

# TECHNOGYM INTERIOR DESIGN





# Technogym Interior Design

Technogym Interior Design is a service that supports architects and interior designers in the creation of wellness spaces. The development of diagrams and 3D modelling helps ensure the best layout and fruition of the area and provides a detailed preview of the result.

From this synergy with designers, customized experiences are born that bring together aesthetics and functionality in every space.

# Technogym Interior Design

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## Objectives of Technogym Interior Design

### ADD VALUE TO THE ARCHITECT'S PROJECT

By joining their creative inspiration with Technogym Interior Designers' knowledge of the wellness world, architects are better able to develop spot-on solutions that meet customers' needs and that enhance the surrounding environment.



### A HIGH-QUALITY DESIGN SOLUTION

The Technogym Interior Designer recreates the space through virtual imaging and then develops one or more proposals, based on space and client requirements. This approach ensures every project is exclusive and unique.

### A CLEAR PICTURE OF THE END RESULT

The plans developed by the Technogym Interior Design specialist are easy to understand at a glance and enable the customer to get a preview of the proposal identity and atmosphere.



## Our approach

No matter how big or small, we place the same care in every project as we would use in our showrooms. We are our harshest judges, in order to achieve our goal of bringing excellent service to all our clients.







# Design concept

Our designers begin by studying the architects' projects very closely, to ensure the wellness space is coherent with the style of the context and shares its chromatic, tactile, and decorative identity. Specialists are always available to provide advice on more technical matters, such as rubber coverings for floors and systems, for example.

Lighting plays an essential role in the planning of the fitness area. Scattered lighting should be preferred to avoid glare and direct lighting on the product displays.

## FURNISHINGS

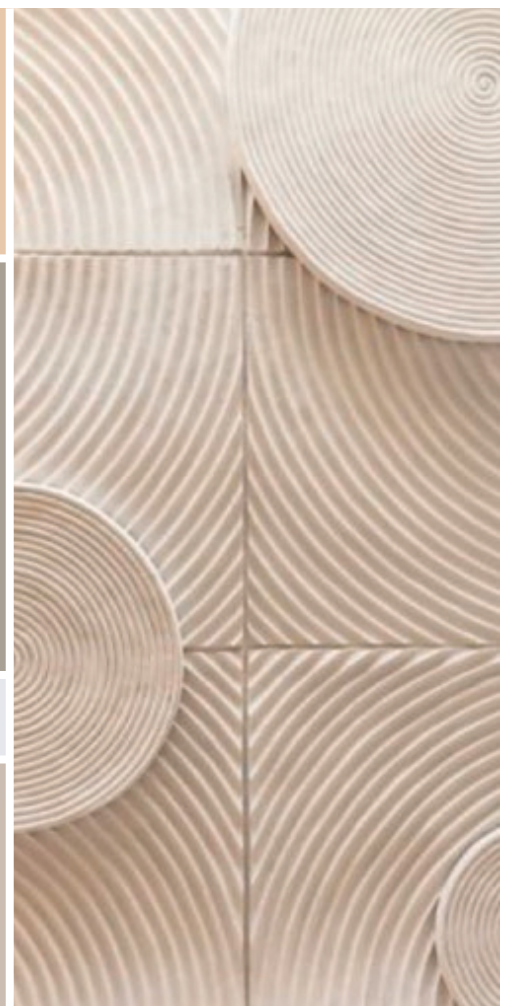




## LIGHTING



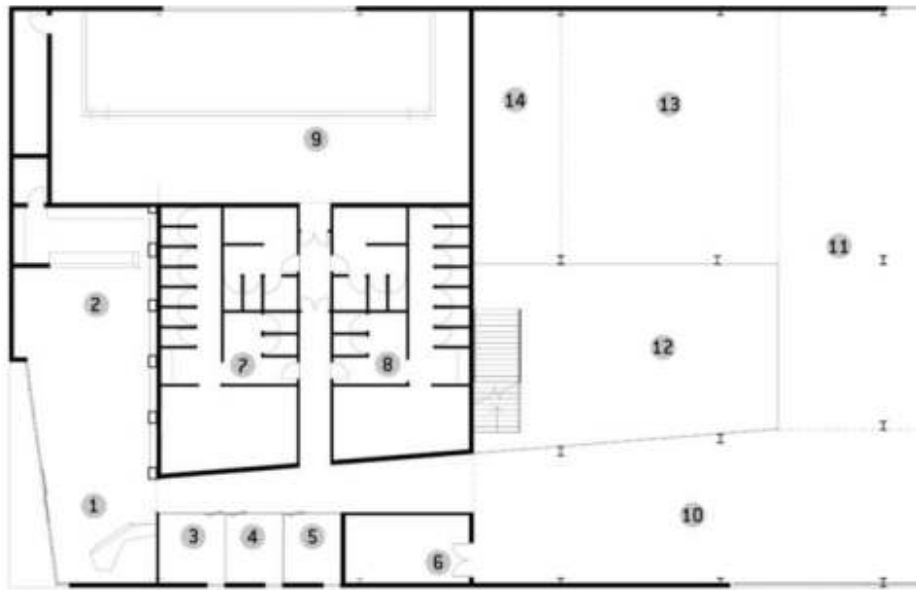
## COLORS AND MATERIALS





# Initial layout

## SPACE DISTRIBUTION

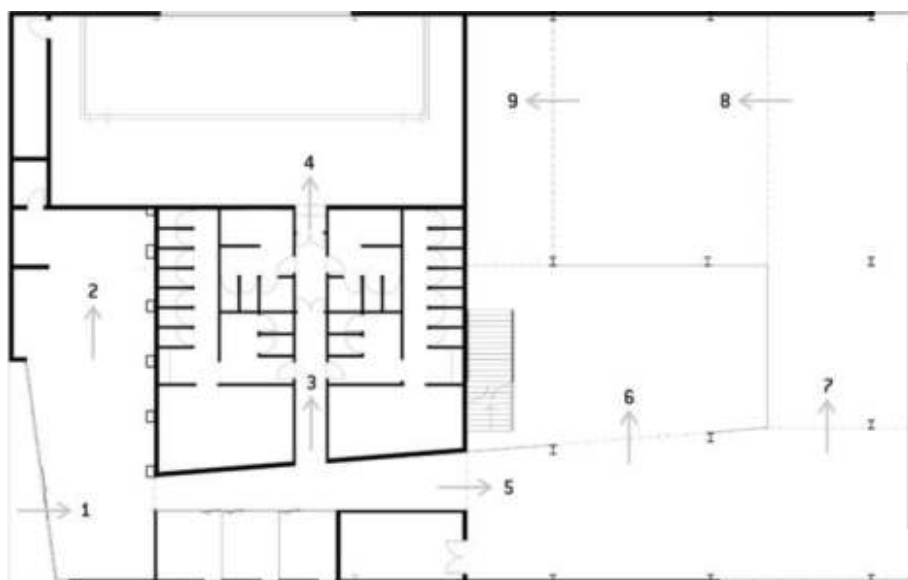


- 1 Entrance/reception desk
- 2 Healthy bar
- 3 Office
- 4 Medical clinic
- 5 Personal trainer
- 6 Warehouse
- 7 Women's changing room
- 8 Men's changing room
- 9 Swimming pool
- 10 Cardio area
- 11 Strength equipment area
- 12 Functional fitness area
- 13 Free weights area
- 14 Stretching area

The objective of the spatial organization and layout is to offer the highest level of comfort and mind and body wellbeing. The fitness area is designed according to the Guidelines of Technogym Interior Design.



## TRAFFIC FLOW



- 1 Reception desk at the entrance
- 2 Healthy bar
- 3 Changing room hallway
- 4 Access to the swimming pool
- 5 Cardio area path
- 6 Functional fitness area path
- 7 Strength equipment area path
- 8 Free weight area path
- 9 Stretching area path

The Technogym Interior Designer analyzes the traffic flow to understand how access to the different areas takes place, and then establishes the appropriate distance between Technogym products to ensure user safety within a comfortable environment.



## Main services

The Technogym Interior Design offer comprises above all, a visual representation of the space through a 2D image of the layout and different types of 3D renderings.







## 2D LAYOUT

Based on the architect's floor plan, the Technogym Interior Design specialist creates a 2D color layout of the space and the selected product. An accompanying list of all the equipment in the proposal and the technical requirements needed to install each piece is also provided.

## 3D RENDERINGS

A view of the environment from above provides both a preview of the final result and a means to explain the details and characteristics of each area.

## IMAGES OF THE INSIDE

A virtual video camera enters the fitness area, showing images from different points of view. These high-quality renderings provide details regarding colors, lighting and materials that make it easier for the client to understand the project.



## Premium services

In more elaborate and complex projects, a Reference Book and additional special content may be added to the 2D and 3D elements in the Technogym Interior Design offer.



## DIGITAL CONTENT

The project proposal can be enhanced with virtual tours and 360° images. Both make it possible to move inside the space, enter each room and enjoy a sense of the wellness area.

## TECHNICAL LAYOUTS

The plan includes prints in A1 format of every floor of the building showing traffic flow, product distribution and all extra services available.

## REFERENCE BOOK

The Reference Book is customized to the needs of each customer and printed in A3 format. It contains all the layouts and renderings of the project and offers a closer look inside the customer's visual identity and architectural characteristics of the building that will house the wellness area.





# Guidelines

## CARDIO AREA: POSITIONED AT THE ENTRANCE AND NEAR A GLASS WINDOW

Cardio training products should be placed in the area that is immediately visible from the entrance, preferably in front of a window or a mirror.

## STRENGTH AREA: EQUIPMENT ALIGNMENT BASED ON HEIGHT OF WEIGHT STACK

Equipment with same weight stack height should be aligned. It is preferable to place the taller equipment along the perimeter of the room.

## LIGHTING: ATTENTION TO THE DIRECTION OF NATURAL AND ARTIFICIAL LIGHTING

Avoid direct lighting on the product displays to prevent glare. The risk concerns mainly cardio equipment, but strength displays should be considered too, although smaller.

## DISTANCE BETWEEN CARDIO PRODUCTS: 1.3 METERS

Around each product there should be enough space to ensure comfortable access. Room to move is also important for product cleaning and maintenance.









## SAFETY DISTANCE FOR TREADMILLS: 2 METERS

We recommended to leave at least 2 meters of free space behind the treadmills to safeguard users in case of accidental falls. A wide walkway also ensures more privacy and space to move around.

## POSITION OF EQUIPMENT WITH RESPECT TO AIR-CONDITIONING

The equipment should not be positioned near air-conditioning units. We advise to use a forced ventilation system to achieve a comfortable temperature.

## COMMUNICATION AND MARKETING TOOLS

Technogym Marketing Support regularly updates the dedicated website area with new communication materials that can be downloaded from the website and used to personalize and decorate the wellness space.

## UNCONVENTIONAL PRODUCT ARRANGEMENT

A different equipment layout can make a difference. Try placing the products in the same direction, back-to-back, in a circle or grouped in small isles at the center of the room.

## ELECTRIC CABLES

The electric cables should be hidden to ensure user safety and a pleasing aesthetic. The 2D layout shows where to position the necessary sockets.

## HOW MANY SQUARE METERS PER PRODUCT?

Allow for 4-5 square meters for each product. The amount of equipment that can be installed depends on the shape of the room, the number of doors and windows, the electric sockets, and other factors.

## ORGANIZING THE SPACE: BREAK THE MONOTONY

A good use of space affects how wellness is perceived. Efficient planning and positioning of furnishings and systems allows to gain space for training, relaxation, and socialization.

## CEILING HEIGHT: 2.70 METERS

The ceiling height may hinder the use of certain pieces of equipment. As well as product dimensions, height when in use must always be considered.





## Home Wellness

The Home Wellness concept was developed to encourage the pursuit of wellbeing and a healthy lifestyle in the home environment.

Technogym's philosophy is to combine design, attention to detail and elegant products to add value to interiors and create spaces that promote physical and mental balance.

Home Wellness creates a better training and sport experience in the most treasured space: your home.









# Home Gym

When space allows for it, dedicate a whole space to wellbeing. The Artis® line offers the ultimate training and entertaining solutions and a complete line of cardio and strength products whose integrated design is ideal for wall-to-wall fittings.

- Artis® Cardio
- Artis® Strength





# Living Space

Born from Technogym's collaboration with Antonio Citterio, Personal Line features true objects of art that enhance interior design. Its elegant and refined lines turn the living room into a small gym, where to enjoy an unparalleled training experience.

- Bike Personal
- Cross Personal
- Recline Personal
- Run Personal
- Kinesis® Personal
- Power Personal









# Sport Area

The Skill product family owes its sporty attitude to Technogym's partnership with the best athletes. Its bold lines create the ideal setting for the pursuit of individual passions and the improvement of athletic performance.

- Skillrow®
- Skillbike®
- Skillrun®
- Technogym Bench
- Power Personal







## Corner

A whole gym in 1.5 square meters, built with the same attention to detail as professional products. It is the most complete equipment for fitness and for muscle strengthening. An icon that deserves a worthy corner in the house.

- Unica™





A multifunctional and compact bench that suits any environment. It contains a professional tool kit for strength and functional training. It combines the smallest footprint with the widest exercise variety.

- Technogym Bench





A range of products featuring a minimal and contemporary design. They offer great flexibility and make the most effective use of exercise time. With the right equipment – noiseless, compact, and connected to personal devices – sporting passions can be pursued at home.

- Technogym MyRun
- MyCycling™
- Wellness Ball™ Active Sitting

The Technogym Live platform enables people to train at home with on-demand classes by Technogym Trainers and to take part in live sessions with top trainers from the best known clubs in the world, in the comfort of one's own living room.

- Technogym Bike







## Yacht

A prestigious product range – from treadmills to ellipticals – to promote wellbeing on board. Enhanced by the precious finishes, the smooth geometry of the lines designs refined spaces that both guests and ship owners can enjoy.

- Kinesis® Personal
- Artis® Cardio
- Technogym Tools





## Hospitality and residential

The number of people who maintain their regular training routine away from home, even on a cruise, is growing.

Similarly, there is an increase in hotels, resorts, and leisure clubs offering or wanting to offer wellness services to their guests.

Amongst home buyers the demand for common areas dedicated to wellness is on the rise, especially for eco-friendly, connected, and human-centered equipment.

To all these needs, Technogym answers with a wide portfolio of solutions for every space, from gym to common areas, to rooms.





# Wellness Prestige

Refined products that add an extra touch to luxury environments. The fluid shapes are mirrored by the body's natural movements. The connected and personalized content experience makes training as easy as it gets.

- Artis® Cardio
- Artis® Strength









## Wellness Premium

Innovative equipment and guided training programs, that anyone can use also without supervision. They allow to build modern environments where to feel at home and enjoy a lively experience.

- Excite® Live
- Selection



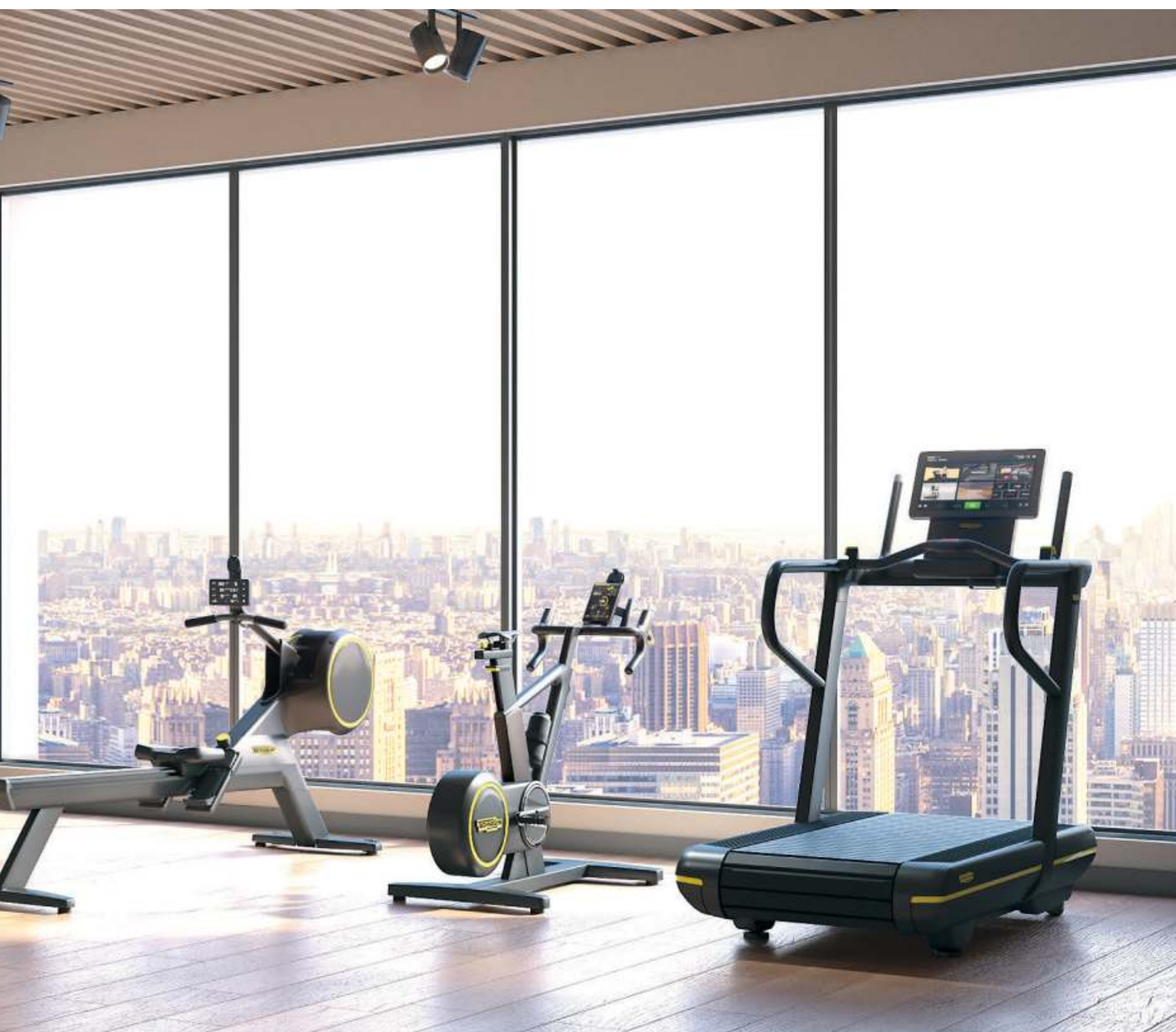


# High Performance Area

A truly engaging training experience, inspired by passion for sports and embodied by the unique design of the Skill line. Professional equipment for performance training in total safety and solutions for all space requirements.

- Skill









## Wellness Suite

These well-rounded solutions are characterized by an innovative design that adapts to the most exclusive environments. They are meant for guests and residents who wish to train in the privacy of their own suite using top-of-the-range equipment and virtual training programs.

- Kinesis® Vision
- Bike Personal
- Technogym Case

## Wellness Room

A complete proposal for wellness and fitness enthusiasts, ideal for maintaining the training routine when travelling, in the comfort of one's room.

Live and on-demand classes available to make the experience more exciting.

- Technogym Bike
- Technogym Case





# Meeting Room

Physical exercise is important for health, but, equally so, is an active lifestyle. A business meeting can become an opportunity to activate core and lower back muscles, and improve posture.

- Wellness Ball™ Active Sitting





## Wellness Lounge

Common spaces can become wellness areas where guests have the chance to reactivate muscles or relax their minds after a flight or simply before a long day of shopping in town.

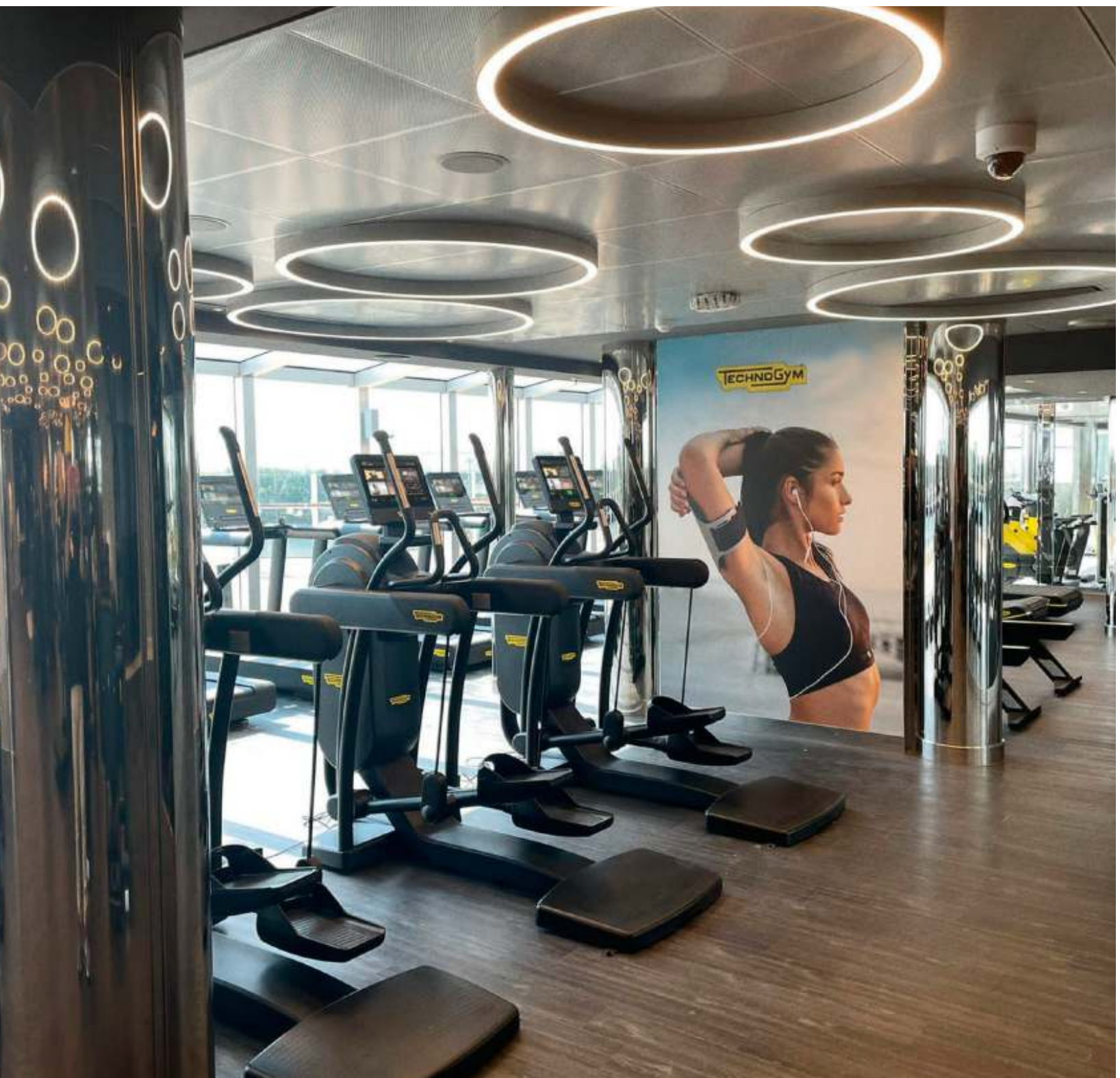
- Flexibility Anterior
- Flexibility Posterior



# Cruise

With their welcoming, non-intimidating design, Technogym solutions turn gyms on board into meeting points where people can socialize, train, and recharge their batteries with positive energy.

- Excite® Live
- Selection
- Skill









## Club

Technogym leverages its know-how as a leading company in the fitness and wellness sector to provide operators with unique and personalized solutions.

The starting point for a proposal that aims to provide the best return on investment is the analysis of the client's available space, budget, business model, and user target.

What distinguishes each project is the attention to interior design demands, to make sure the environment is pleasing and motivating.





## Prestige Club

The most exclusive locations offer their clients the best there is on the market in terms of training pleasure and comfort. The ergonomic and human-centered design, and state-of-the-art technology meet the highest expectations.

- Artis® Cardio
- Artis® Strength









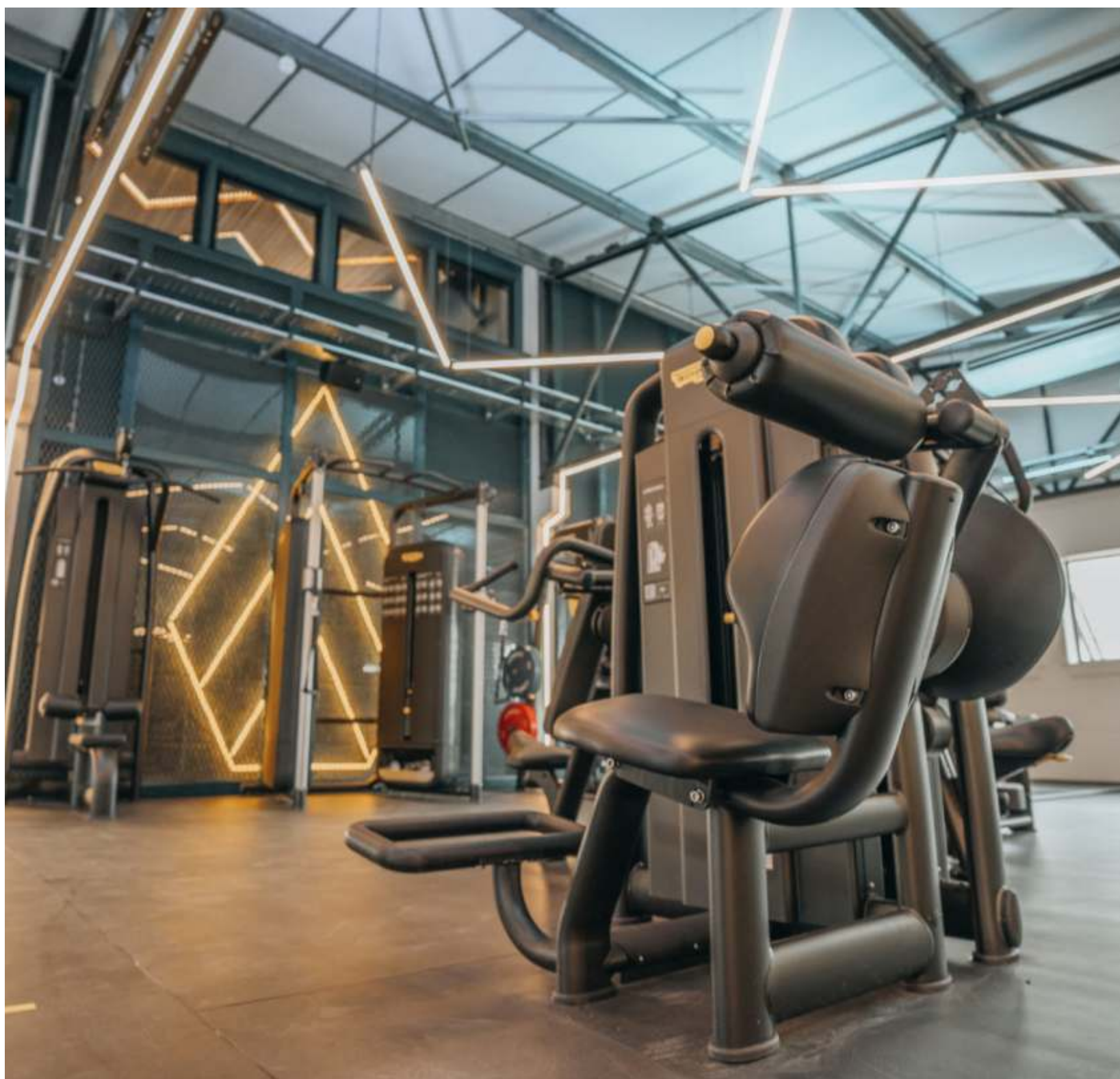




## Premium Club

Cardio and strength training products with a proven record in efficacy and biomechanics. They can be relied upon in every situation to turn the party on with personalized training and entertainment.

- Excite® Live
- Selection





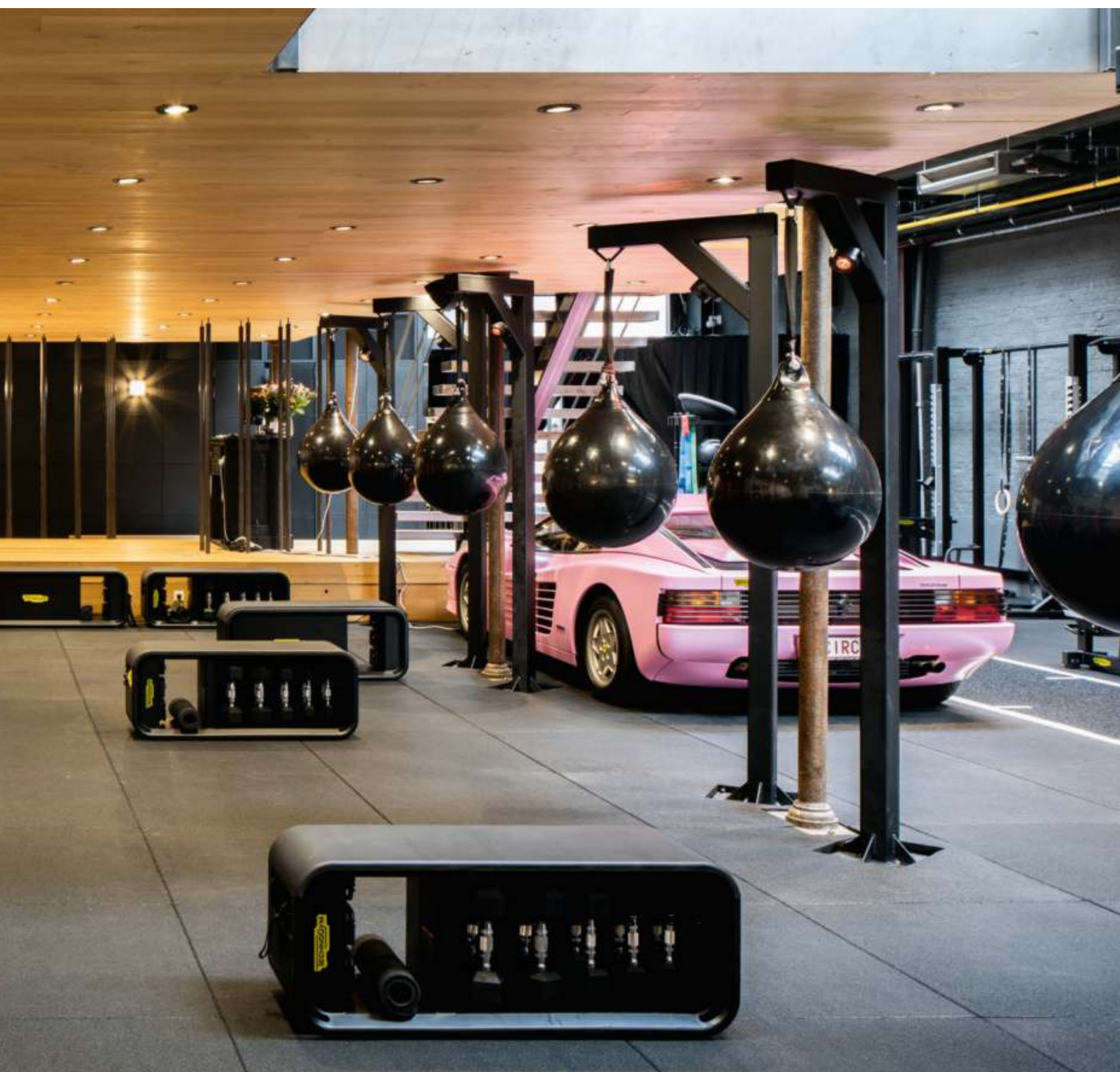
# Premium Club

To those users who love the pure feel of free weights and of a good challenge, Technogym proposes solutions that ensure winning performances in total safety – in a high voltage atmosphere.

- Free Weights
- Pure
- Skill











## Skillathletic® Boutique Studio

There is a growing number of users that seek athletic performance. Training with Skillathletic® improves aerobic capacity, strength, power, and agility in a motivating setting inspired by sport practice.

- Pure
- Skillbike®
- Skillmill®
- Skillrow®
- Skilltools





# Skillrun® Bootcamp

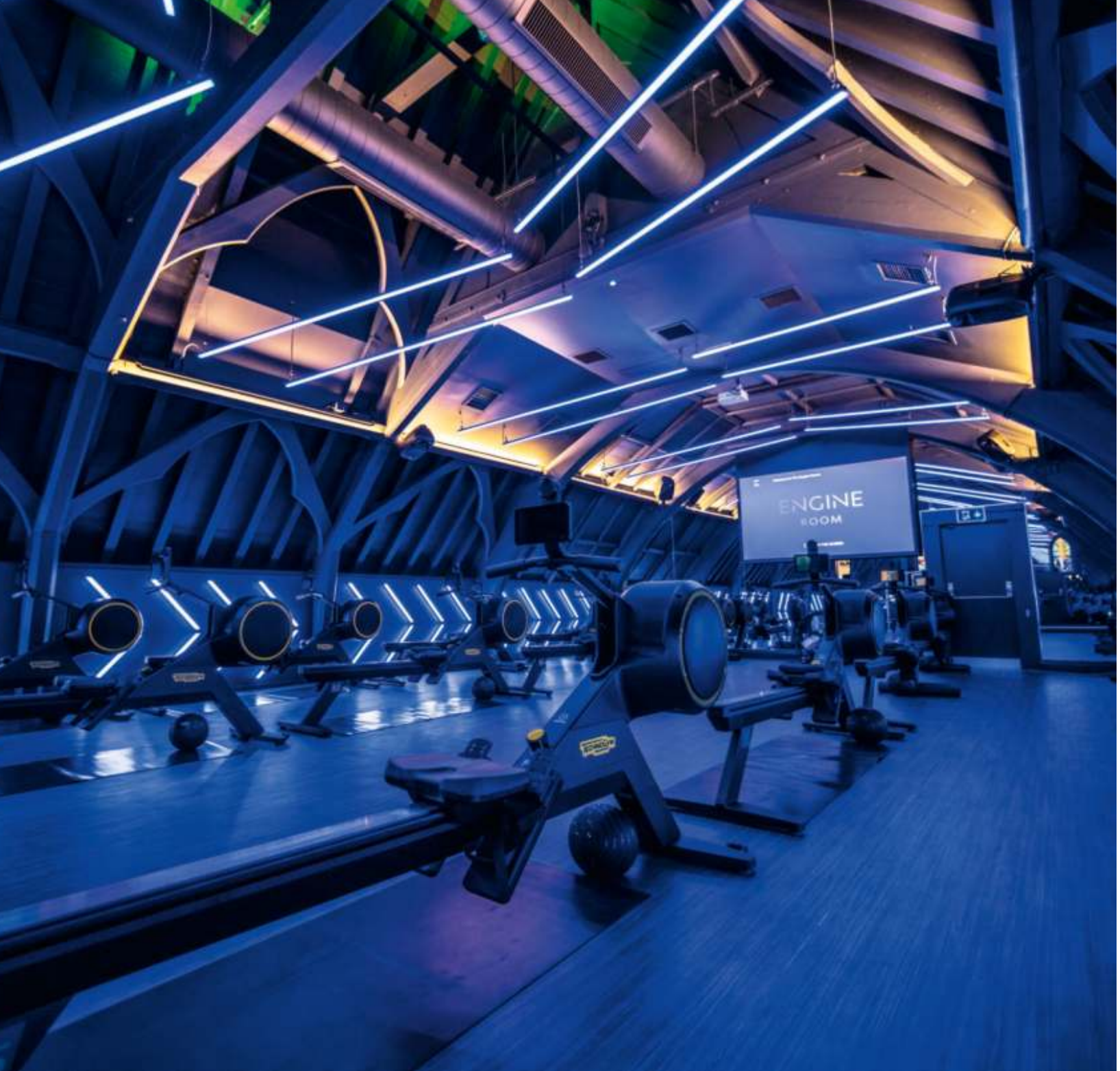
The most engaging and captivating challenges take place here.  
The layout follows set rules to enable users to move quickly and safely inside their circuit. Every detail contributes to ensure maximum efficiency.

- Skillrun®
- Technogym Bench









## Skillrow® Class

The format allows to create rowing experiences in which participants challenge one another as in real water competitions. Equipment layout is arranged to facilitate movement synchronicity and the best view of the monitors from any direction.

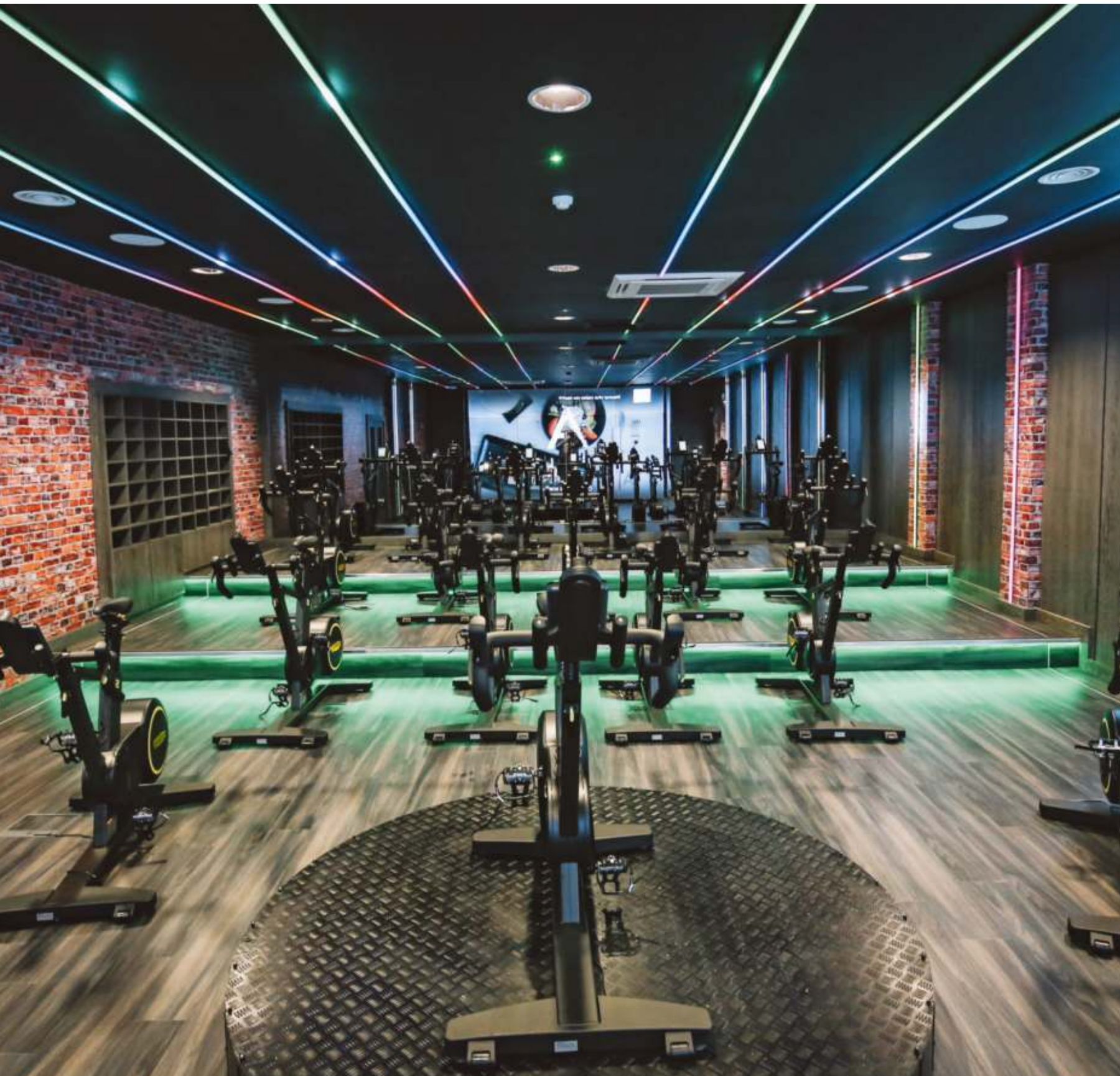
- Skillrow®



# Skillbike® Class

The groundbreaking patented technology by Technogym reproduces the dynamics and the emotions of outdoor cycling in an immersive atmosphere. Users can follow their performance along the virtual route on the large wall monitors.

- Skillbike®





# Skill X Class

Users in this class can train like real athletes and improve their abilities. The experience is very exacting from a physical point of view, so the layout promotes concentration and helps avoid unnecessary movements.

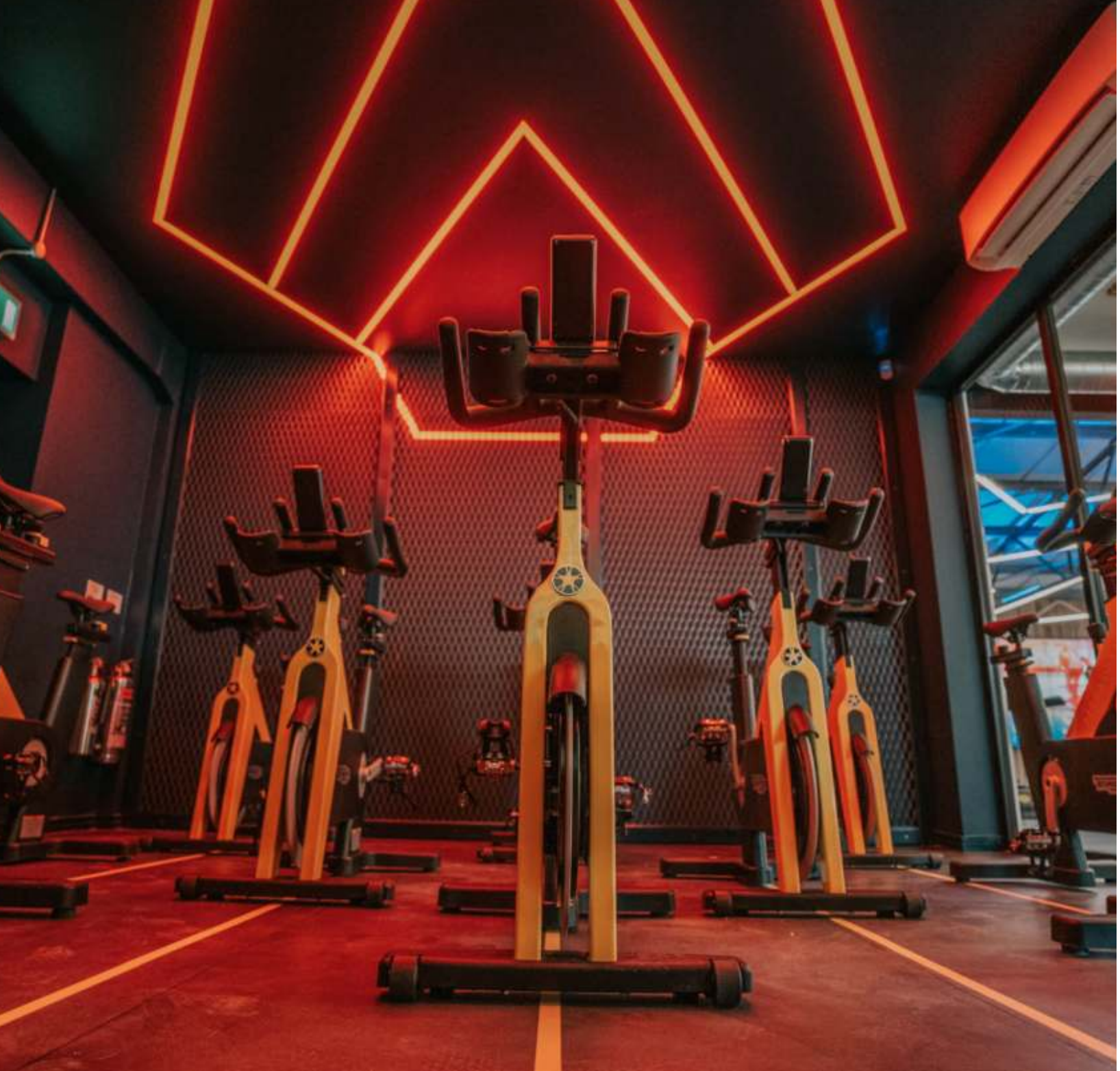
- Pure
- Skillrow®
- Skillbike®
- Skillrun®
- Skillmill®











## Group Cycle™ Class

An innovative and multisensorial indoor cycling format that engages with lights, music, and images. The bike is designed to facilitate all settings and adjustments in a simple and intuitive way on-the-fly, while pedaling, to keep up the pace

- Group Cycle™



# Omnia™ Class

CLUB

A highly versatile functional training concept that allows people with different levels of ability to train together in a well-organized and fun space that promotes socialization.

- Omnia™ 3
- Omnia™ 8







## Biocircuit

A fully automated and guided solution for people wishing to perform a fast but effective workout. The layout changes according to the number and type of products that must be arranged in the order required by Technogym's scientific methodology. The space design facilitates traffic flow and product interaction.

- Biocircuit





# Outdoor

Technogym's solutions for outdoor environments combine sturdy design with flexible applications. The modular equipment is suited for both one-on-one and group functional training at different levels of intensity.

- Outdoor









## Medical and rehabilitation centers

Technogym upholds the importance of physical activity as a means for prevention, treatment, and rehabilitation.

In line with this objective, it is a Global Partner of the “Exercise is Medicine” initiative, that considers physical exercise a medicine, to all effects.

Technogym solutions speed up recovery after traumas and surgery, but they also provide the ideal therapy against ageing, metabolic syndrome, and cardiovascular and respiratory diseases.

The equipment allows to control exercise range of motion (ROM) as well as training data, it is easy to use and accessible to users with limited mobility.







# Exercise is medicine

The extensive variety of certified products, as well as its experience and leadership in the field of motor therapy, makes the company an ideal partner for the medical industry. Technogym has the right skills to support the work of operators during every stage, from injury prevention to rehabilitation, from assessment to the creation of protocols.







## Companies

With its Corporate Wellness Program, Technogym provides support to companies that invest in the wellbeing of the workforce.

Product accessibility, ease of use and program variety are all incentives to participate in the program, with positive results both on the health of employees and of the financial statement.

The extensive experience gained working together with leading businesses helps develop solutions that blend seamlessly in the work environment, transforming every space in a wellness area, from the reception to the dedicated gym.







## Feel good, work better

It is important to implement successful preventive strategies in the workplace. People who are fit are better able to cope with stress and are healthier than those leading a sedentary lifestyle. Data shows that Corporate Wellness Programs increase calorie expenditure, cardiovascular capability, joint mobility, and functional strength. Not to forget productivity.





## **Sports centers, schools and universities**

More than 30 years of research and innovation, participation in eight Olympic Games and collaboration with teams and athletes worldwide allow us to offer safe and reliable solutions.

The highest standards in biomechanics and ergonomics safeguard movement, leaving sportspeople of all levels free to express their full potential.

Furthermore, thanks to connectivity, all training data can be traced, monitored, and evaluated to improve athletic performance.





# Technogym Campus solutions

The myriad training and entertainment options, the use of apps to manage one's wellness and the always on connected mode of Technogym equipment, can be appealing features to generation Z and inspire young people to practice – and love – sports.





your space  
to feel good





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