

Dr. WOLFF[®]
SPORTS & PREVENTION

PREVENTION-PARK

The Health Circle





Intelligent muscle training in high-end design

Welcome to an exciting training landscape: Dr. WOLFF® presents the strength-circle Prevention-Park in an aesthetic, high-class design. This circle convinces through classic wooden- and metal elements as well as simple and sophisticated solutions.

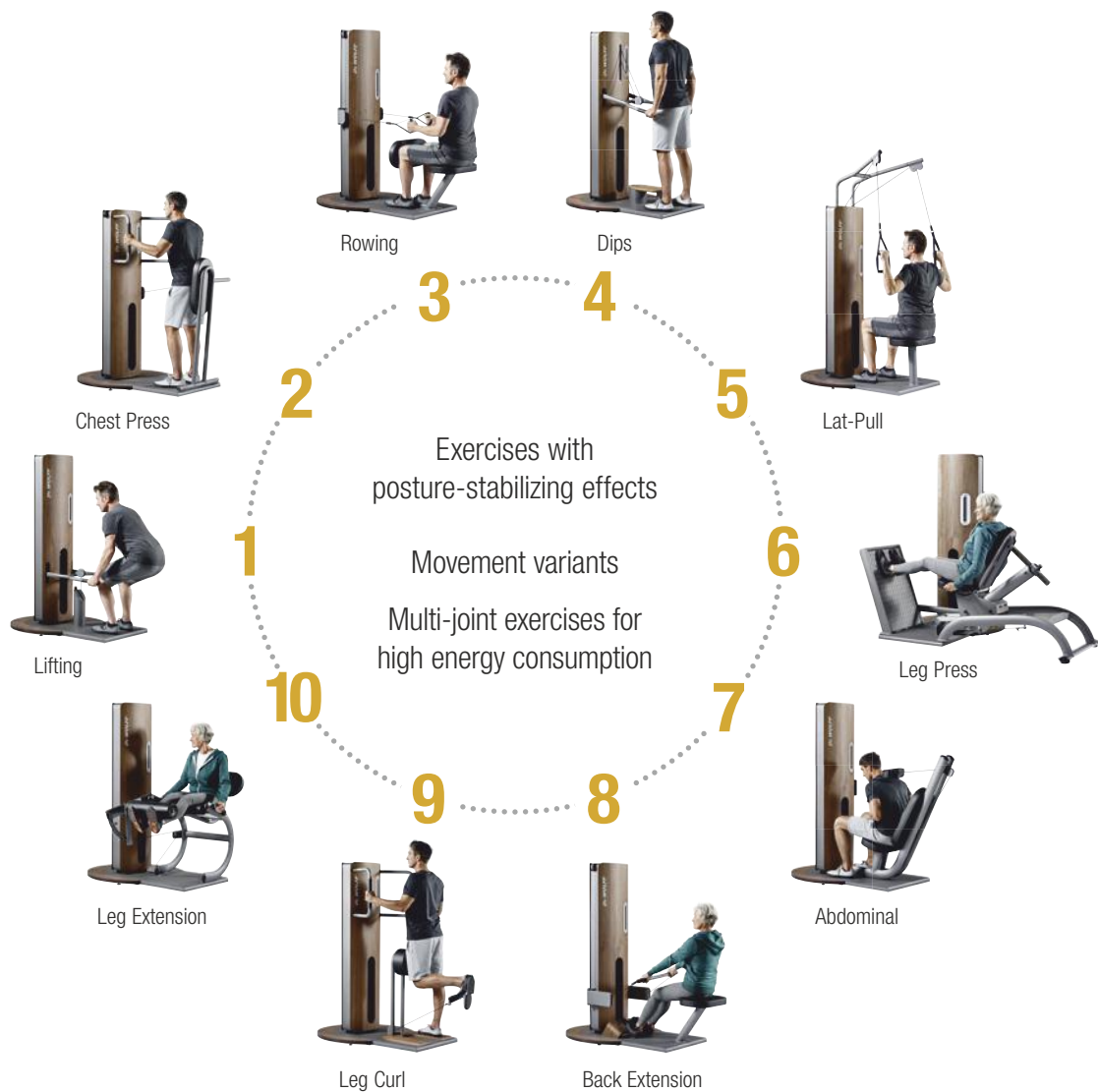
The “easy-start” position – just start training

Steadily ageing and at the same time more demanding members request aesthetic, simple-to-use and adequate equipment. Ergonomic start positions without complicated adjustments are naturally provided.

Cable control – the basis for functional movement training

Movement patterns that are based on the cable control allow for variants of exercises according to the required levels of difficulty. Structured exercise schedules serve as an orientation for the trainee and facilitate increasing levels of load and coordination.

The Health Circle



Training of everyday-movements

So called ADL exercises (Activities of Daily Living) respond to the demands of everyday-life. Selected, multi-joint and functional movement sequences provide a time-efficient health training and a sustainable training success.

Movement training with Smartsensor™ Technology

Fast movement learning via biofeedback-training with the new Smartsensor™ Technology. The trainer specifies the movement range once and the trainee exercises precise and intuitively at an adequate „slow-motion“ pace.



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Innovation meets design – function and puristic use of forms

Classy walnut wood and a comfortable haptic provide a yet unknown character to the training area. The harmonious interplay with surface finished elements of stainless steel creates an expressive, highly functional training medium.

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1. LIFTING 811
Lifting and carrying loads are considered everyday movements. On the lifting station, classic squats train this movement.
- Dimensions:
L 131 x W 95 x H 170 cm



6. LEG PRESS 816
For this product, the quickly adjustable starting position was chosen deliberately.
- Dimensions:
L 211 x W 137 x H 170 cm



2. CHEST PRESS 812
The standing push-up exercise combines all advantages of the classic chest press.
- Dimensions:
L 132 x W 95 x H 170 cm



7. ABDOMINAL 817
Abdomen training from an inclined seated position.
- Dimensions:
L 178 x W 95 x H 170 cm



3. ROWING SEATED 813
Bilateral rowing exercise in seated, upright position with fixed knees and arm twists.
- Dimensions:
L 163 x W 95 x H 170 cm



8. BACK EXTENSION 818
Back extensor training in the arm- / back functional chain. Stretch- and roll-up movement.
- Dimensions:
L 164 x W 95 x H 170 cm



4. DIPS 814
The arm-dip in bilateral execution.
- Dimensions:
L 131 x W 95 x H 170 cm



9. LEG CURL 819
Equipped for a quick fixation of the thighs.
- Dimensions:
L 131 x W 95 x H 170 cm



5. LAT-PULL 815
The bilateral lat-pull exercise for differentiated variations.
- Dimensions:
L 139 x W 95 x H 216 cm



10. LEG EXTENSION 820
Leg extension exercise with automatic adjustment to leg length.
- Dimensions:
L 123 x W 142 x H 170 cm



Equipment variant BASIC

- Every apparatus available without:
- Wooden bottom-seam
 - Smartsensor™ Technology

CE according to medical product guidelines 93/42/EWG