

# Galileo® Training

NEW Silent Galileo® Systems.

Mechano-stimulation.

Redefines Training!

*Get fit!  
Stay fit!*



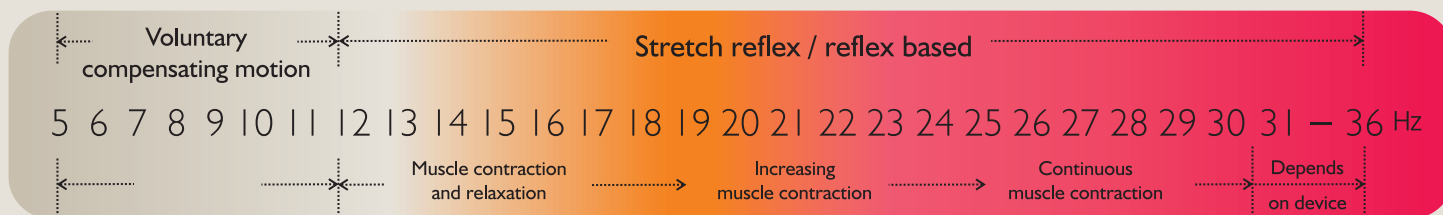
Galileo® Training App  
available

Galileo® a game-changer in sports, fitness, wellness, recovery.

Training effects are enhanced, movement patterns refined & better outcomes achieved in less time.

Frequency Chart – The frequency used translates to the number of muscle contractions per second accomplished.

25 Hz for 3 minutes equals 4500 muscle contractions to enhance muscle power & quality of movement.



5 Hz to 12 Hz – Brain Dominant  
Voluntary muscle contraction & relaxation cycle  
→ Proprioception, Balance, Mobilization & Relaxation

12 Hz to 20 Hz – Spine Dominate  
Involuntary muscle contraction & relaxation cycle  
→ Muscle Function, Stretching, Flexibility & Relaxation

20 Hz to 36 Hz – Maximum Co-contraction  
Involuntary continuous muscle contractions  
→ Increase Muscle Power & Muscle Mass



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## Galileo® Fit Extreme Bundle

The strong package for highly intensive whole body training. Including Galileo Fit and 2 integrated Mano 30 Dumbbells for the ultimate in whole body training including arms & shoulders.

Frequency: 5 Hz to 36 Hz  
Amplitude: 0 +/- 5.2 mm  
Max body weight: 440 lbs.  
Total weight: 154 lbs.  
Max Acceleration: 27.1 g  
Dimensions: 30.7" x 24.2" x 5.5"

Wobble function  
Smart Coaching  
Option:  
Research Module



## Galileo® Fit Extreme Bundle & PT Tower

The high-end package for fitness and prevention. Including Galileo Fit Extreme and standing panel Galileo PT Tower for the visualization of the complete training procedure with exercise videos.

Frequency: 5 Hz to 36 Hz  
Amplitude: 0 +/- 5.2 mm  
Max body weight: 440 lbs.  
Total weight: 154 lbs.  
Max Acceleration: 27.1 g  
Dimensions: 30.7" x 24.2" x 5.5"

Wobble function  
Smart Coaching  
Option:  
Research Module



## Galileo® Fit Base & Galileo® Fit

The standard model for the well-equipped fitness area. With integrated Wobble function. Galileo Fit with its large training platform and high amplitude is the ideal training device to improve performance, balance and coordination.

Frequency: 5 Hz to 36 Hz  
Amplitude: 0 +/- 5.2 mm  
Max body weight: 440 lbs.  
Total weight: 141 lbs.  
Max Acceleration: 27.1 g  
Dimensions: 30.7" x 24.2" x 5.5"

Wobble function  
Smart Coaching



## Galileo® Pro Base & Galileo® Pro

Maximum muscle training. Largest member of the Galileo series – the training device for all those who want more. The maximum size training platform and amplitude makes the training device ideal for ambitious, competitive athletes to improve performance.

Frequency: 5 Hz to 36 Hz (opt. 40 Hz)  
Amplitude: 0 +/- 5.8 mm  
Max body weight: 485 lbs.  
Total base weight: 132 lbs.  
Max Acceleration: 30.2 g (opt. 37.3 g)  
Dimensions: 34.8" x 21.5" x 5.5"

Wobble function  
Smart Coaching



## Galileo® S 40 Plus

The frequency range and the extensive control panel with extended functionality makes Galileo S 40 Plus suitable for semi-professional use. User-friendly through extended functionality with large control panel. The model offers you intensive muscle power, flexibility training and relaxation.

Frequency: 5 Hz to 33 Hz  
Amplitude: 0 +/- 4.7 mm  
Max body weight: 308 lbs  
Total base weight: 108 lbs  
Max Acceleration: 20.6 g  
Dimensions: 28.7" x 31.1" x 47.2"



## Galileo® S 35 with handrail options

Variety of functions for ambitious users. Higher maximum amplitude in comparison to Galileo S 25. The Galileo S 35 offers an extended frequency range and provides the ideal conditions for ambitious users to increase their performance and improve muscle function and circulation.

Frequency: 5 Hz to 33 Hz  
Amplitude: 0 +/- 4.7 mm  
Max body weight: 308 lbs.  
Total base weight: 68 lbs.  
Max Acceleration: 20.6 g  
Dimensions: 26.9" x 19.3" x 5.2"

Wobble function  
Smart Coaching



## Galileo® S 25 with handrail options

Muscle training in the smallest of spaces. The entry level model of the Galileo S25 enables you to get your daily session of muscle training to increase your power in a small space. Specially developed silent technology reduces the running noise of Galileo devices to a minimum.

Frequency: 10 Hz to 30 Hz  
Amplitude: 0 +/- 3.4 mm  
Max body weight: 265 lbs.  
Total base weight: 68 lbs.  
Max Acceleration: 12.3 g  
Dimensions: 26.9" x 19.3" x 5.2"

Options:  
Wobble function  
Smart Coaching



## Galileo® Mano 30 Dumbbell (adult)

Training for arms and upper body. The Galileo Mano 30 Dumbbell system enables relaxing and demanding training sessions as the situation requires. The activation of the integrated wobble function creates a random changing frequency. As an option a second dumbbell can be operated in parallel.

Wobble function  
Frequency: 5 Hz to 40 Hz  
Amplitude: 0 +/- 2.5 mm  
Grip range: 4.7"  
Max Acceleration: 12.9 g  
Dimensions: 7.9" x 6.3" x 5.5"

Attachment of 2 dumbbells  
One dumbbell weight: 5.6 lbs  
Dimensions: 11.1" x 7.9" x 2.4"



## Galileo® Team Bundle

Galileo Fit Chip Master + 5 Galileo S 35. The all-round package for effective group training. Includes Galileo Fit Chip Master, the model for dynamic group training in the fitness area, and Galileo S 35 for increasing performance and improvement of muscle function, flexibility and blood circulation.

Frequency: 5 Hz to 36 Hz  
Amplitude: 0 +/- 5.8 mm  
Max body weight: 440 / 286 lbs.  
Total base weight: 132 / 68 lbs.  
Max Acceleration: 27.1 / 20.6 g

Dimensions: 30.7" x 24.2" x 5.5"  
26.9" x 19.3" x 5.2"

Wobble function  
Smart Coaching

