



FIT&HEALTHY CATALOGUE 2024



Woodrolls Trigger

... going deep down!

1



2 sides
(Ø40/20 mm)
2 degrees of
intensity



2



2 sides
(Ø13/7 mm)
2 degrees of
intensity

Beech wood is ideal for specifically targeted trigger-point and deep-tissue massage on account of its warmth and hardness. The soft and flowing properties of trigger point therapy exert full pressure on the tissue while protecting therapists from over-strain in exercising their occupation.

3

Woodblade

length: 13 cm width: 9,1 cm
height: 1,5 cm
weight: 71 g
material: beech, laquered

47085



3

Pure Relaxation with our Woodblade Massage Tool

The five differently rounded edges of our Woodblade allow you to specifically release tense fasciae and relax your muscles. Especially the convex 9 cm edge is a highlight of the tool, as it can specifically massage pressure points. Due to the high-quality beech wood, the Woodblade feels comfortable in the hand and thus prevents the therapist's finger joints from getting tired quickly. Wood has a natural antibacterial effect, which keeps the tool hygienic even with frequent use. With a height of only 1.5 cm, it is also pleasantly compact and easy to store. Give yourself and your body a break and relax with our Woodblade Massagetooll!

1

Woodroll Trigger Therapy

length: 12 cm Ø: 4 cm
weight: 40 g
material: beech, laquered
big ending; Ø 40 mm | small ending: Ø 20 mm

47080

2

Woodroll Trigger Point Tool, Set

height: 11,5 cm Ø: 1,3 cm
weight: 13 g
content: 2 pieces | material: beech, laquered
big ending; Ø 13 mm | small ending: Ø 7 mm

47083

47081

4

2 sizes
(Ø30/20 mm)
2 degrees of
intensity

4 Woodroll Trigger Set, nature

length:..... 6 / 5 cm Ø:..... 6,3 / 5,3 cm

weight:..... 150 g

content: 2 pieces | material: beech, laquered



The trigger-point massage is a "help to self-help" in resolving tension that builds up when faced with everyday situations, in the office, during travel or simply seated at home on the sofa. Areas of pain can be triggered while seated, standing or lying down. Prolonged localised pressure can help relieve pain if applied regularly. Through regular use of the Erzi Woodroller over a longer period of time you will discover the positive impact this has on your physical well-being along with improvement of many functional problems.

**Anti-slip pad for
vertical surfaces,
e.g. walls or chair
back-rests.**

5 Woodroll Trigger Maxi

length:..... 7 cm Ø:..... 6,3 cm

weight:..... 83 g

material: beech, laquered

47084

5





1 Slackspot Thera

length: 155,5 cm width: 18 cm
 height: 21 cm Ø: -
 weight: 11 kg
 content: 1 slackspot, mounting set, instructions
 material: birch plywood, laquered
 delivery: mounted
 No toy! Sports good!

**LOAD
CAPACITY
UP TO
150 kg**

1

The Slackspot provides support for those performing balancing and coordination exercises for the first time as a means of gaining safe-walking confidence applied to everyday situations. The low balancing height caters for safe balance without assistance, no means of fall protection being necessary. The adjustable belt tension and stopper feet fitted to the underside are just two of the many features distinguishing this fine product. Slackspot needs no additional anchorage and is thus capable of being used in many different locations.

INFO

Use of the Slackspot as a training and therapy device lends support to sensorimotor training functions, whilst also improving coordination and sense of balance.



low balancing height



- delivery: mounted
- adjustable belt tension
- no fall protection necessary

46131

2 Therapy Board Flex

height: 5,8 cm Ø: 40 cm
 weight: 1,62 kg
 content: 1 balance board, 2 wobble elements
 material: birch plywood, laquered | delivery: unassembled
 Registered Design.

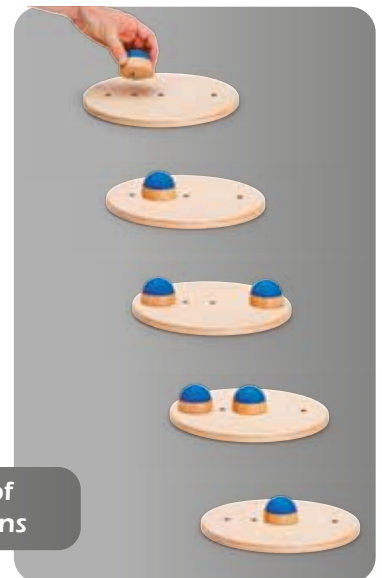
**LOAD
CAPACITY
UP TO
100 kg**



2



**scores of
variations**



This Wobble Disc is a veritable multi-talent. The exchangeable wobble components can be used for performing a whole different variety of exercises – twirling round or seesawing, on- or off-centre. Whatever the function, this sports and therapy unit poses a challenge one way or the other. The anti-slip and resilient material on the underside does not require any additional underlay. The balancing board comes in a coated finish and can be cleaned without any trouble at all.



3

interior track

magnetic ball mounts



The lying eight is primarily used to promote concentration, the training of hand-eye coordination and the "integration" of the two hemispheres of the brain. The internal ball tracks can also positively influence motor exercises in the arm and shoulder area. The 2D and 3D concept for this product is very well illustrated by an enclosed exercise booklet.

45409

3 Lying Eight

length:..... 51,5 cm width:..... 20,0 cm
height:..... 1,8 cm Ø: -
weight:..... 640 g

content: 1 game board, 2 steel balls

material: birch plywood, laquered

Warning! Not suitable for children under 36 months. Choking hazard! Contains small balls.

4 Core Rollers

length:..... 21,3 cm width:..... 21,3 cm
height:..... 7,5 cm Ø: -
weight:..... 1,36 kg

content: 2 pieces; instructions

material: birch plywood, laquered

delivery: mounted

47094



Core Roller

Erzi Core Rollers mark a spectacular advancement in classical abdominal trainers. The rollers cater for movement in all directions. Cornering and rotational exercises serve to increase efficiency combined with added training fun. Erzi Core Rollers are usable with either the hands or feet, thus broadening the spectrum of exercises. These small yet handy tools are indispensable to all fitness gurus for an effective body workout.



4

- complex 3D-movement
- with hands & feet





Erzi training boards are the perfect thing for exercising strength in the fingers, arms and upper body. Combined classical grip and peg board features cater for countless grip and pull-up sequences. The two boards are fitted with metal eyelets. Here, attached band loops can be used purely and simply as footholds. This versatile combination makes our training boards ideally suited for the needs of both novices and aces.

1



47061

1 Trainings Board medium

length: 66 cm width: 17 cm
 high: 32 cm Ø: -
 weight: 5,1 kg
 content: trainings board incl. 2 metal eyelets, 2 wooden grips (140 x Ø 30 mm)
 material: birch plywood | delivery: mounted

Bigger and smaller strips and a few plug holes make this board a standard piece of equipment for ambitious power athletes and climbing enthusiasts. Simply mounted over a doorframe at home, dozens of different climbing techniques can be exercised daily as the user passes by.

2

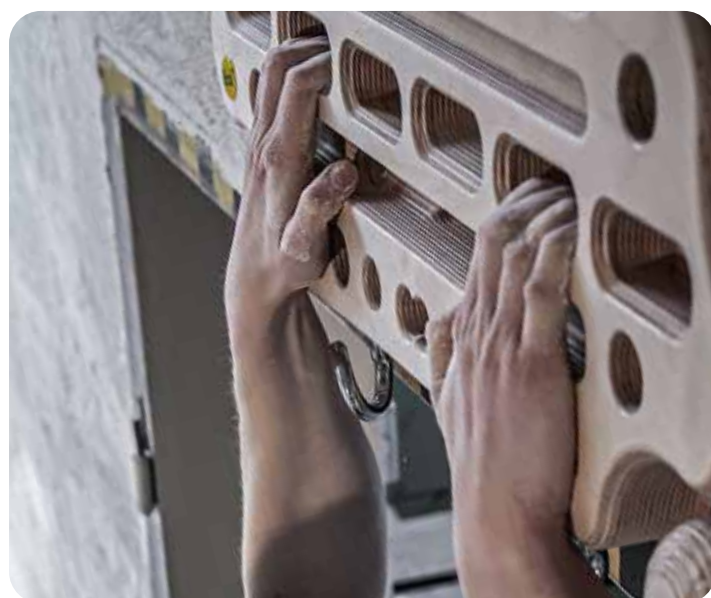


47060

2 Trainings Board large

length: 95 cm width: 17 cm
 high: 38 cm Ø: -
 weight: 12,6 kg
 content: trainings board incl. 2 metal eyelets, 2 metal grips (140 x Ø 30 mm)
 material: birch plywood | delivery: mounted

This is the very ultimate in training boards – no matter whether used for classical keep-fit or climbing techniques. A good selection of grips, hollows and slopes arranged with different depths, angles and planes provides immeasurable scope for obtaining mounting and climbing variety. This board also combines classical climbing grips with the hanging facilities provided by a pegboard.





47092

3 Campus Balls

length cord: 100 cm width: -
 height: 6,7 cm Ø: 8,5 cm
 weight: 440 g
 content: 2 pieces
 material: beech; cord
 delivery: disassembled

Used in conjunction with pull-ups, hanging and/or blocking techniques, Erzi training balls provide excellent facilities for training and developing the forearm muscles, while substantially intensifying the gripping and pinching power of the hands and fingers. Applying the extremely durable cord, the balls can be attached quickly and with ease e.g. to our training boards. Whether you're at home or out and about, you can be sure to find a use for the Erzi Campus Balls almost anywhere you go!

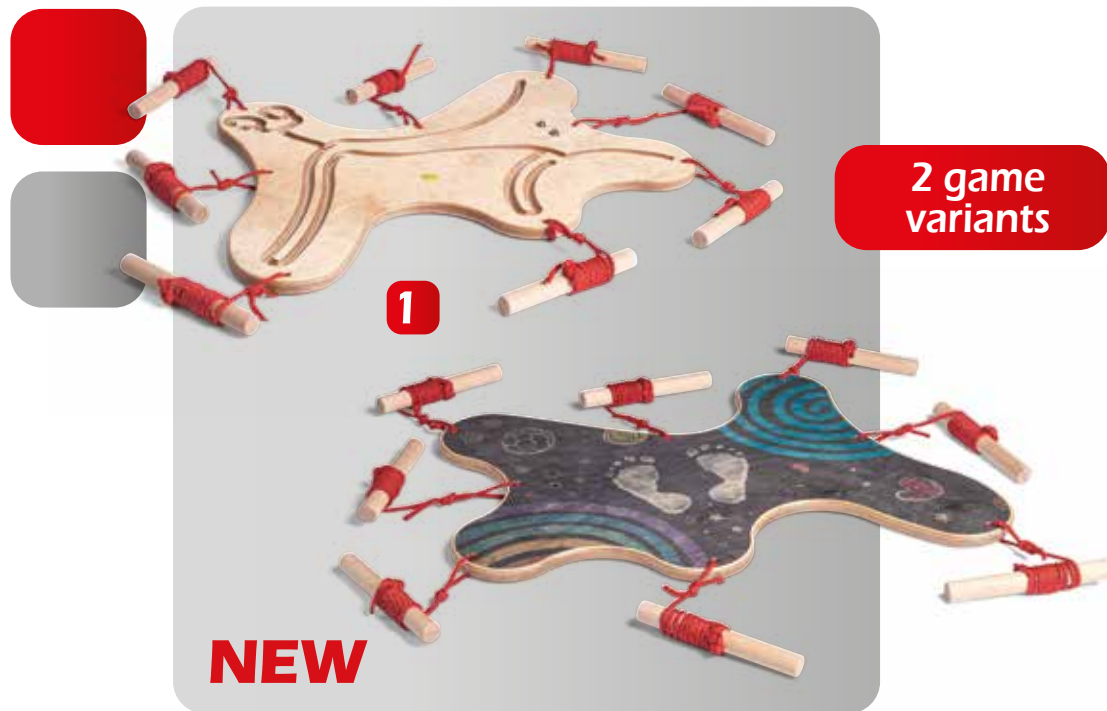


47093

4 Campus Sticks

length cord: 100 cm width: -
 length stick: 20 cm Ø: 4 cm
 weight: 440 g
 content: 2 pieces
 material: beech; cord
 delivery: mounted

Combining Erzi training sticks with pull-ups, hanging and/or blocking techniques is an ideal way of engaging in targeted training exercises, whilst developing the forearm muscles or building up gripping and pinching power of the hands and fingers tremendously. By means of the heavy-duty cord, the grips are attachable both quickly and with ease e.g. to our training boards. Whether out and about or just at home, the sticks can be used virtually anywhere!



1 Team Spirit

44375

**LOAD
CAPACITY
UP TO
60 kg**

length:..... 50,3 cm width:..... 70 cm
height:..... 1,8 cm weight:..... 3,26 kg
Content: 1 Team Spirit balancing game, 2 steel balls, 1 instruction
Materials: birch plywood, nature and lacquered, printed; beech,
nature and coloured lacquered
Maximum Load: 60 kg
Warning: Not suitable for children under 36 months.
Choking hazard. Small balls.
Please keep manufacturer's reference.

**magnetic
ball mounts**



Our Team Spirit balancing game is a birch plywood board that is playable on both sides. It can be moved and controlled using the attached strings. For two to nine players, children can playfully practise co-operation, co-ordination and collaboration. One side of our Team Spirit has milled track through which the two included steel balls whiz when all the players pull the right string. If you turn Team Spirit around, the plate acts as a flying carpet.

2 Team Tower

44329

length:..... 12 cm width:..... 24 cm
height:..... 26 cm Ø:..... -
weight:..... 3310 g Size tower: 19 x 5,5 x 5,5 cm
content: 6 wooden blocks, 1 frame with cord holder, 12 cords á 4m,
1 bag, 1 manual
material: beech, polypropylene
Warning! Not suitable for children under 36 months. Strangulation hazard! Contains long string.

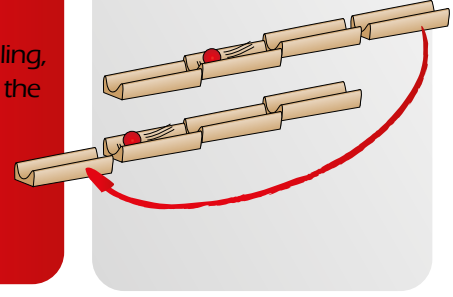


This game can be played without much preparation by any number of children from 2 to 24. The Team Tower set caters for loads of fun both outdoors and indoors, while cultivating motor skills and coordination. Setting up and completing the tower is a team-minded and communicative activity.



INFO

To keep the ball rolling, you have to „extend“ the track again and again.



3 Team Ball Track

length:..... 44 cm width:..... 38 cm
height:..... 6 cm Ø:..... -
weight:..... 3,71 kg
content: 8 wooden ball tracks, 2 wooden balls, 1 carrying bag,
1 manual
material: beech, polypropylene
size single track: 43 x 7 x 3,5 cm
Warning! Not suitable for children under 36 months. Choking hazard! Contains small balls.

42093

This set of sturdy wooden ball tracks will transform a group into a whole team! When joining forces, all players work hand-in-hand to assemble a long track. The aim is to keep the wooden balls rolling progressively from one point to the next. This calls for pronounced skill and the powers of concentration to react quickly. It also requires constant interaction on the part of the players to prevent the balls from falling on to the floor. Different levels of difficulty are also possible by reducing the tracks. Alternatively players can compete in two opposing teams.

4 Team Game Set FUN

length:..... 30 cm width:..... 60 cm
height:..... 40 cm Ø:..... -
weight:..... 5,7 kg
content: 2 backpacks, 4x 3 ropes (3m), 4 ropes (12m),
2 boards, 50 building blocks, 20 cloths, 5 bags,
1 instruction
Material: Beech, coloured lacquer; birch plywood, natural; Fairtrade
cotton; polyamide
Caution! Not suitable for children under 36 months. Danger of strangulation! Contains long cords.

Our team game set FUN is a great collection of utensils for team games with fun guarantee. The enclosed solid ring block contains 12 game ideas for young and old.



50034

5 Stool (height 38 cm)

length:..... 36 cm width:..... 36 cm
height:..... 38 cm Ø:..... -
weight:..... 2,86 kg
content: 1 stool, mounting set
material: molded birchwood, laquered
Registered design.
No toy! Furnishing!

50035

6 Stool (height 45 cm)

length:..... 36 cm width:..... 36 cm
height:..... 45 cm Ø:..... -
weight:..... 2,97 kg
content: 1 stool, mounting set
material: molded birchwood, laquered
Registered design.
No toy! Furnishing!

50036

7 Stool (height 48 cm)

length:..... 36 cm width:..... 36 cm
height:..... 48 cm Ø:..... -
weight:..... 3,1 kg
content: 1 stool, mounting set
material: molded birchwood, laquered
Registered design.
No toy! Furnishing!



Size Chart Furnitures

body sizes in cm	133-159	159-188	174-207
seating height in cm	38	45	48

Sizes by DIN EN 1729-1:2016-02:
Furnitures - Chairs and tables in educational institutions

Safety

is our prime consideration



Trainings Board medium on p. 6



All Erzi products undergo consistent and regular testing along with official certification procedures. For double security: In addition to stringent in-house quality control measures, constant testing is carried out by external independent institutes and public bodies. This comprehensive quality management policy is documented by our seal of tested approval.



Wood as natural material:

Please take note that wood is a natural material and can change due to temperature, humidity, etc. All of our products are carefully processed and protected by environmentally sound lacks or varnishes in order to guarantee optimal durability. Erzi® products can be played with out of doors but must be protected from rain and dampness.

The rights of technical and physical alterations are reserved. The colors shown in the catalogues can differ from those actually present on the products. All measurements and weights, which have mentioned, serve only as guidelines, which means they are not obligatory.



... here
are more

- ▶ grocers shop items
- ▶ educational toys
- ▶ sports systems for kids
- ▶ furnishings



Alexander Hoffmann
Sales Director

Phone: +49 (37294) 920-18
Cell Phone: +49 (174) 30 44 137
E-Mail: alexander.hoffmann@erzi.de



Holger Näther
Purchasing Director

Phone: +49 (37294) 920-26
Cell Phone: +49 (0173) 54 96 673
E-Mail: holger.naether@erzi.de



Mandy Pröger
Sales Germany

Phone: +49 (37294) 920-20
E-Mail: mandy.proeger@erzi.de



Bianca Hengst
Assistant Sales

Phone: +49 (37294) 920-21
E-Mail: bianca.hengst@erzi.de



Ines Börner
Export

Phone: +49 (37294) 920-22
E-Mail: ines.boerner@erzi.de

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Erzi Qualitätsprodukte aus Holz GmbH

Lengefelder Straße 16
D - 09579 Grünhainichen

Tel. +49 37294 920-0
Fax +49 37294 920-49
E-Mail info@erzi.de

www.erzi.de



visit us:



@erzi.active



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