

## SNAIX training philosophy

---

SNAIX training pursues a consequent holistic approach in medicine, therapy, rehabilitation and sports. This approach can be characterized in short:

- **Every human movement originates in the brain or central nerve system and in the muscles.**
- **Strength causes little effects only, if not coordinated**
- **Only people that move with high variety, will stay healthy on the long run.**

SNAIX training therefore focuses on the optimisation of coordination, i.e. the activation of all muscularity that the individual already has, but can not direct any more. Thus mental and physical overall performance can be improved and the stability of the body will reach new dimensions by the 3D dynamics of body movements.

SNAIX training can be done as “reactive stabilization training” on the neuro bike outside or as “active mobilization training” on the SNAIX trainer – in both cases muscular strength, endurance and velocity are considered to be of “secondary importance”.

### 1. SNAIX training uses human „contra lateral movement“ to improve communication between right and left brain parts.

The „contra lateral move“ (left arm and right leg forward simultaneously and vice versa) is the best and only way for babies to develop optimal communication between the left and right parts of the brain. Hence training with “contra lateral move” is of high importance for neurology. It intensifies the neuronal network and can help to build up new connections in the brain. It optimises cogitation and motivity in general and supports neurogenesis (the production of new brain cells) with its manifold movement tasks. SNAIX training is effective for therapy of different kinds of neuronal diseases as for instance Parkinson, Multiple Sclerosis, Brain Stroke etc.

### 2. SNAIX training activates existent muscularity by optimal intensification of coordination and makes it utilizable at any time.

Every human has lots of muscles and they are more or less strong. The question is, if he is at all able to activate these muscles, according to the movements he intends to do, through focused stimulation by his brain and nerve system.

In most cases we are not so good with that because modern life is so akinetic that many muscle groups are not at all used for movement any more – e.g. most back problems are caused by this fact.

The first step for a medically meaningful training is to learn how to activate these muscles and to use them in everyday life again. Coordinative SNAIX training is very effective with this.

**If all muscle groups are activated and used again, then they are also trained on the side. In most cases this kind of “everyday life training” is effectual to strengthen the body again, especially for older people, who all need to keep safe with their balance system. Optimally coordinated movement additionally improves muscle strength by reducing “friction losses” that are caused by disorder.**

SNAIX training in the first place activates already existing strength and optimally uses it for movement. Only then it is reasonable to compensate deficits in strength with specially focused weight training. Strong

muscles only help if they can be coordinated. Most human moves are three dimensional and that is why two dimensional (in most cases) weight training does not really help to improve functional motivity.

**Example:**

The VW beetle originally was designed to handle 30 HP – a wonderful little car especially to drive in snow and ice. The same car with 300 HP can not be controlled any more and will rather crash into the nearest house or ditch. Power alone does not improve the car a bit!

### 3. SNAIX training improves balance abilities through permanent destabilisation

The SNAIX neuro bike offers a very special feature of SNAIX training. With it's articulated link the frame already is completely instable in itself and with every step on a pedal the bike is destabilized alternately too – normal bicycle riding patterns cause complete failure riding it.

The user constantly has to stabilize this “chaotic” instable system with correct neuro-impulses and manifold muscle actions into straight direction within fractions of seconds. This is the only technique to ride the SNAIX bike. The bike never ever stabilizes itself, there is no routine possible at all.

**Why should we do this at all?**

Most humans have an ability for unspecified coordination that is not fixed to any movement patterns and that can be trained to an individual maximum. In theory humans can handle instability within an “area of 360 degrees”. With this ability humans are well prepared to control any instable situation of body and movement at any time.

**Using a training device that is constantly instable to all sides, will teach and force us to master the necessary coordination better and feaster every time we use it. With the SNAIX neuro bike this ability can be trained to a personal maximum, especially in rough terrain. All aspects are improving, brain reactions, nerve reactions, the reactions and number of reacting muscles that are activated.**

Everyone, young and old, healthy and sick people as well as sports pros will benefit from these effects and they also come with training on the SNAIX trainer.

**Example:**

Every sports pro, who trains coordination specifically for his sport, only cuts his specific “piece” out of the “coordination cake”. If then he is facing an unpredictable destabilization effect outside his “piece of cake”, he will loose coordination and balance because he was never trained for it.

Because this is also valid for “normal people”, it is always worthwhile to train unspecific coordination abilities to a personal peak performance to avoid disorder in unforeseen situations.

### 4. SNAIX training sets an end to all asymmetric patterns of movement and muscular power

Most human beings have better motor abilities on one side of their body. Consequently this side will be trained more and in doing so it is likely, that asymmetric patterns of strength and movement are building up over time.

Unfortunately even slight asymmetries can develop into factual wrong movement patterns and then be the reasons for lots of medical- and sports problems.

Wrong movement patterns may cause severe damage to the body (e.g. Arthrosis, jaw-joint problems, Halux Valgus) and mostly they are not caused by problems with the skeleton or with the muscles, but by a defective “programming” of the coordinative functions within the neuronal system. SNAIX training, especially on the bike outside, does not work at all and tends to collapse, if there are asymmetric patterns brought into the system. There is the precondition of symmetric inputs of muscle power and movement patterns.

**With this forced symmetry wrong movement- and muscle power patterns can be successfully corrected by joyfully riding the bike for instance. The rider builds up a new and stable symmetry and he is able to abolish even long trained and bothering behaviours for good within short times.**

This effect is especially valuable to push performance in sports (e.g. ski, riding, golf) and to improve posture and balance of motion with patients in therapy.

## 5. SNAIX training activates the segmental muscle system (Multifidii) along the spine

The most important muscles to stabilize the SNAIX neuro bike and to swing the bike on the SNAIX trainer are the short, cavernous, segmental muscles along the spine that stabilize rotate and tilt every segment of the spine individually. Only these muscles are fast and precise enough to conduct the necessary moves. The “long muscle system” on the surface of the back are too slow and with inapt geometric positions.

Riding the SNAIX neuro bike means to compensate 40 to 80 times per minute the momentum of the pedals with maximal coordination but only little energy demand for these muscles. The improvement of coordination and gain of strength, specially of the segmental but also for other muscle groups (legs, belly, shoulder), are triggered by the high frequency of left-right compensation or swing (on the SNAIX trainer). Approx. 3-4 thousand movements an hour can really be called “intensive training”.

And this is noticed positively quite fast:

**Because SNAIX training yields a high variety of exposure of the spine, which at the same time causes optimal exposure and also relative relief for the segments, one feels better stabilized and definitely a more erected spine even after a very short training time. Spine discs are also supplied better again with feeding fluid and kept flexible.**

**The muscle systems are increasingly better coordinated and allow faster corrections of wrong or harmful moves or relieve from too high forces on the spine segments.**

**The walking pattern gains elasticity and patients feel a lighter walking. Asymmetric postures, moves and forces are corrected, the back gets stronger noticeably and many back problems vanish for good.**

As result SNAIX training is a very easy to do, interesting, motivating and effective training to keep the back healthy and free of pain. On the indoor SNAIX trainer the neuro bike is very well applicable for coordinated back training in sports and for therapy of many back problems, even severe ones like scoliosis or after slipped disc operations.