

eGYM



MAKE FITNESS
your Lifestyle.

eGym is the fascinating new training concept.

- For faster training results.
- For better customer support.
- For increased turnover in fitness studios.



INCREASE THE CAPACITY OF YOUR FITNESS STUDIO ...



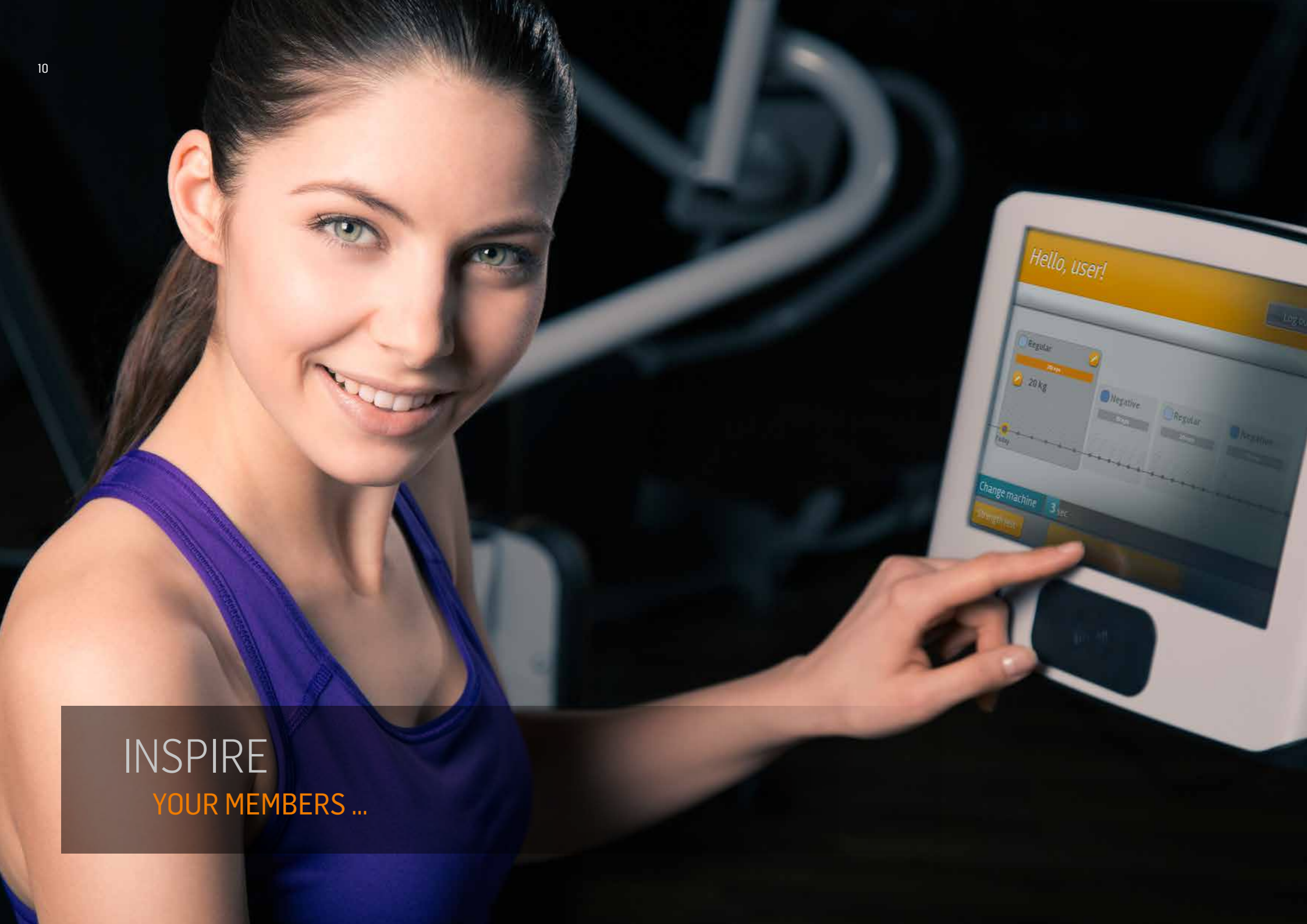
“At the INJOY Station fitness studio in Dortmund, the emphasis is on professionally supported physical training. Targeted physical training in the fitness studio helps to prevent common complaints such as back pain and keep ageing processes in check. The eGym training concept allows us to provide tailored support for each and every member based on their training goals without having to be constantly at the member’s side.”

Pascal Bülow
Fitness Studio Manager, Injoy Dortmund

The short workout sequences allow a high throughput in a small space.
The seamlessly coordinated eGym products relieve trainers of routine tasks.
The result: more quality time for your members!

... WHILE OFFERING YOUR MEMBERS HIGHER QUALITY SUPPORT.





INSPIRE
YOUR MEMBERS ...

... AND TAKE ADVANTAGE OF
INTENSIVE STRENGTHENING OF CUSTOMER LOYALTY.



“Clear differentiation from competitors is becoming increasingly important, in particular in the fitness studio market in Germany. To address this need, we have relied on eGym as a partner from the very start. Combining the innovative eGym concept with our own training facilities allows us to create a carefully thought out and consistent training programme for each member.”

Dr. Ralf Kriegel
Head of Product Management, Migros Freizeit Deutschland GmbH

The unique eGym training concept paves the way for rapid training results.
Satisfied customers mean lower attrition rates and new members for your fitness studio!

THE EGYM SYSTEM

OPTIMAL UTILISATION OF CAPACITY

Shorter throughput times:

- ▶ Up to 42 members per hour
- ▶ Avoid utilisation peaks
- ▶ Intelligent stock speed of equipment

More efficient deployment of staff members:

- ▶ Automatic equipment settings and personalised training instructions relieve pressure on your staff.
- ▶ Just one trainer is enough to support the eGym system



EGYM POWER EQUIPMENT

A NEW FITNESS EXPERIENCE.

eGym's 18 fully electronic strength-training machines have been developed according to the latest sports science research and cover all the main muscle groups.



Electric motor

- ▶ The integrated electric motor manages training resistance dynamically. This allows different training methods to be set on the equipment.



Touch-screen display

- ▶ The integrated screen complete with a touch-screen function continuously shows the member the optimal movement sequence and also allows direct input.



RFID TECHNOLOGY

- ▶ The reader uses RFID transmission technology and is compatible with a wide range of other media-chip card, check-in card, wristband, etc. —making it suitable for use with existing fitness studio systems.

Wireless internet connection

- ▶ The central processing unit in each machine records all training data and transmits it to the eGym Cloud over a WLAN CONNECTION. There is no need for a central server in the fitness studio.



Automatic equipment settings

- ▶ The trainer sets up the eGym machines during the first training session, entering the individual members personal settings. Thanks to RFID technology, the equipment then 'recognises' that member the next time he or she logs in and automatically applies the saved settings. This prevents incorrect and potentially harmful seating positions. This rapid automated setting process also ensures smooth flows during training sessions.



Multiple adjustment points

- ▶ The multiple adjustment points on eGym machines are designed to allow ergonomic and orthopaedically correct training.



Innovative design

- ▶ In addition to its unique design, the membrane covering of eGym strength-training equipment increases the durability of the machines.



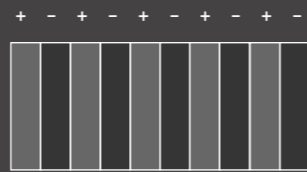
High-quality workmanship—made in Germany

- ▶ eGym equipment is developed and manufactured entirely in Germany. It stands for robustness, durability and flawless operation. A low-maintenance, modular design keeps servicing costs to a minimum.



THE eGYM TRAININGSYSTEM

TIME FOR NEW TRAINING STIMULI



The eGym software includes two different training methods, which are alternated at regular intervals.

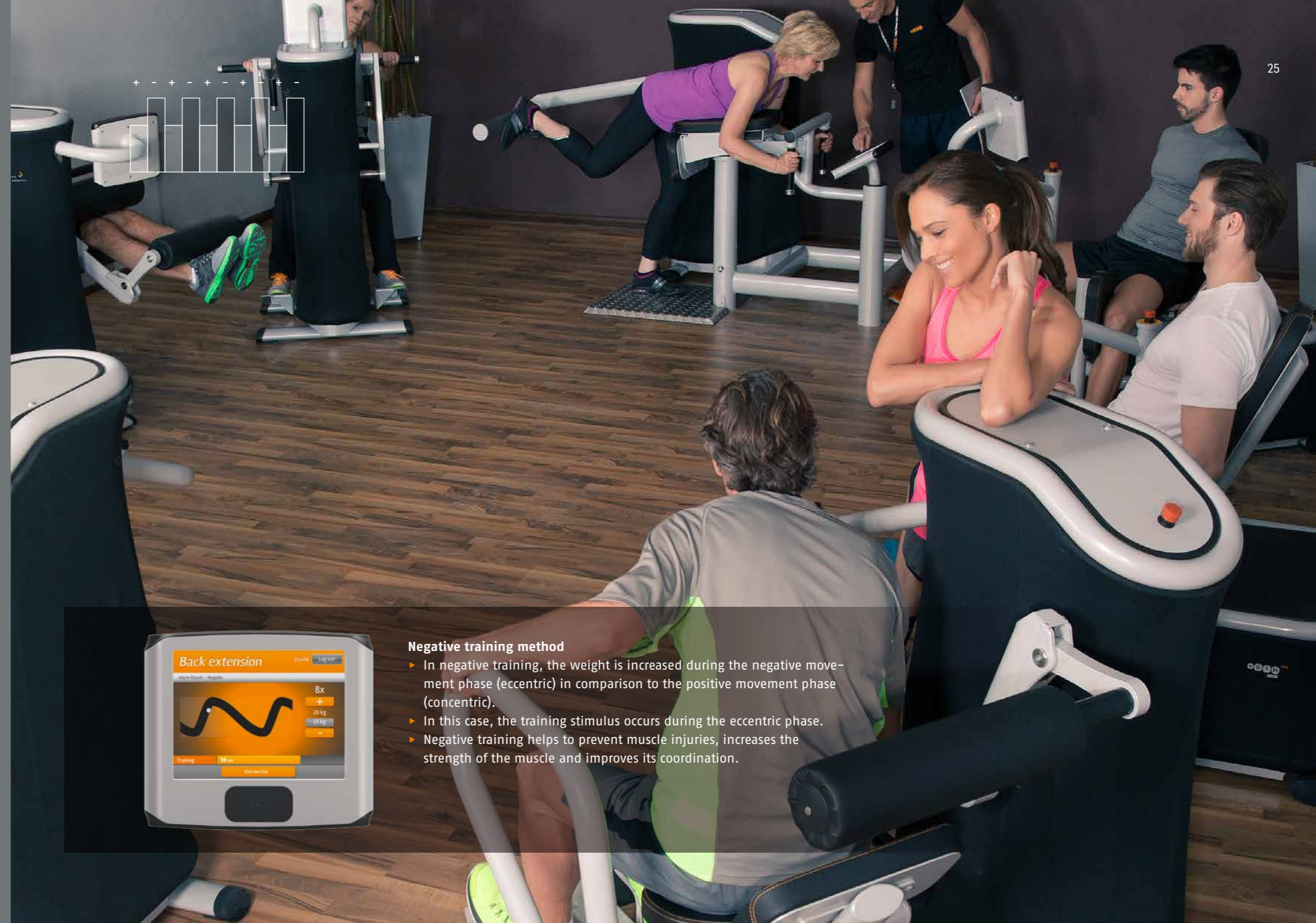
Periodisation

- Training progress stays at a high level, helping to avoid training plateaus.
- The muscle cannot adapt to a single type of load and instead needs to constantly adjust to a new training stimulus.
- This adds much more variety to fitness sessions and makes them more fun for members.



Regular training method

- In regular training, members work with a constant weight during both the eccentric and concentric phases. This can be compared to classic training with weights (free weights and equipment).
- The training stimulus is applied in the positive, or concentric, phase.
- As well as increasing general fitness levels, regular training is particularly effective in building endurance and therefore improving blood supply to the muscle.



Negative training method

- ▶ In negative training, the weight is increased during the negative movement phase (eccentric) in comparison to the positive movement phase (concentric).
- ▶ In this case, the training stimulus occurs during the eccentric phase.
- ▶ Negative training helps to prevent muscle injuries, increases the strength of the muscle and improves its coordination.

THE EGYM EQUIPMENT

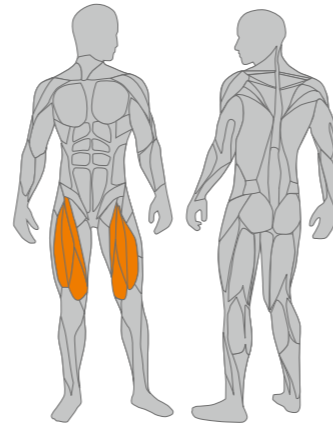
TECHNICAL DETAILS



M1 Leg extension



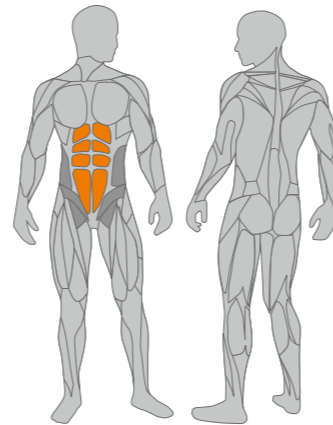
Primary muscle	front thigh muscles
Secondary muscle	–
Weight	215 kg
Depth	1,300 mm
Width	1,130 mm
Height	1,275 mm
Max. power consumption	8 A
Mains supply	230 V / 50 Hz



M2 Abdominal Crunch



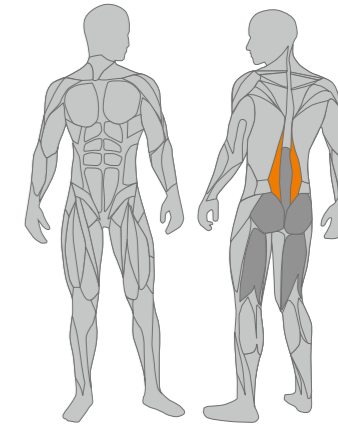
Primary muscle	front abdominals
Secondary muscle	oblique abdominals, front hip muscles
Weight	210 kg
Depth	1,275 mm
Width	1,155 mm
Height	1,275 mm
Max. power consumption	8 A
Mains supply	230 V / 50 Hz



M3 Back extension



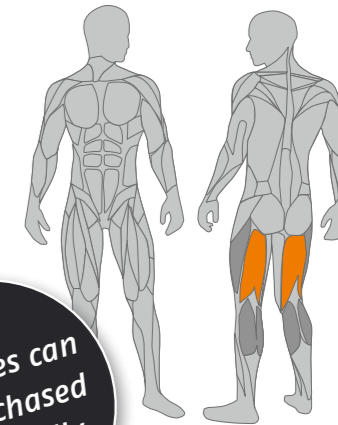
Primary muscle	lower back muscles
Secondary muscle	gluteus maximus
Weight	205 kg
Depth	1,370 mm
Width	1,295 mm
Height	1,275 mm
Max. power consumption	8 A
Mains supply	230 V / 50 Hz



M4 Leg Curl



Primary muscle	rear thigh muscles
Secondary muscle	calf muscles
Weight	215 kg
Depth	1,405 mm
Width	850 mm
Height	1,275 mm
Max. power consumption	8 A
Mains supply	230 V / 50 Hz

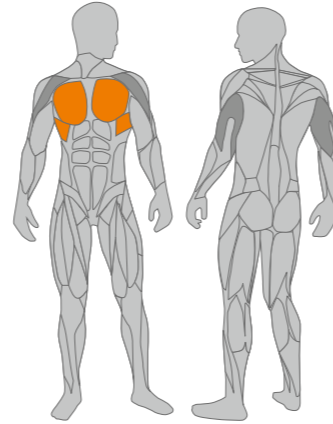


All machines can be purchased individually.

M5 Chest Press



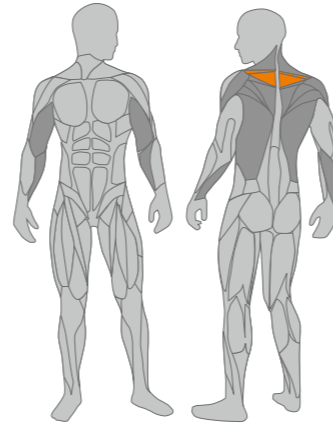
Primary muscle	chest muscles
Secondary muscle	front shoulder muscles, rear arm muscles
Weight	235 kg
Depth	1,630 mm
Width	940 mm
Height	1,480 mm
Max. power consumption	8 A
Mains supply	230 V / 50 Hz



M6 Seated Row



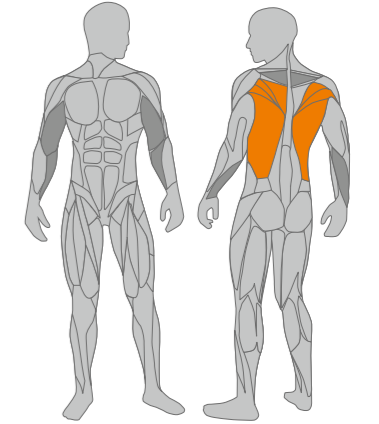
Primary muscle	upper back muscles
Secondary muscle	rear shoulder muscles, front arm muscles
Weight	235 kg
Depth	1,570 mm
Width	940 mm
Height	1,480 mm
Max. power consumption	8 A
Mains supply	230 V / 50 Hz



M7 Lat Pulldown



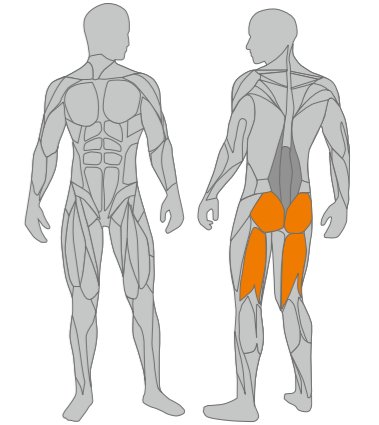
Primary muscle	upper back muscles
Secondary muscle	front arm muscles
Weight	230 kg
Depth	1,670 mm
Width	1,190 mm
Height	2,180 mm
Max. power consumption	8 A
Mains supply	230 V / 50 Hz



M8 Glute



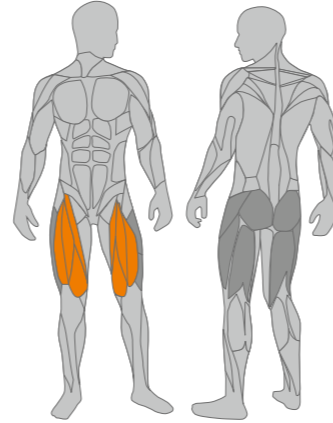
Primary muscle	gluteus maximus
Secondary muscle	rear thigh muscles, lower back muscles
Weight	205 kg
Depth	1,900 mm
Width	1,175 mm
Height	1,275 mm
Max. power consumption	8 A
Mains supply	230 V / 50 Hz



M9 Leg Press



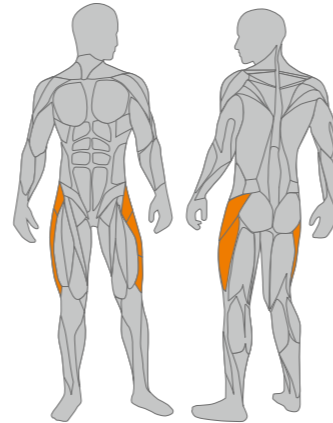
Primary muscle	front thigh muscles
Secondary muscle	gluteus maximus, rear thigh muscles
Weight	285 kg
Depth	2,545 mm
Width	745 mm
Height	1,265 mm
Max. power consumption	16 A
Mains supply	230 V / 50 Hz



M10 Abductor



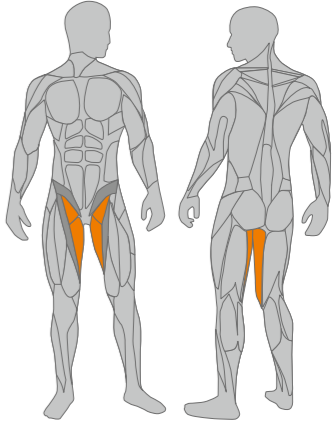
Primary muscle	lateral gluteal muscles
Secondary muscle	lateral hip muscles
Weight	210 kg
Depth	1,500 mm
Width	1,730 mm
Height	1,245 mm
Max. power consumption	8 A
Mains supply	230 V / 50 Hz



M11 Adductor



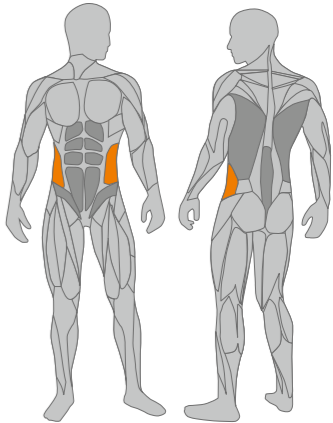
Primary muscle	inner hip muscles
Secondary muscle	inner thigh muscles
Weight	210 kg
Depth	1,500 mm
Width	1,685 mm
Height	1,245 mm
Max. power consumption	8 A
Mains supply	230 V / 50 Hz



M12 Rotary Torso



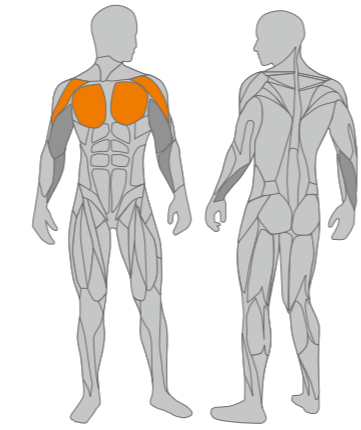
Primary muscle	oblique abdominals
Secondary muscle	lower back muscles
Weight	185 kg
Depth	1,020 mm
Width	805 mm
Height	1,620 mm
Max. power consumption	8 A
Mains supply	230 V / 50 Hz



M13 Butterfly



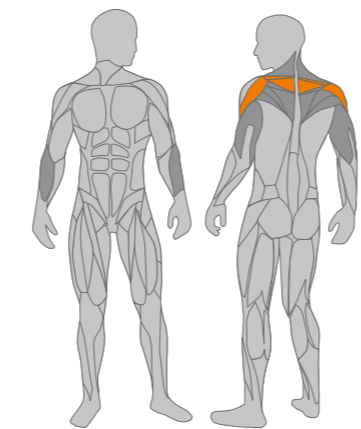
Primary muscle chest muscles
Secondary muscle front arm muscles
Weight 205 kg
Depth 1,640 mm
Width 2,000 mm
Height 1,425 mm
Max. power consumption 8 A
Mains supply 230 V / 50 Hz



M14 Butterfly Reverse



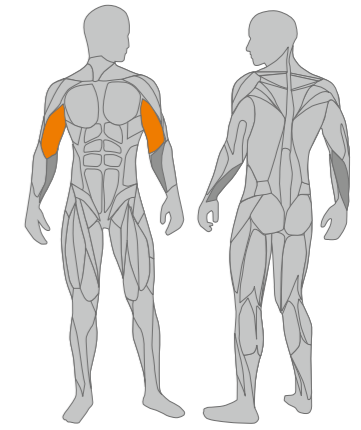
Primary muscle upper back muscles
Secondary muscle rear arm muscles
Weight 215 kg
Depth 1,640 mm
Width 2,000 mm
Height 1,425 mm
Max. power consumption 8 A
Mains supply 230 V / 50 Hz



M15 Bicep Curl



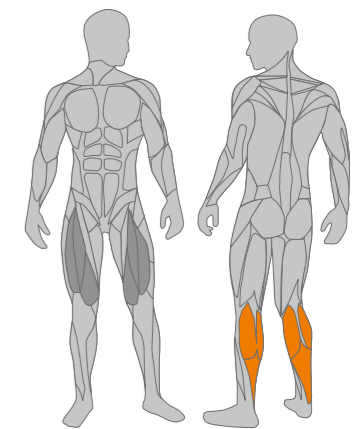
Primary muscle front upper arm muscles
Secondary muscle front forearm muscles
Weight 215 kg
Depth 1,365 mm
Width 1,255 mm
Height 1,275 mm
Max. power consumption 8 A
Mains supply 230 V / 50 Hz



M16 Calf Press



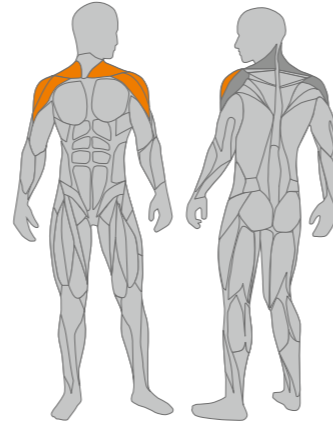
Primary muscle calf muscles
Secondary muscle deep calf muscles, front thigh muscles
Weight 225 kg
Depth 1,300 mm
Width 1,065 mm
Height 1,275 mm
Max. power consumption 8 A
Mains supply 230 V / 50 Hz



M17 Shoulder Press



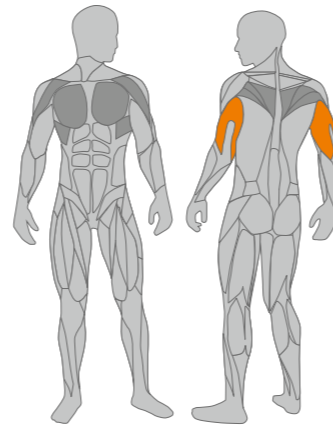
Primary muscle	front and lateral shoulder muscles
Secondary muscle	neck muscles
Weight	230 kg
Depth	1,670 mm
Width	1,190 mm
Height	2,180 mm
Max. power consumption	8 A
Mains supply	230 V / 50 Hz



M18 Triceps Press



Primary muscle	rear upper arm muscles
Secondary muscle	chest muscles
Weight	230 kg
Depth	1,670 mm
Width	1,190 mm
Height	1,275 mm
Max. power consumption	8 A
Mains supply	230 V / 50 Hz



COLOURS OF PADDED SUPPORTS



Padded support colour Pandoria plus black
Seam colour Orange



Padded support colour Pandoria plus chocolate
Seam colour Beige



Padded support colour Pandoria plus royal
Seam colour Glacier



Padded support colour Pandoria plus smoke
Seam colour Chocolate



Padded support colour Pandoria plus fire
Seam colour Black

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