

FUNCTIONAL TRAINING SOLUTIONS



TECHNOGYM[®]

The Wellness Company

FUNCTIONAL TRAINING SOLUTIONS

Increase member loyalty, engagement and generate additional revenues.

We'll help you build a **complete Functional Training solution** that meets the widest range of user needs, abilities and aspirations in just three steps.



1 | PRODUCTS & SERVICES

Technogym functional training equipment, tools and accessories offer infinite possibilities in all kinds of training areas - **strength, endurance, stability, flexibility, coordination and speed** - and allow you to explore all areas of functional and ability training, providing the variety you require to make every workout different and in line with your clients' objectives.

2 | CONTENT & EDUCATION



All functional programmes are designed by world class experts in close cooperation with the **Technogym Scientific Research Department**. They are based on the **Technogym Ability Training** philosophy involving structured progression through different ability levels in a 12-week timeframe. At the time of installation, on-site education and training is provided by our network of **Certified Technogym Master Trainers**. Be inspired at **Wekinesis.com community site**, an online platform where operators and PTs share content, gain inspiration and connect with other trainers who share a passion for functional training.

3 | APPS & PROGRAMMES

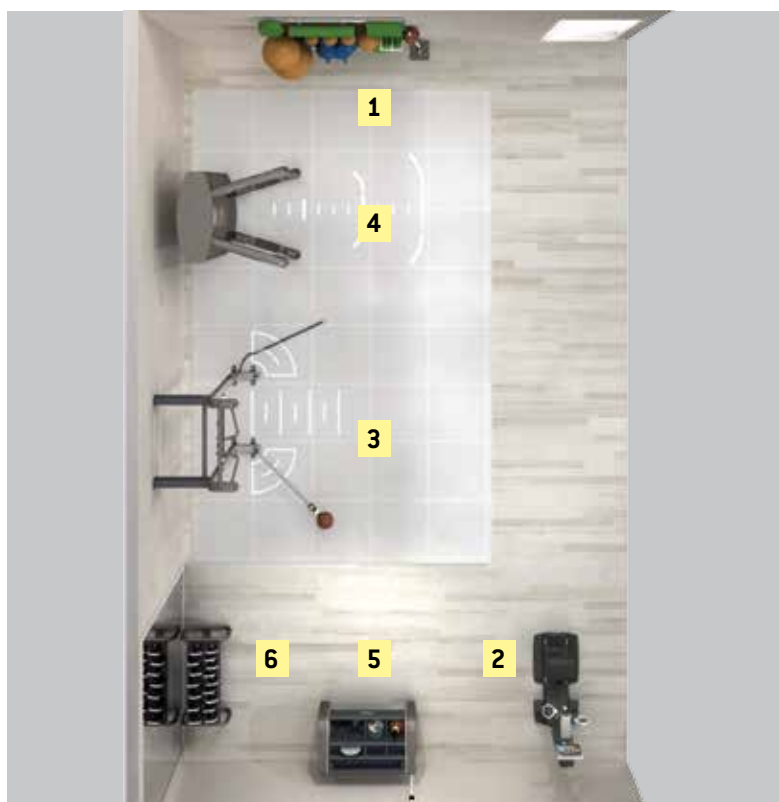


By using the **Functional Training app** trainers can assign routines from an extensive digital library containing exercises for all functional activities. They can use the **Prescribe app** to create and customise individual programmes with greater freedom. Programmes are updated on a quarterly basis for a minimal fee. By downloading the **mywellness app**, end-users can check their training programmes, view single exercise videos online and keep track of their achievements.

WATCH
THE VIDEO



FUNCTIONAL STUDIO



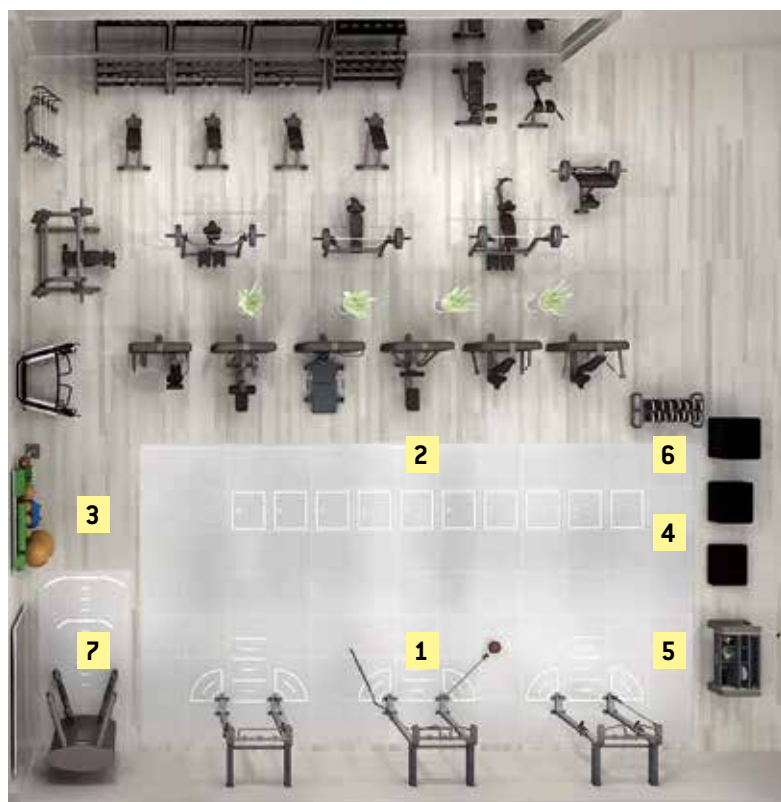
The compact solution for functional corners, fitness, physiotherapy and rehabilitation studios where users can perform exercises involving entire kinetic chains and implement all principal movement patterns.

COMPONENTS

1. ARKE Wall	2. Excite Top Unity
3. Omnia ³	4. Kinesis One
5. Omnia accessories & Storage	6. Kettlebells & Storage



FUNCTIONAL ZONE



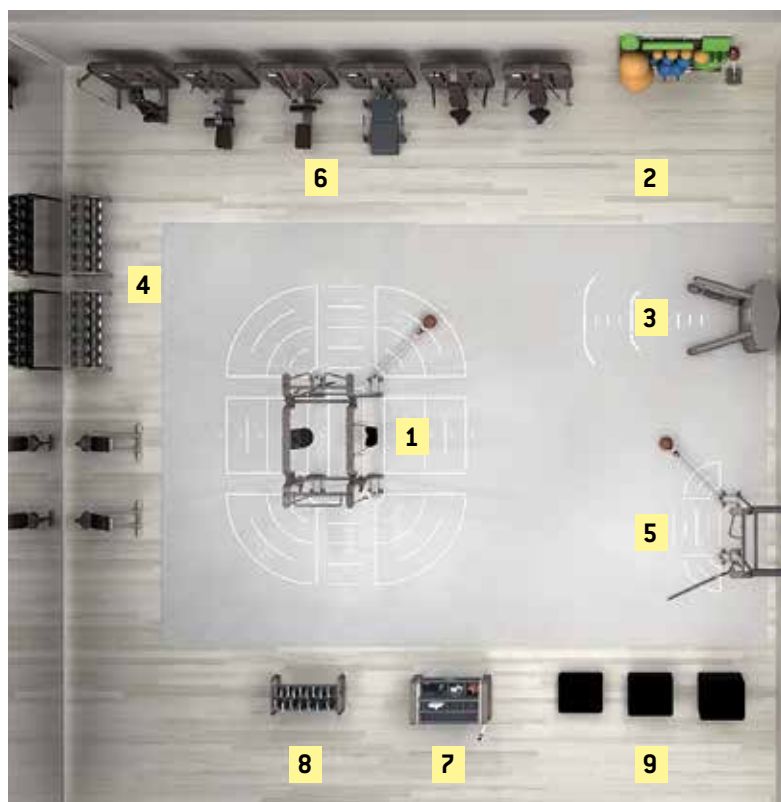
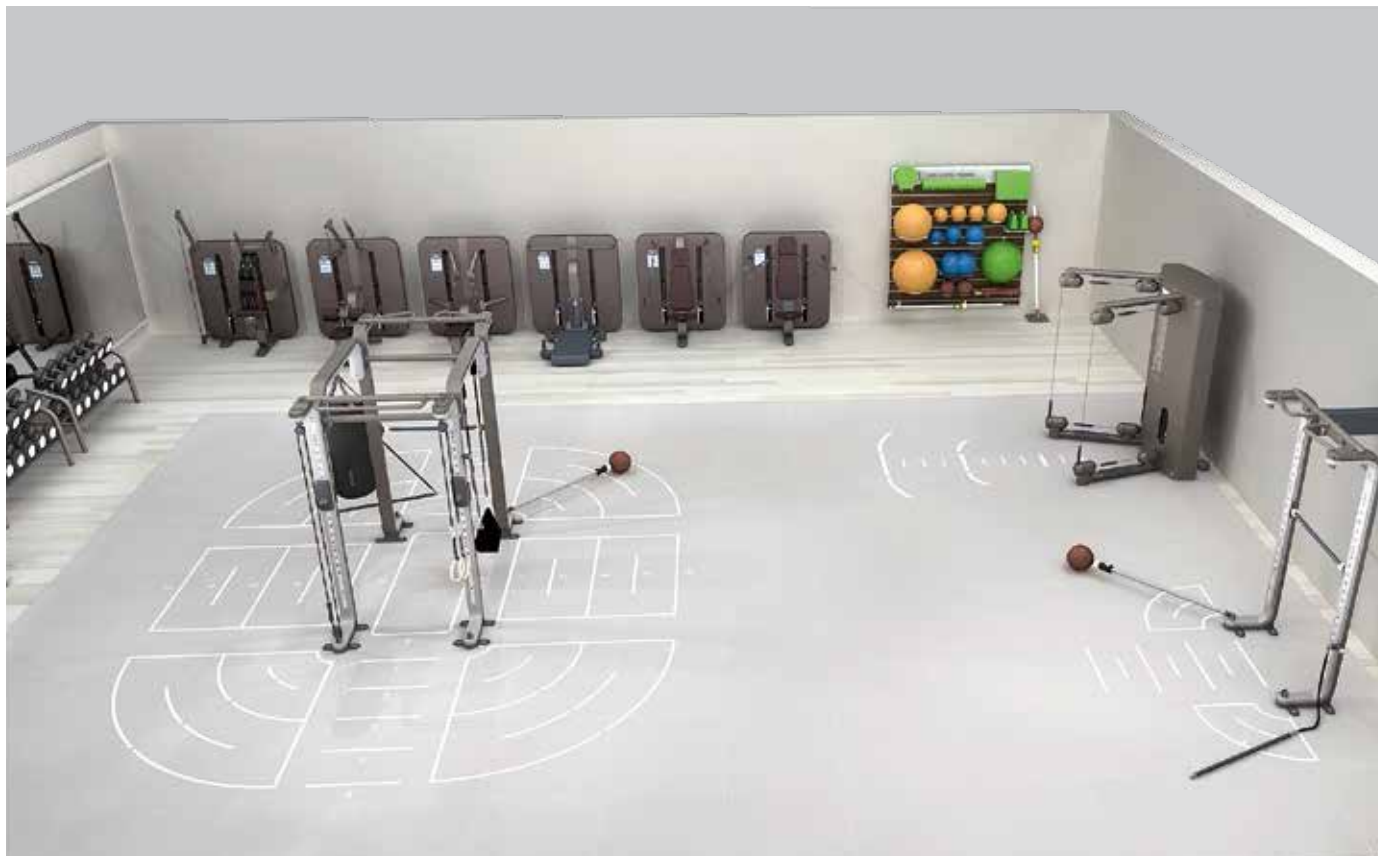
The space-efficient solution that is ideal for dynamic interaction and Personal Training sessions. With its unlimited variety of functional exercise options and extensive scope in terms of ability levels, it is the ideal terrain for high-intensity interval training.

COMPONENTS

1. Omnia ³	2. Kinesis Stations
3. ARKE Wall	4. Plyoboxes
5. Omnia accessories & Storage	6. Kettlebells & Storage
7. Kinesis One	



FUNCTIONAL ARENA



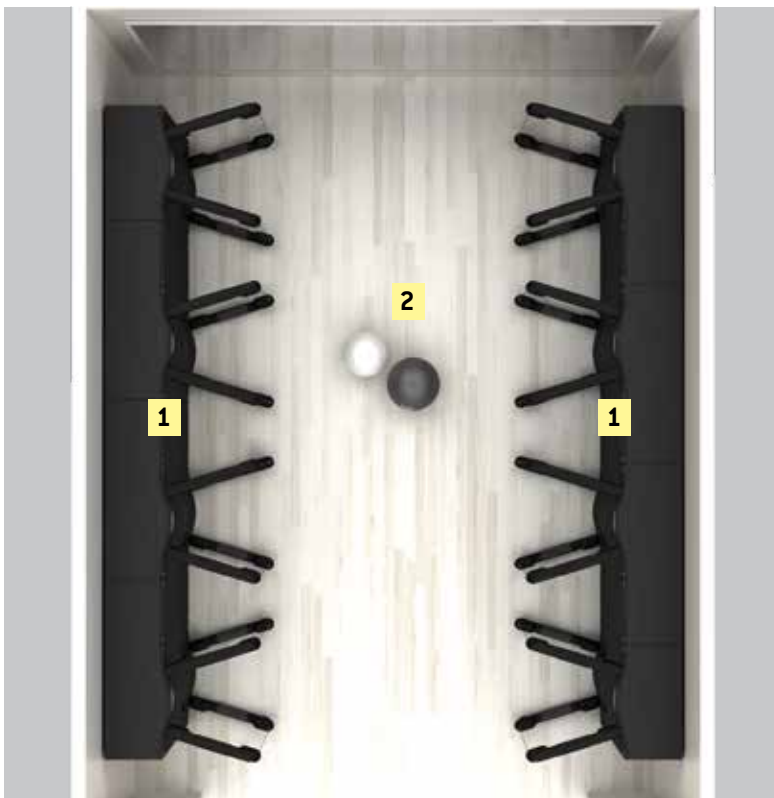
A large area focused on functional activities, designed for Functional Group Training. Engaging group sessions are ideal for motivating members to take part in activities and achieve results more effectively while having fun at the same time.

COMPONENTS

1. Omnia ⁸	2. ARKE Wall
3. Kinesis One	4. Freeweights
5. Omnia ³	6. Kinesis Stations
7. Omnia accessories & Storage	8. Kettlebells & Storage
9. Plyoboxes	

KINESIS STUDIO

WATCH
THE VIDEO



A unique concept that gives operators the power to differentiate the offer and to increase secondary revenues through Personal Training sessions and Small Group Training. With the Kinesis methodology it is possible to perform infinite exercises and movements, improving strength, stability and flexibility.

COMPONENTS

1. Kinesis Class

2. Kinesis
Accessory Pack

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