





everroll® pentru studiouri si sali de fitness - recomandari / functionalitati

Cardio & Strength		everroll® compact everroll® impact everroll® multitle
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Free weight		everroll® impact everroll® impact+ everroll® multitle everroll® weightlayer
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Functional		everroll® compact everroll® impact+
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Physiotherapy		everroll® compact (only: everroll® xtreme, everroll® uni I, everroll® stone)
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Cross Fit		everroll® impact everroll® impact+ everroll® multitle everroll® crosstile everroll® weightlayer
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Sprint		everroll® kombi
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Aerobics		Regupol® sound 12 everroll® stretch & fight
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Yoga		Regupol® sound 12 everroll® relax everroll® stretch & fight
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Martial Arts		everroll® stretch & fight
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Cardio & Strength - zona cu benzi alergare si si aparate intretinere corporala

Functional - zona pentru exercitii fizice cu sau fara aparate si echipamente

Cross Fit - zona cu functionalitati multiple inclusiv ridicare greutati

Aerobics - exercitii in picioare si la sol | dans sportiv

Martial Arts - zona combat si sporturi de contact

Free Weight - zona gantere si haltere (greutati < 25 kg | sau > 25 kg)

Physiotherapy - zona recuperare sportivi

Sprint - pieste de alergare sau sprint

Yoga - exercitii de relaxare la sol | yoga | pilates