

The stylish way to stay in shape!

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das.Brett

MADE IN GERMANY



Play & exercise for the whole family

Springy fitness device

- Balancing & surfing
- Gymnastics, strength- & endurance-training

Great fun for kids

- Lots of playing possibilities
- Slide, see-saw & cradle
- Bridge, tunnel & much more



incl. an illustrated instruction booklet with fitness and gymnastic exercises

- provides motivation for playing and moving!
- promotes flexibility, body awareness, concentration, balance, depth perception and makes for a good mood
- suitable for rehabilitation and physiotherapy



Versatile tool for yoga

- Support for beginners
- Variety & challenge for advanced yogis



 **TicToys**
Die neue Spielzeugkultur

A child's **imagination** has no limits. Accordingly, we do not include any specific instructions aimed at children. Children may balance, kneel or lay down on the board or they turn it into a slide, a bridge or even into a pirate ship!

Diversity through simplicity - the plain design stimulates creativity. **The Brett** is the perfect piece of fitness equipment for teenagers & adults. Using the board for high- and low-intensity exercises is a great way of improving your balance and/or fitness level. Get inspired!

Cardio and Balance Exercises

Warming up.....



Step Up - Climbing Stairs

- alternating the left and right foot, step on the board as if climbing the stairs



Bouncing

- start bouncing up and down slowly by increasing the speed gradually

Running

- in small steps on the spot
- the more you exercise, the better you get in running forward and backward!



Swinging on the Spot with Front Leg Bent at the Knee

- place both hands on front knee
 - gently lean forward to begin swinging
- Tip**
- increase the intensity of the exercise by moving your feet further apart



Arm Up, Leg Up

- lift your left leg and arm sideways while inhaling
- keep arm and leg suspended as long as possible
- lower while exhaling
- switch sides
- keep your legs and back straight!



See-Sawing Sideways

- move your hands back and forth as if jogging
 - keep your back straight
- Tip**
- for more challenging exercise, bend your body forward with your hands resting on your upper thighs
 - lift the heel of the foot when stepping



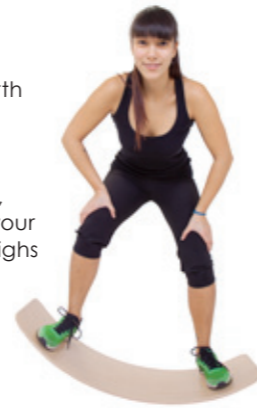
„Snowboarding“

- turn the board by swinging your hips left and right
- Tip**
- alternatively, rotate the board by clockwise and counterclockwise swinging your hips
 - for more advanced exercise, bounce



Leg Lift

- place elbows on the board as shown
- keep your torso straight
- support your lower body on tiptoes
- alternate between lifting left and right leg



Sideways Balance



Trampoline-Bounce

- for best bounce, place your feet on board edges
- for gentler exercise, simply bend your knees instead of jumping

.....Strength and Endurance Exercises



Sideways Upper Body Exercises

- keeping your feet together, lie down on the board as shown
- lift your upper body to the side
- Oberkörper seitlich anheben
- right hand behind your head
- stretch your left arm horizontally
- switch side



Back Exercise

- lie down on your stomach as shown
- hands behind your head
- raise your feet and upper body at the same time

„The Swing“

- lean on the board as shown
- swing left and right by shifting your weight
- keep your back and legs straight throughout

Tip

- alternatively, do push-ups while maintaining the position



„Schwimming“

- lie down on your stomach as shown
- raise your upper body
- raise your legs while keeping them together
- move your arms in a swimming motion



Lotus Swing



Calf and Upper Thigh Stretches

- stretch out your right leg
- grasp your right foot with your left hand as shown
- switch sides

Push-Ups

- hold onto the board with your hands
- keep your back straight throughout



Swinging Crunches

- swing back and forth on the board while keeping the crunch position

„Bicycle Crunch“

- lie on the board as shown
- hands behind your head
- pull your left knee close to your right elbow as shown
- switch sides

Tip

- for more challenging exercise, keep your feet off the ground throughout



„Bridge“

- lean onto the board with your shoulders
- place your hands onto the back of the board
- raise your pelvis upwards as shown
- keep your back straight throughout!

Back Exercises with Leg Stretches

- lean onto the board with your shoulders
- raise your leg and pelvis
- grasp your knee with both hands
- pull your leg gently to your chest
- switch sides



Upper Body Stretches

- keep your legs together
- pull your legs close to your body and keep the position

Tip

- inhale while pulling your legs in and exhale while stretching them out

Whole Body Stretch

- simply breathe in and out

.....Stretching and Cool Down

- „Bird Dog“**
- lean onto the board with your left knee with your right hand on the ground
 - raise your left arm and right leg as shown
 - switch sides
 - keep your back straight throughout



Alternating Leg Lifts

- raise your leg and hold
- place one hand behind your head
- keep the other hand raised beside your body
- switch sides
- keep your legs and back straight throughout



Torso and Front Thigh Stretches

- alternate between resting your left and right knee on the board
- keep your arms and torso straight
- maintain a 90 degree angle between calf and thigh
- do not stretch the knee past 90 degrees!



#BRETTYOGA

The.Brett is an excellent yoga aid. It trains balance and the inner holding muscles. Advanced yogis can find exciting new challenges. Beginners it helps to gradually approach advanced asanas.

Important: Also with the.brett you should first practice yoga with a good yoga teacher.

Postures / Meditation



Easy Pose
Thunderbolt Pose Vajrasana
Straddled Thunderbolt Pose

Abdominal Exercises



Boat Pose Navasana

Variation

Supportive Sit-Up's

Abdominal Exercises



Stretching Exercises for Legs & Buttocks



Plank Pose



Variation

Lower Arm Plank Pose

Variation

Downward Facing Dog Adho Mukha Svanasana



Version 2

Dolphin Makarasana

Shoulder Stand Sarvangasana



Supportive Shoulder Stand

Plow Pose Halasana



Upward Plank / Table Pose Purvottanasana



Upward Plank Pose

Table Pose

Table in Balance

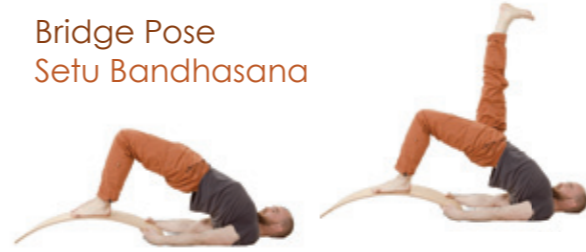


Sun Salutation
Surya Namaskara



Moon Salutation
Chandra Namaskara

Bridge Pose Setu Bandhasana



Fish Pose Matsyasana



Lion Pose Simhasana



Seated Forward Bend



Seated Forward Bend Paschimottanasana

Half Seated Forward Bend

Straddled Forward Bend



Tortoise Pose Kurmasana



Reverse Corpse Pose Adhvasana

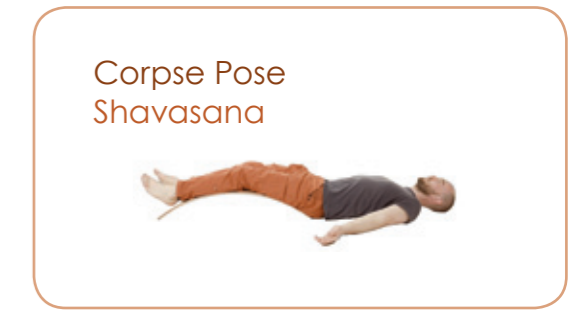
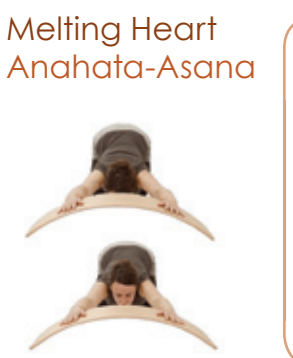
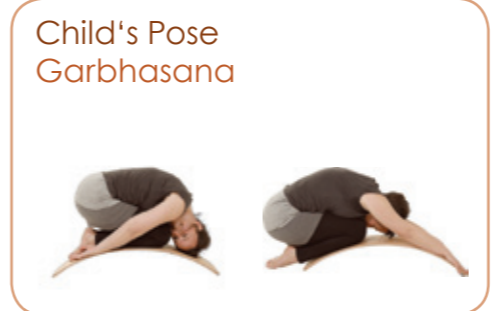
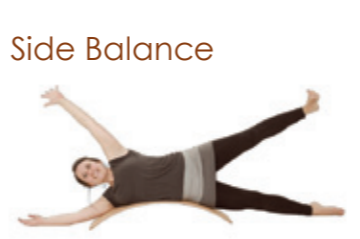
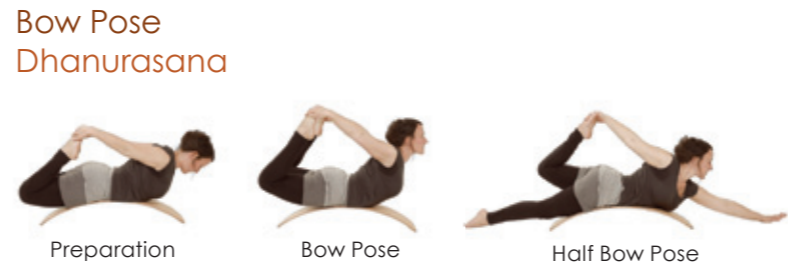


Cobra Pose Bhujangasana



Variation 1

Variation 2



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das.Brett

The Idea

Balance exercises have always been an essential part of children's play and are vital for their physical development. Waldorf education pioneered the use of natural materials to stimulate humans in their development. For example, trunks were split, hollowed out, and made into see-saws. Exactly this simple wooden see-saw was the forerunner of the **the.Brett!** We, **TicToys**, have under great efforts managed to make our board both flexible and stable. With **the.Brett** was created a sporty companion for all ages.

The.Brett is available in the following types:

Natural / oiled

A classic board with a plain and simple design. The oiled board has a completely natural water- and dirt resistant-surface! The natural oils used come from Southern Germany. They are solvent-free, dermatologically tested, food-safe, and **simply awesome!**

Natural / lacquered

A perfectly balanced, elegantly designed edition of the.Brett lacquered with an environmentally-friendly, water-based varnish. You can easily wipe your lacquered board clean, even if you use it with your dirty mud boots! You can also use it outdoors and even in the snow. **Just great!**



Production

The.Brett is a natural product „**Made in Germany**“ to the highest standard of TicToys quality. Your board consists of multilayer beech veneer. Therefore your board has an extremely high resilience (weight limit 120 kg) as well as high flexibility. The beechwood originates from sustainable forestland in the Weser Uplands, Germany. In Leipzig (Saxony) our craftspeople work hard to put the finishing touches on your beautiful, one of a kind board. We only use certified natural materials in the course of production.



Colored and laquered in **mint** or **pompeian-red**:

Your board's fresh, attention-grabbing colors will always be a stylish eye-catcher in your home. The materials used are solvent-free, dermatologically tested and food-safe. We only use natural colors from Southern Germany. They are lacquered with an environmentally-friendly, water-based varnish.

Absolutely fantastic!

With cork underlay

All products in the pictures are also available with a cork underlay. That's **the.King** among the boards and it combines luxurious design with diverse possibilities. The cork underlay makes the board suitable for hard surfaces such as laminate or parquet. It protects the floor, prevents unwanted sliding and reduces noise. As a plus, the cork used is very environmentally-friendly since its production requires peeling the bark while leaving the oak tree unharmed. **Great stuff!**



Questions on how to use or clean your board? Additional cork strips needed? More information and more fascinating skill-building toys can be found at www.TicToys.de



- Sports equipment, no toy!
- Children under the age of 6 must be specially supervised
- Only to be used on a level surface!
Do not use on one or both sides increased!

Show us how you play!
[Facebook.com/TicToys.de](https://www.facebook.com/TicToys.de)
[Instagram @TicToys](https://www.instagram.com/TicToys)
[#TicToys #dasBrett](https://www.tictoys.de)

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