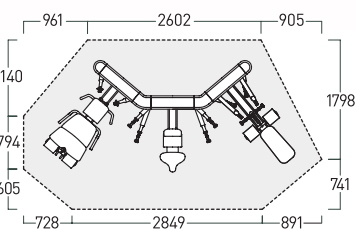


Configurations

WALL Code MF30

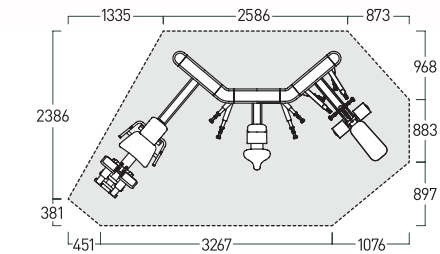
- Core & Leg Extension/Curl
- Press & Overhead Press
- High & Low Pull



Minimum Operational Space = 9.5 sq.m / 102 sq.f

WALL Code MF40

- Leg Press & Calf
- Press & Overhead Press
- High & Low Pull



Minimum Operational Space = 10.8 sq.m / 116 sq.f

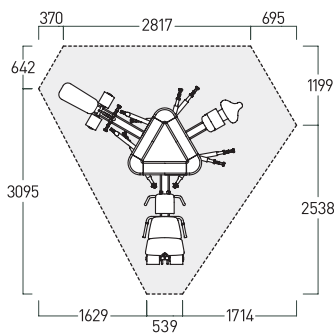
Configuration name	Code	Modules	Standard Weight stack		Length when not in use		Width when not in use		Height when not in use		Machine total weight		Footprint		Minimum Operational Space	
			kg	lbs	mm	in	mm	in	mm	in	kg	lbs	sq.m	sq.f	sq.m	sq.f
WALL 3 Modules in line	MF30	Core / Leg Extension / Curl	60	120												
		Press / Overhead Press	60	120	3775	149	1675	66	2055	81	630	1389	6.5	70	9.5	102
		High / Low Pull	70	140												

Configuration name	Code	Modules	Standard Weight stack		Length when not in use		Width when not in use		Height when not in use		Machine total weight		Footprint		Minimum Operational Space	
			kg	lbs	mm	in	mm	in	mm	in	kg	lbs	sq.m	sq.f	sq.m	sq.f
WALL 3 Modules in line	MF40	Leg Press / Calf	80	160												
		Press / Overhead Press	60	120	4132	163	2067	81	2055	81	700	1544	8.5	91	10.8	116
		High / Low Pull	70	140												

Configurations

TOWER Code MF25

- Core & Leg Extension/Curl
- Press & Overhead Press
- High & Low Pull

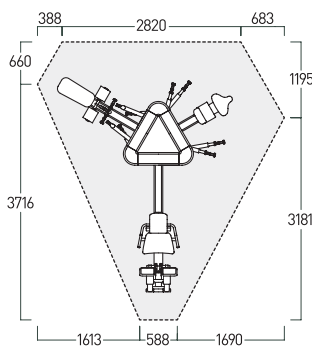


Minimum Operational Space = 9.4 sq.m / 101 sq.f



TOWER Code MF35

- Leg Press & Calf
- Press & Overhead Press
- High & Low Pull

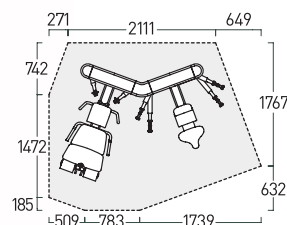


Minimum Operational Space = 10.9 sq.m / 117 sq.f



TWIN Code MF65

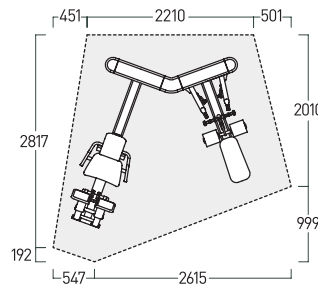
- Press & Overhead Press
- Core & Leg Extension/Curl



Minimum Operational Space = 6 sq.m / 65 sq.f

TWIN Code MF70

- High & Low Pull
- Leg Press & Calf

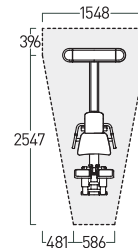


Minimum Operational Space = 7.2 sq.m / 78 sq.f



SOLO Code MF20

- Leg Press & Calf



Minimum Operational Space = 3.5 sq.m / 38 sq.f

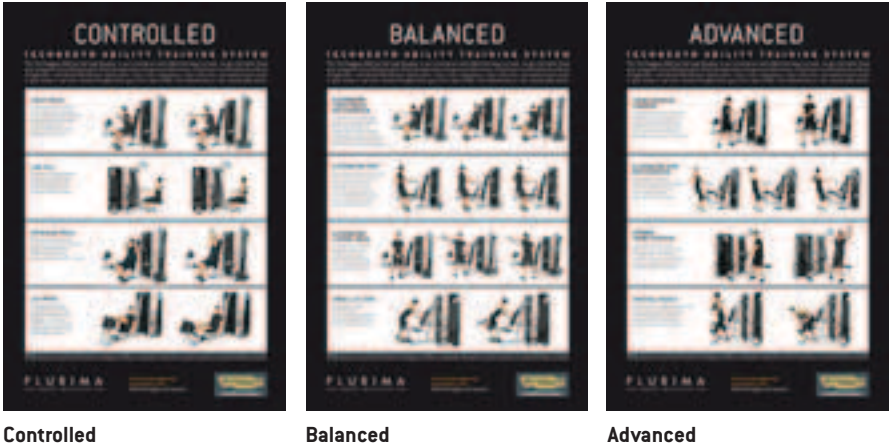
Configuration name	Code	Modules	Standard Weight stack		Length when not in use		Width when not in use		Height when not in use		Machine total weight		Footprint		Minimum Operational Space	
			kg	lbs	mm	in	mm	in	mm	in	kg	lbs	sq.m	sq.f	sq.m	sq.f
TOWER 3 Modules Triangle	MF25	Core / Leg Extension / Curl	60	120	2760	109	2721	107	2055	81	605	1334	7.4	80	9.4	101
		Press / Overhead Press	60	120												
		High / Low Pull	70	140												
TOWER 3 Modules Triangle	MF35	Leg Press / Calf	80	160	2760	109	3378	133	2055	81	675	1488	9.4	101	10.9	117
		Press / Overhead Press	60	120												
		High / Low Pull	70	140												

Configuration name	Code	Modules	Standard Weight stack		Length when not in use		Width when not in use		Height when not in use		Machine total weight		Footprint		Minimum Operational Space	
			kg	lbs	mm	in	mm	in	mm	in	kg	lbs	sq.m	sq.f	sq.m	sq.f
TWIN 2 Modules	MF65	Core / Leg Extension / Curl	60	120	2260	89	1680	66	1730	68	430	948	3.8	41	6	65
		Press / Overhead Press	60	120												
TWIN 2 Modules	MF70	Leg Press / Calf	80	160	2366	93	2263	89	2055	81	510	1125	5.3	57	7.2	78
		High / Low Pull	70	140												
SOLO 1 Module	MF20	Leg Press / Calf	80	160	946	37	2198	87	1730	68	275	606	2.1	23	3.5	38

Marketing support

EDUCATIONAL support

- POSTER
“TECHNOGYM TRAINING SYSTEM”
(Dimensions 70x100 cm)
Three downloadable
and printable digital posters,
which allow users to perform
a particular type of exercises.



How to use a QR Code

- A **QR Code** (Quick Response Code) is a binary code which can be read by latest-generation electronic devices such as smartphones, tablets, mobile phones and laptops.

Each **QR Code** corresponds to specific digital content: links, web pages, films, audio files etc. all regarding the item on which the code is printed.

To view a QR Code, download your favourite free **QR Reader “app”**. The **QR Reader** app will use the mobile device camera to frame the **QR Code**, take a picture and log in to coded contents.



Try these QR Codes now and view the contents
made available by Technogym for Plurima users.

Video Design your space:



45 sq.m
space



30 sq.m
space



20 sq.m
space

Exercises video for:



Press
& Overhead Press



High Pull
& Low Pull



Core
& Leg Extension/Curl



Leg Press
& Calf

Welcome! Wellness!

With this service you can add value to your business by focusing on your guests' needs, with the aim of increasing their loyalty and attracting new ones. Thanks to the “**Welcome! Wellness!**” customizable tools package, you will be able to focus on your guests' wellness lifestyle and enhance their overall hospitality experience in a smart and easy way.

GYM / Wellness Space

- **WORKOUT CARDS AND HOLDER**
A set of 6 cards with specific training routines for different user needs.
- **WORKOUT POSTERS**
A set of digital posters to provide in-training guidance for specific user needs. Dimensions: 70 x 100 cm.



- **INVITATION CARD**
A very effective tool to raise awareness on the location's gym area.
- **WELLNESS IMAGES**
A set of high-res photos to display and create inspiring, inviting training environments. Dimensions: 70 x 100 cm.



- **WELLNESS NUMBER CARD**
A leaflet inviting guests to gauge their level of fitness through the Wellness Assessment Service (for supervised facilities only).



ROOM / Wellness Suite

- **SUITE BOOKLET**
A useful guide to room training for Hotels with a Wellness Suite. Any room can be converted/ upgraded into a Wellness Suite. Find out how.
- **TECHNOGYM WORKOUT**
A DVD containing two training routines of 15 minutes each to be played in the hotel's own TV channel.



Contact our experts
and discover how Technogym
can create a bespoke
Welcome! Wellness! package
for your very own location.