

Does your back already know that it gets special conditions at Kieser?

Yes to a strong body

You have a busy (professional) life, are constantly challenged and carry responsibility. You need strength for that. However, from the age of 25 onwards, our strength starts to decline and with it our energy, exactly at the time when we need it most.

If you want to promote and maintain your body in a sensible way with a minimal investment of time, Kieser is the right choice for you. Kieser specialises in solving strength problems. The unique training technology allows for excellent results with a minimal investment of time.

The Kieser expert network of doctors and physiotherapists finds individual solutions even in difficult cases.

What do you need to do?

Vereinbaren Sie einen Termin für ein kostenloses Einführungstraining in einem Studio in Ihrer Nähe. Legen Sie den ausgedruckten Gutschein in Verbindung mit Ihrem Firmenausweis im Studio vor. Den Gutschein finden Sie im Intranet.

On a business trip?

In der Schweiz gibt es derzeit 21 Studios, mit den Studios in Deutschland, Österreich und Luxemburg sind es sogar über 170 Studios. Mit Ihrem Ausweis können Sie in jedem Studio trainieren.

kieser-training.ch/studios

Use your advantage with our Kieser cooperation

As an employee, you receive an introductory discount of CHF 140 when you take out a membership.

Our services at a glance:

-  3 accompanied introductory sessions including detailed advice
-  Medical evaluation
-  Back test
-  Independent training
-  1:1 accompanied back training to build up and maintain the back extensors
-  10th training session personally accompanied
-  Strength test
-  BIA test
-  Every 20th training session: personally accompanied

You will receive the exact offer in your Kieser Centre.

KIESER