

Run for the Fun of it ...

zebris challenge run



zebris challenge run - for an even more effective work-out, for all sport enthusiasts and for all those that want to become one.

The system consists of a computer-controlled treadmill fitted with several thousand pressure sensors. These sensors enable the position of the foot to be determined exactly during stance or gait.

Using a projection screen, the runner is transposed to a virtual environment where exercises have to be done for improving his/her coordination, such as

balancing, and either running around or jumping over obstacles.

The permanent change between running smoothly and interacting with the constantly changing, virtual surroundings leads to exercising the most differing groups of muscles and thus to increasing the intensity of the training.

This training unit which has been structured in a variety of ways, has a particularly positive influence on the sportsman's own motivation and thus also on the progress of his training.