


# BIOSWING – improve your life

# Smart solutions for healthy movement

HAIDER® BIOSWING

HANDMADE IN GERMANY


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# People are made to move.

Movement is a fundamental part of human life. It accompanies us with every step, every posture and throughout every stage of life. Even the smallest movements help our bodies maintain balance, distribute forces and continually adapt to changing demands.

Where natural movement is supported, important foundations are created for well-being, stability and performance – in everyday life, at work, in therapy and during training.

For more than 40 years, HAIDER BIOSWING has been developing systems that place this principle at their core.



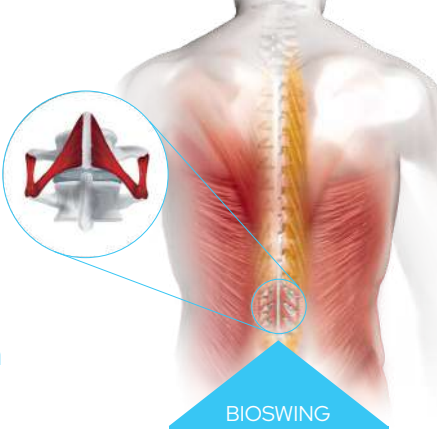
Whether seating systems for office and management environments, solutions for medical facilities, sensorimotor therapy systems or oscillating training bars – all BIOSWING products are based on the same philosophy: they are designed around the body's natural movement patterns and help preserve and promote them in the best possible way. Every person is unique. That is why we do not develop solutions that force the body into a predetermined posture. We develop systems that adapt to the individual and support the body's natural ability to move.

Welcome to the world of HAIDER BIOSWING.

OFFICE / HOMEOFFICE

# Targeted back strengthening while you sit





## Muscles thrive on movement: tension and relaxation

The structure and interaction of the body's 639 muscles is remarkable – especially when we follow the natural biological principles of movement. However, people who work at screens often develop recurring back, shoulder and neck pain as a result of chronic poor posture. Over time, this can lead to serious health problems, including herniated discs. **Targeted movement while sitting** and regular short **relief breaks** can help counteract these effects.

BIOSWING movement technology ensures that your muscles continuously receive stabilising movement impulses, even while you are sitting.





### Dr. Klaus Weiß

Competence Centre for Workplace Health Management at the Institute of Sports and Sports Science, Heidelberg University

*"Employee health plays a key role from many different perspectives. Lack of movement and incorrect sitting are harmful to the body. BIOSWING technology provides a scientifically grounded solution for specifically stimulating people even while they are seated – for example, in the office – and thereby activating health-promoting processes in the body."*

## OFFICE / HOMEOFFICE





### Continuous stabilisation while sitting – without having to think about it.

The oscillating mechanism integrated into the chair works automatically and unobtrusively in the background. It responds to every movement impulse you make, keeping you in continuous, subtle micro-movement throughout your entire day of sitting.


Double oscillating bearing
Static element
Steel core
Damping sleeve
Oscillation stabilizer
Dynamic element
Double oscillating bearing

# Sitting and standing: Switching makes the difference

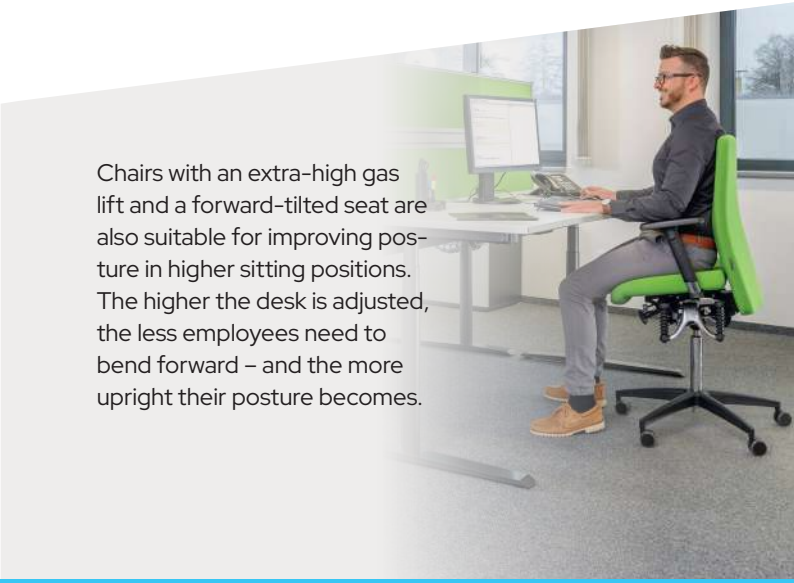


There are many sit-stand solutions. But only one automatically transforms every movement of the user into back training: BIOSWING.

Height-adjustable desks that can be raised to standing height, combined with a movement-active BIOSWING chair, provide the best conditions for a back-friendly working day.



Chairs with an extra-high gas lift and a forward-tilted seat are also suitable for improving posture in higher sitting positions. The higher the desk is adjusted, the less employees need to bend forward – and the more upright their posture becomes.



# Comfortable and effective at the same time

Sitting on a BIOSWING office chair can make a significant contribution to maintaining your health.

## Your benefits at a glance:

- Recommended by orthopaedic specialists, sports physicians and physiotherapists
- Provides anatomically correct, individual support
- Activates the sensorimotor nervous system
- Supports the body's natural self-regulation through subtle micro-movement stimuli
- Feels uniquely comfortable

## Ergonomics is a matter of trust

Let one of our approximately 150 ergonomics experts advise you and experience the intelligent, adaptive BIOSWING system live!

You can also find more information at www.bioswing.ee






2-series



3-series



4-series



oneUP

**BIOSWING**

# 2-series



## Guaranteed healthy sitting

- Intelligent, adaptive BIOSWING 3D seat mechanism
- Synchronous mechanism
- Timeless design, also available without armrests
- Orthopaedically effective







**BIOSWING**

# 3-series



## Health for body and mind

- Intelligent, adaptive BIOSWING 3D seat mechanism
- Synchronous mechanism
- Ideal for the home office
- Elegant, clean-lined design
- Available with or without a neck support





## Also available as the particularly comfortable "Visco" special model



- Visco foam in the seat and backrest upholstery
- Comes as standard with a 3D neck support and comfortable multifunctional armrests

**BIOSWING**

# 4-series



## Invigorating sitting comfort

- Intelligent, adaptive BIOSWING 3D seat mechanism
- TrainBackMatic (synchronous mechanism)
- Highest ergonomic standards
- Organic design





- Ideal for the home office



**BIOSWING**

# oneUP



## Up and down - and turn around

- Intelligent, adaptive BIOSWING 3D seat mechanism
- Ergonomic support in a wide range of working positions
- Optionally available with TrainBackMatic (synchronous mechanism)
- Optionally available with neck support and armrests







# Take your personal performance to a new level

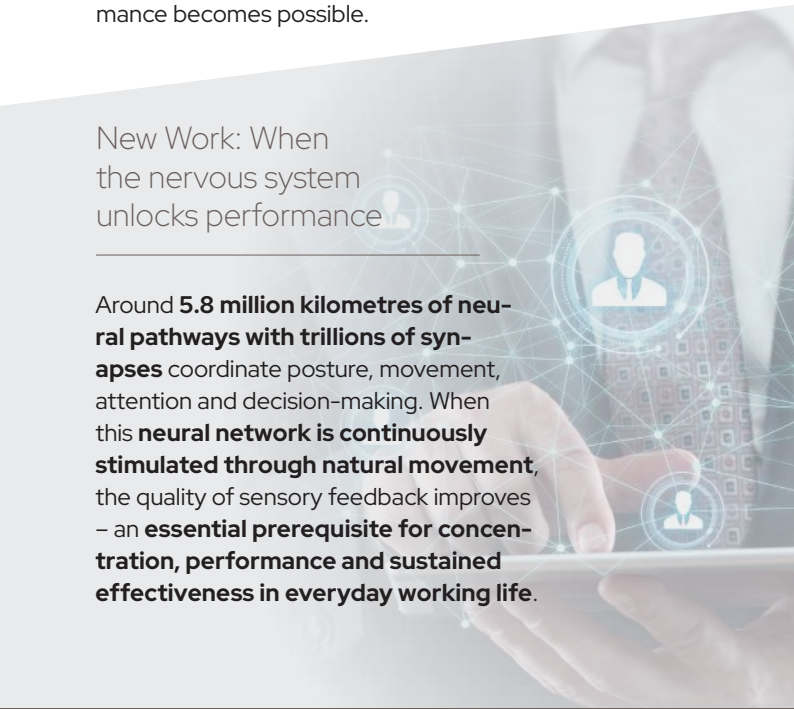


## BIOSWING: improve your life

Where companies strive for peak performance, success depends not only on the quality of their strategies, but also on the **performance of the people** who put them into practice. Modern workplaces therefore create conditions that support **concentration, quality of movement and the body's natural self-regulation**. This creates working environments where potential can be used more effectively, decisions can be made more clearly and sustainable peak performance becomes possible.

## New Work: When the nervous system unlocks performance

Around **5.8 million kilometres of neural pathways with trillions of synapses** coordinate posture, movement, attention and decision-making. When this **neural network is continuously stimulated through natural movement**, the quality of sensory feedback improves – an **essential prerequisite for concentration, performance and sustained effectiveness in everyday working life**.





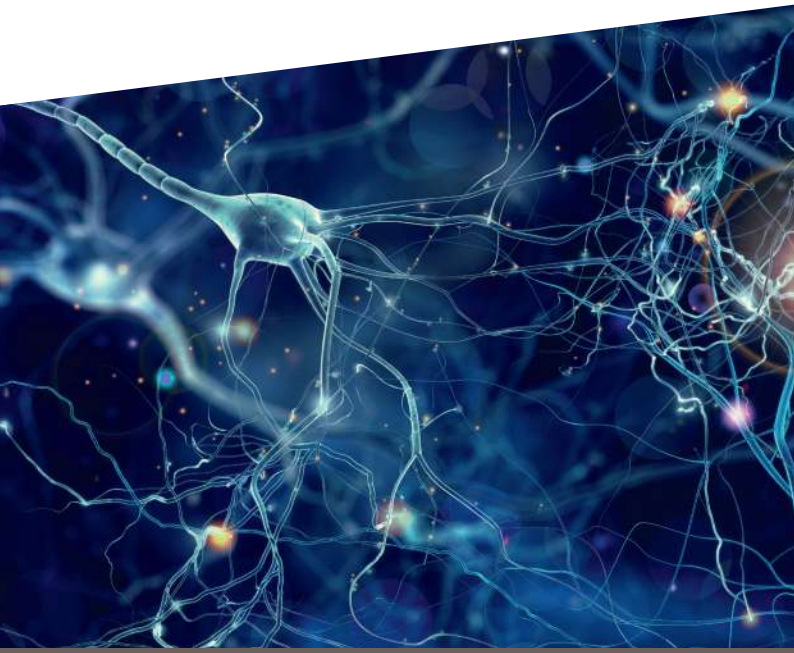
BIOSWING supports the most important network in the company: communication between the body and the brain.

While conventional office chairs largely keep the body still, **BIOSWING continuously generates natural micro-movements**. This provides the **nervous system with a constant flow of new sensory information** needed to organise posture, movement and attention. **The result is a workplace that not only provides ergonomic support, but also promotes natural communication between the body and the brain.**

## The intelligent and adaptive 3D seat mechanism makes the difference



This highly effective system decouples and **precisely reflects the movement impulses generated by the body while sitting**. It has been designed around the body's natural movement patterns and range of motion while seated, automatically and harmoniously adapting to **natural frequencies between 0.8 and 2.7 hertz**. An ingenious way to perfectly combine **back-strengthening ergonomics, performance-enhancing movement and body-centred sitting**.



# BIOSWING – technology for greater performance

Those who need to perform at their best every day need a smart solution designed for people who know what matters.

Your benefits at a glance:

- Activates natural communication between the body and the brain
- Promotes concentration and creative thinking
- Creates the conditions for sustained performance
- Coordinates and stabilises your back muscles
- Feels uniquely comfortable










4-series



5-series



6-series



7-series

## Executive chairs are a matter for executives

Let one of our approximately 150 ergonomics experts advise you and experience the intelligent and adaptive BIOSWING system for yourself!

You can also find more information at www.bioswing.ee

**BIOSWING**

# 4-series



## Invigorating sitting comfort

- Intelligent, adaptive BIOSWING 3D seat mechanism
- TrainBackMatic (synchronous mechanism)
- Highest ergonomic standards
- Organic design





- Exclusive version upholstered in high-quality olive leather



**BIOSWING**

# 5-series



## Superior sitting culture

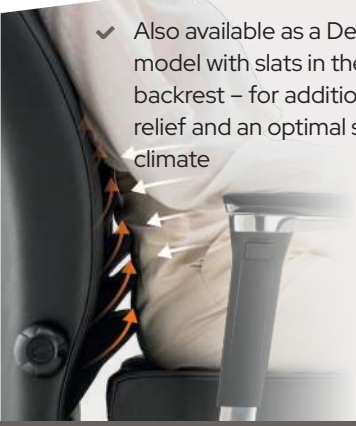
- Intelligent, adaptive BIOSWING 3D seat mechanism
- TrainBackMatic (synchronous mechanism)
- Highest ergonomic standards
- Classic, elegant design







- Also available as a Detensor model with slats in the seat and backrest – for additional spinal relief and an optimal sitting climate



**BIOSWING**

# 6-series



## Performance meets design and perfection

- Intelligent, adaptive BIOSWING 3D seat mechanism
- TrainBackMatic (synchronous mechanism)
- Highest ergonomic standards
- Also available with a mesh backrest








Special "Air" model with climate leather and coloured accents

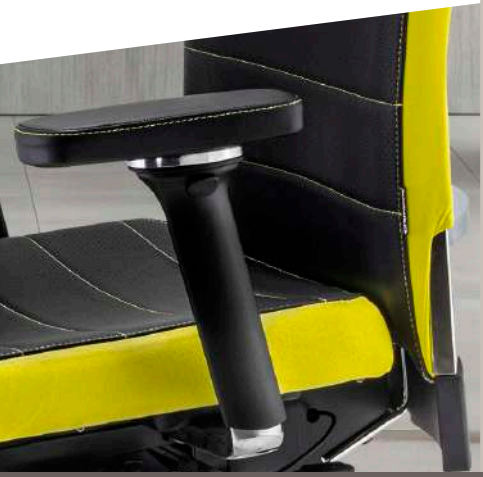
**BIOSWING**

# 660iQ AIR



Engineered to move.
Designed to breathe.

- Breathable perforated AIR leather
- Eight colour characters with coordinated side accents and contrasting stitching
- BIOSWING 3D seat mechanism
- Continuous micro-movement
- Active support for stabilising muscles
- Reduced static strain
- Designed for long working days





**BIOSWING**

# 660iQ AIR





**BIOSWING**

# 7-series



## Passion for peak performance

- Intelligent, adaptive BIOSWING 3D seat mechanism
- TrainBackMatic (synchronous mechanism)
- Highest ergonomic standards
- Statement upholstery design in high-quality cowhide leather, also available in 100% organic, exceptionally supple olive leather





- Also available as a Detensor model with slats in the seat and backrest – for additional spinal relief and an optimal sitting climate





**MEDICAL FACILITIES / PRACTICES**

# Health and ergonomics go hand in hand

Anyone who works to protect the health of others must also take care of their own.

Your benefits at a glance:

- Provides a highly flexible seating solution
- Available in a wide range of colours and with disinfectant-resistant upholstery
- Automatically provides additional movement
- Activates the nervous system and brain
- Coordinates and stabilises your back muscles
- Feels uniquely comfortable

HAIDER BIOSWING Sitzsysteme
Geprüft & empfohlen
AGR BdR

GARANTIE 5 JAHRE WARRANTY





oneUP



oneUP Easy
with back support



oneUP Easy
with pelvic support

## Ergonomics and health

Let one of our approximately 150 ergonomics experts advise you and experience the intelligent and adaptive BIOSWING system for yourself!

You can also find more information at www.bioswing.ee



Foxter

**BIOSWING**

# oneUP



## Up and Down - and turn around

- Intelligent, adaptive BIOSWING 3D seat mechanism
- Synchronous mechanism
- Pelvic balance (optional)
- Optionally available with neck support and armrests





- Particularly affordable ECO model available



**BIOSWING**

# oneUP Easy



## The compact all-rounder

- Intelligent, adaptive BIOSWING 3D seat mechanism
- Available with pelvic balance on request
- Available in many colours





- Available with high-quality medical-grade synthetic leather (disinfectant-resistant)



**BIOSWING**

# Foxter



## The compact all-rounder

- Intelligent, adaptive BIOSWING 3D seat mechanism
- Available in many colours





- Available with high-quality medical-grade synthetic leather (disinfectant-resistant)





KINDERGARTEN

# Ergonomics wherever flexibility is needed

For everyone who does great things every day for the little ones.

## Your benefits at a glance:

- Provides a highly flexible seating solution
- Available in many colours
- With or without pelvic support
- Automatically provides additional movement
- Activates the nervous system and brain
- Coordinates and stabilises your back muscles
- Feels uniquely comfortable

HAIDER BIOSWING Sitzsysteme
Geprüft & empfohlen
AGR BdR

GARANTIE 5 JAHRE WARRANTY





Foxy with pelvic support

## Ergonomics and health

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Foxy

**BIOSWING**

# Foxy



## Healthy movement in kindergarten and at home

- Intelligent, adaptive BIOSWING 3D seat mechanism
- Tip-resistant & robust
- Encourages active sitting through play
- Child-friendly design & height
- Easy-care fabric or synthetic leather upholstery
- Available in many colours





- Also suitable for children aged 5 and above



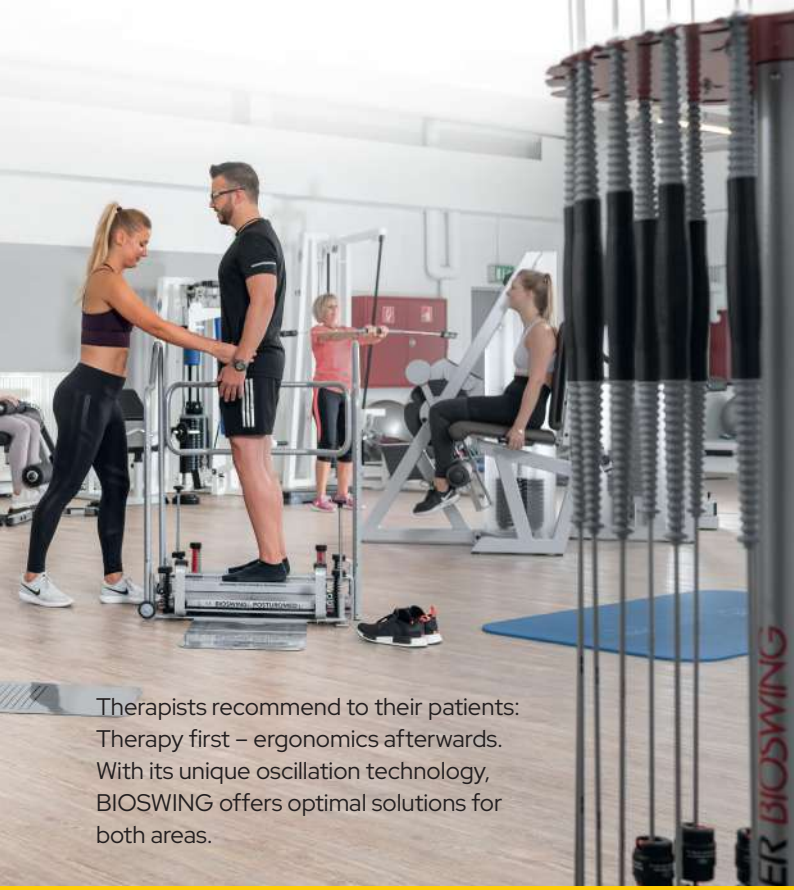
**SENSORIMOTOR THERAPY SYSTEMS**

# BIOSWING technology in therapeutic use



The BIOSWING Posturomed – also based on the oscillation principle – has had a lasting impact on the standard equipment used in practices as a sensorimotor device for therapy, prevention and assessment, and has even given rise to an independent therapy method: “Postural Pain Therapy.”

More than 50,000 therapists in rehabilitation centres, clinics and physiotherapy practices use these therapy options every day. Their widespread use in Germany, Austria and Switzerland has significantly expanded therapeutic approaches in neuro-orthopaedic rehabilitation and sensorimotor pain therapy.




Therapists recommend to their patients: Therapy first – ergonomics afterwards. With its unique oscillation technology, BIOSWING offers optimal solutions for both areas.

**TRAINING WITH BIOSWING**

# For a life full of movement

Whether for fitness or athletic training, during a break or at the office: BIOSWING Improve is the ideal all-round training device for every target group.








With this high-tech oscillating bar, you can stimulate the deep-lying muscles that play a crucial role in stabilising the spine, while also specifically training your abdominal, chest, back, arm and shoulder muscles. The special damping technology effectively filters loads on the hand and thumb joints. The bar also responds extremely smoothly to subtle oscillation patterns.

A unique feature of these oscillating bars is the two frequency controls, which allow individual oscillation frequencies to be set: fast and highly effective – or somewhat less strenuous.

BIOSWING Improve: your ideal training partner.



## Would you like more information about BIOSWING seating systems?

We will be happy to advise you and find the optimal solution for your individual requirements.

BIOSWING in Baltic & Nordic Countries

+372 5 22 10 66
info@bioswing.ee

www.bioswing.ee