy and repeatability. This results in a more accurate test result for all pinch tests.

Reference	Description	Unit
08-020101	Hydraulic Pinch Gauge	1 pc

DIGITAL PINCH GAUGE

The Digital Pinch Gauge allows highly accurate pinch force evaluation from 0 to 27 kg (0 to 60 lbs). This device has an easy-to-read LCD display with year, month, date and time of testing display.

Reference	Description	Unit
08-020201	Digital Pinch Gauge	1 pc

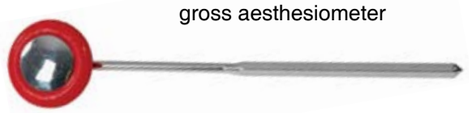
BUBBLE INCLINOMETER

Reference	Description	Unit
08-060101	Bubble Inclinometer	1 pc

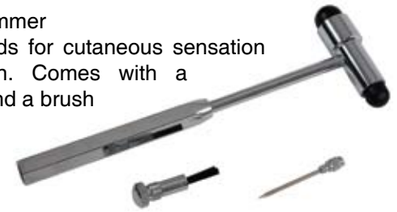
Place the inclinometer near the joint that has to be measured, turn dial until scale reads 0; take joint through its range; read range traveled directly from dial.

HAMMERS

Babinsky Hammer
Pointed bottom can be used as gross aesthesiometer



Buck Hammer
Two heads for cutaneous sensation evaluation. Comes with a needle and a brush



Taylor Hammer
Use to elicit responses during examination

Reference	Description	Unit
08-050101	Buck Hammer	1 pc
08-050102	Babinsky Hammer	1 pc
08-050103	Taylor Hammer	1 pc

WARTENBURG PINWHEEL

Elicit cutaneous sensory and pain perception responses.

Reference	Description	Unit
08-050201	Wartenburg Pinwheel	1 pc

TUNING FORKS

Evaluate hearing and vibratory sensation.

Reference	Description	Unit
08-050301	Tuning Fork | 128 cps	1 pc
08-050302	Tuning Fork | 256 cps	1 pc

PEDI-SCOLIOMETER

The Pedi-Scoliometer is an inclinometer designed to measure trunk asymmetry or Angle of Truncal Rotation (ATR) used in scoliosis screening programs with school children ten years old and over.

Reference	Description	Unit
08-060102	Pedi-Scoliometer	1 pc

TERMS & CONDITIONS

1) Terms: prepayment, unless otherwise specified.

2) Freight Terms: prices are ex-works Londerzeel, Belgium. All shipping/delivery costs are at charge of the buyer, unless otherwise specified.

3) Prices: all prices for merchandise purchased are based on seller's price list in effect on the time of shipment. Prices can be subject to change without notice.

4) Claims: unless otherwise provided for herein, claims of any kind in goods sold by seller shall be made by buyer to seller, in writing, within a period of seven days after such goods are delivered to buyer.

5) Credit and Exchange: written authorisation must be obtained before returning merchandise for credit or exchange. When requesting return authority, product lot number and/or manufacturing date and/or expiry date should be included.

6) Finance Charge: A finance charge of 1% per month (12 % per annum) will be added to all amounts past due. A penalty of 15% on value, with a minimum of EUR 40.00, for late payment will be added. Terms of payment are from date seller's invoice and not contingent upon delivery.

7) Governing Law: All disputes arising out of all sales by seller to buyer shall be governed by the laws of Belgium and place of jurisdiction is Brussels.

8) Warranties: seller warrants that it has good title to the goods purchased by buyer and that its goods will conform to buyer's specifications, if any, except as otherwise provided herein. All other warranties, wether express or implied, and including, but not limited to, the warranty of merchantability and fitness for a particular purpose are excluded. In all events, buyer's sole and exclusive remedy shall be limited to the amount of the purchase price of any product on which a claim is made as its exclusive remedy for breach of the warranty expressed herein and for negligence and otherwise. Under no circumstances shall seller be liable to buyer or any other person for consequential or incidental damages.

9) Property: seller has the exclusive property on the delivered products until buyer has paid the full amount due. This also implies that if buyer does not pay in time, seller has the right to, without prenotice, claim back the delivered goods.

MSD EUROPE CALIBRATION SERVICE

Measurement Instruments are calibrated at manufacturing with a full one year guarantee, before sending them to users all over the world. Ideally, these instruments should be recalibrated every year.

In order to make this happen in an easy and inexpensive way, Hydraulic Hand Dynamometers and Hydraulic Pinch Gauges are recalibrated by our experts at the MSD Europe Service Center in Londerzeel - Belgium.

Simply send your request to our Customer Service Departement for a return authorization number. After each recalibration, you will receive an updated calibration certificate, certifying accurate and repeatable testresults. MSD Europe, at your service.

MSD EUROPE REPAIR CENTRE

Since machines are designed and assembled by humans, they can not be flawless. That is why MSD Europe installed an inhouse repair centre, to swiftly and correctly solve any problems that may occur with our products.

No matter what the cause, be it faulty fabrication or misuse, our technician will shine his light on the problem.

Send an email to our customer service departement to inform us on the type of problem and the serial number of the device and send over the patient, accompanied by your name and client number and a brief description of the symptoms. We'll do our best to have him cured in no time...

COME VISIT US

In 2012 and 2013, MSD Europe will be at Medica and FIBO. It will be our pleasure to welcome you at our booth.

MEDICA
Düsseldorf - Germany
14-17 november 2012
20-23 november 2013
Hall 4 - Stand D21

FIBO
Köln - Germany
11-14 april 2013
Hall 9 - Stand B01

AB Gym Ball 29
Adjustable Hand Grip 16
Aerobic Step 33
Ankleciser 13

Babinsky Hammer 47
Back-Leg-Chest Dynamometer 42
Backnobber® II 28
Balance Board 30
Balance Board Freeman 30
Balance Pad 31
Balance Trainer 30
Ball Accessories 29
Ball Chairs 24
Ball Stabilizer 29
Ball Stacker 29
Band Loops 12
Bubble Inclinometer 46
Buck Hammer 47

Cuff-Ring Tube Loop 8
CuraMotion 23
Cushions 25

Digi-Extend® 15
Digi-Flex® 15
Digital Hand Dynamometer 41
Digital Hand Evaluation Kit 40
Digital Pinch Gauge 46
Door Anchor 12
Dumbbells 37
Dynadome 31
Dynamometers 41

Exercise Mat 33
Extendable Goniometer 44

Fat Calipers 43
Figure 8-Ring Tube Loop 8
Finger Goniometer 44
Fit Stretch 22
Flex Stick 32
Flex Tube 12
Foam Hand Grip 16

Goniometers 45
Gripmaster 18
Gym Ball 29

Hammers 47
Hand Evaluation Kit 40
Hand Grip 16
Handles 12
Handmaster Plus™ 19
Hot/Cold Pack 39
Hot/Cold Pack Protection Sleeve 39
Hydraulic Hand Dynamometer 41
Hydraulic Hand Evaluation Kit 40
Hydraulic Pinch Gauge 46

Incline boards 22
Inclinometer 46
Index® Knobber II 28

Jacknobber® II 28

Mat (Hanger) 33
Massage Balls, Ring & Roll 28
Massage Tools 28
Medicine Ball 36
MSD-Band 7
MSD-Band and MSD-Tube Accessories 12
MSD-Band Loops 12
MSD-Bar 13
MSD-Tube Roll (7,5m & 30m) 9
MSD-Tube with handles 8

O-Ring Tube Loop 8
OxyCycle 1 Pedal Exerciser 20
OxyCycle 2 Pedal Exerciser 21
OxyCycle 3 Pedal Exerciser 21
OxyCycle Pedals 23

Palmassager™ 28
PainLax® 38
Pedal Exercisers 20
Pedals 23
Pedi-Scoliometer 47
Pinch Gauge 46
Pilates Foam Roller 27
Pilates Ring 27
Plastic Goniometers 45
Power-Web® 17
Power-Web® Flex-Grip® 18
Prohands 18
Pumps 29
Push-Pull Dynamometer 42
Putty 19

Rubber Band Loops 12

Safety handles 12
Scoliometer 47
SensAir Cushion 25
Shoulder Pulley 10
Sit & Reach Unit 43
Sitting Wedge 25
Smedley Hand Dynamometer 42
Soft Handles 12
Soft-Over-Ball 26
Soft Touch Hot/Cold Pack 39
SoftMeds 36
Squeeze Ball 16
Squeeze Dynamometer 42
Squeeze Egg 16
Stainless Steel Goniometers 45
Standard Cushion 25
Standard Pedal Exerciser 20
Stepping Stones 24
Swimfit Products 34

Taylor Hammer 47
Theraflex™ Putty 19
Torex® Hot/Cold Sleeves 38
Trampolines 33
Tube 9
Tuning Fork 47

Universal Assist 12

Versa Flex Bar 32
Versa Gym Bar 32

Wartenburg Pinwheel 47
Wrist & Ankle Weights 37

Yoga Set 26

Like everything in life, all pictures in this catalogue are momentary representations. If changes are being made to products during the time this catalogue is being distributed, we are unable to adjust the pictures.

Your trusted brands

MSD EUROPE BVBA
Health, Fitness & Wellness Products

The Original MSD-BAND
RESISTIVE EXERCISE SYSTEM

Me and my body Mambo Max

www.msd-europe.com

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www.mambomax.com

Their brandnew websites