



PALAZZINA  
SPORTS

MODULAR GYM SOLUTIONS



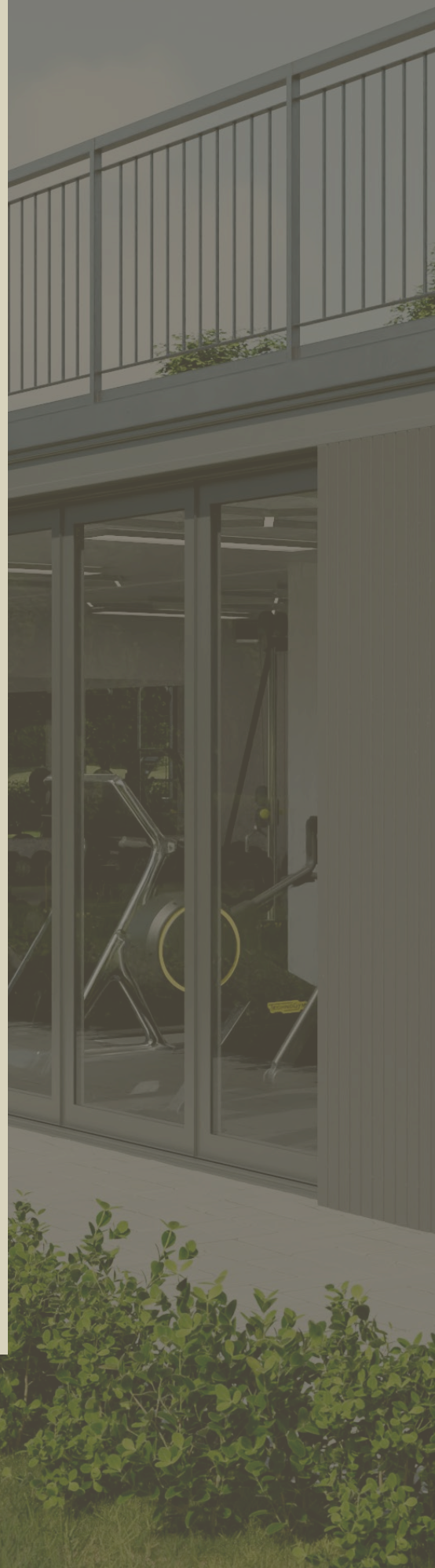
# Palazzina Business

**The Modular Gym for your Club**

[www.palazzina-sports.com](http://www.palazzina-sports.com)

# Table of Contents

Our Philosophy	3
<b>Palazzina Smart – Our Product</b>	<b>4</b>
<b>Palazzina Smart – Equipment</b>	<b>6</b>
<b>Palazzina Smart– Size and Dimensions</b>	<b>8</b>
<b>Palazzina Loft – Our Product</b>	<b>10</b>
<b>Palazzina Loft – Equipment</b>	<b>12</b>
<b>Palazzina Loft – Size and Dimensions</b>	<b>16</b>
<b>Palazzina Loft – Sanitary Area</b>	<b>18</b>
<b>Palazzina Health Center – Our Product</b>	<b>20</b>
<b>Palazzina Health Center – Equipment</b>	<b>22</b>
<b>Palazzina Health Center – Size and Dimensions</b>	<b>24</b>
<b>Palazzina Health Center – Sanitary Area</b>	<b>26</b>
Technical equipment	28
Design of the Palazzina	30
Add on: Terrace	34
Our Offers	36
Delivery	40
Contact	41





# OUR PHILOSOPHY

**Design Now**

## **Your Personalised Gym!**

What could be better than looking up at the sky, a garden or nature while exercising? Our mission is to take training out of basements and artificially lit rooms and into nature and fresh air. Palazzina Sports designs, conceptualises and builds fully equipped modular gyms for clubs to motivate their members, increase fitness and strengthen community spirit. And because the needs and ideas of clubs are very different, we take you along on this sporting journey right from the start, advising and supporting you from the initial idea to the turnkey handover.



## OUR PRODUCT PALAZZINA SMART



# Palazzina Smart

## The Functional Training Room for Effective Training Sessions

The Palazzina Smart is a compact training solution, ideal for clubs to offer members a variety of training options.

The fitness area is the ideal size for a varied and effective combination of equipment and the generous installation of floor-to-ceiling sliding doors ensures that the room is flooded with daylight. The installation of innovative components creates a contemporary and future-orientated training room, tailored to your needs.



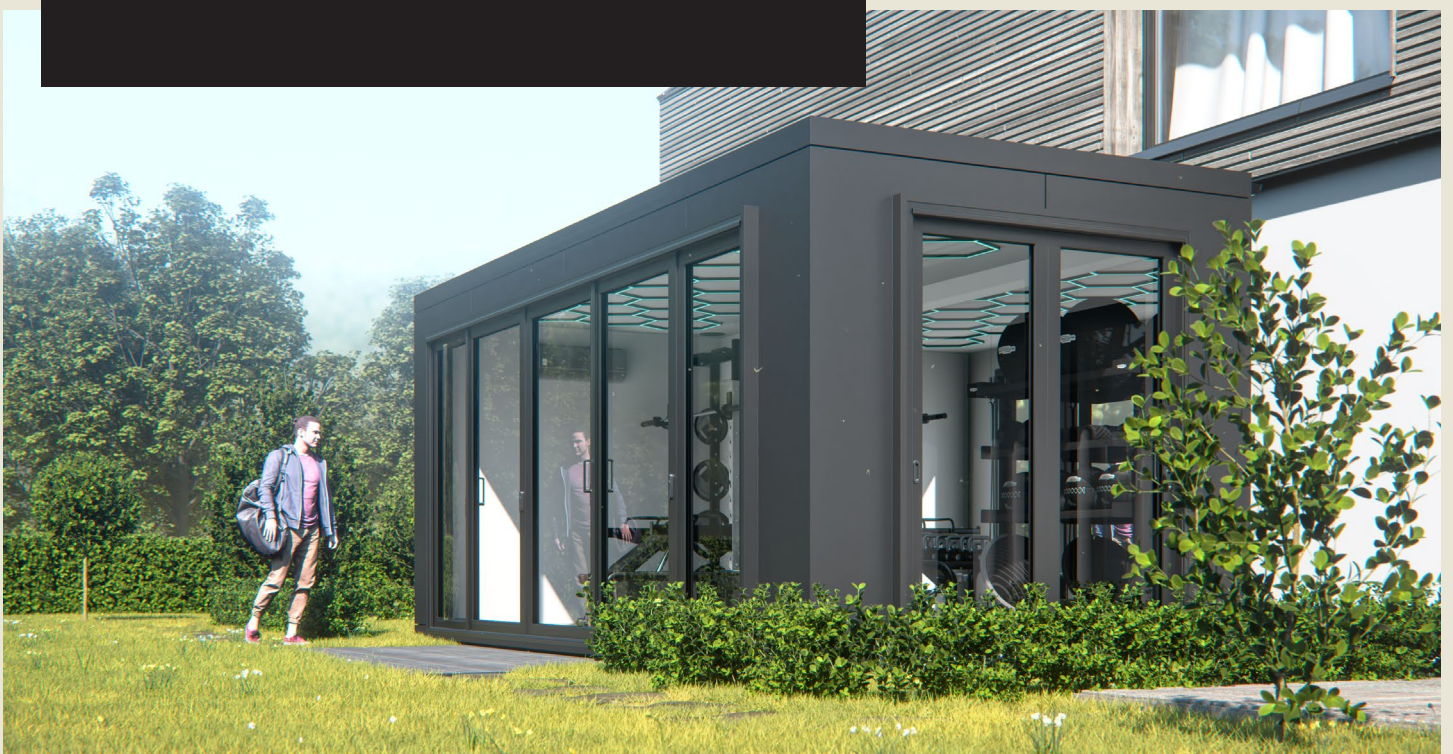




## Your Benefits

They ....

- create great and useful added value in the smallest of spaces
- create a dynamic company culture
- Strengthen the fitness of your members, member loyalty and satisfaction



# EQUIPMENT PALAZZINA SMART

## Palazzina Smart Performance

Benefit from the expertise of renowned German sports scientists and offer your members a fitness studio in your club. In the Palazzina Smart Performance, we have combined high-quality fitness equipment from the Technogym brand in a particularly versatile way so that every athlete, regardless of their fitness level or interest, can experience the best possible workout.

### Technogym Skillrow

Developed together with professional athletes, the Skillrow™ equipment promotes both cardio and strength training performance with various total body workouts available in the app with a realistic rowing feel.



### Technogym Olympic Half Rack

The Olympic Half Rack is a popular piece of training equipment because it allows you to lift heavy weights safely. Unlike conventional gym equipment, the rack is extremely versatile. It can be used for a variety of exercises.



### Technogym Kettlebell Combo

Combo 2x (5 kg/10kg/20kg/25kg)

The Technogym kettlebell has an ergonomic design and high-quality materials. It is perfect for building strength and explosiveness.



### Technogym Adjustable Bench

This multi-purpose bench with a simple and compact design has been specially designed for barbell and dumbbell training. Thanks to the integrated castors and holder, it is easy to store and move.



### Technogym Universal Storage Rack

The universal rack can accommodate kettlebells as well as waterballs or combinations of these products. The universal rack is accessible from both sides and is designed to perfectly complement the Technogym layout.



### Technogym Fitness Bar 2010mm

The chrome-plated Technogym barbell bar with rolled knurling is characterised by its sophisticated design, performance and durability. This bar is similar in size and weight to the barbells used in Olympic competitions.



### Technogym Skilltools Kit

Take your training to the next level with the all-inclusive Skilltools Kit. Designed around the Skillathletic training method, this kit supports and refines any type of workout. Included are e.g. FoamRoallers, Jump Ropes, Balance Pads etc.



### Technogym Bumper Plate Combo

Combo 2x (5 kg/10kg/20kg/25kg)

The scratch-resistant rubber weight discs are ideal for barbell training and can withstand heavy use and ensure shock absorption.



### Technogym Bench

The Technogym Bench is a comprehensive functional training kit with countless options for full-body training. A combination of elasticated bands, dumbbells, weight cuffs and an exercise mat awaits you.







## Palazzina Smart Basic

Customise your Palazzina with the fitness equipment you want! On our website [www.palazzina-sports.com](http://www.palazzina-sports.com) you will find a large selection of high-quality fitness equipment from brands such as Technogym, Nohrd and Concept2. This allows you to customise the equipment in your Palazzina to meet the needs of your club members. Our team of sports scientists will be happy to advise you on your choice of sports equipment.

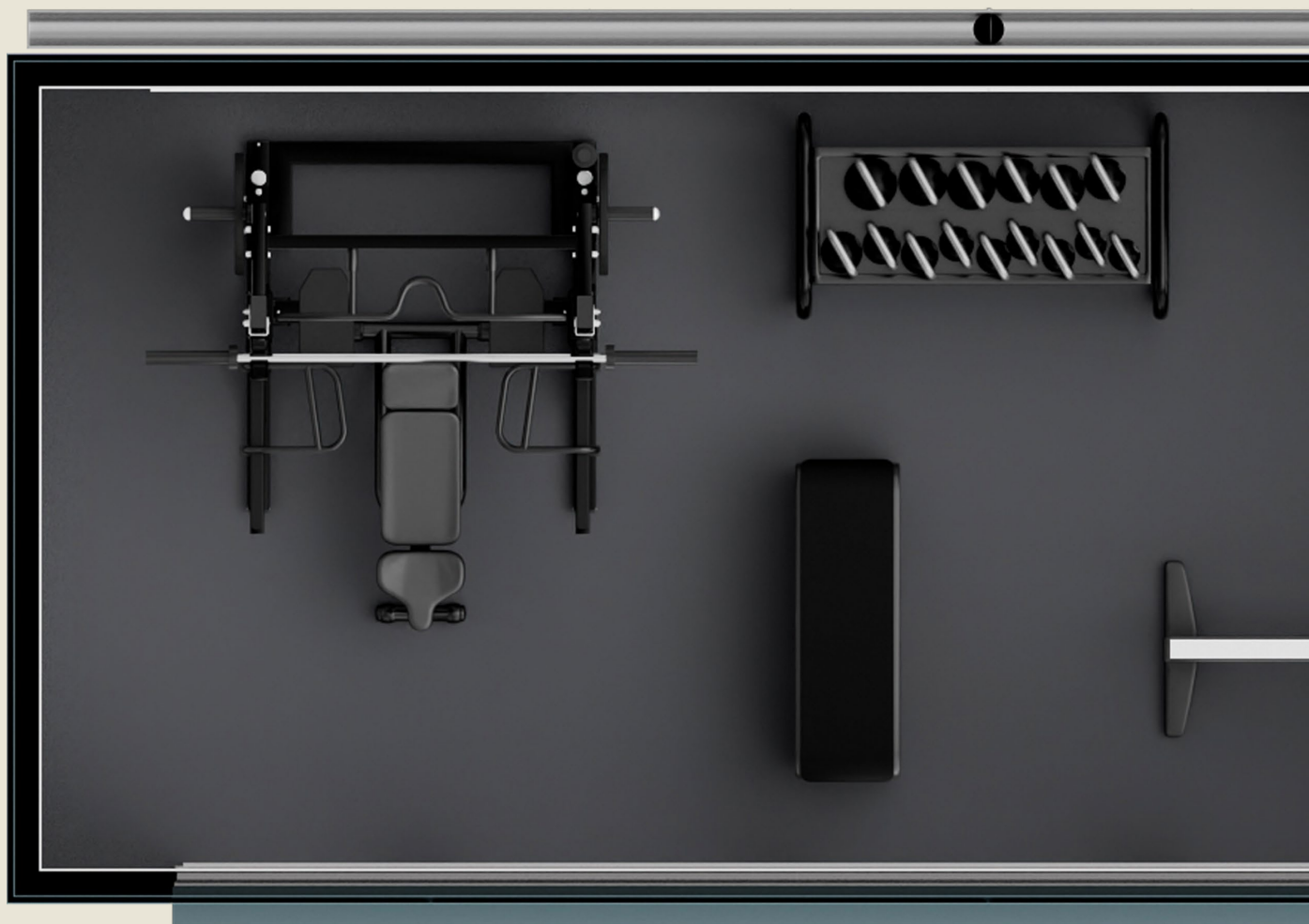


SCAN ME

## Size and Dimensions PALAZZINA SMART

# The Compact Training Solution for your Club

Our Palazzina Smart Performance is designed for three people to train comfortably at the same time and provides the perfect basis for versatile training thanks to the different training areas. Thanks to the modular design, the dimensions of your Palazzina can be customised to your club location if required.





## Training areas of the Palazzina Smart Performance

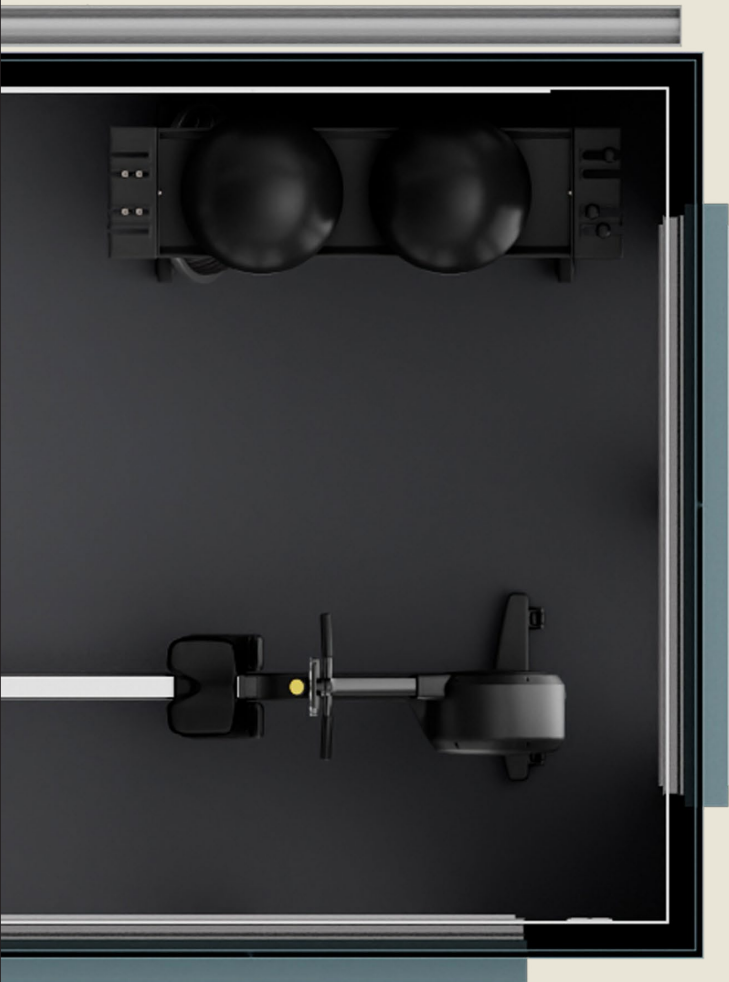
- Cardio Area
- Area for functional training, relaxation and stretching
- Free weight area
- Strength and multifunctional area

## Size of the Palazzina Smart

**External Dimensions (L/B/H):**  
7,00 m / 3,00 m / 2,99 m

**Internal Dimensions (L/B/H):**  
6,80 m / 2,80 m / 2,65 m

**Useable Area:** 16,24 m<sup>2</sup>



## OUR PRODUCT PALAZZINA LOFT



# Palazzina Loft

## The High-Quality Training Environment for every Requirement

The Palazzina Loft is the ideal gym for clubs - a place that promotes community and sporting activity and impresses with its open and bright design. The generous installation of floor-to-ceiling windows and sliding doors ensures that the space is flooded with daylight. The selection of equipment was put together by German sports scientists and covers all the options for high-quality training. The installation of innovative components creates a contemporary and future-orientated training room training room customised for your club members.







## Your Benefits

They ...

- schaffen eine neue Sparte in Ihrem Angebot
- Increase the performance of your team
- Increase your profits and source of income



## Palazzina Loft Technogym

Benefit from the expertise of German sports scientists. The high-quality fitness equipment from Technogym offers all your club members, from beginners to competitive athletes, the best possible training. In this way, you support health and social interaction within your club.

If required, you can find many more sports equipment on our website [www.palazzina-sports.com](http://www.palazzina-sports.com). Sports equipment with which you can equip your Palazzina.



**SCAN ME**

### Technogym Unica

The Technogym Unica is the compact gym for strength training at home: complete, comfortable and versatile in just 1.5 square metres. It offers over 25 different exercises to build strength and shape the whole body.



### Technogym Skillrow

Developed together with professional athletes, the Skillrow™ equipment promotes both cardio and strength training performance with various total body workouts available in the app with a realistic rowing feel.



### Technogym Elliptical

Technogym Elliptical is the only compact elliptical cross trainer that offers a full body workout. Discover the power of your body with natural and comfortable movements and minimised joint stress.



### Technogym Kinesis Personal

Improve strength, coordination, mobility and posture with the ultimate designer piece. Thanks to the patented FullGravity™ Technology, Kinesis enables unlimited and natural movements in any direction.



### Technogym MyRun

The MyRun combines a stylish and compact design, customisable running surface and tailored training sessions directly with your tablet. This makes it the ideal equipment for a cardio workout.



### Technogym Cable Stations Ercolina

Cable Stations Ercolina with its intuitive design and innovative biomechanics is the ideal device for a variety of full-body exercises.



### Technogym Bike

Technogym Bike comes with 30 days of live and on-demand classes, Technogym Outdoor Routes, profile-based exercises and other included apps. You choose the perfect workout, including trainer, to suit your needs.



### Technogym Floor Mat

The Floor Mat provides additional comfort when exercising on the floor. The surface of the mat is made of nano rubber and its closed cell structure prevents liquid from being absorbed during cleaning or use.







### Technogym Olympic Half Rack

The Olympic Half Rack is a popular piece of training equipment because it allows you to lift heavy weights safely. Unlike conventional gym equipment, the rack is extremely versatile. It can be used for a variety of exercises.



### Technogym Adjustable Bench

This multi-purpose bench with a simple and compact design has been specially designed for barbell and dumbbell training. It is easy to store and move thanks to the integrated castors and holder.



### Technogym Fitness Bar 2010mm

The chrome-plated Technogym barbell bar with rolled knurling is characterised by its sophisticated design, performance and durability. This bar is similar in size and weight to the barbells used in Olympic competitions.



### Technogym Bumper Plate Combo

Combo 2x (5 kg/10kg/20kg/25kg)

The scratch-resistant rubber weight discs are ideal for barbell training and can withstand heavy use and ensure shock absorption.



### Technogym Barbell Rack

The barbell rack provides organised storage for up to four barbells in your gym. We supply the rack including four barbells with different weights (5/10/15/20kg), which can be used for numerous strength training exercises.



### Technogym Two Tier Dumbbell Rack

The Two Tier Dumbbell Rack is a free-standing support for storing 20 urethane-coated dumbbells.



### Technogym Dumbbell Set

2x (12/14/16/18/20/22/24/26/28/30)kg

Technogym dumbbells are designed for natural training of multiple muscle groups, giving you full control over your movements.



### Technogym Bench

The Technogym Bench is a comprehensive functional training kit with countless options for full-body training. A combination of elasticated bands, dumbbells, weight cuffs and an exercise mat awaits you.



## Palazzina Loft Nohrd

Our Palazzina Loft Nohrd contains, in addition to some high-quality equipment from Technogym, for the most part innovative sports equipment made of solid wood from Nohrd. You have the option of choosing between six different types of wood. This creates a stylish yet warm ambience in your Palazzina.

If required, you can find many more sports equipment options on our website [www.palazzina-sports.com](http://www.palazzina-sports.com). sports equipment with which you can equip your Palazzina.



**SCAN ME**

### Nohrd WaterRower

The centrepiece of the WaterRower rowing machine made of solid, oiled wood is the water tank made of sturdy polycarbonate with the ergonomically shaped water paddle. Training with water resistance is easy on the joints and effective at the same time.



### Nohrd Sprintbok

The motorless treadmill with a curved running surface is powered by your own leg strength and knows no speed limits. Whether endurance running, sprints or intervals - the Sprintbok cushions all types of running training thanks to the ball-bearing slats.



### Nohrd Bike

The Nohrd Bike is the ideal indoor bike. Thanks to the protected, revolutionary planetary gearbox and the sturdy wooden frame, the bike is extremely robust and durable - making it ideal for professional use in the studio or at home.



### Nohrd WaterGrinder

An upper body workout on the WaterGrinder made of solid wood and with a water tank is one of the best workouts ever. The removable seat can be attached on both sides at three different heights.



### Nohrd SlimBeam

Functionality and design combined in one device. The Slimbeam pulley made of ash wood with its elegant design blends seamlessly into its surroundings. The pulley is versatile and multifunctional, offering numerous training options.



### Nohrd DumbBells

2x (2,5kg/5kg/7,5kg/10kg/12,5kg)

The DumbBells offer a complete set of dumbbells. The dumbbells are made from CNC nickel-plated steel and have a comfortable ribbed handle.



### Nohrd Swing Turm

2x (2kg/4kg/6kg/8kg)

The swing dumbbells have handles made of fine wood and are covered in hand-stitched genuine leather. They are stored on the ash wood swing tower to save space.



### Nohrd TriaTrainer

The TriaTrainer combines three devices in one. In its basic position, it is a cube-shaped abdominal trainer. It can be folded out quickly and easily to become a back trainer. When fully unfolded, it serves as a weight bench.



### Nohrd WeightBench

The WeightBench weight training bench fulfils all the requirements of a functional training bench combined with appealing aesthetics. The solid wood frame impresses with its stability and polished contours.



### Nohrd Eau-Me Board

The Eau-Me Board is a new-generation balance board - the patent-pending combination of classic balance training and the element of water.







### Nohrd WallBars

The wall bars enable pull-ups and other bodyweight suspension exercises thanks to integrated fold-outs. A range of accessories can be attached to the wall bars to extend the range of possible exercises.



### Nohrd CombiTrainer

Training with your own body weight - sitting, lying and standing: With the CombiTrainer for the WallBars, you can train all muscle groups effectively and specifically. This turns the wall bars into a multifunctional training station.



### Technogym Elliptical

Technogym Elliptical is the only compact elliptical cross trainer that offers a full body workout. Discover the power of your body with natural and comfortable movements and minimised joint stress.



### Technogym Unica

The Technogym Unica is the compact gym for strength training at home: complete, comfortable and versatile in just 1.5 square metres. It offers over 25 different exercises to build strength and sculpt the whole body.



### Technogym Barbell Rack

The barbell rack provides organised storage for up to four barbells in your gym. We supply the rack including four barbells with different weights (5/10/15/20kg), which can be used for numerous strength training exercises.



### Technogym Olympic Half Rack

The Olympic Half Rack is a popular piece of training equipment because it allows you to lift heavy weights safely. Unlike conventional gym equipment, the rack is extremely versatile. It can be used for a variety of exercises.



### Technogym Adjustable Bench

This multi-purpose bench with a simple and compact design has been specially designed for barbell and dumbbell training. It is easy to store and move thanks to the integrated castors and holder.



### Technogym Fitness Bar 2010mm

The chrome-plated Technogym barbell bar with rolled knurling is characterised by its sophisticated design, performance and durability. This bar is similar in size and weight to the barbells used in Olympic competitions.



### Technogym Bumper Plate Combo

Combo 2x (5 kg/10kg/20kg/25kg)

The scratch-resistant rubber weight discs are ideal for barbell training and can withstand heavy use and ensure shock absorption.



### Technogym Floor Mat

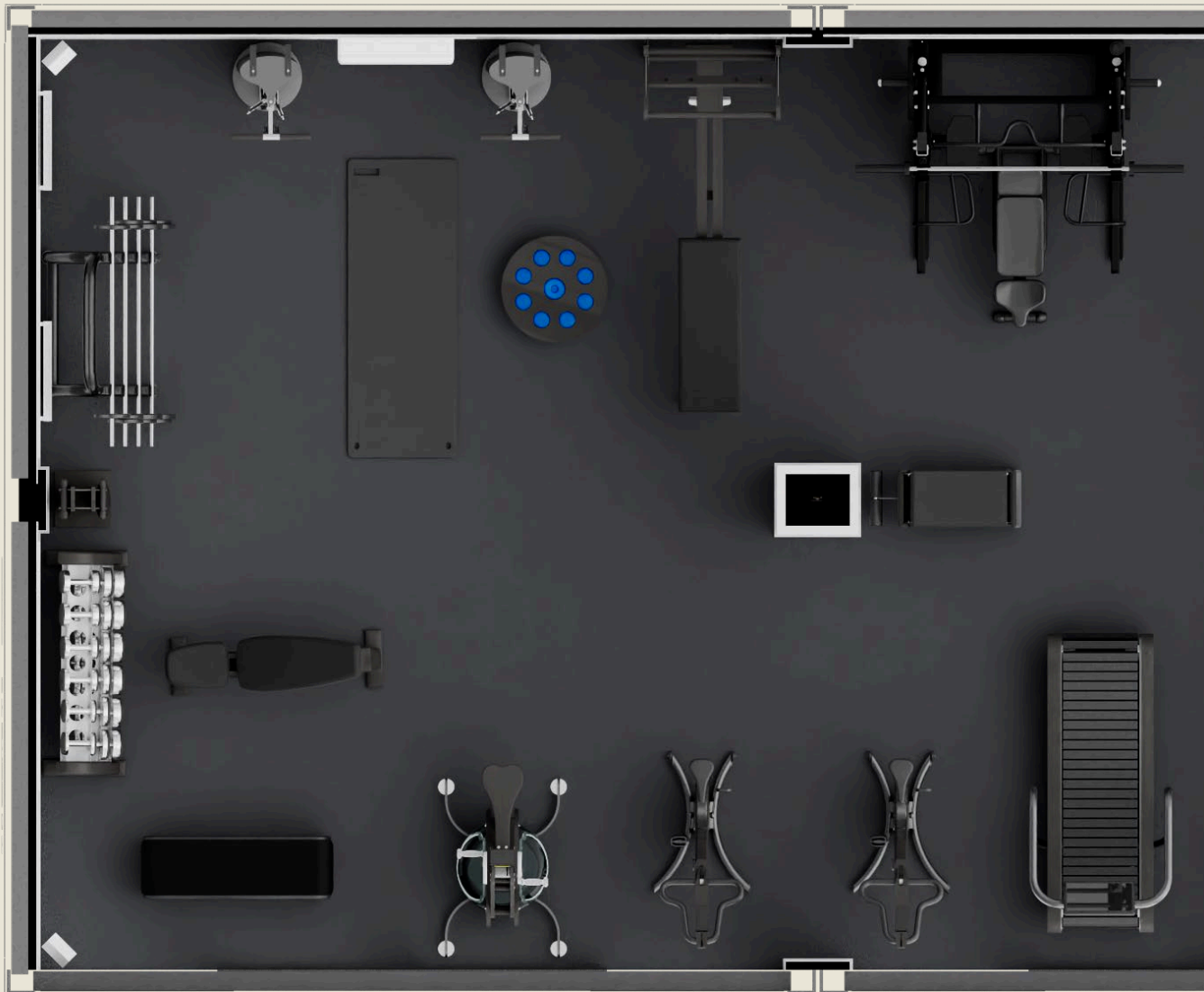
The Floor Mat provides additional comfort when exercising on the floor. The surface of the mat is made of nano rubber and its closed cell structure prevents liquid from being absorbed during cleaning or use.



## Size and Dimensions

# Numerous Training Options for your Members

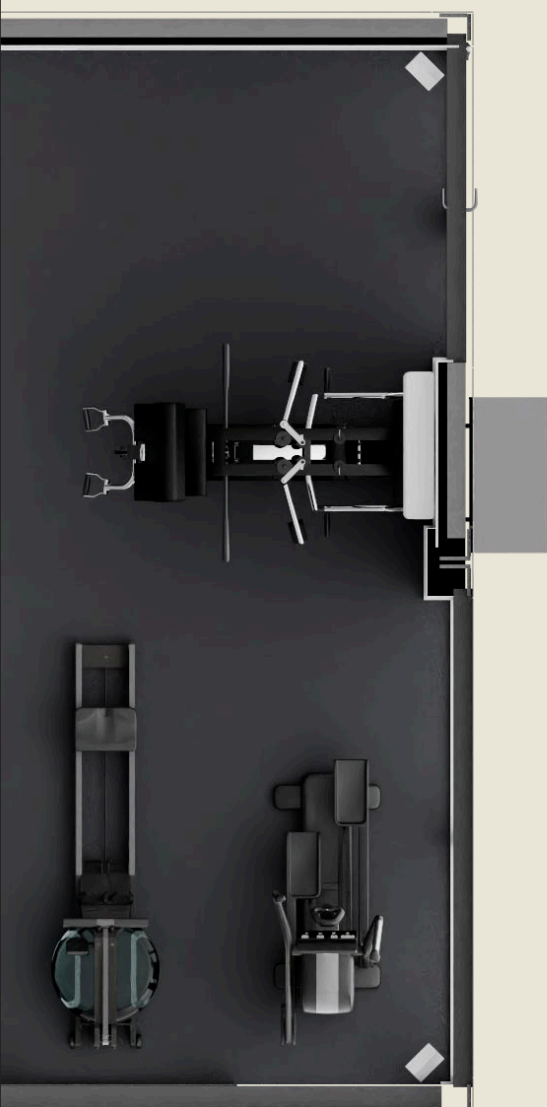
Our Palazzina Loft is designed so that fourteen people can train at the same time in a pleasant atmosphere. The different areas provide the perfect basis for versatile training for your club members, and the modular design means that the dimensions of the Palazzina Loft can be customised to meet the needs of different types of clubs.





## Training Areas of the Palazzina Loft

- Spacious cardio area
- Area for functional training, relaxation and stretching
- Strength and free weight area
- Cable pull and multifunctional area



## Size of the Palazzina Loft

**External Dimension (L/B/H):**  
9,75 m / 6,00 m / 2,99 m

**Internal Dimension (L/B/H):**  
9,55 m / 5,80 m / 2,60 m

**Usable Area:** 55,39 m<sup>2</sup>

or

**External Dimension (L/B/H):**  
12,00 m / 6,00 m / 2,99 m

**Internal Dimension (L/B/H):**  
11,80 m / 5,80 m / 2,60 m

**Usable Area:** 68,44 m<sup>2</sup>

## Maximum Comfort with our Palazzina-Sanitary Facilities

Palazzina Sports presents a well thought-out 360-degree concept that also focuses on the importance of first-class sanitary facilities for clubs. Take the opportunity to expand your Palazzina Gym with a high-quality sanitary area with changing rooms, showers and toilets to offer your members maximum comfort. Like our training area, the sanitary facilities have been designed according to the latest standards, whereby we only use high-quality components.

### Structure of the Sanitary Facility

Our Palazzina sanitary area consists of two modules, so that there is one area for women and one for men. Each of these modules contains changing rooms, showers and a toilet. You can choose between two options for how the sanitary area is attached to the gym.

### Size per Module:

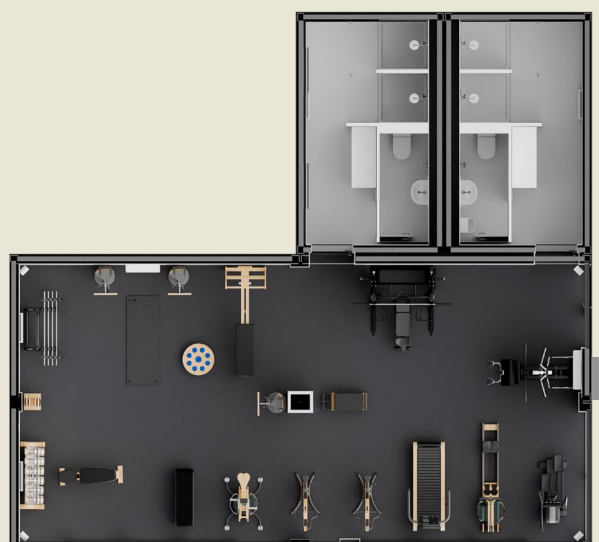
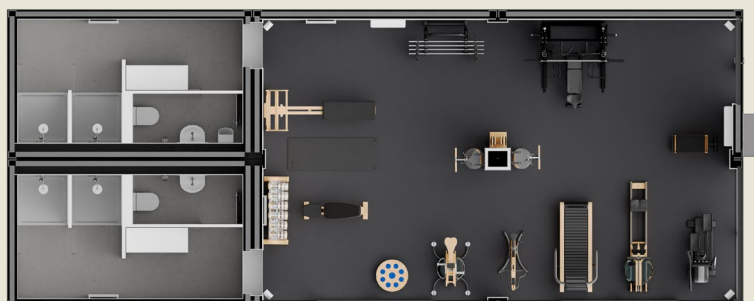
**External Dimension (L/B/H):**

4,88 m / 2,97 m / 2,99 m

**Internal Dimension (L/B/H):**

4,45 m / 2,46 m / 2,60 m

**Useable Area: 11 m<sup>2</sup>**







## Changing Room Facilities

- 14 wooden lockers for 14 lockers (can be increased as required)
- Wooden bench and coat hooks
- Four 400x800mm sanitary windows per module

## Shower Facilities

- Two shower cubicles per module, separated by a partition wall and a glass door in each case
- Walls: R10 tile look, Forestia hardboard, grey

## WC equipment

- One Laufen ceramic toilet per module, suspended with flush valve & partition with hygienic door
- One large ceramic washbasin with mirror each
- Ceramic urinal in the men's WC area

## Technical Details

- **Ceiling:** Hardboard in white
- **Lighting:** 6 pcs. LED Philipps lighting
- **Water:** 2 pcs. Water boiler 50 l
- **Heating:** 2 units E-convactor
- **Floor:** Tiles IP-65
- **Exterior façade:** will be adapted to the overall concept (Forestia HPL panels)

## Add on: Floor

As a special ADD ON, you can have your sanitary area equipped with underfloor heating.

## Our Product PALAZZINA HEALTH CENTER



# Palazzina Health Center

## The all-round sports centre for your club members

This building concept was specially tailored to the needs of clubs and offers members a wide range of sporting activities. The extensive selection of equipment was put together by German sports scientists and, in combination with the spacious sanitary facilities and a massage room, covers all the options for a high-quality training session. Floor-to-ceiling windows and sliding doors ensure that the rooms are flooded with light. These and other innovative components create contemporary and future-orientated training areas.







## Your Benefits

They ...

- gain new members
- generate additional income
- increase your appeal
- become innovative pioneers



# EQUIPMENT PALAZZINA HEALTH CENTER

## Technogym Excite Live Bike

Enjoy a ride on the hottest training bike on the market. The various training options, advanced biomechanics and the design of the Excite Live Bike ensure that you can't wait to get back on the pedals.



## Technogym Excite Live Recline

With its wide clearance, soft-touch handlebars and adjustable backrest, every detail of the Excite Live Recline is designed for a smooth ride.



## Technogym Excite Live Run

The new treadmill from Technogym gives you everything you love about running. Unlimited freedom, a wide open running surface. New outdoor routes invite you to explore, even together with your friends.



## Technogym Excite Live Synchro

The new elliptical trainer from Technogym offers you a wide range of training options and intensity levels. Train with peace of mind on a machine that harmonises perfectly with the movement of your body.



## Technogym Excite Live Vario

The Excite Live Vario adapts to your stride pattern with a flowing, natural movement that is easy on your joints. You can train in complete relaxation and enjoy the movement in its natural form.



## Technogym Selection 900 Chest Press

Chest Press strengthens the chest and arm muscles in a safe and effective way. The device is ideal for all types of users and professional athletes.



## Technogym Selection 900 Abdominal Crunch

Abdominal Crunch trains the abdominal muscles for an effective, safe workout on a comfortable, ergonomic seat that is easy on your back.



## Technogym Selection 900 Leg Press

Leg Press has been specially designed to strengthen the legs on a comfortable ergonomic seat.



## Technogym Selection 900 Low Row

Low Row trains the core and back muscles in a safe and effective way on a comfortable, ergonomic seat.



## Technogym Selection 900 Lower Back

Lower Back trains the muscles of the lower back region by stabilising the pelvis on a comfortable, ergonomic seat in a safe and effective way.



## Technogym Selection 900 Shoulder Press

The Shoulder Press is the ideal device for absolutely safe training of shoulders and arms in a comfortable, ergonomic sitting position.



## Technogym Selection 900 Vertical Traction

Vertical Traction is ideal for safely strengthening the broad back and arm muscles in an ergonomic sitting position.



## Technogym Selection 900 Rotary Torso

Rotary Torso is ideal for training the inner and outer oblique abdominal muscles in a comfortable sitting position.



## Technogym Cable Stations Ercolina

Cable Stations Ercolina with its intuitive design and innovative biomechanics is the ideal device for a variety of full-body exercises.





# Palazzina Health Center

Our Palazzina Health Centre contains a large selection of high-quality and diverse sports equipment from Technogym. This enables you to provide all your members, from beginners to competitive athletes, with the best possible training. If required, you can find many more sports equipment on our website [www.palazzina-sports.com](http://www.palazzina-sports.com) with which you can equip your Palazzina.



SCAN ME

## Technogym Kinesis One

With the Kinesis One from Technogym you can perform an infinite variety of functional exercises to improve your fitness, athletic performance or rehabilitation process.



## Technogym Floor Mat

The Floor Mat provides additional comfort when exercising on the floor. The surface of the mat is made of nano rubber and its closed cell structure prevents liquid from being absorbed during cleaning or use.



## Technogym Crunch Bench

The Technogym Crunch Bench is a multifunctional bench with an attractive design that has been designed for targeted training of the abdominal muscles using your own body weight. The legs are placed on padded rollers.



## Technogym Flat Bench Pure

The Flat Bench Pure is a robust training bench that is easy to transport and is ideal for users of all body sizes to perform a variety of exercises with free weights.



## Technogym Adjustable Bench

This multi-purpose bench with a simple and compact design has been specially designed for barbell and dumbbell training. It is easy to store and move thanks to the integrated castors and holder.



## Technogym Horizontal Bench

Horizontal Bench is a durable multifunctional bench with an attractive design for barbell training of the arms. The support is equipped with support pins at different heights for the safe storage of barbells.



## Technogym Olympic Half Rack

The Olympic Half Rack is a popular piece of training equipment because it allows you to lift heavy weights safely. Unlike conventional gym equipment, the rack is extremely versatile. It can be used for a variety of exercises.



## Technogym Fitness Bar 2010mm

The chrome-plated Technogym barbell bar with rolled knurling is characterised by its sophisticated design, performance and durability. This bar is similar in size and weight to the barbells used in Olympic competitions.



## Technogym Bumper Plate Combo

Combo 2x (5 kg/10kg/20kg/25kg)

The scratch-resistant rubber weight discs are ideal for barbell training and can withstand heavy use and ensure shock absorption.



## Technogym Olympic Plates

2x (0,5/1/1,5/2/2,5/5/10/15/20/25)kg

The Olympic Plates are ideal for weight lifting exercises. Thanks to high-quality materials and manufacturing processes, they are extremely break-resistant and safe to handle.



## Technogym Two Tier Dumbbell Rack

The Two Tier Dumbbell Rack is a free-standing support for storing 20 urethane-coated dumbbells.



## Technogym Dumbbell Set

2x (12/14/16/18/20/22/24/26/28/30)kg

Technogym dumbbells are designed for natural training of multiple muscle groups, giving you full control over your movements.



## Technogym Chrome Dumbbell Rack

The Chrome Dumbbell Rack from Technogym is a free-standing and easily accessible rack for chrome dumbbells. It allows you to store up to 20 dumbbells neatly in your gym.



## Technogym Chrome Dumbbell Set

The chrome dumbbells are ideal for strength training with free weights and are characterised by an attractive, compact, modern design. The high-quality, durable chrome plating protects against damage caused by sweat.



## Size and Dimensions

### PALAZZINA HEALTH CENTER

# The Exclusive Sports Environment for your Club Members

The different training areas allow around 30 people to train at the same time. This allows you to offer your members numerous training options. Thanks to our flexible modular design, each building concept can be customised to your location and to different club sizes and requirements.





## Areas of the Palazzina Health Center

- Spacious cardio area
- Area for functional training, relaxation and stretching
- Strength and free weight area
- Cable pull and multifunctional area
- Massage room
- Sanitary facilities for ladies and gentlemen



## Dimensions of the Palazzina Health Center

**External Dimension (L/B/H):**  
23,00 m / 12,00 m / 2,99 m

**Internal Dimension (L/B/H):**  
22,80 m / 11,80 m / 2,60 m

**Useable Area:** 248 m<sup>2</sup>

## Maximum Comfort with our Palazzina-Sanitary Facilities

The Palazzina Health Centre's integrated sanitary facilities offer your club members maximum comfort. They can change, shower and use the toilet directly in the Palazzina. Just like our training area, we have also designed the sanitary facilities in a modern way. We only use high-quality components.

### Structure of the Sanitary Facility

Our Palazzina sanitary area consists of four modules, which are divided into two areas, one for women and one for men. Each of these areas contains changing rooms, showers and toilets.

### Size per module:

#### External Dimension (L/B/H):

9,76 m / 6,00 m / 2,99 m

#### Internal Dimension (L/B/H):

9,56 m / 5,80 m / 2,60 m

**Useable Area:** 55 m<sup>2</sup>







## Changing Room Facilities

- 30 wooden lockers for 30 lockers (can be increased as required)
- Wooden bench and coat hooks
- Four sanitary windows 400x800mm



## Shower Facilities

- Three showers each in the ladies' and men's sanitary area
- Walls: R10 tile look, Forestia hardboard, grey



## WC facilities

- Laufen suspended ceramic WCs with flush valve and partition with hormone door (1 in the men's and 2 in the women's sanitary area)
- One large ceramic washbasin with mirror each
- Two ceramic urinals in the men's WC area

## Technical Details

- **Ceiling:** Hardboard in white
- **Lighting:** 18 pcs. LED Philipps lighting
- **Water:** 2 pcs. Water boiler 50 l
- **Heating:** 2 pcs. E-convector
- **Floor:** R-10 tiles
- **Exterior façade:** to be adapted to the overall concept (Forestia HPL panels)

## Add on: Floor

As a special add on, you can have your sanitary area fitted with underfloor heating.

# Technical Equipment



## Innovative Equipment for the Best Training Experience

Palazzina Sports is characterised by its individual design concept and the interplay of the various components. The installation of innovative components creates a contemporary and future-orientated training room. You have the option of customising the technical equipment of your Palazzina to suit the needs of your club.



1

## Sound

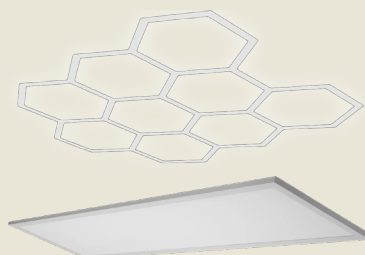
The high-quality Teufel One S stereo set provides the perfect sound for sports, yoga or relaxing. The stylish streaming speakers, available in black or white, are integrated into the Palazzina with the matching Teufel wall bracket. This turns your members' workout into a unique training experience in audio terms too.



2

## Lighting

We create the optimum lighting situation in your Palazzina by combining Ledvance LEDs and hexagonal lights. The colour and brightness of the lighting are controlled via an app. This allows you to adjust the light to suit the mood and training situation and create an extraordinary flair.



3

## TV

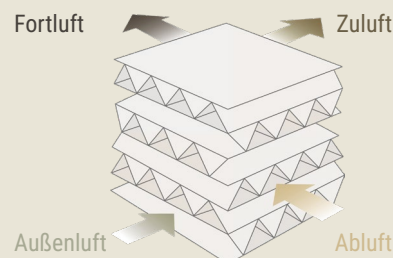
A well-equipped gym also needs the right TV. We integrate a 40-inch Full HD TV from Samsung into our Palazzinas, including a ceiling mount, which can be used for streaming workouts or additional entertainment during training, and you can also choose a different device if you wish.



4

## Heat Exchanger

The built-in heat exchanger uses the integrated heat accumulator to store a large proportion of the heat energy when the air is blown out (exhaust air mode) and then heats the fresh air supplied from outside (supply air mode). At the same time, the air humidity is regulated. In this way, up to 90 % of the heat energy can be recovered.



5

## Air Conditioning

We install a Samsung air conditioning system so that your members can train comfortably in your Palazzina even in summer. Thanks to the rapid cooling mode, the desired temperature can be reached in a short time. The wind-free technology ensures that the cool air is gently distributed throughout the room and no draughts are created.



6

## Insulation

We use a combination of high-quality mineral wool and PIR insulation to create a pleasant indoor training environment and efficiently save energy.  
 $A = 0.35 \text{ W/sqmK}$        $B = 0.20 \text{ W/sqmK}$   
 All the insulation materials we use comply with fire class A2.



# DESIGN OF YOUR PALAZZINA

## Create your own Customised Design

In addition to functionality, we also attach great importance to the design of our Palazzina. Our aim is for the Palazzina to fit seamlessly into the design concept of your club. That's why we offer you the opportunity to choose the design of your Palazzina yourself, from the exterior panelling to the flooring. This allows you to create your own customised gym that will be a real eye-catcher on your club grounds.



### Glazing

We give you the feeling of training outdoors. Our palazzinas are equipped with large triple-glazed, floor-to-ceiling windows and designer sliding doors. This means your members can enjoy the view of the sky or the surrounding nature throughout their training. Our designer sliding doors can also be opened completely. You can turn your palazzina into an outdoor gym and still let your club members train in the fresh air in a covered room.



# Exterior Cladding

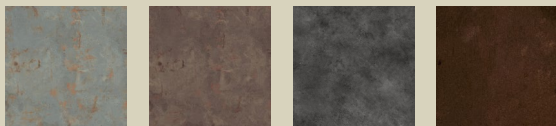
When it comes to the exterior cladding of your Palazzina, you can choose from hundreds of design options.

You can choose between HPL, metal, wood and natural stone in numerous variations.

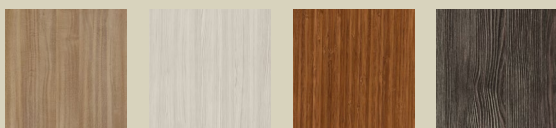
Discover more exterior cladding options on our website: [www.palazzina-sports.com](http://www.palazzina-sports.com)



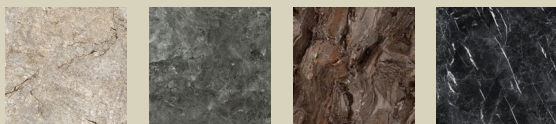
**HPL**



**Metal**



**Wood**



**Natural Stone**





# DESIGN OF YOUR PALAZZINA

## Interior Lining of your Palazzina

When it comes to the interior covering of your Palazzina, you can choose between numerous wallpapers and paints. We use melamine-coated plywood panels or plasterboard as the basis for the interior cladding. The plywood panels are washable and form a flat surface suitable for painting or wallpaper. The plasterboard panels are delivered fully primed and can be painted with standard wall paint. Alternatively, they can also be wallpapered, tiled or mirrored.

### Wooden Panels

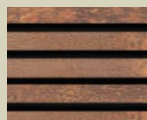
You have the option of integrating wooden panels on the walls of the Palazzina to match your design concept. You can find more colors on our website [www.palazzina-sports.com](http://www.palazzina-sports.com).



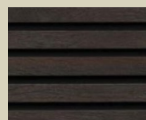
Oak



Rustic  
Oak



C o p p e r  
Oxide

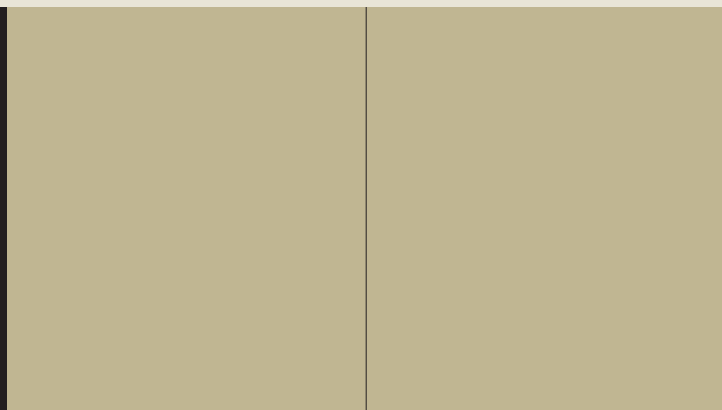


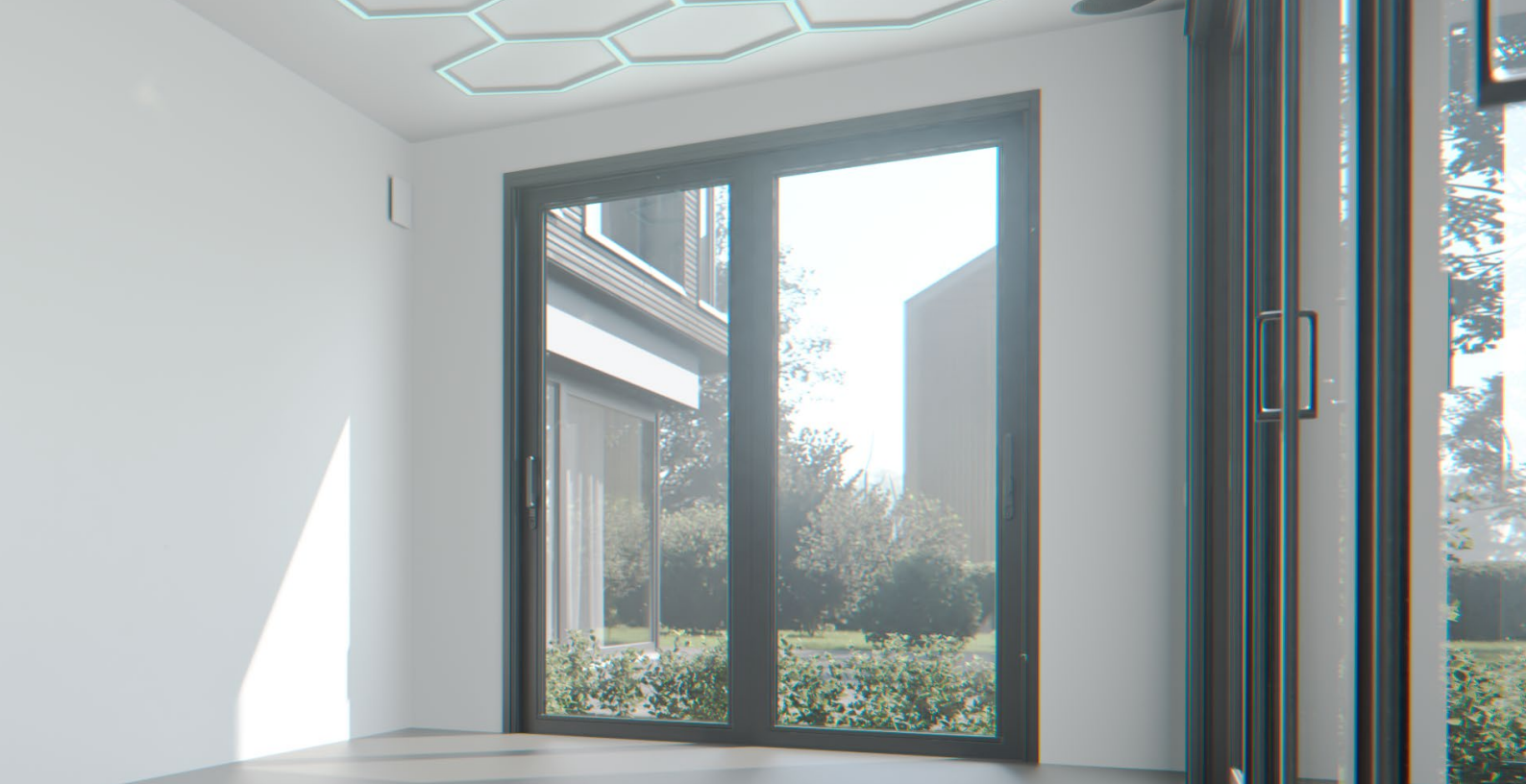
Charcoal  
Oxide



### Mirror

Our 3.5 x 2.5 m mirror is an additional highlight in the interior of your gym and rounds off your personal design concept.





## Floor

Robust and resilient, resistant and durable - this is what characterizes the Palazzina floor. Because we already see the cement-bonded chipboard as part of the training room that has to support the weight of the sports equipment and that of the athletes. Over this foundation we lay a high-quality fitness floor that is more than two centimeters thick and also offers protection against moisture.



## Entrance Door Control

You can also opt for an RFID-controlled entrance door control, which enables low administrative and personnel costs as well as uncomplicated access. You can choose between ID cards or personalized wristbands as entry keys.





# ADD ON: TERRACE



## **From Outdoor Fitness to Sunbathing Areas - With the Palazzina Terrace you can Offer your Members Even More**

You have the option of adding a terrace area to your palazzina. This is built on the roof of your palazzina and includes a railing and stairs.

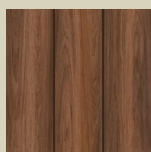
By using steel frames and the latest insulation technology, we build a stable and contemporary terrace area that does not affect the acoustics inside.

The terrace area creates a measurable contribution to increasing the value and use of your property. The possible uses are versatile and can range from outdoor fitness, to catering and event areas, to sunbathing areas for your club members.

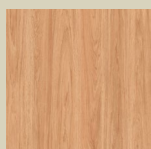


# Material for Terrasse

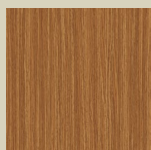
You can also choose your individual design for the Palazzina terrace.



**Composite  
boards  
in wood look**



**Larch wood**



**Pine Wood**



# Our Offer

## The Investment for your Club

Create your individual Palazzina concept that can be seamlessly integrated into your club. Invest in the future of your club with contemporary construction. Increase the health and satisfaction of your members and be an innovative pioneer.



### Palazzina Smart Performance

The Palazzina Smart Performance is the compact training solution for your club. By selecting high-quality sports equipment from Technogym, you provide the ideal basis for a varied workout.

Three people can train at the same time on a training area of 16.24 m<sup>2</sup>.





## Palazzina Smart Basic

You can individually equip the Palazzina Smart Basic with the fitness equipment of your wishes. You can choose from high-quality fitness equipment from brands such as Technogym, Nohrd or Concept2 and can get advice from our team of sports scientists. The Palazzina Smart Basic is similar in size to the Palazzina Smart Performance.



# OUR OFFERS



## Palazzina Loft

The Palazzina Loft offers the right training environment for everyone, whether they are beginners or competitive athletes. The different sports equipment is optimally coordinated with each other and creates a number of training options.

You can choose between equipment from Nohrd or Technogym. With a training area of 55.39 m<sup>2</sup>, the Palazzina Loft is designed for 14 people to train in parallel.

## Palazzina Loft Sanitary Facilities

Expand your Palazzina Loft with a sanitary area with changing rooms, showers and toilets. This means your members experience maximum comfort.







## Palazzina Health Center

Create a comprehensive, exclusive sports facility for your members with the Palazzina Health Center.

The Palazzina Health Center is designed for training 30 people in parallel and has a total area of 248 m<sup>2</sup>. It includes various training areas with high-quality sports equipment, a massage room and a sanitary area with changing rooms, showers and toilets for men and women.

## Palazzina Add on Terrasse

The stable and contemporary terrace is built on the roof of your palazzina including railings and stairs and offers a wide range of possible uses.



# DELIVERY

## Process of the Delivery

Your Palazzina will be delivered by truck and placed from the truck onto the ground and assembled using a truck crane or on-board crane. We ensure that the entire delivery process is quick, clean and quiet. The delivery situation must be examined individually on a case-by-case basis: How accessible is the construction site? Does the Palazzina have to be lifted over obstacles? Photos and a map of the construction site are essential for this.

### Delivery Time

10-12 Weeks



## Soil texture

The soil quality should generally be 30 cm of compacted gravel. The best option is strip or block foundations, frost-free. Setting up on a grassy area is also possible. The electricity is supplied by the customer (builder). We offer you connection and measurement protocol as an additional service through our experts.



# CONTACT

**We are here for you.**

**Please feel free to contact us!**

## **For DACH Region**

Palazzina Sports & Building GmbH  
Marc-Chagall Straße 2  
40477 Düsseldorf  
Germany

Tel: +49 211 94250820  
Fax: +49 211 94250829

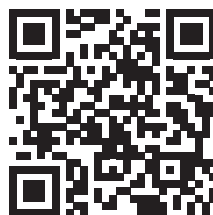
## **For European & International Customers**

Palazzina Sports International  
Dublin,  
Ireland

Tel: +353 87 391 9360

**Our qualified specialist staff will be happy to advise you personally.**

Web: [www.palazzina-sports.com](http://www.palazzina-sports.com)  
E-Mail: [hello@palazzina-sports.com](mailto:hello@palazzina-sports.com)



**Website**



**Instagram**









