

Fit on the road · single seat

The half-day “Fit on the road” as an open course in Solothurn – for companies that want to send individual service engineers. Fixed dates, maximum 14 seats, CHF 290.– per person.



DURATION

Half day · 3 hours



LOCATION



PRICE

CHF 290.– per person



BILLING

Prepayment · max. 14 seats

Why

Service engineers and field staff are the employees who travel most – and are the least protected. Hours of sitting, jet lag, irregular meals, too little sleep. The result: back problems, sick days, people who don't want to do the job any more at 45.

Who it's for

Individual service engineers and field staff from different companies – booked by the company or themselves.

Your benefit

- Fewer back complaints and sick days
- Everyone leaves with a personal risk strategy
- Exercises that work on the plane, in the hotel and at motorway services
- Visible appreciation for the people at the front line

Prerequisites

- Everyday clothes are fine, comfortable shoes recommended
- Report health restrictions in advance

How it works

- 1 Choose a date from the list – free seats are visible
- 2 Book and pay (per person)
- 3 Theory 1.5 h in the meeting room in Solothurn
- 4 Practice 1.5 h at ATHENA Fitness Park Solothurn
- 5 Exercise cards, certificate of attendance, feedback

Included

- Trainer duo: service practice and physiotherapist or sports educator
- Welcome coffee, onboarding, snacks
- 12 exercise cards A6 and a risk card per person
- Certificate of attendance

Deliverables

- Personal risk strategy with three measures
- Exercise programme for the road to take away

Not included and options

MC-TRN-010	Company course for your whole team	from CHF 2'950.–
	Exercise cards, additional sets for colleagues	CHF 29.–

Book a seat

Choose a date, enter the number of people and pay – confirmation arrives immediately.

www.maroisproject.com/en/appointment/fit-unterwegs-offener-kurs-6

