

Feetup[®]



The FeetUp Trainer: Inversions & Yoga for Every Body

Finding Balance Has Never Been This Much Fun (or Easy!)

There is no better time than now to do the thing you have always wanted to do. Find balance. Learn inversions. Build strength. Increase flexibility. Move gracefully.

Release tension in your neck. Feel better in your body. Take care of yourself.
Trust more. Fear less.

Introducing The FeetUp Trainer

Give yourself the “gift of lift” with the FeetUp Trainer... the premier all-in-one yoga studio, fitness gym, and personal inversion coach. No matter your skill level or body type, the FeetUp Trainer will meet you where you are and help get you where you want to be in your home fitness practice. Yogis of all ages and backgrounds across the globe agree:

The FeetUp Trainer makes yoga easier, more accessible, and more fun than ever before.

Supported Inversions, Safe Movement

Designed in Germany, built in Europe, found in yoga studios and home fitness rooms around the world, FeetUp provides students of all sizes, shapes and backgrounds with the perfect foundation for nurturing healthy movement. Within minutes of opening the box, you will be able to look at yoga from a whole new perspective.

New to yoga?

Extremely tight hips and shoulders? Limited mobility? Even if yoga “just isn’t your thing”, the FeetUp Trainer’s uniquely designed frame offers extra leverage and stability to provide support wherever you need it most. Beginners of all ages can now easily move with confident grace as they fall in love with their home practice.

Advanced practitioners quickly find that the FeetUp Trainer grows with them as their practice improves. Not only can students spend more time inverted with ease, they can easily explore a wider range of motion with supported alignment in every pose imaginable.



The FeetUp Experience: Real Bodies, Real People

One of the most challenging parts about building a healthy home-practice is figuring everything out by yourself. For those who enjoy structured guidance from talented teachers that speak to a wide range of skill levels, the FeetUp Experience App offers everything one needs to perfect their practice.

With diverse class selections ranging from "Your First Inversion" and "Core Connections" to "Full-Figured and Fly" and "The Art of Doing Nothing," there is something for **every body** no matter their background or skill-level.



A Global Community to Keep You Focused & Inspired

Even though you may practice alone, you will never feel lonely as part of the world-wide FeetUp Community. Every Trainer comes with a helpful First Inversion Manual and a supportive Asana Poster to help start your FeetUp journey on the right foot.

The Facebook FeetUp Community group is a vibrant meeting place for thousands of enthusiastic practitioners ready to listen and share their experience every day. Students have many options to connect with other like-minded individuals from dynamic backgrounds whenever they need more support.

**The FeetUp Trainer: One Size Fits All,
No Matter What Your Practice Looks Like**





Product Fact Sheet

Frame: Beech wood veneer (heat+pressure molded, cut to form)

Cushion Pad: Recycled foam

Cushion Cover: Vegan leather (recycled plastic)

Dimensions (LxWxH): 64 x 40 x 40 cm

Shipping Weight: 4,7 kg

Special Features: Stackable

Engineered in Germany and Made in the EU

Distributed in Europe, North America, Australia & New Zealand

Max Load: 900kg (pressure tested by the University of Braunschweig)

Contact

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