



Free training programmes



Scan the QR Code for free training videos.
Achieve your personal fitness goals or
expand your services as a trainer or physio-
therapist with the SISSEL OCTOCORE.

The SISSEL® OCTOCORE® activates
and stimulates the myofascial chains!



The Power of SISSEL®

SISSEL ACADEMY

- Innovative and qualitative workshops
- A deep dive into anatomical correlations
- Exercise programmes to support individual and group training and rehabilitation

The SISSEL ACADEMY stands for first-class international fitness and rehabilitation educational programmes led by a global network of experienced Educators.

Scan QR code for direct access to all SISSEL ACADEMY workshops.

sissel-academy.com



Based on current medical studies and the experience gained, new workshop formats will be released in 2025.

Professional Workshop: Functional training of the myofascial chains

Exercises with the SISSEL OCTOCORE

This 6-hour 'Certified Professional Instructor' workshop is designed specifically for physiotherapists, medical practitioners, and trainers. It focuses on training functional muscle chains and addressing myofascial pathways. The workshop covers a variety of exercises that enable you to address the whole body with each exercise and compensate for deficits. The innovative approach enables functional training that offers your participants new training stimuli.





The natural way

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Are you interested in the SISSEL® OCTOCORE®?

Find practical exercise videos with the SISSEL OCTOCORE on our YouTube channel 'SISSEL International'. You can purchase the product from the distributors listed on our website.