

TECHNOGYM® FOR GLOBAL REHABILITATION

MEDICAL WELLNESS



YOUR WELLNESS
BUSINESS PARTNER



The state of health of the population

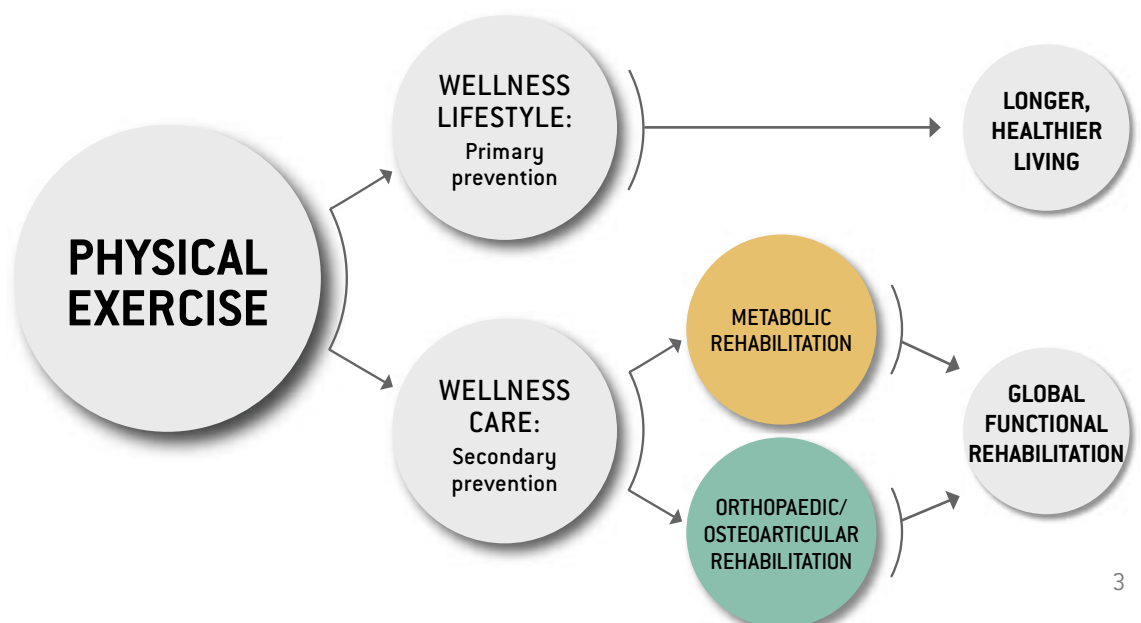


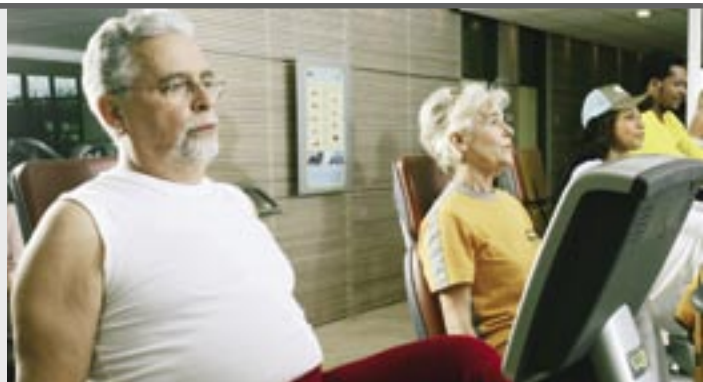
Exercise as a form of therapy is considered effective not only for cardiovascular or osteoarticular post-traumatic and degenerative disorders (such as arthritis and osteoporosis), but also for certain types of disorders that are rapidly spreading in the Western world for which we can use the term metabolic:

- Diabetes
- Obesity
- Hypertension
- High cholesterol

This last group of disorders which often lead to a specific medical condition known as 'metabolic syndrome' are largely caused by unhealthy habits such as lack of exercise, bad food habits and stress.

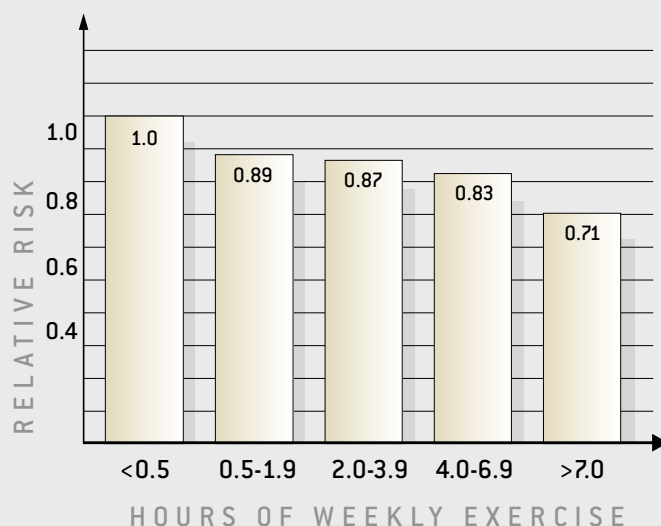
Physical activity is the best solution to undertake global prevention of such disorders in order to improve the state of health of the population.





‘The world is facing a devastating **diabetes** epidemic which could be prevented by improved eating and **exercise habits**’

World Health Organization 2005



The relative risk of developing diabetes diminishes as the weekly hours of exercise increase.

(Nurses Health Study, Diabetes Care)

HYPERTENSION

For the 65 million American adults who suffer from **hypertension** [...] and the additional 45 million Americans who suffer from pre-hypertension, there are only three lifestyle modifications that can reduce the risk of serious health problems:

- Stop smoking
- Adopt a low-fat diet
- Get more exercise

Archives of internal medicine, October 25, 2004

CHRONIC BACK PAIN

Research involving 1,300 men and women suffering from **chronic back pain** found that the optimal treatment for relief involved:

- A 12-week fitness program
- General Practitioner involvement
- Spinal manipulation

British Medical Journal, November 19, 2004

It pays to be healthy

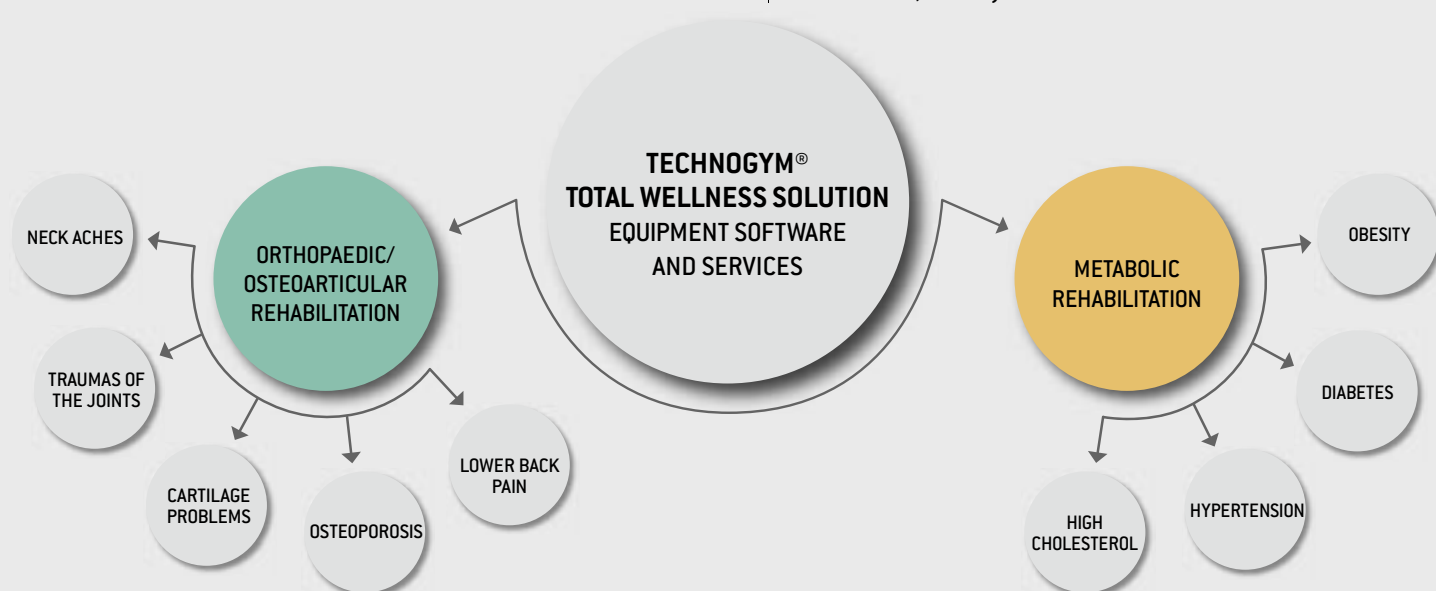
Wellness socio-economic benefits



‘Physical activity is a medicine that improves life expectancy’

Prof. Attilio Maseri, 11th International Wellness Congress

Exercise therapy proves very effective to prevent and cure many pathologies, thus reducing their social and economic impact on the community at large, on the State and the private citizen. This was demonstrated by a 19 year study, involving 10,245 men at the Cooper Clinic in Dallas, Texas, which found that the average health care cost for fit men was 53% lower than the average cost for unfit men. [Medicine & Science in Sports & Exercise, December, 2004]



METABOLIC SYNDROME

Research conducted at Johns Hopkins University School of Medicine found that a six month program of regular exercise could reduce the incidence of patients with metabolic syndrome by 41%.

American Journal of Preventive Medicine, January, 2005

AGEING

Strength training reduces the risk of falls, increases bone density [...] and reduces the symptoms for arthritis, heart disease, osteoporosis, diabetes, obesity and back pain [...] and can also have a profound effect on a person's mental and emotional health.

"Growing Strong – Strength Training for Older Americans", April 1, 2004



Technogym®

‘Your Wellness Business Partner’



Why Technogym®?

Technogym® is the ideal partner for all Centres that offer health services:

- Medical centres
- Hospitals and clinics
- Rehabilitation centres
- Homes for the elderly
- Sports and medicine centres

Technogym® added value

Technogym® is the best choice for orthopaedic and metabolic rehabilitation due to:

- its complete range of certified products approved by international associations
- its durability and safety of equipment
- its hardware and software platform for a joined-up approach to patient health of all players involved
- its compatibility with external testing instruments such as Metabolic measurement systems



‘Total Wellness Solution’: systems, equipment, services

With its Total Wellness Solution, Technogym® offers the latest equipment for orthopaedic and metabolic rehabilitation, cardiovascular and strength training

as well as tailor-made packages of easy-to-use systems and services to ensure the safe and efficient management of the Centre and of clients' health.

Technogym® is the ideal partner for health



Total Wellness Solution

SYSTEMS

- WELLNESS SYSTEM
(exercise and rehabilitation management)

EQUIPMENT

- CARDIOVASCULAR TRAINING
- STRENGTH TRAINING
- REHABILITATION
- MOVEMENT

SERVICES

- FACILITY MANAGEMENT
- WELLNESS DESIGN
- AFTER SALES SERVICE
- WELLNESS INSTITUTE
- MARKETING SUPPORT

WELLNESS SYSTEM

A unique system for a joined-up approach to managing clients’ health

The Wellness System is a wireless integrated system for managing health plans which allows to develop, apply, monitor and review medical plans and protocols.



**With the TGS Key the user has access to a personalised training program and follows the instructions displayed on the equipment. The automatic recording of training data enables monitoring by staff.*

The Wellness System is an essential tool to:

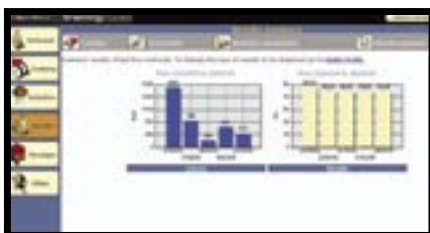
- 1 Collect all available data regarding a patient's physical activity in a centralised file
- 2 Use results (biometric tests undergone before and after performing physical activity at the Centre) to check the efficacy of protocols
- 3 Monitor all physical activity performed within the Centre and outside to have a complete patient profile
- 4 Share data amongst all interested parties (insurance, general practitioner, specialised centre) relating to ongoing physical activity and the patient's health

Wellness System: full support towards your Client's health



The Training Room helps you keep an open line with your client's health

The Training Room is the on-line Wellness System module that connects users and operators allowing data relating to any given physical activity to be shared. Both inside the facility and external activities that are safe and efficient can be monitored.



RESULTS



PHYSICAL EXERCISE

EXCITE MED

Cardiovascular equipment for evaluation and rehabilitation

Run EXCITE Med and Bike EXCITE Med are designed to interface with external testing instruments such as ECGs and Metabographs. Excite Med products conform to the sector's most stringent standards for safety such as CE medical, UL medical and TÜV medical. Additional accessories are available on Run EXCITE Med and Bike EXCITE Med to ensure maximum adaptability, safety and comfort to all users alike, ranging from patients undergoing rehabilitation to athletes.

Cardiomemory

Every EXCITE Med product features integrated Cardiomemory software for the detailed assessment of patient aerobic capacity. It enables the real time acquisition, storage and visualisation of all data relevant to tests or training sessions and importantly, provides a comprehensive report at the end.



TEST RESULTS





PERSONAL SELECTION TÜV GM

A complete circuit of certified biomedical equipment

The PERSONAL SELECTION TÜV GM line is the result of comprehensive research designed to adhere to both rigorous safety standards as well as the essential requirements of TÜV GM certification.

The SELECTION TÜV GM Circuit features 9 machines and 2 benches to allow trainers, athletic coaches and physiotherapists to implement injury prevention, rehabilitation programmes and the recovery of sports mobility.

- **Upper Body:** Upper Back, Vertical Traction, Low Row
- **Mid Section:** Rotary Torso, Abd. Crunch, Lower Back
- **Lower Body:** Leg Extension, Leg Curl, Leg Press
- **Benches:** Crunch Bench, Adjustable Bench





Personal Selection TÜV circuit

TOTAL TRUNK

To assess and regain strength in the trunk flexor and extensor muscles

The technical characteristics of TOTAL TRUNK make it possible to work both the abdominal and trunk extensor muscles, performing contractions with isometric, isotonic and elastic resistance. Load control is extremely accurate and the exclusive load duplication system allows the resistance to be easily doubled by means of a lever, ensuring correct training for healthy subjects, back pain sufferers or even for elite athletes.



VARIO PULLEY

Multi-purpose strength training equipment

VARIO PULLEY is versatile, safe and effective. The original technical features of this unique, innovative product make it ideal for exercising the main muscle groups across a range of different trajectories, either symmetrically, singly or in alternating routines. The VARIO PULLEY is suitable not only for unfit or disabled users, but also for athletes.





KINESIS

Physical reconditioning and improvement

KINESIS™ is a new training method that allows over 250 3-D exercises and movements to improve:

- **Strength**, the ability to work with resistance, either using one's own body or an external weight.
- **Balance**, the ability to actively maintain the body in balance, making use of the stabilising muscles during each movement.
- **Flexibility**, the ability to move freely when possible through a full range of motions.

Kinesis™ is used to great effect in the creation of one-to-one (one trainer to one user) training programmes for the prevention and functional rehabilitation of specific body areas. The versatility of the Kinesis system provides the ideal outlet within which trainers and physiotherapists can provide users with the benefits of their knowledge and experience.

Kinesis™ is ideally suited to developing an extensive range of sport-specific workout programmes designed to improve user performance at all levels, from amateur to professional.





EXCITE

The most innovative cardiovascular training product line

EXCITE™ is the latest cardiovascular line designed to make training fun and interactive. Ergonomically designed to suit the user's needs, it can also be equipped with Wellness touch-screen TV fully integrated into the console that displays both training information and television programmes.



EASY LINE

Metabolic Circuit Training

The EasyLine circuit with its 16 stations (8 equipment and 8 steps) combines cardiovascular resistance and strength training exercises. It is the perfect solution for users affected by metabolic disorders who require a rapid and effective method of training.

By performing the movements without recovery between stations, patients affected by metabolic syndrome achieve optimal training level that provides strength training alongside increased calorie expenditure.

Furthermore, the resistance offered by the hydraulic pistons changes with the speed of the exercise enabling every kind of user, from the deconditioned to the ‘Silver Age’, to find the intensity best suited to their physical condition.





BIOSTRENGTH

Design and technology for natural and effective training

BIOSTRENGTH® is a line of equipment for training the main muscle groups that combines design and state-of-the-art technology. The combination of gravitational load and electronic control enable an easy and comfortable workout.

Posture, biomechanics, ergonomy together with the opportunity to manage diverse training protocols make BIOSTRENGTH® a safe product for any kind of user.



PERSONAL SELECTION

The most popular strength training equipment in the world

PERSONAL SELECTION is the new generation range for strength training equipment. It incorporates the best features including ease of use, natural movement, comfort and design. The equipment can be easily and correctly adjusted, allowing the user to establish a direct contact with the product.

Integration with the Wellness System allows users and instructors to measure and evaluate training sessions, monitor performance levels and set training plans.





RADIANT

An infinite space available to the trainer

RADIANT makes it possible to perform a wide range of exercises but also to follow a progression increasing the level of stimulation of the torso stabiliser muscles. The integrated bench makes sure that even the least conditioned user assumes the physiologically correct position. It may be combined with other accessories to create an area in which the trainer can supervise up to seven clients at the same time.

XTPRO

Easy and comfortable cardiovascular training

The evolution of XT LINE, XTPRO offers a complete and reliable range of cardiovascular equipment. All users, at all levels of expertise, will find this equipment easy to use and comfortable.

ISOTONIC LINE

A complete range of equipment for strength training

ISOTONIC LINE allows users to train lower limbs, torso and upper limbs, easily and safely. Some products are fitted with a range of movement limitation device (ROM) essential for rehabilitation purposes which, in conjunction with the Physio Camme, safeguards the joints' biomechanics and ensures results in shorter times.



PROFESSIONAL FREE WEIGHTS

A range of essential tools for strength training

Technogym® offers a wide range of dumbbells and barbells to act specifically on the upper limbs and on the torso according to medical protocol.



PROFESSIONAL ACCESSORIES

A range of essential tools to improve posture

- **Wellness Balls:** by virtue of their intrinsic instability, they offer an infinite variety of exercises to improve proprioceptivity, sense of balance, strength and flexibility.
- **Rocker Board:** it helps train and regain sense of balance and proprioceptivity. It may be used standing on both feet or on one, at a higher level of difficulty.
- **Wobble Board:** more advanced than the Rocker Board, it helps train and regain sense of balance and proprioceptivity. It may be used standing on both feet or on one, at a higher level of difficulty.





FACILITY MANAGEMENT

Technogym®’s assistance for the creation and management of the Wellness Centre

Technogym® allies itself with highly qualified personnel and partner companies to support the business in the process of defining and implementing the Wellness facility.



1 Project study

- The **Wellness Design** service provides a solution for the best usage of space and equipment layout to ensure customer safety and flow of members through the facility.

2 Project development

- Technogym® experts supervise the fitting and installation of the Centre.

3 Centre project management

- Technogym® provides qualified trainers and management tools by means of periodical reports.
- Technogym® provides qualified personnel to support educational formats relating to issues of general interest (lifestyle, posture, rehabilitation, etc)

4 Project optimisation

- Technogym® ensure the success of the project by means of a tailored internal communications strategy.

WELLNESS DESIGN

Layout that fits your needs

Professional experts will advise and assist clients in the choice of products, layout solutions and Wellness interior design. Wellness Design in conjunction with other Technogym® services enables clients to obtain the best possible results from the centre in terms of client satisfaction and operational ease.



AFTER SALES SERVICE

After sales service support

Technogym®'s technical staff are always at the clients side to help make the best possible use of the equipment. Technogym®'s global assistance network guarantees a 24 hour a day service, seven days a week by means of the Technogym® Direct ensuring operational continuity of the Centre at all times. This way, members are safeguarded and programmes can run smoothly without interruptions to break up the rehabilitation process.



WELLNESS INSTITUTE

Training and consulting

Technogym® offers rehabilitation professionals a comprehensive range of instruments to assist them in the process of getting to know and becoming familiar with the products and the latest sector innovations. Qualified trainers and specialist consultants deliver off-the-shelf or bespoke training packages to meet specific needs of Centre and client management.



MARKETING SUPPORT

Strategic communication

Technogym® is constantly involved in promoting and spreading the Wellness Philosophy including investment opportunities, strategic communication campaigns, events, PR, sponsorships and social initiatives, which all contribute to making the Technogym® brand valuable to all those operators working with Technogym®. Technogym® is also able to offer a personalised client marketing service.



BANNERS



WELLNESS GUIDE



Bad Westernkotten Sole & Moorheilbad, Erwitte - GERMANY



Robinson Wellfit in Town, St. Wendel - GERMANY



Achmea Health Center - HOLLAND



Meds alla Fundación Ivan Zamorano, Santiago - CHILE

Some of our Clients



City of Sunderland - UK



Kienbacher Training, Vienna - AUSTRIA



Gavle Hospital, Gavle - SWEDEN



Oranjewijk Medical Wellness Center - HOLLAND

ACHMEA HEALTH CENTERS - NL

'In the Netherlands, where despite the bicycle culture over 40% of the population is overweight, Achmea health Centers plays a unique role in making people aware of the importance of health and fitness. [...] Our role or mission is to help people manage their health by facilitating healthy behaviour and coaching them as well as we can. [...] The unique experience members get is accomplished through Technogym's Wellness program for personal and personalized coaching.'

Xavier Martins Dias (Management Team)

MEDICAL WELLNESS CENTER ORANJEWIJK - NL

'The success of Oranjewijk is based on quality in services and products. Through the excellent functional equipment of Technogym® and the additional service support that is provided, Technogym® is the ideal partner in business.'

Edwin van der El (Physiotherapist)

ASS. FITNESS METABOLICA - IT

'The Metabolic Fitness Association (MFA) has selected Technogym as the ideal partner for equipment reliability, quality and technology. MFA and Technogym Wellness Institute are responsible for the training of Metabolic Fitness instructors with e-learning (on-line and off-line) programmes and practical exercises with patients. The Wellness System and the MFA database enable remote storing both of syndrome data and of training session results and the separate consultation by means of reserved accesses.'

Dr. Stefano Balducci (Director)

THE WELLNESS CENTRE - RSA

'Using Technogym®'s Wellness System can be compared to having a virtual personal trainer every time you exercise – and the range even includes built-in televisions on the treadmills and bikes. The patient initially undergoes a complete medical, fitness and strength assessment, psychometric evaluation, and dietary analysis. Full cardiopulmonary stress evaluations are conducted to establish muscle physiology, such as VO2max and heart rate training zones, before beginning a personalised training programme – written by a sports physiologist - and this is stored on the smart key, along with their name, weight, health history and wellness goals.'

Dr. Richard Brink

SPORTS, SPINE AND INDUSTRIAL - USA

'Sports Spine & Industrial is dedicated to greater wellness and greater living in greater Greer. Because of this commitment, we have added a state-of-the-art Training and Wellness Center to complement our physical therapy roots. Our goal is to help the citizens of Greer and the surrounding area to live fuller, healthier lives.'

Lance Owens

'Everyone feels comfortable using the equipment, regardless of their experience or workout history.'

Jarod Gauy (Wellness Director)

MEDISPORT STARNBERG - DE

'The Wellness System gives us the possibility to control the quality of the movements and the training of our customers in a great and unique manner because it allows us to create an individual training schedule for each customer and documents the effective training exactly. The handling of the equipment is very easy – also for elderly people who are not used to computers and training equipment. The implementation of tests and their reliability is very useful and the range of motion control is a great help to fulfil a correct work out.'

Stephan Schirmer (Director)

CITY WELLNESS HOSPITAL - USA

'We are doing great in our new expansion. Everyone loves the new Technogym® machines, we are getting many compliments. Thanks for helping me choose the right machines for our facility [...].'

Christal Hutton (Wellness Center Director)

CITY OF SUNDERLAND - UK

'Sunderland City Council is committed to improving health and social care in the community through the promotion of wellness and prevention of illnesses. [...] We are constantly developing a number of Wellness Centres in the City. These centres incorporate state-of-the-art Technogym® equipment including the Wellness System, which allows individuals to monitor their activities and enables data collection which supports future intervention programmes for both the Council and the Primary Care Trust'

Paul Dobson (Director of Community & Cultural Services)

Partnerships and References

- Academic Hospital Antwerp - BELGIUM
- Academic Hospital Maastricht - HOLLAND
- Achmea Health Center - HOLLAND
- Allgemeines Krankenhaus, Wels - AUSTRIA
- Ambulatorium für physikalische Therapie, St. Stefan - AUSTRIA
- A.R.I.S. Ambulantes Rehasentrum in Soltau GmbH - GERMANY
- Asklepios Burgseekliniken, Bad Salzungen - GERMANY
- Associazione Fitness Metabolica, Roma - ITALY
- Beauty Vital Residence Dr. Helga Dolezal, Neusiedl/See - AUSTRIA
- Bad Westernkotten Sole & Moorheilbad, Erwitte - GERMANY
- Balance Finess & Wellness Club der Kirchbergklinik, Bad Lauterberg GERMANY
- Basic Body Integrated Center, Beirut - LEBANON
- Bio-Trainingszentrum Gars, Gars am Kamp - AUSTRIA
- Central Military Hospital, Doorn - HOLLAND
- Centro Riabilitativo Parmense, Parma - ITALY
- Centro Scienze Motorie Bernstein, Verona - ITALY
- Centr-O-Med, Datteln - GERMANY
- City of Sunderland, Sunderland - UK
- City Wellness Hospital Martinsburg - USA
- Clinica Meds - Fundación Ivan Zamorano, Santiago - CHILE
- De Hoogstraat, Utrecht - HOLLAND
- Dr. Milan Tolijan, Facharzt für Unfallchirurgie, Linz - AUSTRIA
- Fysiotherapie Heerlen Noord B.V. Heerlen - HOLLAND
- Fysio Sport Alphen a/d Rijn, Heerlen - HOLLAND
- Fysio Sport & Training, Zeist - HOLLAND
- F.X. Mayr-Zentrum, Igls - AUSTRIA
- Gavle Hospital, Gavle - SWEDEN
- Gezondheidscentrum Nass, De Lier - HOLLAND
- Gruppo Villa Maria, Cotignola - ITALY
- Hart-Fit, Landen - BELGIUM
- Defence Medical Rehabilitation Centre, Headley Court, Surrey - UK
- Huddersfield Central PCT- Royds Hall High School, Huddersfield - UK
- Igia Ambulatorium für Physio- und Bewegungstherapie, Salzburg - AUSTRIA
- Institut für physikalische Medizin, Wien - AUSTRIA
- Isokinetic, Bologna, Roma, Milano, Verona, Torino, Cortina - ITALY
- Kienbacher Training, Vienna - AUSTRIA
- Kingman Regional Medical Center, Kingman - USA
- Kurzentrum Badhofgastein, Bad Hofgastein - AUSTRIA
- Liverpool City Council, Liverpool - UK
- Ljubljana Sports University Medical Center, Ljubljana - SLOVENIA
- Medisport, Starnberg - GERMANY
- Nationaal Sportcentrum Papendal, Arnhem - HOLLAND
- Neurologisches Rehabilitationszentrum Rosenhügel, Wien - AUSTRIA
- Nieuw Groenendaal, Heemstede - HOLLAND
- Nova Vita / Wellnesszentrum Moorkarte, Schacht-Audorf - GERMANY
- ÖÖ Gebietskrankenkasse, Linz - AUSTRIA
- Oranjewijk Medical Wellness Center, Barendrecht - HOLLAND
- Ospedale San Raffaele, Milano - ITALY
- Physikalisches Ambulatorium Judenburg, Judenburg - AUSTRIA
- PKA Private Krankenanstalt, Wels - AUSTRIA
- Policlinico Gemelli, Roma - ITALY
- Rehab Zentrum Dornbach, Wien - AUSTRIA
- Rehab Zentrum Liesing, Wien - AUSTRIA
- Rehab Zentrum Penzing, Wien - AUSTRIA
- Rehab Zentrum Stadlau, Wien - AUSTRIA
- Rehab Zentrum Tulln - AUSTRIA
- Revalidatiecentrum Amsterdam - HOLLAND
- Revalidatiecentrum 't Roessingh, Enschede - HOLLAND
- Revalidatiecentrum voor Kinderen, Zandhoven - BELGIUM
- Robinson Wellfit in Town, St. Wendel - GERMANY
- Sint Franciscus Hospital, Rotterdam - HOLLAND
- Sportinstituut Galgenwaard, Utrecht - HOLLAND
- Sports, Spine and Industrial, Greer - USA
- Sportinstitut Universität Klagenfurt, Klagenfurt - AUSTRIA
- S29 Studio, Im Gesundheitszentrum, Ehingen - GERMANY
- The Wellness Centre, Bryanston - RSA
- The Adidas Wellness Centre, Hazel Grove, Stockport - UK
- Universitäts-Sportinstitut, Innsbruck - AUSTRIA
- Uttoxeter Healthy Living Centre, Staffordshire - UK
- Vitalia Gesundheitszentrum, Norderstedt - GERMANY
- Vitalzentrum, Damp - GERMANY
- Verheul & Weerman, Nieuw-Vennep - HOLLAND
- Welzijn Ouderen, Zwolle - HOLLAND
- 120/80 Medizinische Fitness Funk, Bad Wildbad - GERMANY

Technogym® brings you the experience of a winning team



Official Supplier
15th Asian Games Doha 2006



Official Provider
Olympic and Paralympic Games Athens 2004



Official Provider
Olympic and Paralympic Games Sydney 2000



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F.C. Internazionale



Official Provider
A.C. Milan



Official Provider
Ajax



Sales and information

Our customer service team will be happy to provide the most suitable solution for your organisation's needs.



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