



The natural way

SISSEL® OCTOCORE®

Functional training of the myofascial chains

The beginning of a journey

Every form of training requires concentration and, above all the ability to understand and implement new movement patterns. When carrying out the exercises, two central challenges become clear time and again:

1. Users unconsciously fall back into familiar movement patterns
2. Users find it difficult to consciously activate the relevant muscle groups

These initial conditions formed the basis for the development of the SISSEL OCTOCORE.

The answer to an important question:

A training device that effectively reactivates the deeper muscles along the functional chains.



Stretching and
strengthening of the
myofascial chains

Balancing
strength
and tension

Eccentric muscle
training

Varied training
in different levels
of difficulty

Why not train with classic elastic bands?

- Difficulties in targeting certain muscle chains
- Too little three-dimensional functionality
- Texture not comfortable/can cut in
- Risk of tearing
- Constant repositioning
- Closed fist leads to tension in the shoulder-neck area



Training with the SISSEL® OCTOCORE®

Regular training with the SISSEL OCTOCORE offers a whole range of benefits:

- Multidimensional movements
- Improves body awareness and perception
- Enables muscle relaxation and stretching
- Supports rebounding skills
- Activates entire muscle chains, especially the deep muscles
- Strengthening, with a focus on eccentric muscle activity
- Promotes an upright posture
- Can relieve tension and reduce pain

