

TAIKAN STREAM



Build your ideal body
with the power of water.

Awaken your trunk muscles
with the force of water.

A new training method that stimulates
your trunk muscles with the movement of water.
A workout program of a few minutes
effectively builds a firm, ideal body from within.
Introducing TAIKAN STREAM, the latest training gear
adopted by top athletes.





Professional Footballer

Yuto Nagatomo

With exceptional speed and physical prowess, Nagatomo is a defender representing Japan. He pursues a rational conditioning program that includes trunk training and yoga.



Professional Golfer

Shingo Katayama

A top professional golfer with a total of 30 tour wins. A 5-time top money winner*, he is the 7th player in history to be permanently seeded.

He is carving himself a brilliant golf record with his logical physical training and swing, which allow him to perform and produce strength without wasting his energy.

* As of August 2017



Professional Footballer
Yuto Nagatomo

Use the characteristics of water to effectively exercise your trunk muscles.

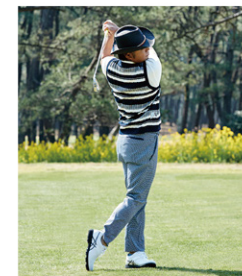
Reinforcing the trunk is vital to building a body that can resist physical impact delivered by large overseas soccer players. A stable trunk means smooth movement and resistance to trouble. Building up your trunk muscles is fundamental to all training. Training the trunk requires perseverance. With TAIKAN STREAM, you can exercise your trunk muscles efficiently. The slightest movement shifts the center of gravity and the load of the water inside, making it difficult to control the movement of the device. As a result, your body tries to unconsciously maintain its balance, resulting in a “reflex movement” that moves your muscles to effectively exercise your trunk. By changing the volume of water and how you move the device, you can create a workout that is ideal for athletic training or fitness training.



Professional Golfer
Shingo Katayama

Train your trunk with an awareness of your body's axis.

Standing 171cm tall, I'm physically smaller than most professional golfers. To bring out my best, it's important that I use a logical approach to training my trunk muscles. The training devices that I've used don't quite match the movements required by my sport. For me, that's what led to the development of TAIKAN STREAM. The device not only allows for the training of your trunk with an awareness of your body's axis, but also lets you focus on the body areas that you want to exercise. For example, you can exercise the muscles that you use to swing a golf club by holding the device with both hands and going through the motions of an actual swing. Because your body unconsciously reacts to control the unpredictable movements of the water, you naturally stimulate your inner muscles. TAIKAN STREAM is just the kind of training I was looking for.



CHASER TRAINING

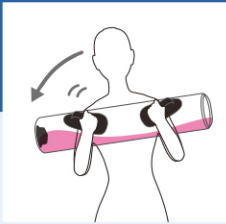
Using the characteristics of water,

Chaser Training allows you to effectively train your trunk muscles.

"Moving" and "Stopping" the water are the two actions that support an ideal and core-focused body workout.

1 The water moves irregularly to create an unexpected load.

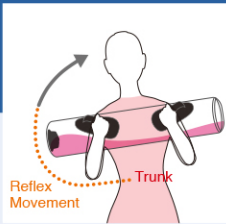
The water moves, changing the center of gravity to create an unpredictable load that throws your body off-balance.



2 The body unconsciously reacts.

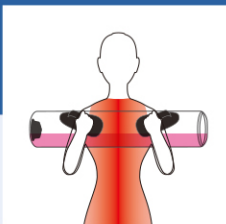
"Reflex movement" occurs in which your body naturally attempts to regain its balance.

Reflex Movement: a movement that occurs regardless of your intent



3 Activates the muscles that support the trunk.

Stimulates the muscles supporting the axis at the center of the body, training the trunk from within.



Moving the Water

The water moves like it is chasing your body movement, creating a load at an unpredictable timing. It is a simple move that can be done by anyone to effectively exercise the trunk.



Stopping the Water

The slightest tilt makes the water flow to the lower end. Attempting to keep the water stationary by maintaining the device in a horizontal position constantly stimulates the trunk muscles. Just maintaining the balance is an effective training method.

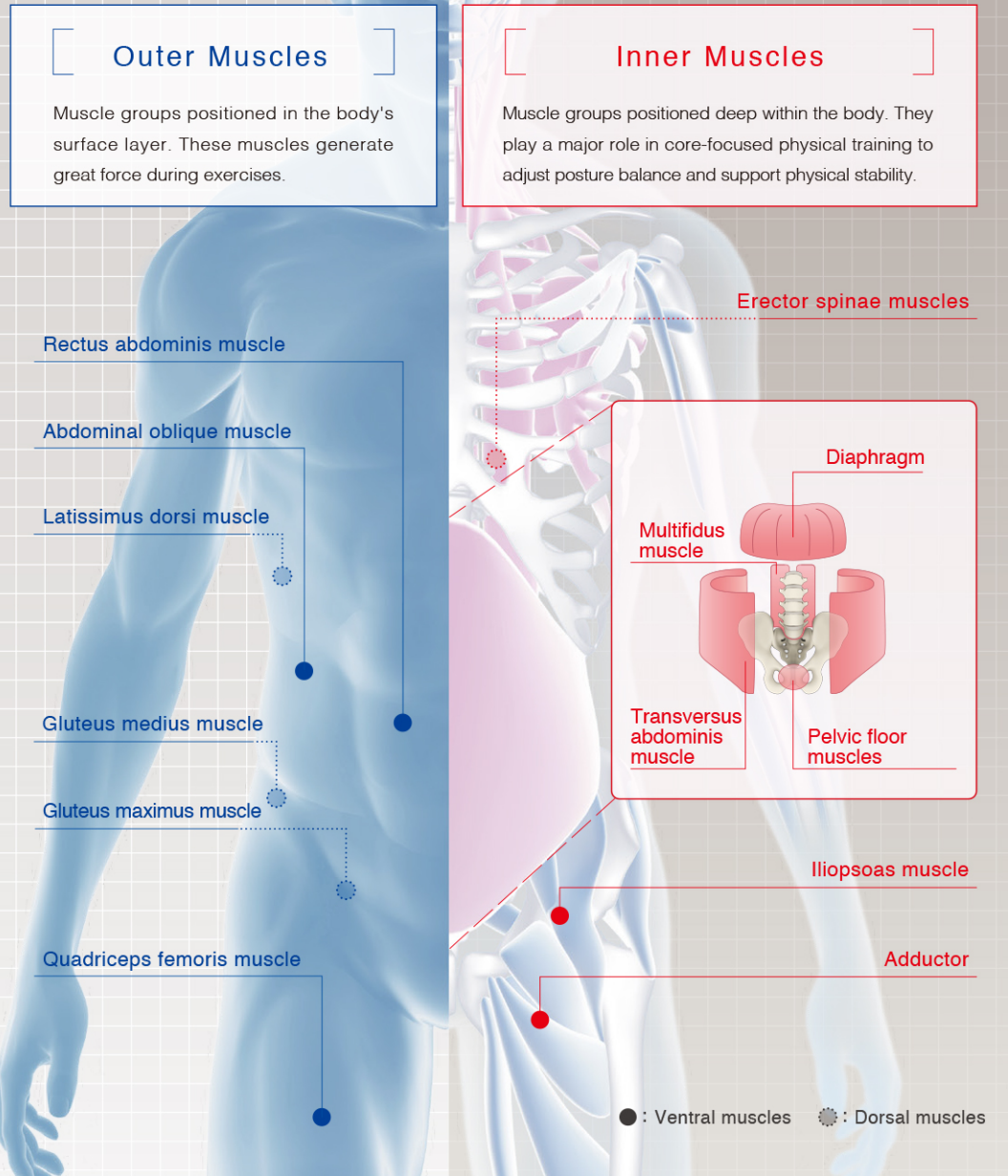


Work on your trunk to create an ideal body.

TAIKAN STREAM is a piece of well-balanced training gear

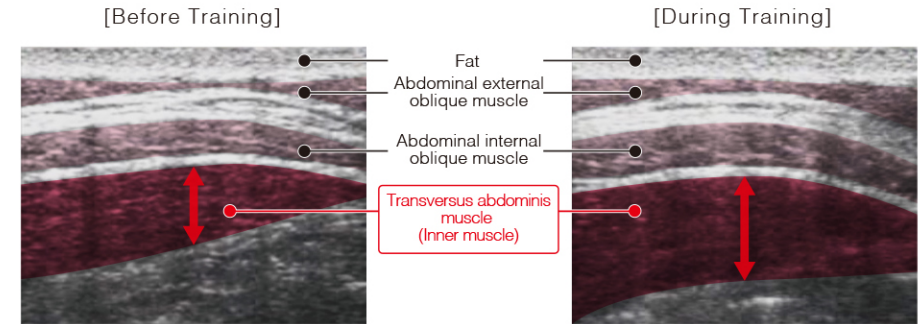
that focuses on the inner muscles while also training your outer muscles.

By training the trunk, it firms the body from within to help create an ideal physique.



Activity of inner muscles while training with TAIKAN STREAM

Measuring the muscles in the flank area with an ultrasound imaging device. When compared with the Before Training image, the During Training image shows that the deep part of the muscle is spread wide and the transversus abdominis muscle, an inner muscle, is very active.



<Subject> 55-year-old male <Condition> Comparison of before and during use of TAIKAN STREAM
 <Measuring Equipment> Ultrasound imaging device <Conducted By> SOUKEN Co., Ltd.
 *Individual results may vary. (MTG test results)

Various Merits of Trunk Training

Trunk training adds many benefits to everyday life. It stimulates the muscles in the body's center to activate their functions that support the body's axis and its posture. Also, it has various positive effects in areas such as beauty, health and medical care.

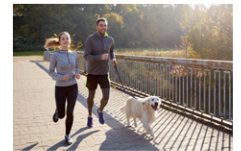
Beautiful Body Line

- Creates a beautiful posture
- Firms the stomach area
- Builds a fat-resistant body



Health Maintenance

- Maintains muscular strength
- Improves a lifestyle
- Builds an energetic body



Medical Care/Caregiving

- Reinforces declined muscular strength
- Supports the body's balance



Athletes

- Supports performance
- Offers training based on movement
- Prevents trouble



How to Conduct CHASER TRAINING

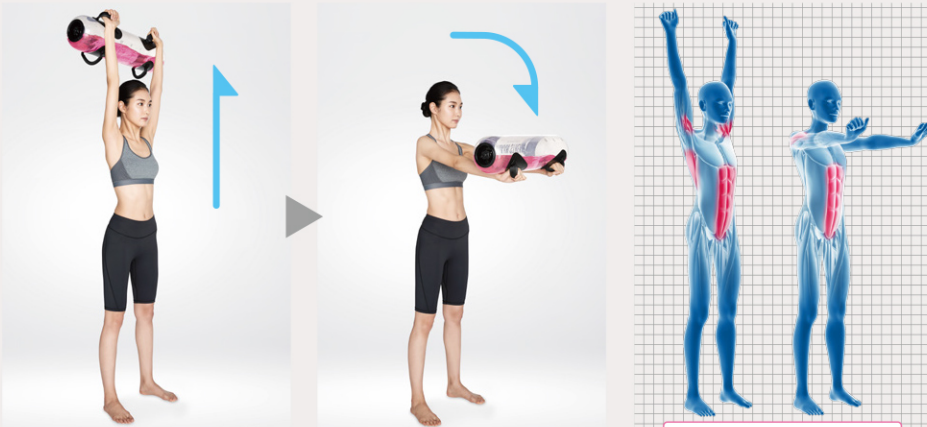
Training movies (23 types)
available on MTG's website.



KEEP

10 sec.
each

[Tip for improving effect]
Keep your elbows straight, and focus on your stomach
while preventing your back from bending backward.



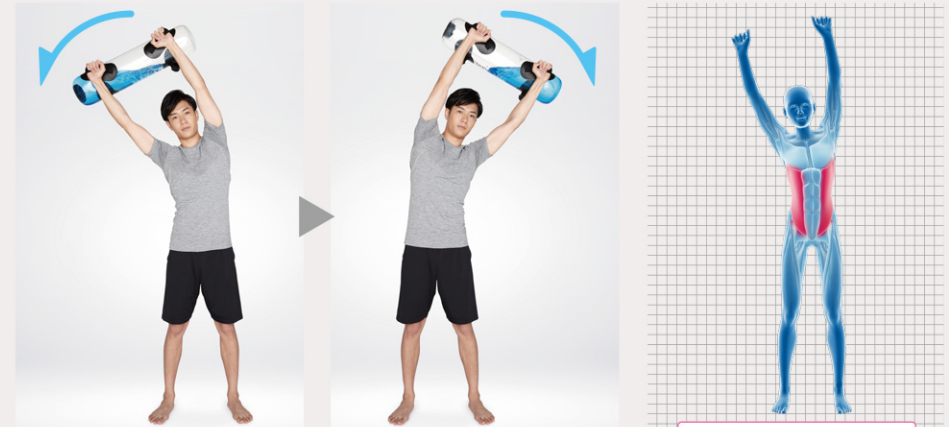
Keep the water horizontally stable while holding the device above your head. Slowly lower it to the height of your shoulders and hold it there.

Back and shoulder muscles
(Erector spinae muscles/deltoid muscle)

SIDE FLEXION

RT<
x10
each

[Tip for improving effect]
Try to keep your head stationary
and just move the water.



Hold the device over your head. Then, tilt it to the left. Be conscious of your sides, trying to stably resist the force of the moving water.

Side muscles
(Abdominal internal/external oblique muscles)

SYNCHRO STREAM

RT<
x10
each

[Tip for improving effect]
The faster your swing speed, the more the load.



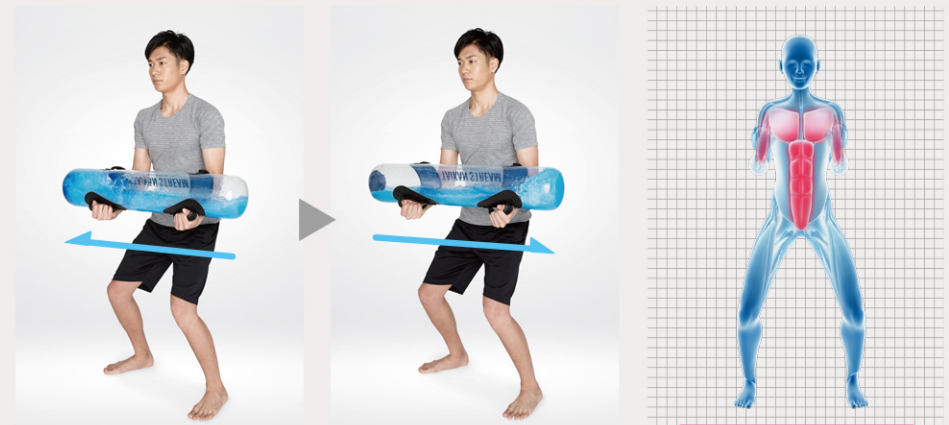
Keeping your face forward, swing the device to the left. Then, swing it to the right. Be conscious of your sides as you try to prevent your body from shifting.

Side muscles
(Abdominal internal/external oblique muscles)

VIBRATE

Repeat for
20 sec.

[Tip for improving effect]
Be conscious of your stomach
and try to keep the lower half of your body stationary.



Take a half-sitting posture and move the water to the right, keeping it level with the height of your hips. Quickly move the water to the left. Repeat shaking it from side to side, with a short stroke.

Upper body muscles
(Biceps brachii/pectoralis major muscles)

SINGLE LEG BALANCE

RT<
10 sec.
each

[Tip for improving effect]
Raise the level of difficulty by closing your eyes.



Muscles around the hip joint
(Iliopectineus muscle)

Hold the water horizontally stable in front of your chest.

Raise one leg and maintain your balance and stability.

LEG CIRCLE

RT<
x10
each

[Tip for improving effect]
Keep your face and navel pointing forward. Maintain the water in a horizontally stable position, keeping water movement at a minimum.



Buttock muscles
(Gluteus maximus muscle)

Holding the device against your chest, raise one leg as you maintain your balance.

Turn your hip outward as if drawing a large circle with your foot.

LINE UP

TAIKAN STREAM STANDARD

Standard model for easily training your trunk.

[Product Name] TAIKAN STREAM STANDARD
[Price] ¥12,800 (excluding tax) [Model Number] AT-TS2231F [Weight] Approx. 990g*

Recommended water volume:
3L to 5L

* You can choose
to use less than 3L.



Approx. 680mm
Diameter
Approx. 166mm

TAIKAN STREAM ADVANCE

Advanced model for intensive body training.

[Product Name] TAIKAN STREAM ADVANCE
[Price] ¥14,800 (excluding tax) [Model Number] AT-TA2229F [Weight] Approx. 1,200g*

Recommended water volume:
3L to 6L

* You can choose
to use less than 3L.



Approx. 820mm
Diameter
Approx. 166mm

TAIKAN STREAM PROFESSIONAL

Professional model for athlete training.

[Product Name] TAIKAN STREAM PROFESSIONAL
[Price] ¥24,800 (excluding tax) [Model Number] AT-TP2230F [Weight] Approx. 1,700g*

Recommended water volume:
5L to 12L

* You can choose
to use less than 5L.



Approx. 900mm
Diameter
Approx. 230mm



The color of the water can be changed with the included colorants.

Colorants: Blue, Yellow, Purple, Pink
(2 tablets each)

[Items Included] Instruction Manual/Training Guide/Air Pump/2 Non-Slip Sheets/Colorants [Materials] Body: PVC/Handles: TPE

*[Weight] measured without water inside.

●Specifications are subject to change without notice for ongoing product modifications and improvements. ●During the manufacturing process, creases, streaking, or indentation may result, but these are not defects. ●The color of the product may slightly differ from that in the photos.

⚠ Safety precautions

Follow the precautions below when using the product. [The following persons should not use this product. Doing so may cause an accident or skin/body problems.] ●Small children ●Persons with physical disabilities ●Women who are pregnant or possibly pregnant ●Persons with abnormalities in the joints or muscles such as in the neck, shoulders, lower back, hip joint and limbs ●Persons who have been advised to refrain from exercising by a physician ●Persons with any concern about using the product even if none of the above conditions apply to them

MTG
We have many dreams

[Manufactured for] MTG Co., Ltd.

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