

GLOBAL CATALOGUE



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THE FUTURE NEEDS AN ORIGIN



THIS IS FIVE

five is a pioneer of modern fascia and mobility training, that can free the body from muscular imbalances. In today's society, a lack of movement and frequently hunched sitting posture lead to health problems and structural shortening. Training with five straightens the body back up and counteracts muscular shortening. The entire body is brought back into its natural position, correcting its everyday incorrect posture, while simultaneously activating the muscle chains. The training lays the foundation for good mobility and the associated increased quality of life into old age.

MADE IN THE BLACK FOREST

Five equipment is produced regionally and has its roots in the Black Forest. This means a lot to us. Each piece of equipment goes through all of the production steps here, from woodworking to upholstery, and many steps are still done by hand. The combination of natural wood and leather products ensures a timelessly attractive look with a warm touch, for a pleasant training experience.

The equipment was developed and designed by Christoph Limberger, the co-founder of five, in order to make complicated free exercises easy for anyone to do, thanks to support from the equipment. Furthermore, the equipment has an inspirational character, so the movement training won't be forgotten or neglected. In this way, each piece of the five equipment that we have today was created over time.

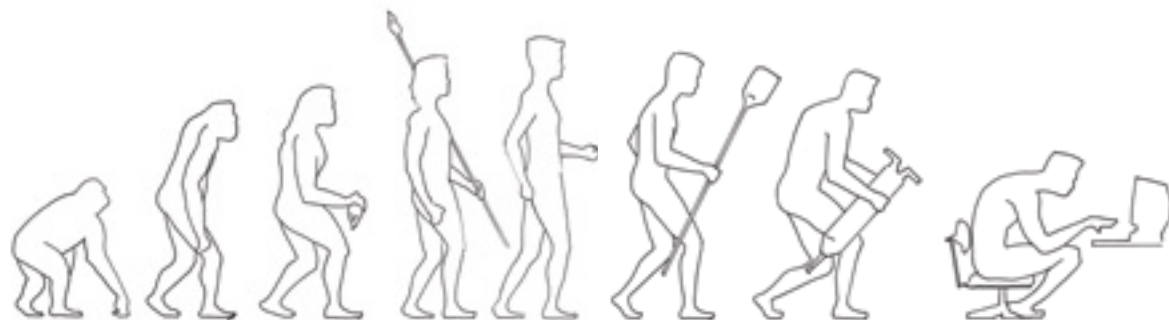


OUR PHILOSOPHY

THE LOGIC OF PAIN

Homo sapiens evolved as hunter-gatherers, designed for the wild – with a musculoskeletal system developed for hunting and gathering. But today we live in a modern, high-tech world. That means, not in accordance with the evolution of our species. This tendency is accelerating more all the time. This can lead to a wide variety of afflictions. One of these afflictions, among many others, can be various types of pains in the musculoskeletal system. This form of development can visibly degenerate and damage the human body.

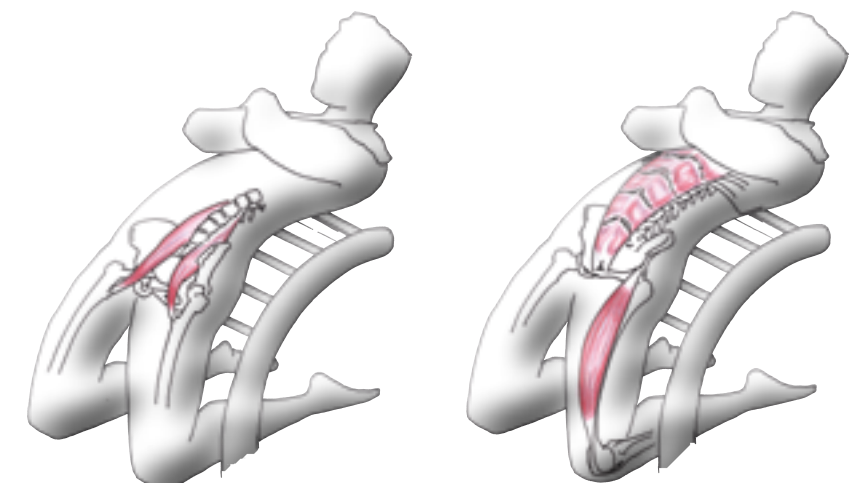
The five method was developed on the basis of scientific findings. These are movements that can positively influence physical well-being and improve any damage to the musculoskeletal system.



FIVE AS PERSONAL HYGIENE

When training with five equipment, the entire body is brought back into its natural position, correcting its everyday incorrect posture, while simultaneously activating the muscle chains. Just four to five backward movements per day can positively influence the way the body feels. five can also be used for acute pain. five trains all of the movements of the biological system: The person can be straightened up, the musculature lengthened and the breathing, circulation and energy flow can be optimised. It can be suitable both as a rehabilitation measure and as a preventive measure for all age groups. We understand five as personal hygiene, like brushing your teeth every day.

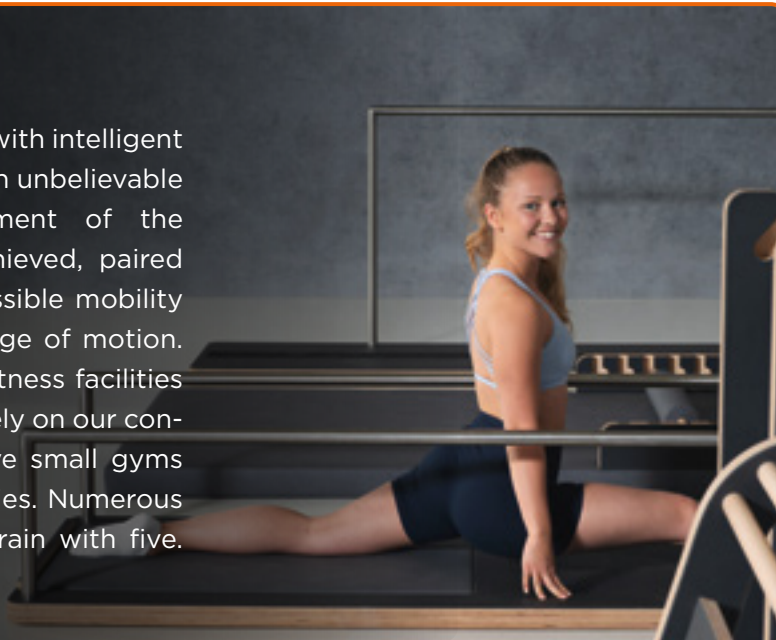
Five can influence and optimise the entire muscular and fascial system. If five is combined with milon's intelligent strength training, an increased strength development of the musculature is achieved by extending the range of motion.



OUR TARGET GROUPS

FITNESS

If five is combined with intelligent strength training, an unbelievable strength development of the musculature is achieved, paired with maximum possible mobility over the entire range of motion. That's why many fitness facilities around the world rely on our concept, from exclusive small gyms to large club facilities. Numerous top athletes also train with five.



MEDICAL

Depending on the type and severity of the ailment or injury, targeted training with five can support the healing process and expand the range of motion. Our five-pro and five-express equipment is registered in accordance with the European Medical Devices Regulation (MDR) as a non-active medical device and is suitable for medical use.



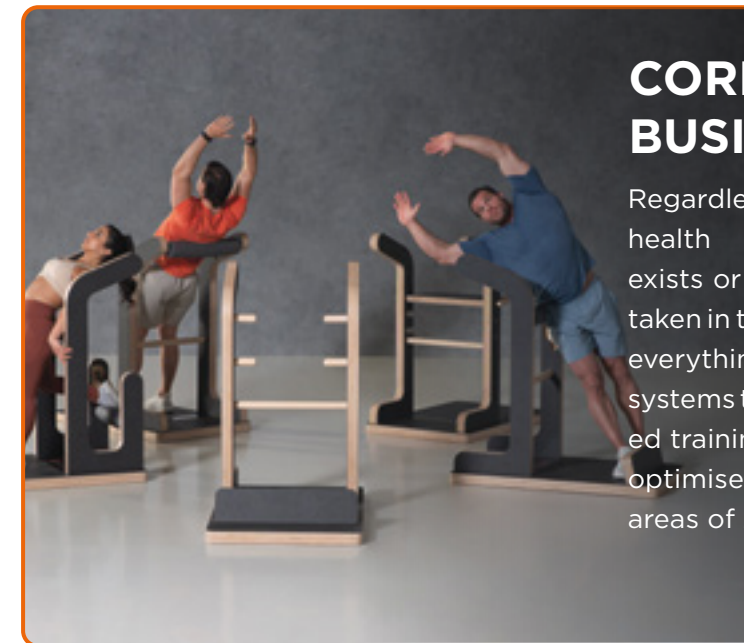
PHYSIOTHERAPY

Our many years of experience in physiotherapy and training theory build the foundation for each individual piece of five equipment. In the process, a wide variety of ailments were taken into account. That's why training on five equipment sets new standards in prevention and rehabilitation.



CORPORATE BUSINESS

Regardless of whether corporate health management already exists or if the first step is being taken in this direction – we supply everything from classic training systems to completely coordinated training worlds. We also offer optimised solutions for training areas of 20 sqm or more.



FIVE THE MOBILITY CONCEPT FOR YOUR FACILITY



FIVE-PRO



HIP
⬡



CHEST
⬡



GLUTES
⬡



ISCHIO
⬡



SPLITS
⬡



MULTI
⬡



LATERAL
⬡



ADDUCTOR
⬡



TRAPEZIUS
⬡



BACK
⬡



STAND
⬡

FIVE-FASCIA



FASCIAL STIMULATOR
⬡



FEET
⬡



TRIGGER BENCH
⬡



FASCIAL BELT
⬡



TRIGGER WALL
⬡



INTERCOSTAL
⬡

FIVE-EXPRESS



HIP-EXPRESS
⬡



CHEST-EXPRESS
⬡



GLUTE-EXPRESS
⬡



ISCHIO-EXPRESS
⬡



LATERAL-EXPRESS
⬡

FIVE PRO

THE
INDIVIDUAL
MOBILITY
TRAINING



HIP

Length	125 cm
Width	82 cm
Height	45 cm
Weight	27 kg



GLUTES

Length	125 cm
Width	82 cm
Height	120 cm
Weight	77 kg



CHEST

Length	125 cm
Width	82 cm
Height	80 cm
Weight	41 kg



ISCHIO

Length	125 cm
Width	82 cm
Height	120 cm
Weight	50 kg



SPLITS

Length	240 cm
Width	82 cm
Height	45 cm
Weight	53 kg



LATERAL

Length	125 cm
Width	82 cm
Height	90 cm
Weight	72 kg



MULTI

Length	240 cm
Width	118 cm
Height	234 cm
Weight	100 kg



ADDUCTOR

Length	240 cm
Width	62 cm
Height	90 cm
Weight	51 kg



TRAPEZIUS

Length	125 cm
Width	82 cm
Height	200 cm
Weight	70 kg



STAND

Length	125 cm
Width	82 cm
Height	120 cm
Weight	56 kg



BACK

Length	100 cm
Width	80 cm
Height	70 cm
Weight	20 kg



FIVE FASCIA



THE PERFECT
ADDITION
TO THE
MOBILITY
AREA

FASCIAL STIMULATOR

LxWxH 80x56x72 cm
Weight 68 kg
Mains connection 230-Vac 50/60 Hz

BENCH

LxWxH 91x55x50 cm
Weight 31 kg



FASCIAL BELT

Length 124 cm
Width 82 cm
Height 139 cm
Weight 84 kg
Mains connection 230-Vac 50/60 Hz



FEET

Length	240 cm
Width	62 cm
Height	90 cm
Weight	85 kg



INTERCOSTAL

Length	158 cm
Width	65 cm
Height	82 cm
Weight	42 kg



TRIGGER BENCH

Length	240 cm
Width	40 cm
Height	50 cm
Weight	65 kg



TRIGGER WALL

Length	-
Width	155 cm
Height	210 cm
Weight	99 kg



FIVE EXPRESS



THE WARM UP
OF THE FUTURE
WITH SHOES AND
WHILE STANDING

HIP-EXPRESS

Length	118 cm
Width	76 cm
Height	125 cm
Weight	70 kg



GLUTE-EXPRESS

Length	118 cm
Width	76 cm
Height	125 cm
Weight	70 kg



CHEST-EXPRESS

Length	118 cm
Width	76 cm
Height	125 cm
Weight	70 kg



ISCHIO-EXPRESS

Length	118 cm
Width	76 cm
Height	125 cm
Weight	70 kg





LATERAL-EXPRESS

Length	118 cm
Width	76 cm
Height	125 cm
Weight	70 kg

ADDITIONAL SERVICE



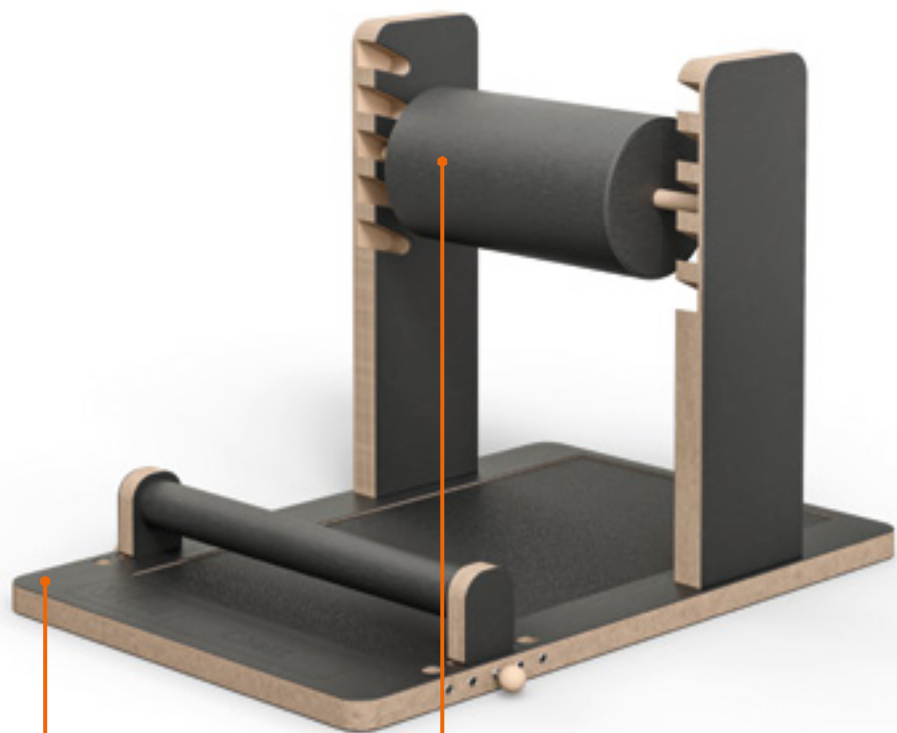
INDIVIDUAL BRANDING

Branding of the five-express
equipment with gym logo

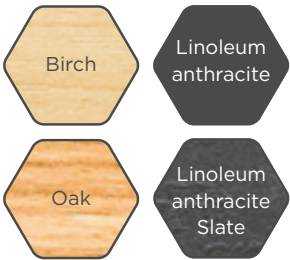


FURNISHING MATERIAL & ACCESSORIES

MATERIALS & SURFACES



WOOD



UPHOLSTER COLOURS MILON & FIVE



SPECIAL COLOURS FIVE



BIRCH



OAK



LINOLEUM ANTHRACITE



LINOLEUM ANTHRACITE SLATE

FIVE-PRO AND FIVE-FASCIA

FIVE-EXPRESS

ACCESSORIES

BENCH

Variants

without cushion

with cushion

with cushion and drink holder



BEAUTIFY YOUR TRAINING AREA



EFFECTIV



ELBGYM



KURVENSTAR



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