



INTRODUCTION ABOUT BALANCE² TRAINING METHOD

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I.M.Health

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1. Balance² - Balance to the Power Two

The Balance² movement therapy training method focuses on the entire body. It impacts the whole body, training entire movement chains, improving and rehabilitating the full body's movement. Balance² offers development opportunities for everyone, whether it's about satisfying the need for movement alongside everyday life, providing complete training load as a supplementary movement for athletes, or rehabilitating those with musculoskeletal problems. A trained Balance² Instructor helps in the correct execution of the exercises.



2. Professional Background

Balance² combines the research results of the Body Awareness Center of the Fontanus Scientific Methodological Research and Educational Center. This method was created under the professional guidance of Dr. Éva Bajzik, Balázs Török-Szabó, and Péter Hacker, with 20 years of experience in musculoskeletal rehabilitation, training theory, and sports philosophy. The goal of the research team was to develop an enjoyable and healthy form of exercise tailored to the needs of 21st-century people.

3. Target Groups

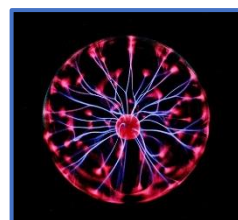
- Those who value health and movement
- Those who want to start exercising
- Those recovering from an injury
- Athletes looking for supplementary movements



4. What Does It Develop?

Balance² is a specially developed movement therapy training method that creates balance between individual muscles, muscle groups, organ systems, and the entire body.

- Strengthens muscles weakened by everyday life or injuries
- Increases flexibility and mobility in muscles that have become overstrained or too tight
- Regular use can eliminate musculoskeletal issues resulting from missed infant movements or developed later
- Compensates for missing movements during individual development
- Improves musculoskeletal problems caused by sedentary activities: tight muscles, restricted range of motion
- Excellent supplementary or foundational training method for athletes
- Can be used in the rehabilitation of sports injuries
- Enhances brain-nerve-muscle connections
- Develops both conditional and coordination abilities



5. What Makes Balance² Unique?

- Tailored to the needs of 21st-century people, an enjoyable and healthy movement therapy training method
- Special exercises designed with the help of a musculoskeletal rehabilitation specialist
- New trend - exercises are performed on a 1 m² mat
- The method targets the center of the strength-endurance-speed triangle, developing movement in all three areas
- Strengthens the muscles around the joints, increasing their load capacity, stretches muscles and tendons, strengthens ligaments
- Develops brain-nerve-muscle connections and all coordination abilities
- Helps establish metabolic balance and promotes hormonal balance

6. Difficulty Levels

The Balance Method provides several levels of training load, which build on each other in a staggered sequence:

- Refit
- Prefit
- Freshfit
- Fullfit
- Extreme
- Myrmidons
- Minus

ReFit: Rehabilitation-focused movement with personalized exercise routines to aid effective recovery after injury or surgery



PreFit: The basic type of Balance², developing basic coordination skills with static and dynamic exercises



FreshFit and FullFit: Increasing difficulty levels with further development of fine motor skills and endurance



Extreme and Myrmidons: Specially designed exercises and training plans for athletes



Balance Minus: Develops joint range of motion, muscle mobility, and load capacity using negative muscle movement



7. The Class and the Instructor

- Class duration: 55-60 minutes
- Exercises are performed barefoot on a 1 m² mat
- Classes are led by trained instructors
- The instructor continuously monitors participants: demonstrates, explains, and corrects the proper execution of exercises
- The instructor is continuously informed about the participants' conditions to determine the appropriate type and difficulty level of the class



8. Competition and Competitors

While there are numerous gyms and fitness centers on the market, the unique Balance² movement therapy training method has no direct competitors.

In terms of rehabilitation, currently, those with musculoskeletal problems, injuries, or post-surgery patients often do not receive full rehabilitation during prescribed treatments, with limited options for follow-up care. This makes Balance² ReFit a gap-filling service.

For everyday exercisers and athletes, the specially designed exercise routines allow for the supplementation of missing or skipped developmental movement phases (e.g., crawling, climbing) even in adulthood.

This supplementation improves brain-nerve-muscle connections and abilities that were not or only partially developed due to skipped movement phases. Balance² creates new muscle

foundations and muscle-nerve connections, improving movement coordination, making muscle work more efficient.

Cognitive abilities build on coordination skills, such as language and mathematical abilities on rhythm skills, and organizational skills on spatial orientation. Since Balance² develops coordination skills, it also enhances cognitive abilities.

