



www.springenergie.it

Produced and distributed by

Idea srl

via Dell'Artigianato 45/a

41122 Modena

Tel + 39 059225940

info@cruisin.it

SPRING ENERGIE

Flexible and elastic, the innovative platform reduces microtraumas to the ankles, knees, and spine.



The equipment originates from the research and experiments of a team of professors and instructors from ISEF (Italian University) and the studies of professionals in physical and motor training.

SPRING ENERGIE

Spring Energie consists of a rectangular elastic board made of phenolic material, measuring **80.5 cm in length, 33.5 cm in width, and 12.5 cm in height from the ground, with a weight of 8 kg.**

The surface of the horizontal platform is coated with non-slip marine paint.

At its four corners, small "ears" are embedded, housing the springs, which in turn rest on special "feet."

The feet are made of a polyurethane compound that ensures excellent grip during use while also allowing the apparatus to be moved easily without scraping the floor.



The support of Spring has been specifically designed to prevent tipping when placed on the edge of the board and to maintain its characteristics unchanged over time. Spring Energie has exceptional resistance and can withstand vertical force peaks of up to 1000 kg! It also provides excellent grip during support while allowing the equipment to be moved easily without dragging on the floor.



SPRING ENERGIE

The support base is made of an elastic and non-slip material, with the dimensions of a traditional step. This makes the platform shock-absorbing, proprioceptive, and neuromuscularly toning.

This equipment can be used both as a traditional step and with specific programs designed to enhance its features.

With this wonderful tool, you can train safely through ballistic contractions, allowing the addition of highly interesting exercises for visco-elastic and proprioceptive response.

With SPRING ENERGIE, it is therefore possible to enrich workouts with innovative elements, making them even more dynamic and fun compared to traditional fitness disciplines.





FIRST APPROACH

When using Spring Energie, to fully exploit all movement possibilities and ensure maximum safety, it is important to follow a few simple guidelines.

- Place the entire sole of the foot on the surface, both when going up and down (it is worth noting that partial foot support is possible once you have gained a certain familiarity with the equipment).
- Keep the knee slightly bent at all times, both when ascending and descending.
- Maintain the center of gravity of the upper body slightly forward in relation to the pelvis.
- Control the energy and amplitude of movements until you have gained full confidence with the equipment, its dimensions, and its spring mechanism.





ADVANTAGES AND BENEFITS

After years of testing, we can confidently state that Spring Energie offers remarkable advantages.

- It absorbs the impact of the foot both on the equipment and the ground, protecting the upper structures (ankle, knee, hip, and spine) and thus preventing microtraumas and chronic osteoarticular conditions.
- In combination with increased eccentric work, the use of Spring Energie enhances muscle fiber recruitment, creating the ideal working condition for achieving elongated and elastic muscles.
- Its elastic response to impacts of all kinds ensures that the benefits of joint unloading and impact absorption extend even to the minutes following a session, including on the ground.
- The greater degree of ankle flexion angle closure promotes the development of both strength and flexibility in the calf muscles, preventing excessive hypertrophy.
- The nervous system and motor units are stimulated powerfully and effectively due to the continuous search for balance.
- Spring Energie not only enhances physical and mental balance but also proprioceptive abilities. Once users become familiar with the equipment, their focus shifts from the environment or the elastic board itself to themselves and their own movements.

A photograph showing a person's hand holding a red, rectangular device with black wheels. The device is labeled 'SPRING ENERGIE' in white text. It is positioned on a light-colored tiled pool deck next to a swimming pool. The pool water is blue, and a swimmer's legs are visible in the background.

› **SPRING ENERGIE AQUATIC** SEA

The **Spring Energie Aquatic** is a health device that focuses on the lower limbs' motor activity without contraindications, preserving proximal intracapsular fractures.

Previous studies on the land-based Spring Energie and the research and experiments conducted over the past three years have led to the creation of a device based on the principles of prevention and a motor challenge to improve coordination skills.

The flexibility of the SEA device, in addition to increasing the number of muscle groups involved in movement, enhances balance and increases the elasticity of muscles and tendons.

The elastic movement that the muscle performs with the help of the SEA is perfectly in sync with the muscle's structure.

SPRING ENERGIE AQUATIC



SPRING ENERGIE

SPRING ENERGIE

SPRING ENERGIE

SPRING ENERGIE

SPRING ENERGIE

SPRING ENERGIE

SPRING ENERGIE



www.springenergie.it

Produced and distributed by

Idea srl

via Dell'Artigianato 45/a

41122 Modena

Tel + 39 059225940

info@cruisin.it