



Balance your life!



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**Everyone should be in decent physical shape and training process should not only be effective, but intense and interesting!**

According to the most authoritative experts, training on unstable surfaces is among the most striking trends this year. Thousands of professionals and amateurs all over the world agree with this point of view. Qubo<sup>3</sup> produces a unique line of balancing products: balance cushion Qubo®, a platform for a dynamic sitting Q-Sit, massage ball Q-Bol and balancing equipment eQleaps. All products are developed by highly qualified specialists: sports physicians, technologists, designers and athletes. That guarantees unsurpassed quality, premium design and advanced training program for people with experience and beginners.



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## Qubo©

Balance cushion with an optimal size, weight and shape for the most effective training. The unstable surface of the product perfectly matches with its rounded form.

Due to its unique characteristics, classes on Qubo© will help to strengthen the deep muscle groups in the body.

Depending on your needs and training program, you may use Qubo© balance trainer both for functional and Mind & Body training. In addition to the recommended exercise sequences, Qubo© may be used as an additional complication when performing basic exercises. Besides, it perfectly combines with the existing equipment - a barbell, dumbbells, body bars, suspension trainers, etc. Furthermore, training with Qubo© may be conducted in mini classes, group and individual training sessions.






# Qubo<sup>©</sup> balance cushion is a unique product, thanks to the diligent work of a number of people

- The main **ideology and concept** of the product was developed by practicing sports doctors, fitness instructors and athletes from all over the world. The idea was to develop brand new training equipment, which would allow revealing the possibilities of the body, gain new experience and strengthen muscles without overloading the joints.
- Stunning **design** of Qubo<sup>©</sup> balance cushion was elaborated by the most talented European designers.
- A great of technologists from many countries was involved in development of technical component for the future product. As a result, an environmentally friendly material **PlastiQ<sup>®</sup>** was developed. This material has a number of unique characteristics: being a hypoallergenic, it is completely safe and harmless even for the most delicate skin. At the same time PlastiQ<sup>®</sup> possesses great strength, enabling it to withstand the load of more than 600 kg.
- Finally, it was necessary to fill the product with life. Thus, the company Qubo<sup>3</sup> developed a **special training program** based on balance and functional exercises.





## **Exercises with unstable surfaces are among this year's most striking trends**

Such exercises have positive impacts on the locomotor system and contribute to the development of deep muscles. As a part of functional training, Qubo® helps to develop strength, coordination, endurance and flexibility.

Unique training formats were developed by Alessandro Oliveri (international presenter, practicing instructor: fitness instructor certificate ENDAS-CONI, fitness instructor certificate AFAA, fitness instructor certificate REEBOK, best Italian fitness presenter, etc.) especially for Qubo®.

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## The program on balance and **Functional** training consists of 8 sequences with 8-10 exercises in each one

First group classes with Qubo® inevitably cause a lot of emotions. It only seems simple to stand on unstable surface of the cushion. Just try it! Attach a little perseverance and you will succeed. But such lessons will be remembered for a long time!

**#OLIVERIVOLUTION** was developed considering the level of physical background, so sequences vary in the complexity of implementation.








**Qubo<sup>3</sup> offers not just  
new equipment, but  
a new format  
of group classes**

Qubo<sup>3</sup> conducts training and certification of fitness instructors all over the world. Besides, certified instructors are provided with all necessary methodological information and quarterly releases of new exercises.



## Classes with Qubo® balance cushion are sensational!

- **Interesting and Simple**, because basic exercises don't require special training background;
- **Effective**, because Qubo® workouts actively involve all major muscle groups;
- **Multifunctional**, because Qubo® perfectly combines with the existing equipment;
- **Profitable**, due to the novelty and innovative training, which attracts customers to group programs and individual training.
- **Fun** as exercises generate a lot of positive emotions.





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