

Exercise cards “Fit on the road”

Twelve exercises for the plane, hotel room and motorway services
– no equipment, in everyday clothes, in a few minutes. Laminated,
A6, for the travel bag.



DURATION

Ready to use



LOCATION

Shipping
Switzerland



PRICE

CHF 29.– per set



BILLING

Buy online · plus
shipping

Why

People who travel a lot usually know they should move – but not what actually works in the airplane seat, the hotel room or at the motorway services. The cards show it: one exercise, one dosage, one tip.

Who it's for

Service engineers and field staff – as a gift from the employer or to buy yourself.

Your benefit

- Exercises that work anywhere without equipment
- Robust and small enough for the travel bag
- Developed with a physiotherapist and sports educator
- Ideal as appreciation for the service team

Prerequisites

- With health restrictions, check with a doctor first

How it works

- 1 Buy online
- 2 Shipping by post within five working days
- 3 Cards into the travel bag
- 4 Want more: course “Fit on the road”

Included

- 12 exercise cards A6, laminated
- Cover card with instructions
- Shipping within Switzerland CHF 12.–

Deliverables

- Exercise programme for flight, hotel, car and before the customer appointment

Not included and options

MC-TRN-016	Open course Fit on the road	CHF 290.– p.p.
	Company quantity from 10 sets, with your logo	on request

Buy online

Add the set to the cart – company quantities with your own logo on request.

www.maroisproject.com/en/shop/660

