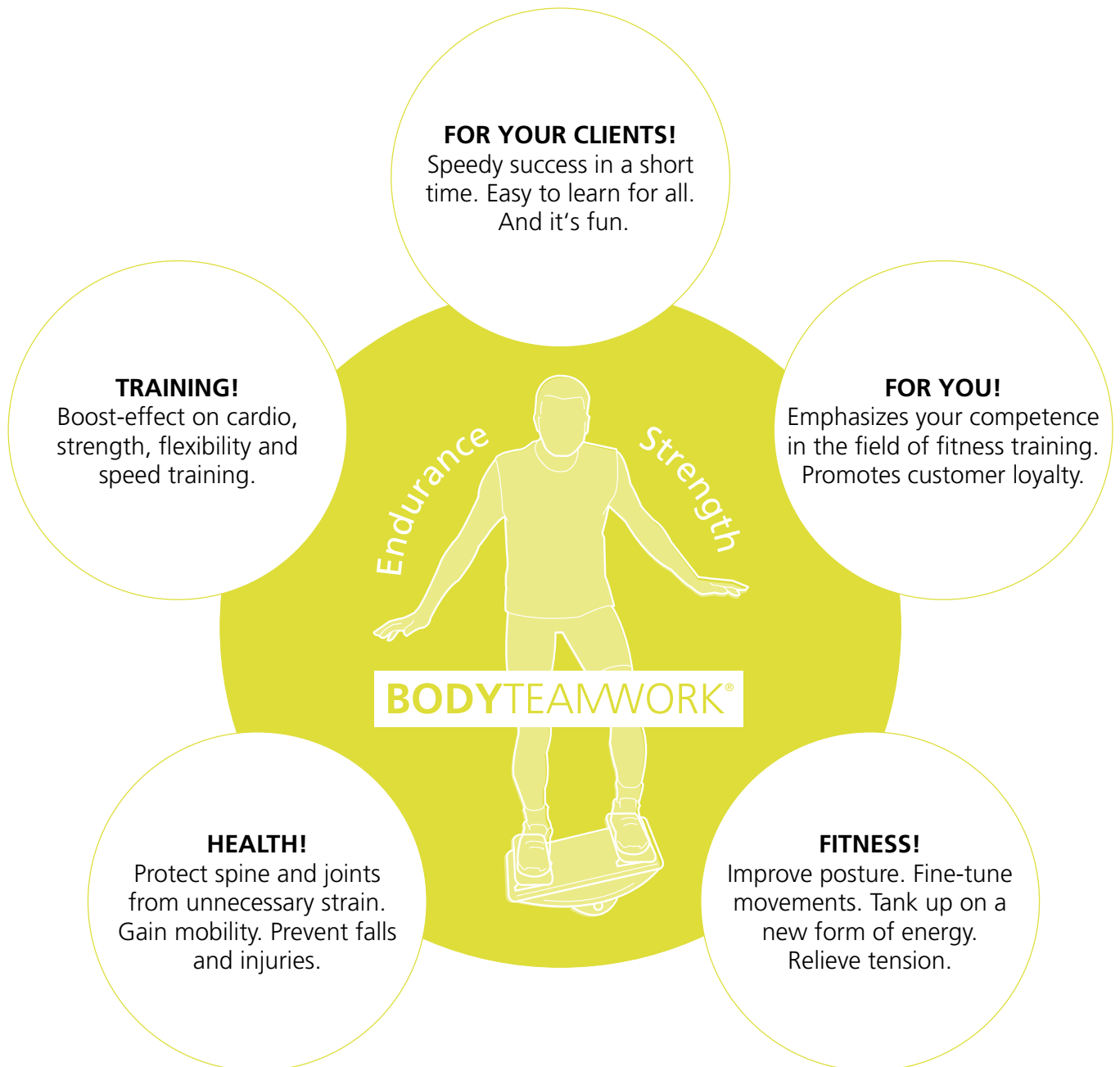


# BODY TEAMWORK®

## MAKES MY BODY INTO A TEAM



Endurance and strength on their own are not enough! The most important aspect of training is Body Teamwork®. Based on MFT's scientifically validated S3-Concept, it lays the foundations for and subsequently trains towards optimal coordination. Body Teamwork® allows the delicate inner muscle and nerve systems to work together perfectly, thereby training the body to function like a team. The result: healthier and improved performance in a shorter amount of time.