

TECHNOGYM INTERIOR DESIGN



The Wellness Company

Technogym Interior Design

Technogym Interior Design is a service that offers support to architects and interior designers as they design spaces dedicated to Wellness. The service helps these professionals better define the layout and fruition of the rooms through diagrams and 3D modelling, which provide a detailed preview of the end result.

This tool integrates the work of the designers, offering them Technogym's know-how and experience in developing solutions that create the right synergy between the environment and the training experience.

Technogym Interior Design

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The importance of Technogym Interior Design

ADDED VALUE FOR THE PROJECT: TECHNOGYM'S WELLNESS EXPERIENCE

Developing exacting, winning solutions requires a close alliance between the professionals and the Technogym Interior Designers where experience, creativity and competences are shared. This relationship makes it possible to meet the needs of customers while simultaneously enriching the environments where the solutions will be implemented.

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A HIGH-QUALITY DESIGN SOLUTION

The Technogym Interior Designer recreates the space through virtual imaging so alternative solutions can be studied and introduced, which make our projects wholly unique on the market.

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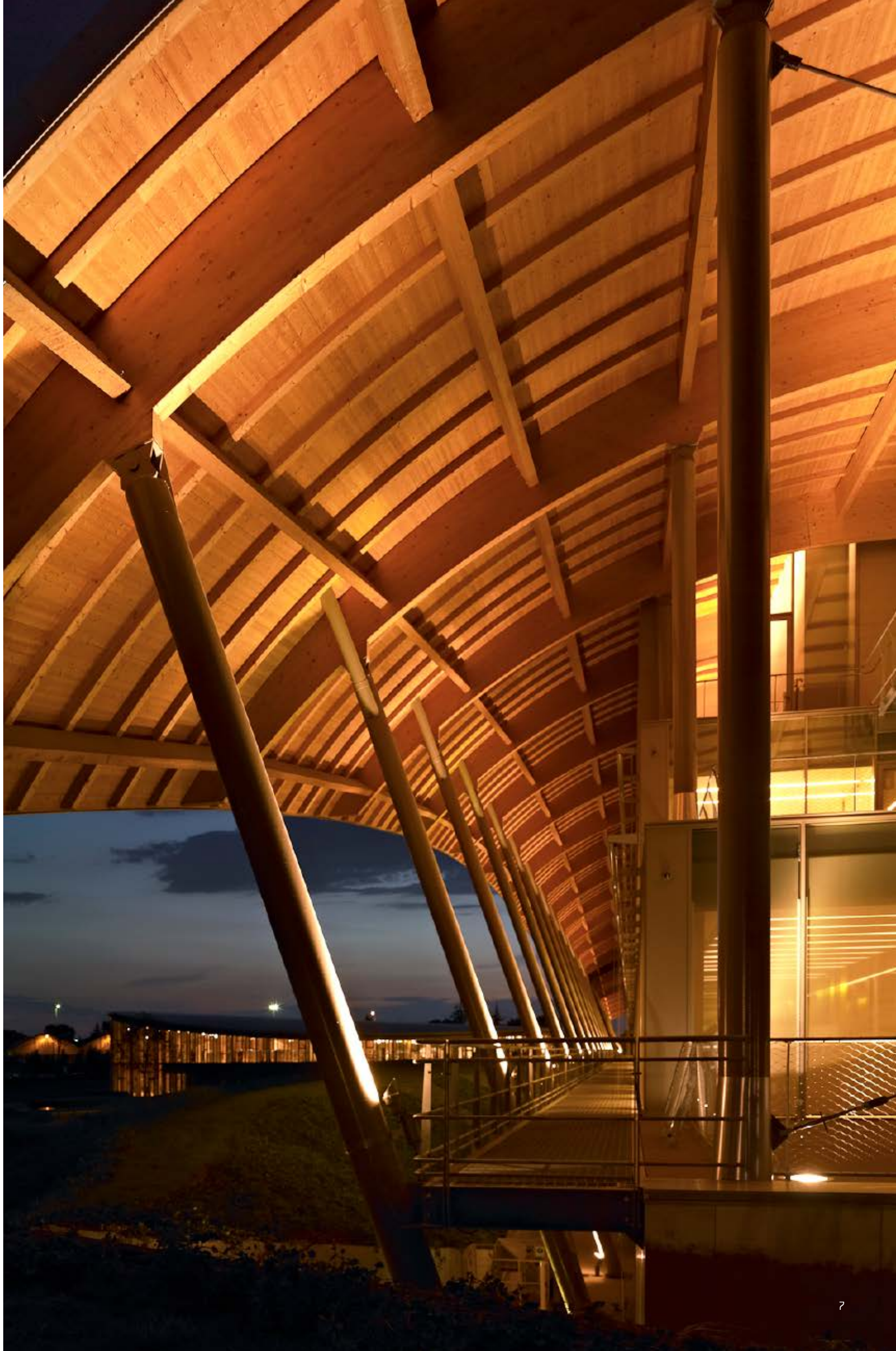
A CLEAR VISION OF THE END RESULT

The plans developed by the Technogym Interior Design specialist are immediate and easy to read. They enable the customer to get a preview of the identity and atmosphere of each environment.

Our approach

Every detail of all projects, no matter how small, is handled with the utmost precision. The end result is a valuable showcase for Technogym's products and know-how.





Design concept

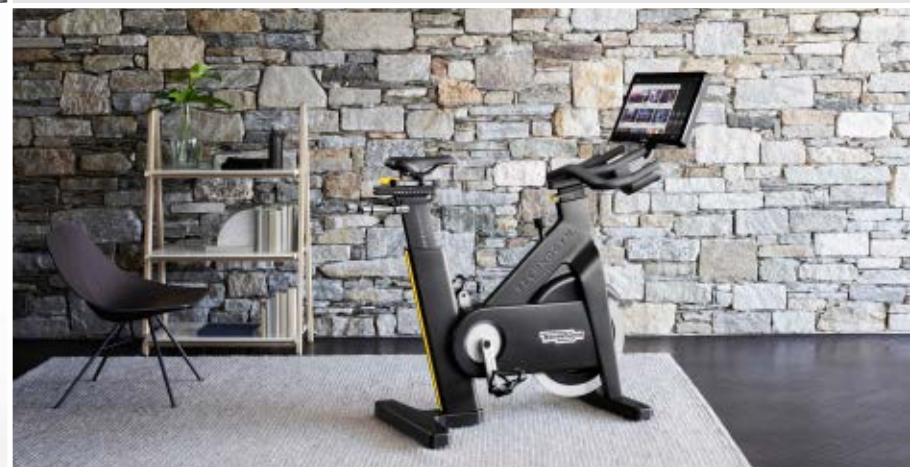
The architects are key players: their choices in materials and colors schemes define the style of the space. The finishings on the floors and ceilings are important elements that serve as the background for the Wellness Space, lending it character.

Starting with design choices, the Technogym Interior Design specialist studies the development of the area, adapting the layout of the spaces to suit the architect's proposal.

The ambient lighting throughout the fitness area should be as diffused as possible; it is especially important to avoid direct lighting on the displays [on Cardio products and Unity™ consoles].

FURNISHINGS

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LIGHTING

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COLORS AND MATERIALS

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Initial layout

DIVIDING THE SPACES

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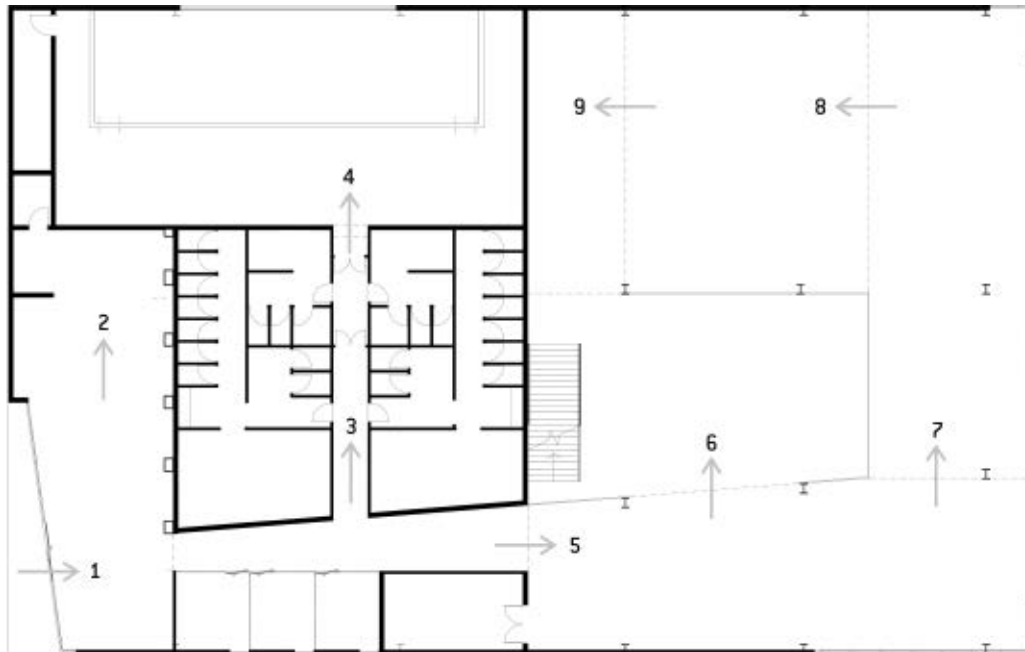


1. Entrance/Reception Desk
2. Healthy Bar
3. Office
4. Medical clinic
5. Personal Trainer
6. Warehouse
7. Women's Changing Room
8. Men's Changing Room
9. Swimming Pool
10. Cardio Area
11. Strength Equipment Area
12. Functional Fitness Area
13. Free Weights Area
14. Stretching Area

The organization and layout of the spaces has been studied to offer the highest level of psychophysical comfort. The fitness area is designed according to the Golden Rules 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

Analyzing traffic flow leads to understanding how to link one area to another. Based on this, the Technogym Interior Designer assesses the appropriate distance between Technogym products to ensure the safety of users while creating comfortable spaces.



Major 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 elaborates a 2D color layout of the environments with a proposal for how to distribute the Technogym products. This also includes a list of all the equipment in the proposal and the technical requirements needed to install each piece.

3D RENDERINGS

|

An image of the environment as seen from above is a useful tool to show a reliable preview of the end result and to illustrate the properties and specifications of the different areas to the customer.

IMAGES OF THE INSIDE

|

A virtual video camera enters the fitness area, offering images of the inside from different points of view. These high-quality renderings include details regarding the colors, lighting and materials that help the user better understand the project.



Premium services

For more elaborate and complex projects, the Technogym Interior Design offer can include a Reference Book and even more digital content (to choose from renderings, 360° images, videos, etc.), in addition to the 2D and 3D elements.

DIGITAL CONTENT

|

The project proposal can be enhanced with special content such as a virtual tour and 360° images. Both make it possible to move inside the spaces, entering each room and getting a realistic perception of movement within the Wellness Room environments.

TECHNICAL LAYOUTS

|

The plan includes prints in A1 format of every single building layout with indications of the traffic flow, product distribution and all extra services available.

REFERENCE BOOK

|

Customized for the needs of the specific customer, the Reference Book is printed in A3 format and contains all the layouts and renderings of the project. The Reference Book also includes detailed specifications regarding the customer identity and unique architectural characteristics of the building that will house the Wellness Room.



Golden Rules

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

|

Cardio training products should be installed in the first visible area from the entrance, preferably in front of a window or mirror.

STRENGTH EQUIPMENT AREA: EQUIPMENT ALIGNMENT BASED ON HEIGHT AND WEIGHT STACK

|

The equipment with the same weight stack and height should be aligned with each other, preferably placing the taller equipment along the perimeter of the room.

LIGHTING: PAY ATTENTION TO THE ORIENTATION OF THE NATURAL AND ARTIFICIAL LIGHTING

|

Avoid direct lighting on the product displays (TV and Unity™ consoles) to prevent reflections. This risk is especially relevant for cardio equipment, but it should also be considered for the Unity Mini displays and the strength equipment area.

DISTANCE BETWEEN CARDIO PRODUCTS: 1.3 METERS

|

Plenty of free space needs to be left around each product in order to ensure users can access the product comfortably. That space is also important when it comes to the maintenance of the products.





SAFETY DISTANCE FOR TREADMILLS: 2 METERS

|

It is recommended that there be at least 2 meters of free space behind the treadmills.

A wide walkway ensures both greater privacy and more space to move about.

EQUIPMENT POSITION WITH RESPECT TO AIR-CONDITIONING

|

The equipment should not be positioned near air-conditioning units.

A forced ventilation system is a viable solution to reach a comfortable internal air temperature.

COMMUNICATION AND MARKETING TOOLS

|

Marketing Support at Technogym® provides extensive communication material, updated on a regular basis, that can be downloaded and used to personalize the design of the Wellness Area and complete the environment.

UNCONVENTIONAL POSITIONING OF PRODUCTS

|

An unconventional arrangement of products can make a difference: try placing the products in the same direction, “back to back”, in a circle or grouped in small islands in 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 the positioning of the necessary sockets.

HOW MANY SQUARE METERS ARE NEEDED FOR EACH PRODUCT?

|

Usually 4-5 square meters is needed for each individual product. The total amount required for the installed equipment depends on the shape of the room, the number of doors and windows, the electric sockets, etc.

ORGANIZING THE SPACE: BREAK THE MONOTONY

|

The usability of the space influences the perception of Wellness. Carefully designing the positioning of furniture and systems allows you to gain space for training, relaxation and socialization.

CEILING HEIGHT: 2.45 METER

|

The ceiling height may limit the use of certain pieces of equipment. In addition, the dimensions of the products and the minimum height required for each type of exercise must also be taken into account.



Home Wellness

We have developed the Home Wellness concept to encourage Wellness and a healthy lifestyle in the home environment.

Our core philosophy is to combine design, attention to detail and elegant products in order to add an extra touch to interior design and create a space that strikes a balance between physical and mental health.

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



CORNER < 8 m²

|

MyRun is both lightweight and compact, making it the ideal solution for smaller spaces.

- MyRun™
- MyCycling™
- Wellness Tools™

—







LIVING SPACE 8 - 20+ m²

|

Designed by Antonio Citterio in collaboration with Technogym, Personal Line turns the living room into a small gym, giving a touch of sophisticated elegance to the interior design.

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

—



SPORT AREA 20 - 50+ m²

|

The Skill Line is a perfect solution for a dedicated environment where the focus is on improving athletic performance.

- Skillrow™
- Skillbike™
- Skillrun™
- Power Personal

—







GYM DESTINATION > 50 m²

|

An innovative environment can be created at home with the different training and entertainment options in the Artis Line.

- Artis® Cardio
- Artis® Strength

—



YACHT

|

The Personal Line offers a premium range of products - from treadmills to elliptical trainers - that are suitable for yachts.

- Kinesis® Personal
- Recline Personal
- Wellness Tools™

—





Clubs

Always at the forefront of innovation in the fitness and Wellness sector, Technogym provides reliable, customized solutions for fitness facility operators world-wide.

Technogym's Club Solutions offer users a complete training experience that is designed around top-of-the-range equipment.



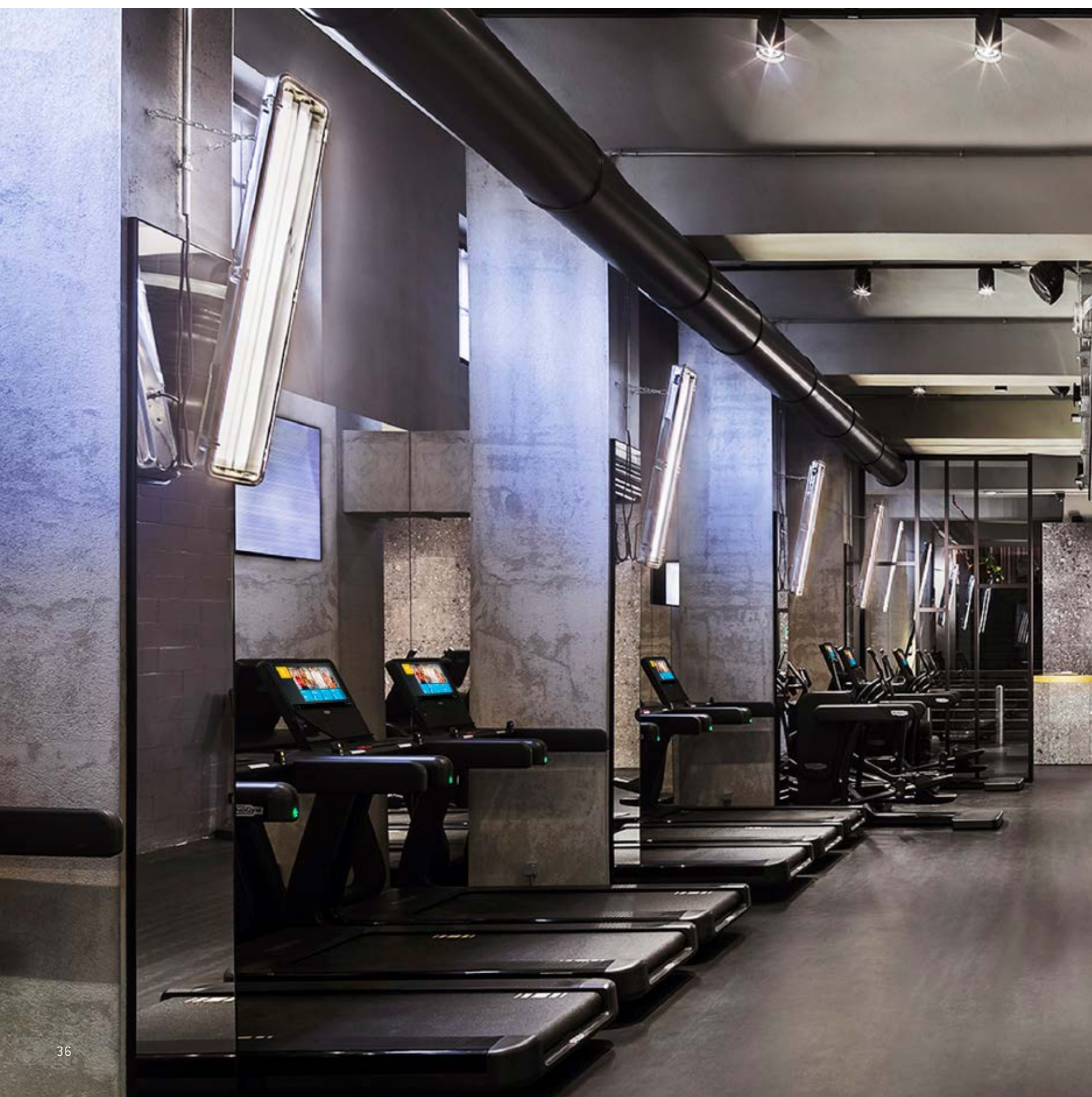
PRESTIGE CLUB

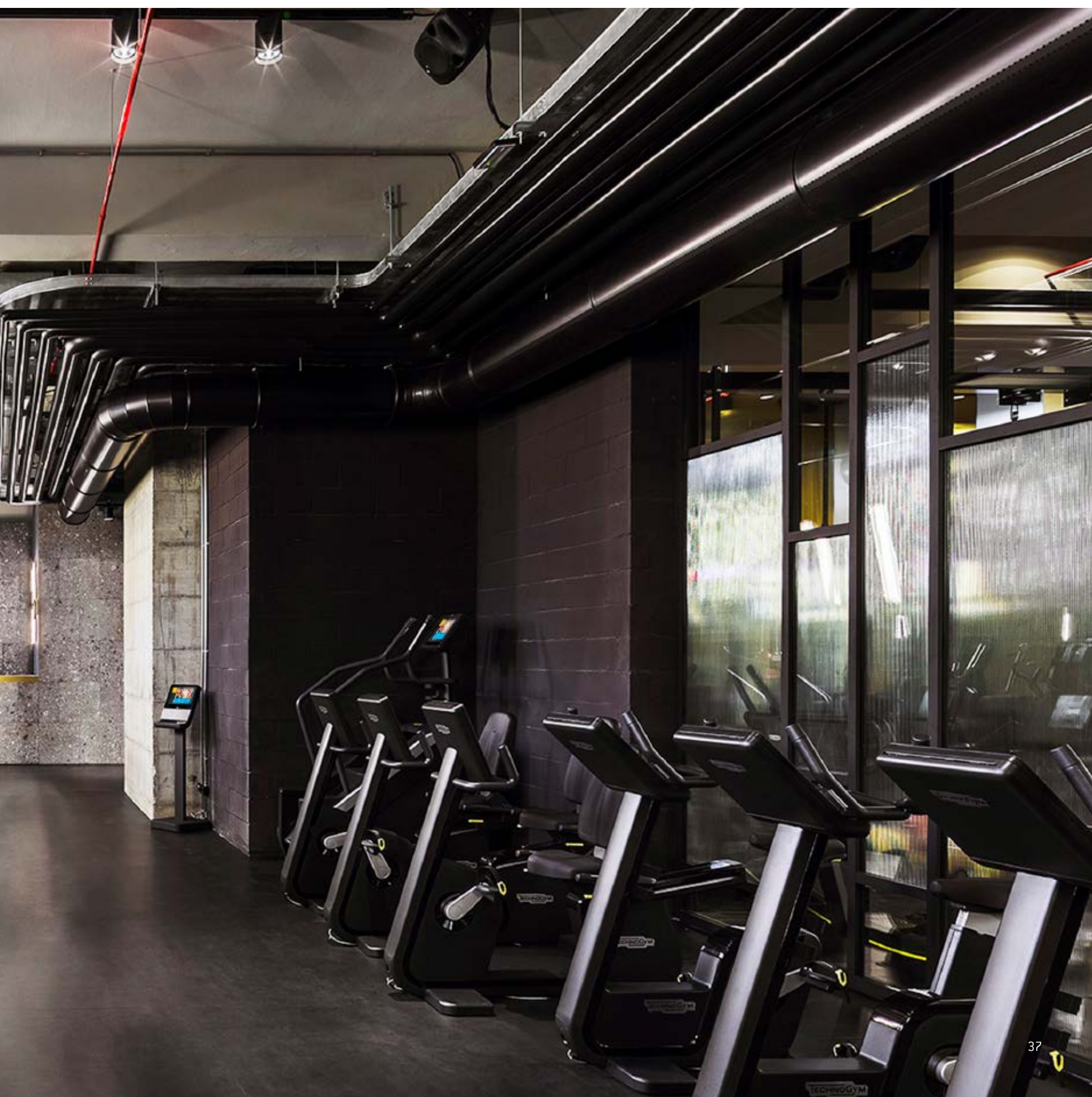
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These environments are created to inspire users through careful design that engages all the senses and facilitates natural movement in every space.

- Artis® Cardio
- Artis® Forza

—







PREMIUM CLUB

|

These integrated cardio, strength and functional products are designed to provide measurable results in association with a superior training experience.

- Excite®
- Selection

—



PREMIUM CLUB

|

Over thirty years of research in the field of motor sciences have enabled us to develop the most advanced solutions in terms of biomechanics, ergonomics and durability of products.

- Pure
- Free Weights

—







SKILLATHLETIC

Building on Technogym's Olympic background, Skillathletic offers a training experience that uses the latest technology to safely develop athletic qualities and leverage the potential of each user.

- Skill Line
- Pure





SKILLRUN BOOTCAMP

|

These environments are designed for true bootcamps and high-intensity group activities.

- Skillrun™
- Pure

—

SKILLRUN CLASS

|

Using an innovative format designed by Technogym, the goal is to take the running training experience to the next level.

· Skillrun™

—





SKILLMILL CLASS

|

This high-intensity class focusses on performance with circuit exercises that seamlessly combine cardio and strength training.

· Skillmill™

—





SKILLROW CLASS

|

This class format replicates a real rowing competition and gets club members actively involved and motivated.

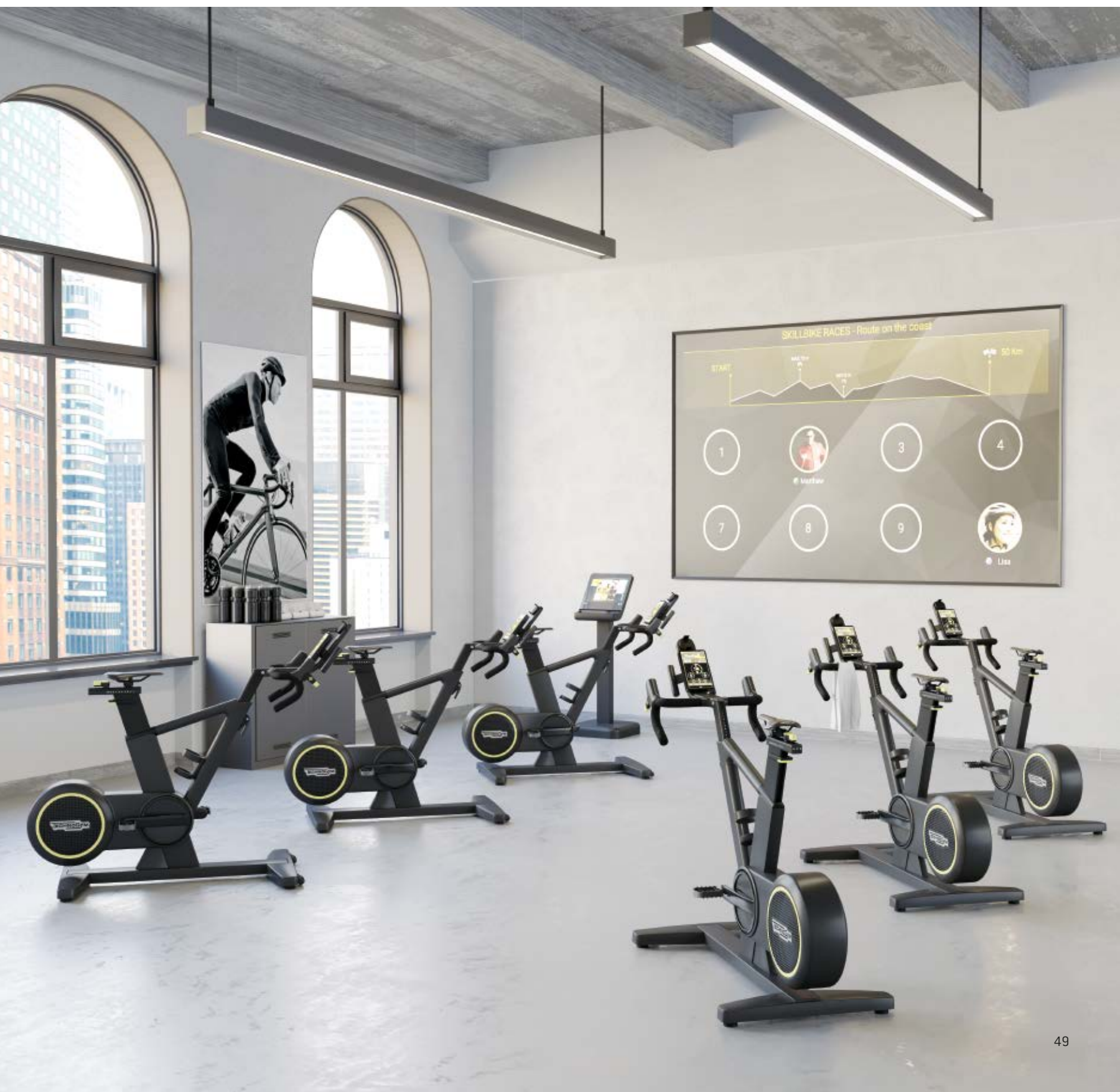
• Skillrow™

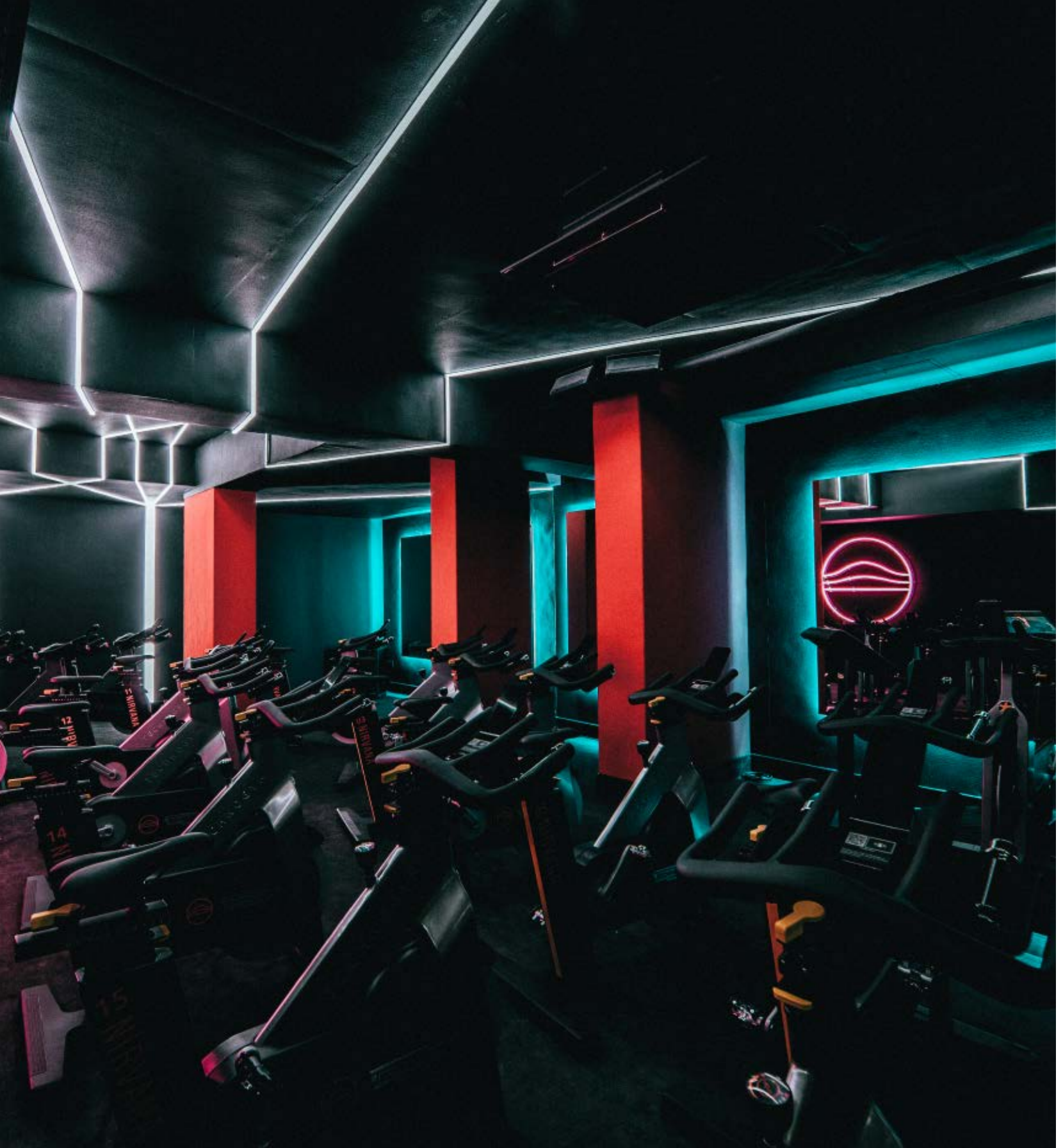
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SKILLBIKE CLASS

For cycling enthusiasts and those who want to put themselves to the test, Skillbike Race Class and Skillbike Performance Class create an environment where healthy, enjoyable competition emanates while individual performance is monitored.

- Skillbike™





GROUP CYCLE CLASS

|

This format provides an opportunity to “ride” with an experience that is multi-sensory, shared, connected, fun and motivating.

· Group Cycle

—

OMNIA CLASS

|

The environment is designed to bring people together in a fun, interactive way. Engaging group sessions are ideal for motivating members to take part in Club activities and achieve results while having a great time.

· Omnia

—



KINESIS CLASS

|

Facilities can offer reliable and highly customized workouts in an ideal environment where members move freely and naturally.

· Kinesis Class

—





BIOCIRCUIT

|

This is a fully automated solution meant for a dedicated area that enables members to carry out custom training experiences and achieve their fitness goals quickly.

· Biocircuit

—



OUTRACE

|

This modular area is designed for individual or group functional training. It can be adapted for different training situations and for varied levels of intensity.

· Outrace

—



Hotels and residential facilities

To improve people's quality of life, it is essential to optimize their Wellness experience, including when they are far from home.

Hotels, resorts, country clubs and cruise ships aim to offer their customers impeccable Wellness services, wherever they are. Technogym can provide a vast range of custom solutions that adapt to every type of space.

People are increasingly aware of the importance of a healthy lifestyle; consequently, there is more demand for training havens in residential environments which is now one of the services that interests home buyers the most.

The Technogym® solutions are developed to improve the residential offer by focussing on eco-friendly products, connectivity and a design that puts the person at the center.



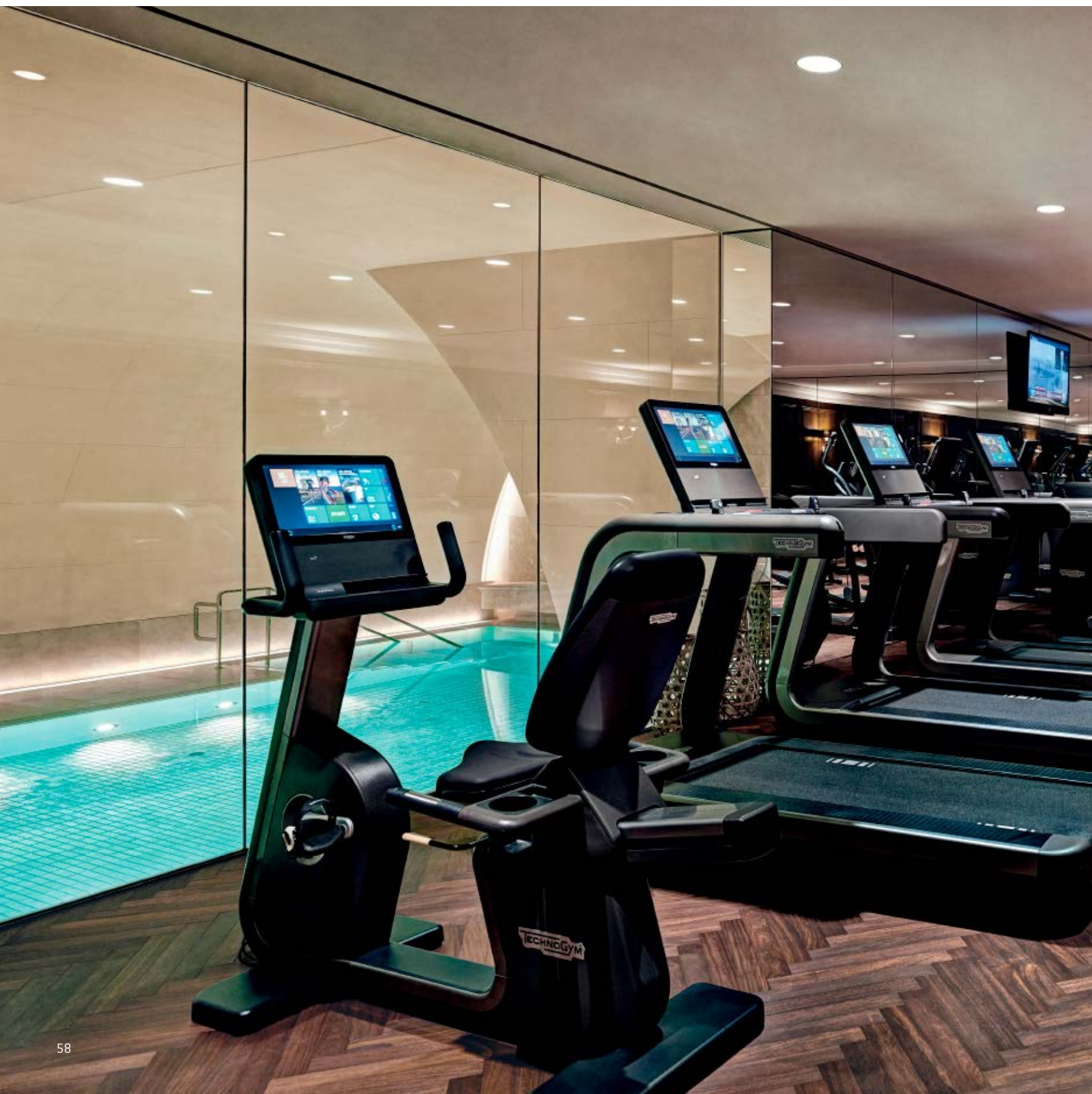
WELLNESS PRESTIGE

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Users excel with the connected equipment, cutting-edge technology and personalized workouts.

- Artis® Cardio
- Artis® Forza

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WELLNESS PREMIUM

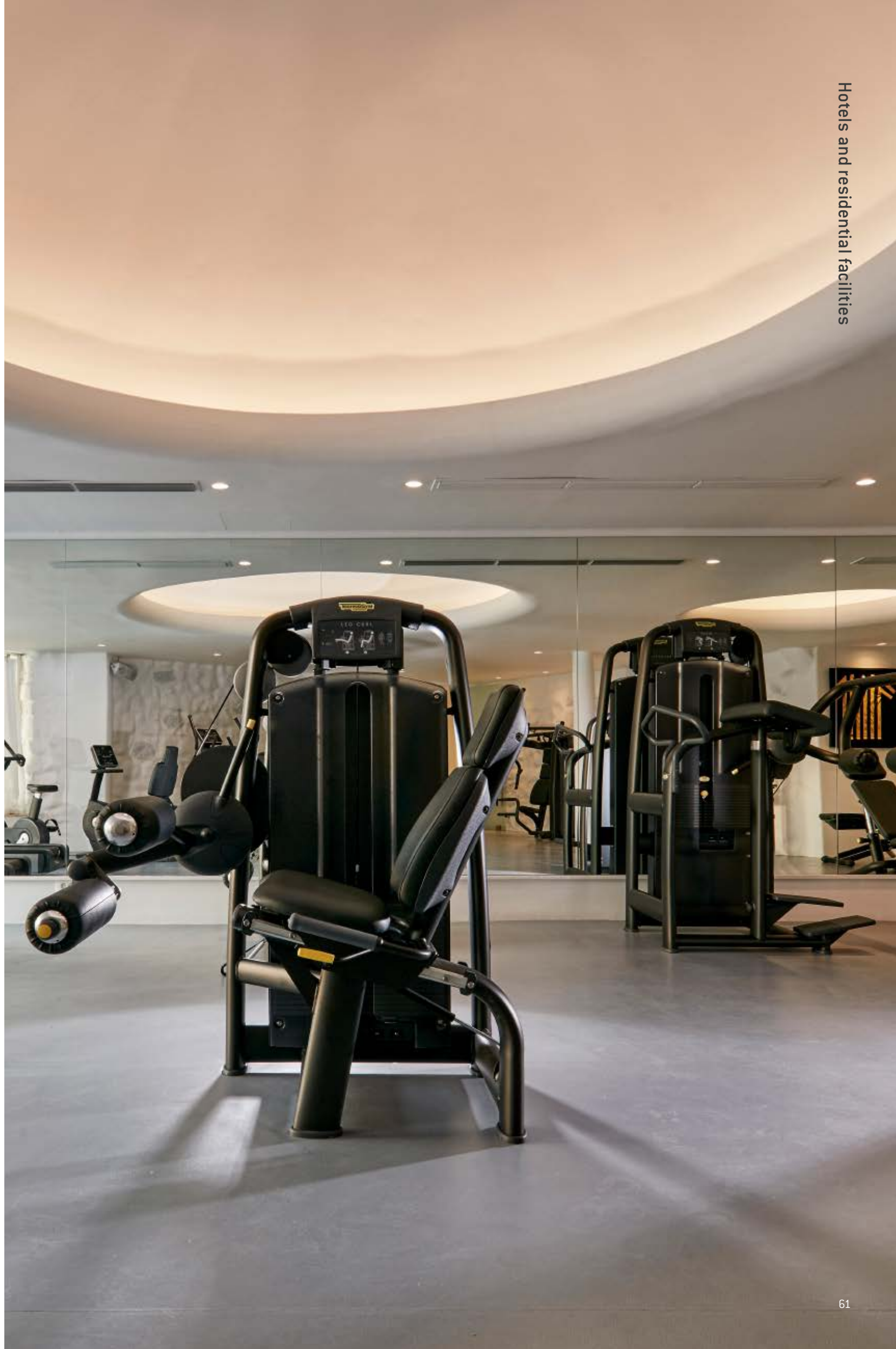
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Professional equipment can be connected to any environment.

- Excite®
- Selection

—





HIGH PERFORMANCE AREA

|

These solutions offer countless opportunities to engage guests and residents through new training experiences.

· Skill Line

—







WELLNESS ROOM

|

The connected equipment and tools create a fun experience within a designated room.

- MyRun™
- Wellness Tools™

—

WELLNESS SUITE

|

These well-rounded solutions are characterised by an innovative design that adapts to the most exclusive environments and are meant for guests and residents who want to train in the privacy of their own suite.

- Kinesis® Personal
- Bike Artis®
- Wellness Tools™

—



MEETING ROOMS

|

The Wellness Ball Active Sitting is an innovative concept for use in meeting rooms.

· Wellness Ball™ Active Sitting

—





WELLNESS LOUNGE

|

The Flexability line creates a space for users to relax and take care of themselves.

- Flexability Anterior
- Flexability Posterior

—



CRUISE

|

This broad selection of solutions is designed to offer a unique Wellness experience on board a cruise ship through the use of equipment and cutting-edge technologies.

- Excite®
- Selection

—



Medical and rehabilitation centers

For some time, Technogym® has promoted Wellness as a lifestyle and physical movement as a way to prevent and treat. In line with this objective, Technogym® is a Global Partner of the “Exercise is Medicine” initiative, working to educate people about the importance of physical exercise.



EXERCISE IS MEDICINE

Technogym boasts a wide variety of certified products, as well as extensive experience and leadership in the field of motor therapy, which 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

Employee health has a heavy impact on company costs.

Our Corporate Wellness Program can significantly reduce costs and increase productivity, and our technology can help companies invest in the Wellness of their employees.





FEEL GOOD, WORK BETTER

|

It is important to implement successful preventive strategies in the workplace. It has been shown that people who are fit are better able to deal with stress and are healthier than those with a sedentary lifestyle.

The Corporate Wellness Program offers multiple benefits, including:

- Improved stress management
- Increased cardiovascular capability
- Increased calorie expenditure
- Greater joint mobility
- Greater functional strength

—



Sports centers, schools and universities

More than 30 years of research and innovation, participation in seven Olympic Games and collaboration with teams and athletes world-wide allow us to offer safe, high performance designer solutions that help athletes achieve their full potential.



EXCEPTIONAL PERFORMANCE

|

To ensure athletes are in top condition, Technogym has developed a process that combines all the activities needed to test, develop and assign programs and personalized protocols. The aim is to ensure prevention, performance and recovery, as well as monitor results.

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TECHNOGYM CAMPUS SOLUTIONS

Sedentary lifestyles and increased obesity mean that today's young people are at risk of becoming the first generation with a shorter life expectancy than their parents. This is why it is essential to educate youth about the physical and psychological benefits of physical activity, providing students with the opportunity to adopt a healthy, sports-oriented lifestyle.



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The Wellness Company

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