

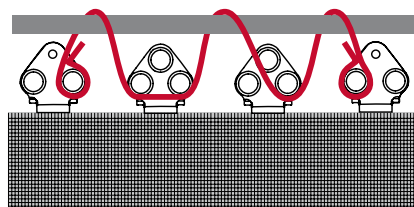
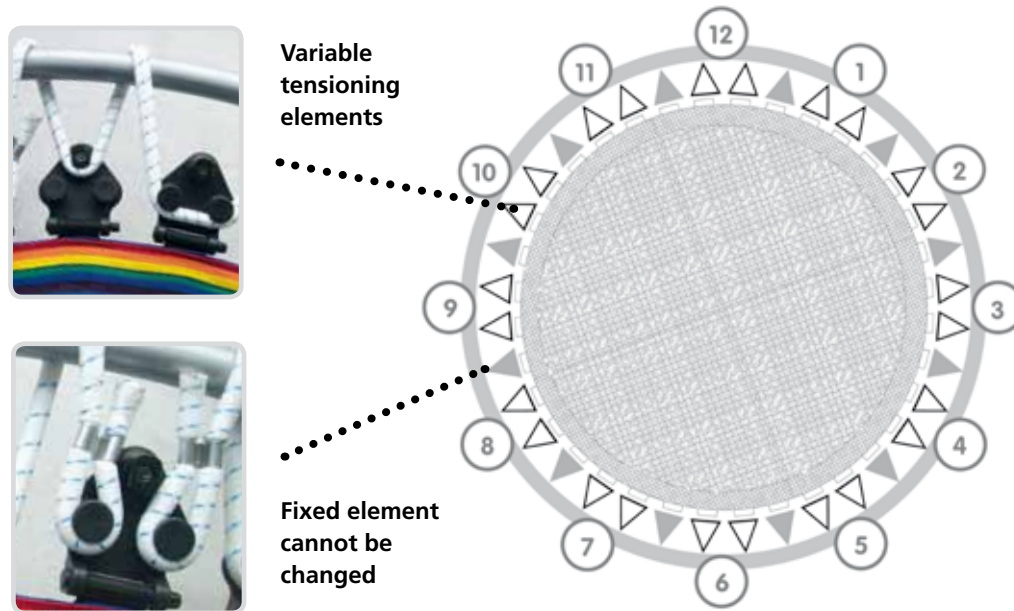
VARIO system – Changing the tension of the Trimilin-vario

Patent reg.



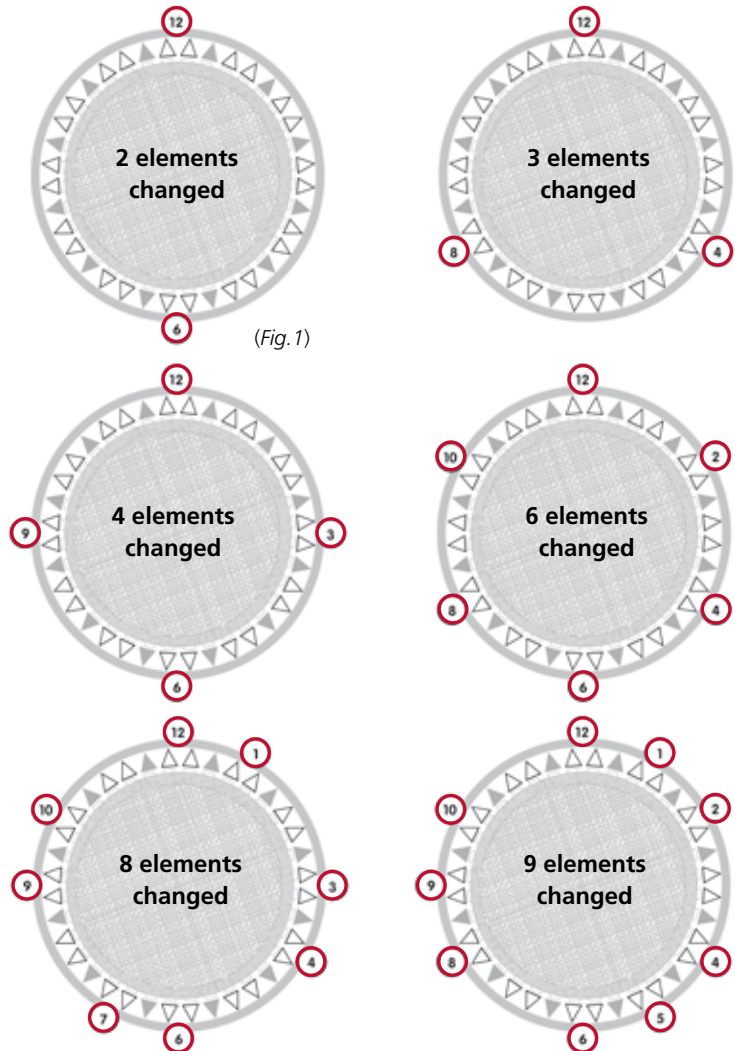
VARIO is a new suspension and tensioning system with 12 individual rubber cables. This allows you to set the tension of the elastic mat to tighter or softer depending on your needs, without having to replace the cables or rubber rings.




To change the tension of the elastic mat evenly, modify the tensioning elements following a symmetrical pattern. There are 24 variable tensioning elements (12 pairs) for you to use, e.g. 2 elements changed at position 12 and position 6 (Fig.1).



VARIO technique

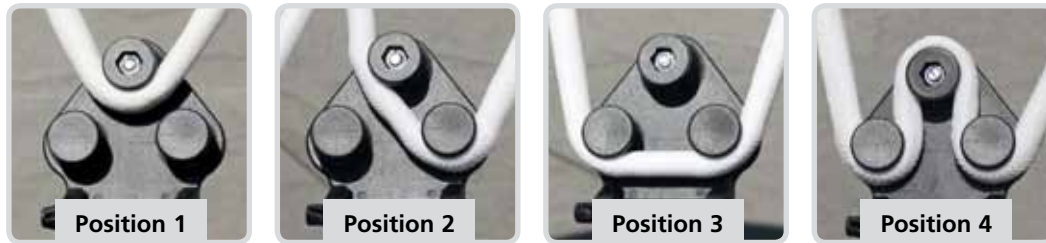
Each VARIO cable is mounted on a series of 4 suspension elements. The two in the middle serve to individually adjust the tension of the cable.



-  Variable tensioning element
-  Fixed element cannot be changed
-  1 Tensioning element changed

Tensioning options of the VARIO system

In just a few simple steps, you can increase or reduce the tension of the elastic mat



Raising the tension → tight



Raising the tension from position 1 to position 3



Tension is increased further by changing the routing from position 3 to position 4



Reducing the tension ← soft

To reduce the tension, follow the steps in reverse order.

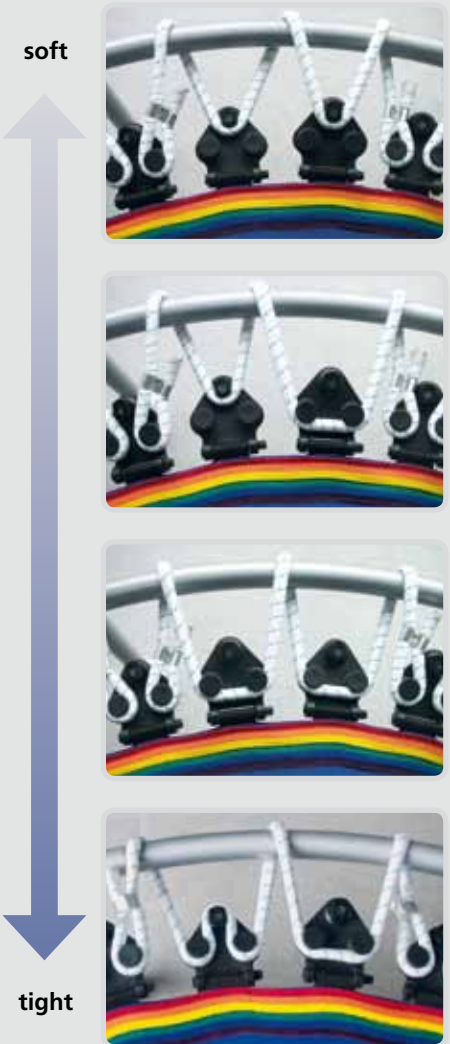
TIP: We suggest to modify only a few elements at first and increase the number gradually until you are satisfied with the tension of the mat.

For each suspension you can choose from various cable routings

To increase the tension from position 1 to position 3 or 4, for ease of handling use position 2 as an intermediate.

Recommended routings of the cable: position 1, 3 and position 4.

Recommended routing combinations of the VARIO cable



Using the tensioning tool, you can change the routing of the cable in no time at all.



Fitting a VARIO rubber cable

To fit a brandnew cable or replace one, proceed as follows: Start by placing the Trimilin-vario in front of you on the ground.



Hook the end of the cable to be used onto the free tensioning element.



The 2 cable lengths which lead to the tensioning element should both always be fed above or below the frame.



Feed the cable around the frame and ...



... around the desired cone of the next tensioning element.



Feed the cable back around the frame and stretch the free end.



Using your other hand, hold the stretched cable tight on the frame.



Feed the cable around the desired cone at the next tensioning element.



Then back around the frame and stretch it.



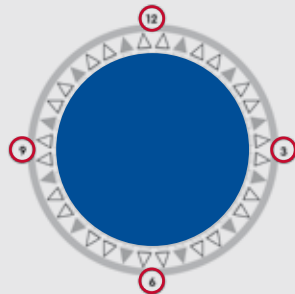
Using your other hand, hold the stretched cable tight on the frame.



Hook the end of the cable onto the last tensioning element. Done!

Replacing a whole mat

For replacing a whole mat start with fixing one VARIO cable each at position 3, 6, 9 and 12. Then add the others in between.



Training on the mini trampoline

Efficient training of the whole body for young and old! It's fun and playful!



Trimilin-vario with adjustable tension according to body weight. For you and your family.

You can adapt your Trimilin-vario to your individual needs or if several people, each with a very different body weight, want to train on the Trimilin.

The specially coated, very durable rubber cables have a very high extensibility and elasticity. This provides superb bounce quality and active-dynamic rebound combined with a great deal of fun.

Exercise on the mini trampoline:

- activates the lymphatic system
- stimulates the metabolism
- strengthens muscles and connective tissue
- spares joints and spine
- promotes fat burning
- supports the immune system
- prevents osteoporosis

One for all – the new trampoline generation For jogging, jumping or gentle swinging

"Trimilin Training" brochure

This deals with the effect of training on muscles, bones, cells, cardiovascular and lymphatic system.

by Joachim Heymans, 60 pages

Excerpt from the brochure Trimilin Training

"Rebounding relaxes and reduces stress. It strengthens every heart cell, each artery and each vein. The cardio-vascular system becomes extraordinarily efficient, strong and healthy.

During such training each cell also uses up more calories. In this process deposited fat is burned up. This helps to solve your weight problem.

You will find out that through rebounding your body will be able to deal better with stress situations so that nervous tensions disappear.

Your cells will get supplied with vital oxygen. You will be more concentrated while working, more attentive at home and you will find that you sleep much better."

To receive the complete brochure please call us
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