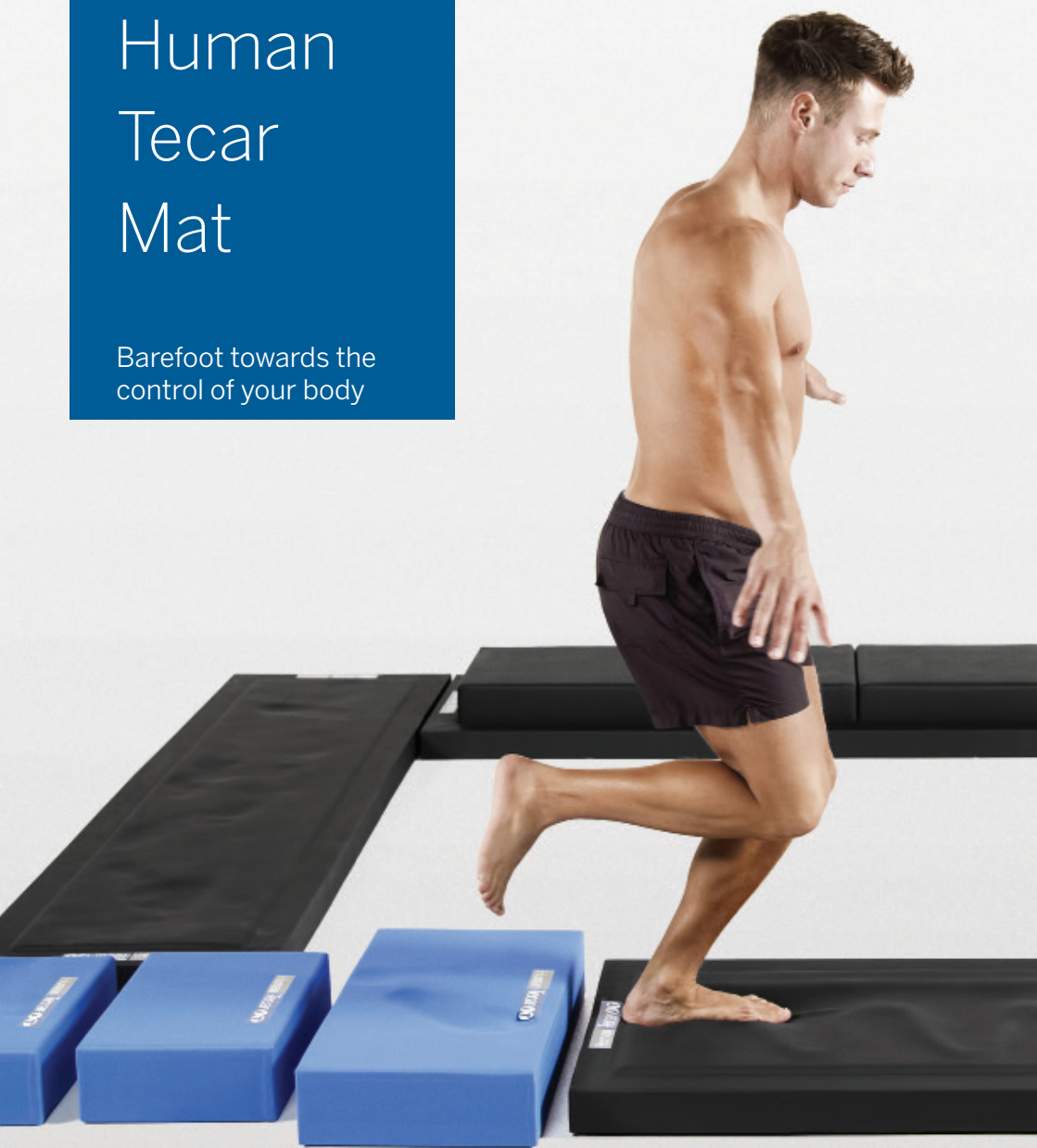



Human Tecar Mat

Barefoot towards the
control of your body



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A photograph of a person's legs and feet walking on a sandy beach. The person is walking away from the camera towards the ocean. The sand is light brown and shows several footprints. The ocean waves are white and foamy, crashing onto the shore. The sky is not visible.

<< *The real miracle
is not flying in the
air or walking on
the water, but walking
on the ground. >>*

—Lin-chi, 1 century A.D.

TOWARDS THE CONTROL OF YOUR BODY

Human Tecar Mat helps you to recover and improve balance, coordination, agility, elasticity, strength and fitness, with the extraordinary simplicity of a barefoot walk.



THE FOOT, AN INTERPRETER BETWEEN US

The foot is a complex instrument, a biomechanical masterpiece, that through bones, ligaments, joints, muscles and skin acts as an interface between the ground and the Central Nervous System, enabling the body to stand, to coordinate its posture and to move, adapting to every kind of terrain.





HUMAN TECAR MAT STIMULATES THE FOOT TO TRAIN THE BODY

Correctly stimulating and developing the movement of the feet means helping the body to naturally recover functional abilities and restoring its full potential.

Human Tecar Mat is the innovative response to those needs of training, rehabilitation and natural and harmonious re-education of the body. The innovation is expressed through a cutting-edge technological research, but also through the rediscovery of a practice, now lost, but that is as old as mankind: barefoot workout. Through the foot, Human Tecar Mat pleasantly and naturally stimulates the activity of the nerve receptors (proprioceptors) located in the muscle, tendons and joints, which help to perceive the position of the body in space.

Proprioceptive sensibility is a sophisticated mechanism designed to provide the Central Nervous System, in real time, with extremely precise information in different parameters:

- » Biomechanical movement (speed, strength, direction, acceleration)

- » Physiological parameters on biological state and changes that occur in muscles, tendons and joints as a consequence of the movement performed.

ENDLESS SURFACE COMBINATIONS

Human Tecar Mat reproduces a variety of natural routes, not always accessible in everyday life, and offers the benefit of concentrating the proprioceptive activity within a limited space, in a safe environment and under any weather conditions.

Different surfaces give the possibility of working barefoot on routes with different instability levels, responding to the specific needs of personalized training and rehabilitation.

Diverse density corresponds to a different level of movement absorption, providing protection of the joints and increasing energy expenditure.

The variety of interchangeable elements that compose the Human Tecar Set, mats and pillows, provides endless combinations of routes that can be adapted to the user's specific needs.



MULTIPLE AREAS OF USE

The endless combinations offered by Human Tecar Mat are designed to achieve optimal results in multiple areas and situations.

» Rehabilitation: to perform outstanding proprioceptive work while avoiding the risk of mechanical shock.

» Athletic recovery: the activity of the Central Nervous System and proprioceptive workout are essential in full recovery.

» Professional sports: for the specific training of proprioceptive skills combined with the typical movements of the athlete's sport.

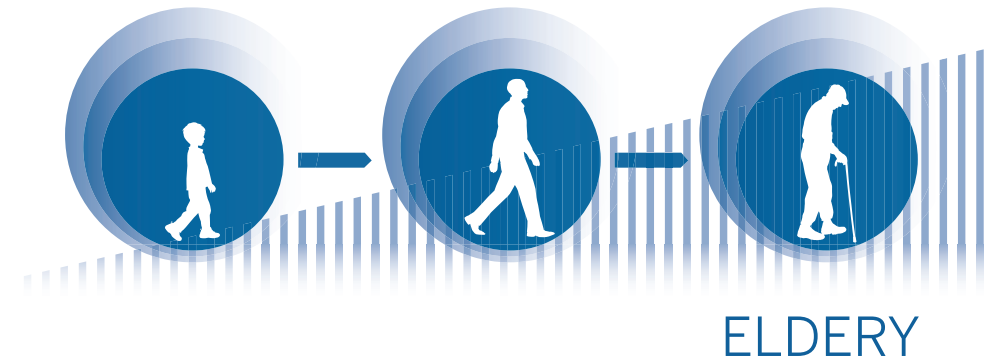
» Amateur sports: for intense physical activity, free from articular injuries

» Excess weight and obesity: to achieve high energy expenditure and significantly reduce load on the joints through the absorption of kinetic energy, which facilitates motor activity.

» Treatment of circulatory disorders through intense muscular effort and proprioceptive stimulation that boosts return circulation, resulting in evident benefits in the treatment of heavy legs, lymphedema, cellulite and circulation problems in general. Effective for both prevention and healing.

» Everyday life: a pleasant way to take care of one's well-being and to naturally and harmoniously help the body function.

AT ANY TIME IN LIFE



Human Tecar Mat accompanies the body throughout all the seasons of life, supporting needs in a pleasant and natural way, even during the most sensitive stages.

» In children, it promotes harmonious muscle development and increases motor ability and skills.

» In adults, it helps to get the most out of training and to achieve goals in less time and with greater efficiency and effectiveness.

» In the elderly, it enables one to perform exercises for improving balance and maintaining correct walking motor schemes, thus reducing the risk of falls.

A VARIETY OF MATERIALS

The Human Tecar Mat Set is a group of surfaces made of different materials (polyethylene, polyurethane, viscoelastic and shape-memory materials), internationally developed and patented, specifically designed to foster training, rehabilitation and reeducation of muscles and ligaments through a barefoot stimulation, without placing burden on the joints.

These materials allow the Human Tecar Mat to:

- » Stimulate the mechanoreceptors located on the sole of the foot
- » Avoid mechanical shock and overloading of the osteoarticular system
- » Promote energy expenditure (approximately 25% more compared to a rigid surface).



Medium Density - Wellness

Flat surface with medium elastic response that reproduces a smooth sandy surface. Available in two different sizes (200x54x7cm - 200x100x7cm).



Stones

Agglomerates in different density that stimulate a stony surface with homogeneous relief in shape and size (200x54x7cm).



Dunes

The platform simulates the uneven sandy soil; improves stabilization muscle work (200x54x7cm).



Multi Density

Platform with rigid frame, in which are inserted different density pillows, that can be removed or inserted in accordance to most suitable sequence for rehabilitation purposes (200x54x14cm).



Basic Pillow - Pillow

Medium density pillow, to be used alone or with the other platforms to carry out exercises with more energy expenditure or more complex rehab gymnastics. (Available in two dimensions 40x30x12cm and 60x35x12cm).



Needle

Platform with rigid frame and medium elastic thrust bottom, with a rubber needles carpet put on the bottom; micro foot massage, circulatory stimulation, very suitable for the rehabilitation of neurological patients (190x80x7cm).



Slant

Platform inclined laterally to 4,5°, that reproduces smooth sand at medium intensity (200cmx80cmx incl.15/7).



Rocking Box

Plyometric cubes with limited elastic response in different heights; they can be combined with tilting unstable surfaces. (Available in three dimensions 90x75x27cm - 90x75x42cm - 90x75x55cm).



Rocker Base for Rocking Box

Used individually as unstable tilting surface or to be applied to the Rolling Box. (Available in two dimensions 9cm and 12cm).



Rocker Round Base for Rocking Box

Used individually as over all axes unstable floor or applied to the Rolling Box.



Ascending Descending Set

4 modular units, allow to carry out proprioceptive exercises on head-on inclined plane and steps; to use in sport too for physical preparation (Cuboid 80x80x45cm - Step 80x40x15cm - Step 80x40x30cm - Ramp 200x80x inc.45/7).

BUILD YOUR CUSTOM-MADE HUMAN TECAR MAT SET

Learn more about the endless combination and find the one that best meets your needs.



Basic set



Fitness Reability Set



Basic Wellness Set



Reability Set



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