

# TECHNOGYM® FOR ARMED FORCES MILITARY WELLNESS



**GSA** GS-07F-9234S  
U.S. General Services Administration



YOUR WELLNESS  
BUSINESS PARTNER







# Facing the challenges of a changing world



Historically, Military Organizations might not have relied upon fitness equipment to maintain and improve their fitness.

However, in an increasingly challenging and technologically advanced world, military services have realized that a scientific approach to health and fitness can have a host of benefits:

- physical and mental health, fitness and wellness
- return to operational fitness after injury
- maintain operational capability
- combat obesity in sedentary trades
- improve sporting performance
- tool for assisting fitness test failures



TECHNOGYM® FOR ARMED FORCES  
MILITARY WELLNESS





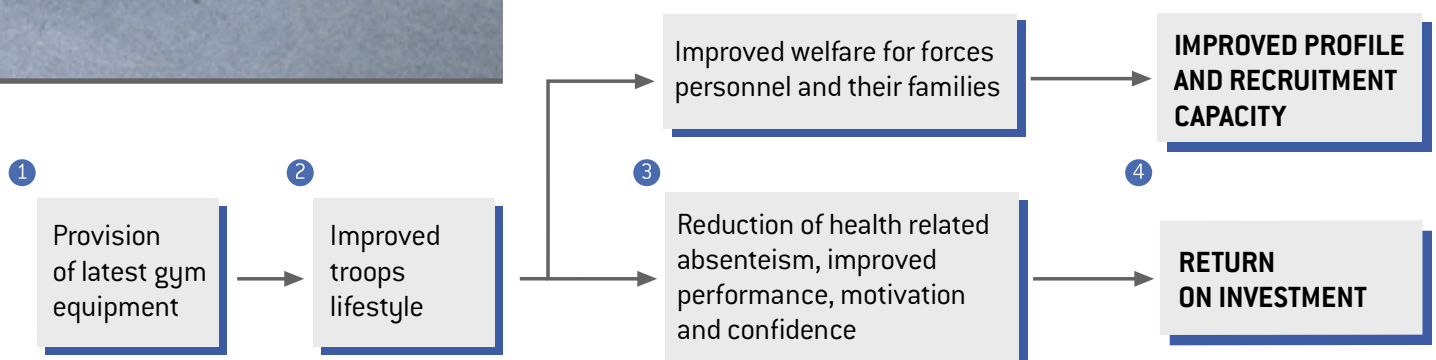
# Professional and personal fitness benefits



Technogym® is proud to supply military and police forces around the world. Technogym® has earned a reputation for durable products, innovative technology and an insight into the needs and challenges faced by armed forces to maintain peace in the world.

For those individuals setting physical education, welfare or procurement policies, there is an opportunity to directly impact upon the productivity of any given service by:

- a reduction in health costs
- a potential reduction in injury
- a cost effective and efficient provision for fitness test failures
- greater dependent/family welfare for forces personnel



There are  
Armed Forces and Police personnel  
in every country in the world



# Technogym® ‘Your Fitness and Wellness Partner’



## Why choose Technogym®?

For many Armed Forces, the natural choice for fitness and wellness equipment is Technogym®.

Among them, Technogym® has firmly cemented its place as supplier to the UK Ministry of Defence having supplied European Forces and Military Forces worldwide for over 10 years.

Every day 15,000,000 people, including military personnel, train using Technogym® equipment.

## Our added value

Proven durability, consistency of design, quality and innovation make Technogym® the natural choice in achieving organizational goals.







## ‘Total Wellness Solution’: equipment, software, services.

With its ‘Total Wellness Solution’ Technogym® provides the latest cardiovascular and strength training equipment as well as tailor-made packages according

to military needs and easy to run software and services for an immediate and efficient management of the gym.



# ‘Total Wellness Solution’ for Wellness in action



## Total Wellness Solution

### EQUIPMENT

- CARDIOVASCULAR TRAINING
- STRENGTH TRAINING
- REHABILITATION
- MOVEMENT

### SOFTWARE

- WELLNESS SYSTEM  
(*exercise and rehabilitation management*)

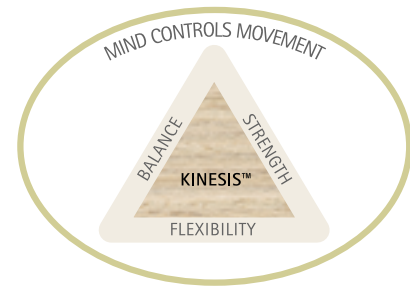
### SERVICES

- AFTER SALES SERVICE
- FINANCIAL SOLUTIONS
- MARKETING SUPPORT
- WELLNESS DESIGN

### KINESIS

Kinesis™ is mind and body movement in a new space that helps achieve physical and mental wellbeing.

KINESIS™ is a new training method that allows over 250 exercises and movements to improve strength, flexibility and balance. With Kinesis™ body and mind are required to interact with the environment and the space in which the person moves, thus improving proprioceptivity and reaction time. The focus is not on the technology in use, but on the person using that technology who is at the center of a natural space in which to feel at ease, relax and concentrate.



#### MIND

With Kinesis™ the mind guides the body in a natural way, in a tri dimensional space (3D).

#### BALANCE

The ability to actively maintain the body in balance, making use of the stabilizing muscles during each movement.

#### FLEXIBILITY

The ability to move freely through a full range of motion.

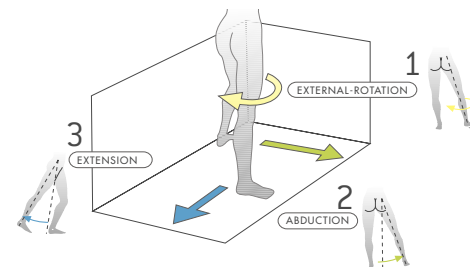
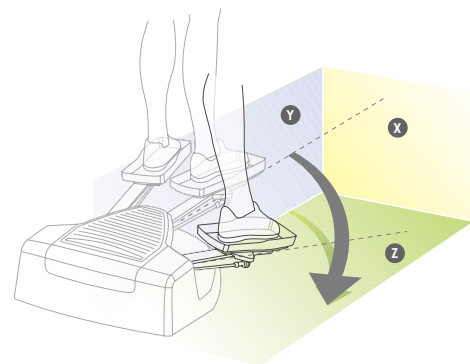
#### STRENGTH

The ability to work with resistance, either using one's own body or an external weight.

### CARDIO WAVE

The fastest and most effective workout.

Cardio Wave™ is the new revolutionary equipment for cardio training that enables exercise on three different planes of movement. The innovative patent pending Ergostride technology ensures correct, natural and pleasurable movement. The equipment has been developed to optimize calorie expenditure in combination with lower body toning: legs, glutes and core. Cardio Wave™ is an ideal product for sport training because it combines aerobic activity, muscle toning and knee strengthening all in one. It also helps improve coordination and mobility, putting more rhythm into training.



Three movements in one exercise

#### MULTIPLANAR CARDIO EXERCISE

CARDIO WAVE™ introduces the concept of Multiplanar Cardio Exercise that involves the glutes, the core stabiliser muscles and the lower limbs on three different planes of movement, combining EXTENSION, ABDUCTION and EXTERNAL ROTATION.





### PERSONAL SELECTION

The most popular strength training equipment in the world.

PERSONAL SELECTION is the new generation of strength training equipment. The innovative designs ensure that the products are:

- Easy to use and biomechanically correct.
- Featured with visual set-up to easily adjust their position.
- Fully integrated with the Wellness System software to measure and evaluate the performance.

**31 products and 8 benches to train all body parts**



SHOULDER PRESS



LEG CURL

### EXCITE

The most innovative cardiovascular training product line.

EXCITE™ is the latest cardiovascular range designed to make training simple and effective while withstanding consistently heavy use 24hrs a day. EXCITE™ cardiovascular equipment includes fast track control joysticks (for immediate machines operation), self-powered versions and fully integrated with Wellness System software to measure and evaluate the performance.



RUN



WAVE



SYNCHRO



STEP



RECLINE



BIKE





## WELLNESS SYSTEM

### A complete network-enabled exercise tracking system.

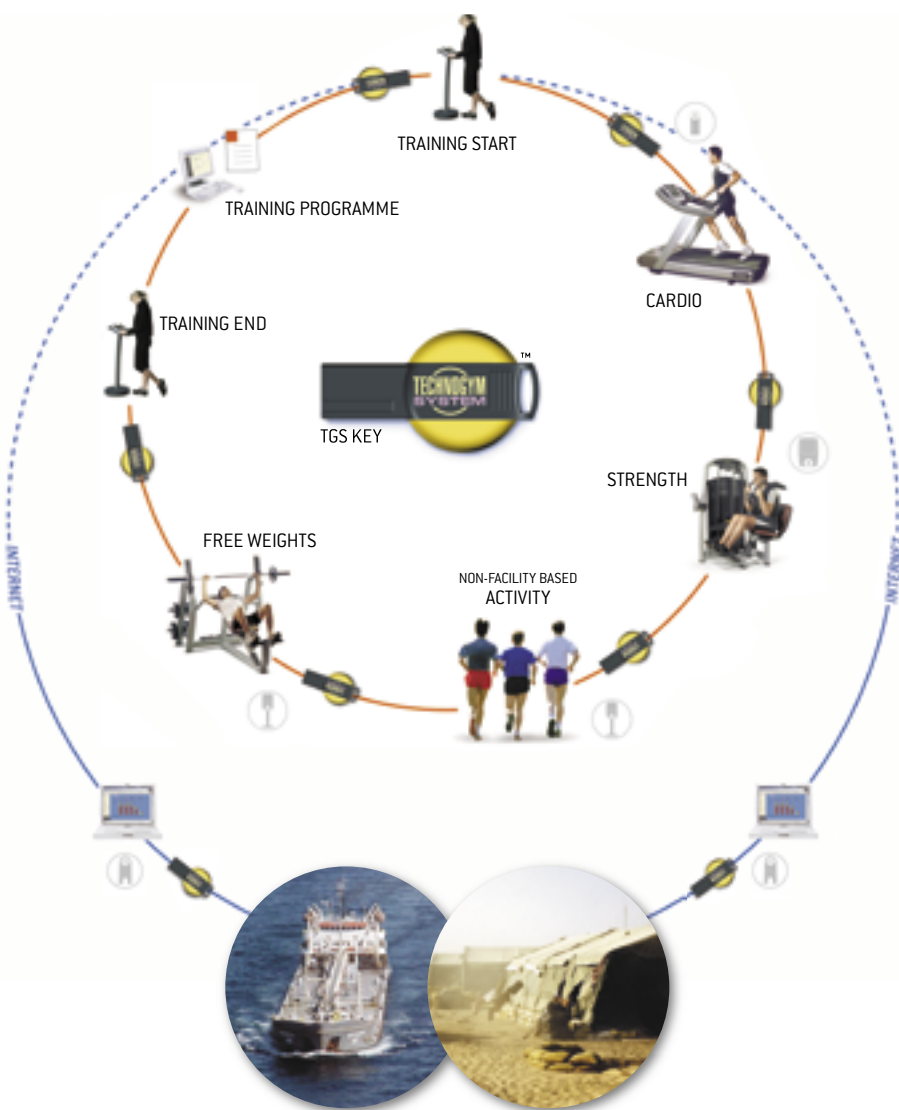
The Wellness System is primarily a wireless activities management system which enables the efficient and automatic capture of exercise data, attendance, program compliance and much more.

By allowing the tracking of both facility based and non-facility based activities, the Wellness System provides information on a wealth of variables to enable evidence based reporting.

- 1 Return on Investment – decrease injury occurrence, increase return to work rates, streamline long-term training programs, increase motivation to exercise during personal time, decrease fitness test failures.
- 2 100% automatic data capture for equipment-based activity and manual tracking of any other activity.
- 3 Monitor facility attendance, equipment usage, individual progress, attendance compliance.



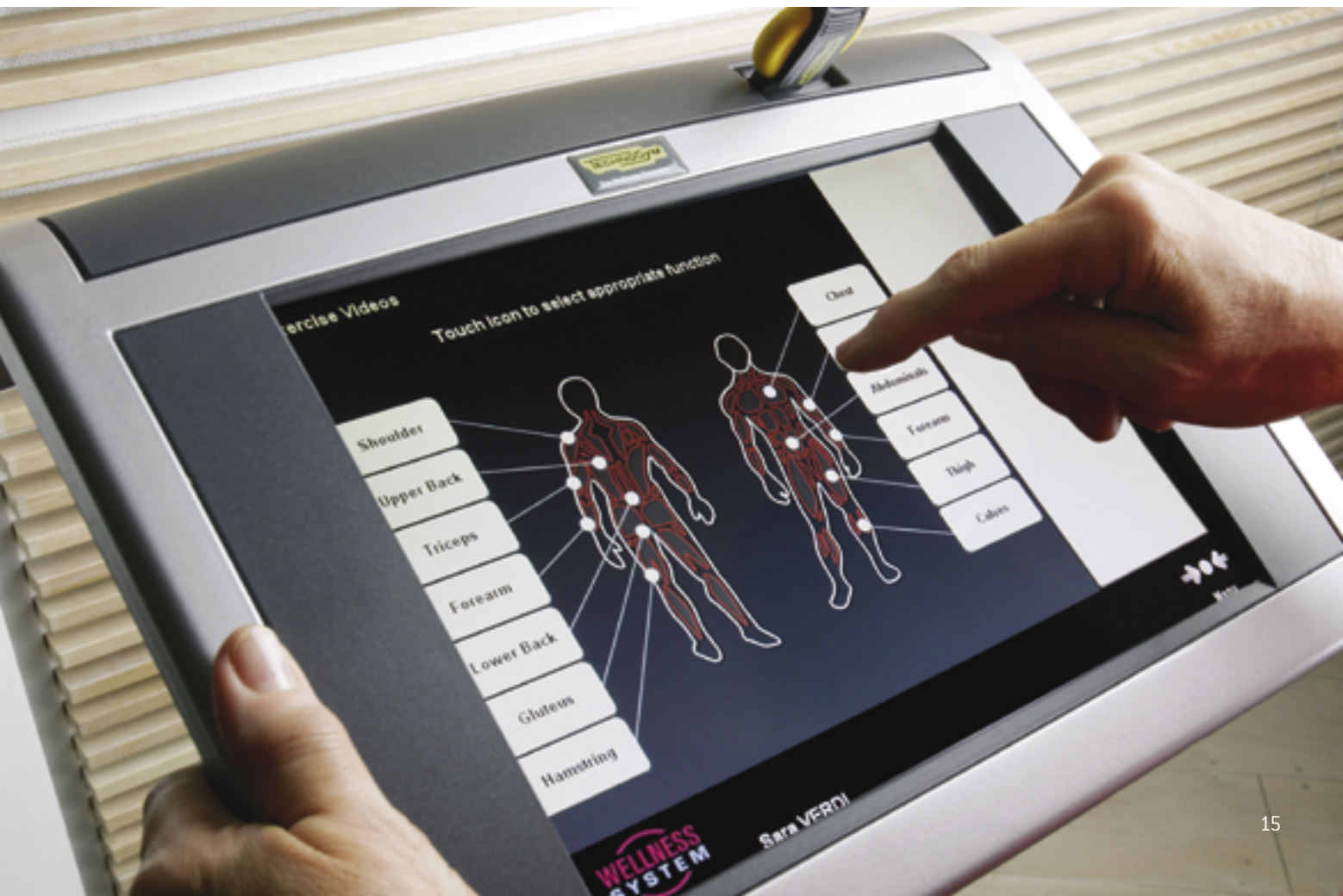
The TGS key enables instructors to create, implement and ultimately monitor individual and group training programmes. All the user needs to do is simply follow the instructions on each machine.



## TRAINING ROOM

Training room is the internet-based Wellness System module that allows users to quickly and easily log their activity from anywhere in the world. While away from home or on operational deployment, Training Room will allow your personnel to access all of the motivational data available to them at their base facility.





### AFTER SALES SERVICE

#### After sales service

Technogym®'s highly trained technical staff are always available to help ensure that your equipment is always operational. With telephone support and Technogym Direct, our 24 hours internet based service support network, we are confident that we can respond to your service needs.



### FINANCIAL SOLUTIONS

#### Tailor-made for all budgets

Technogym® provides financial solutions and support to satisfy customer needs and help operating a successful and profitable business.

A wide range of solutions is needed to meet the demands of Military Forces and provide fitness benefits for Troops.





## MARKETING SUPPORT

### Wellness Communication

Technogym® is continually involved in promoting and spreading the Wellness philosophy. As the organization and objectives of Military and Police Forces consistently evolve, Technogym® believes that the concept of Wellness will become increasingly important.

Technogym® recognizes the strength of military brands and enjoys the opportunity to work closely on joint marketing initiatives.



BANNERS

WELLNESS GUIDE

## WELLNESS DESIGN

### Made-to-measure Military Wellness

Technogym® will carefully evaluate your individual requirements and produce detailed 2-D and 3-D drawings to illustrate different layout options. From extensive experience and working with Military and Police Forces around the world, we understand that these additional tools are often vital in securing funding.



Many Armed Forces have already undertaken Wellness projects in collaboration with Technogym®. European Forces and Military Forces worldwide have equipped themselves with modern and functional training facilities to allow their Troops to gain better physical and mental efficiency and wellbeing. The results in terms of performance and rehabilitation are very positive, as shown by the following testimonies:

### **CTCRM LYPSTONE, ROYAL MARINES**

*"Physical Training is a vital component of the Royal Marines Operational Capability. To that end the Royal Marines have adopted an approach where all Royal Marines receive extensive education on how to maintain and improve their own physical fitness. Key to this approach is the equipping of all the major Royal Marine Establishments with the very durable and robust Technogym® equipment. This ensures that wherever a Royal Marine serves, he will always be familiar with the fitness equipment provided."*

**Maj Mark E Freeman RM**  
[IPTRM]

### **RMA SANDHURST**

*"The frequent use of the cardio-vascular, weight and cross-training Technogym® equipment has proven invaluable to the Academy's physical training programme. It allows the user to achieve his, or her, fitness aims more readily by increasing their overall strength, speed and stamina. The numbers that are quickly, and effectively, returned to training also speaks volumes for the non-impact and resistance equipment used in our remedial and rehabilitation centre."*

**WO1 (SMI) John M. Irving**  
[Army Physical Training Corps]  
Royal Military Academy Sandhurst

### **RAF LYNEHAM**

*"The Technogym® equipment is pleasing on the eye and user friendly for all of our gym uses. The Wellness System customer terminal has proven to be a great motivational tool in the early stages of training as individuals have the ability to choose a variety of training programmes and then monitor their performance. All personnel in the RAF are to be fit to undertake peacetime and war tasks effectively; the ability to choose a programme to train for a specific task is a great advantage of the Technogym® Wellness System."*

**Flt Lt Travis Tonkin**  
[OC PEd Flt, RAF Lyneham]

### **RAF BRIZE NORTON**

*"Technogym® equipment is used in many fitness suites across the Royal Air Force and has proven to be very sturdy withstanding the constant pounding and usage that the machines get from RAF Brize Norton's personnel. The Wellness System is used here for our remedial fitness, general health programmes, the heat acclimatisation training and much more. From a PEd Flt perspective this system has proven to be excellent for improving our remedial personnel's fitness and being able to keep a close eye on their training which when you have over 300 personnel on specific training programme at any one time is essential."*

**Flt Lt Tracey L. Affleck**  
[OC PEd Flt, RAF Brize Norton]



Conseil International du Sport Militaire



# Some Armed Forces that have already chosen Technogym®

Air Force - U.A.E.  
Air Force - UK  
Army - Chile  
Army - Israel  
Army - Netherlands  
Army - Serbia  
Army - Slovenia  
Army - Turkey  
Army - U.A.E.  
Army - UK  
Carabinieri - Italy  
Defence Force - Bahrain  
Delta Force - Russia  
Police Force Training - Italy  
NATO Base - Cyprus  
NATO Base - Kosovo  
Navy (USA) - Bahrain  
Navy - Italy  
Navy - Netherlands  
Navy - UK  
U.N. Peacekeeping - China  
Police Force - China  
Security Police - Venezuela  
Aerospace Training Center - China  
U.N. Peacekeeping - Afghanistan

## Technogym® brings you the experience of a winning team

Technogym® has achieved the unique recognition of being selected as the “Official Sole Supplier of Strength and Cardiovascular Equipment” at 2000 SYDNEY OLYMPIC GAMES, at 2004 ATHENS OLYMPIC GAMES and at 2006 TORINO WINTER OLYMPIC GAMES.





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