



MODULAR GYM SOLUTIONS



# Palazzina Business

**The Modular Gym for your Company**

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

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## OUR PHILOSOPHY

### **Design your own Customisable Gym!**

What could be nicer than looking at the sky, a garden or nature while exercising? Our mission is to bring training out of basements and artificially lit rooms into nature and fresh air.

Palazzina Sports designs and builds fully equipped, modular gyms for companies.

And because the needs and ideas of the companies are very different, we take you along on this sporty journey right from the start.

We advise and accompany you from the first idea to the turnkey handover.



## OUR PRODUCT PALAZZINA SMART



# Palazzina Smart

## The Functional Training Room for Effective Training Sessions

The Palazzina Smart is the compact training solution for employee-oriented companies. Create an attractive working environment and offer your employees the luxury of a private fitness area with a view of the outdoors. The fitness area is the ideal size for a varied and effective set of equipment. The generous installation of floor-to-ceiling sliding doors ensures a room flooded with daylight. By installing innovative components, a contemporary and future-oriented training room is created, tailored to your needs.



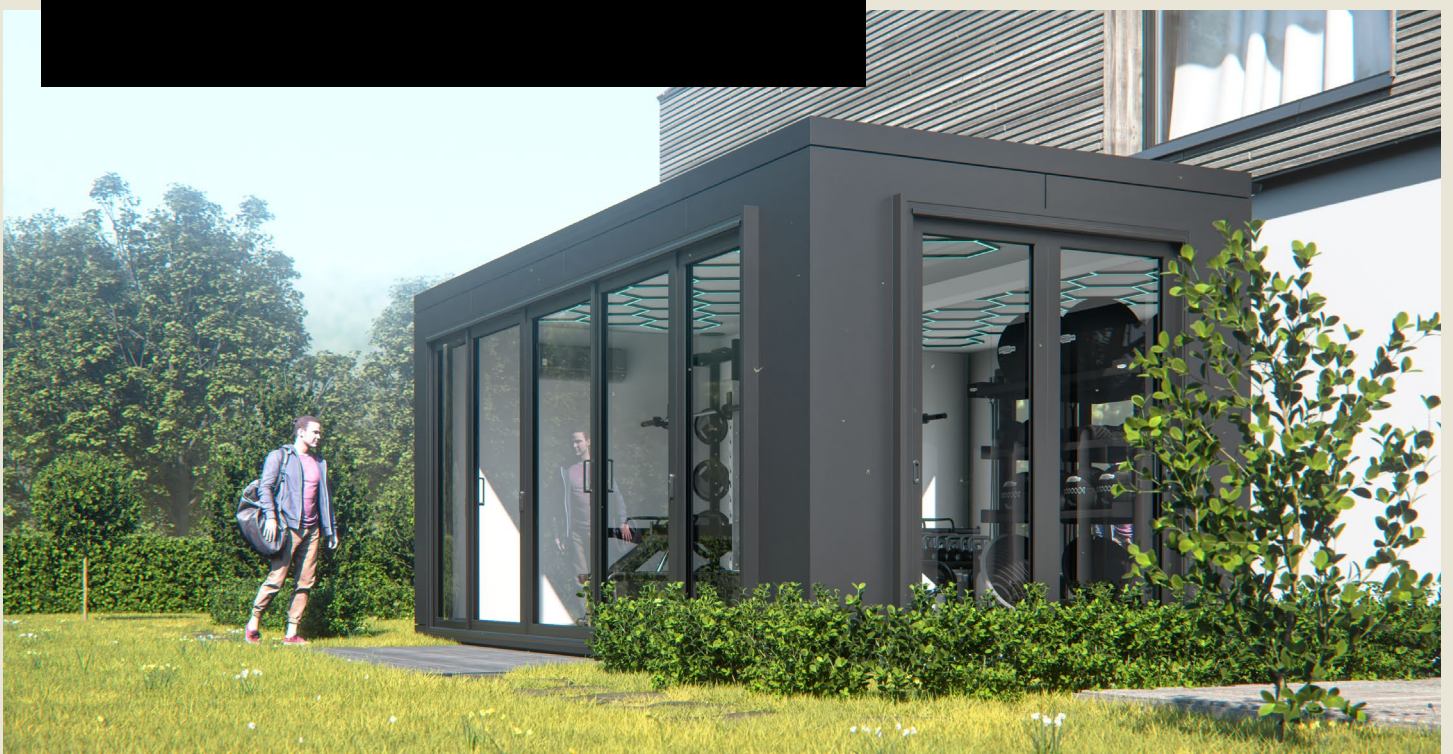




## Your Benefits

They ...

- Creates a space that is useful and adds value
- Creates a dynamic corporate culture and strengthens your employer brand
- Increases employee retention and satisfaction



## Palazzina Smart Performance

Benefit from the expertise of German sports scientists and enable your employees to have a fitness studio in your company. In the Palazzina Smart Performance we have optimally combined high-quality fitness equipment from the Technogym brand so that you can achieve the best possible training.

### Technogym Skillrow

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



### Technogym Olympic Half Rack

The Olympic Half Rack is a popular training device because it allows heavy weights to be lifted safely. Unlike traditional 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 is specifically designed for barbell and dumbbell training. Thanks to the integrated wheels and holder, it is easy to store and move.



### Technogym Universal Storage Rack

Kettlebells as well as water balls or combinations of these products can be stored in the universal shelf. The universal shelf is accessible from both sides and designed to perfectly complement the Technogym layout.



### Technogym Fitness Bar 2010mm

The chrome-plated Technogym barbell bar with rolled knurls is characterized by 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 Skill Tools Kit. This set, designed around the Skillathletic training method, supports and refines any type of workout. Included are, for example, FoamRoallers, jump ropes, balance pads, etc.



### Technogym Bumper Plate Combo

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

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

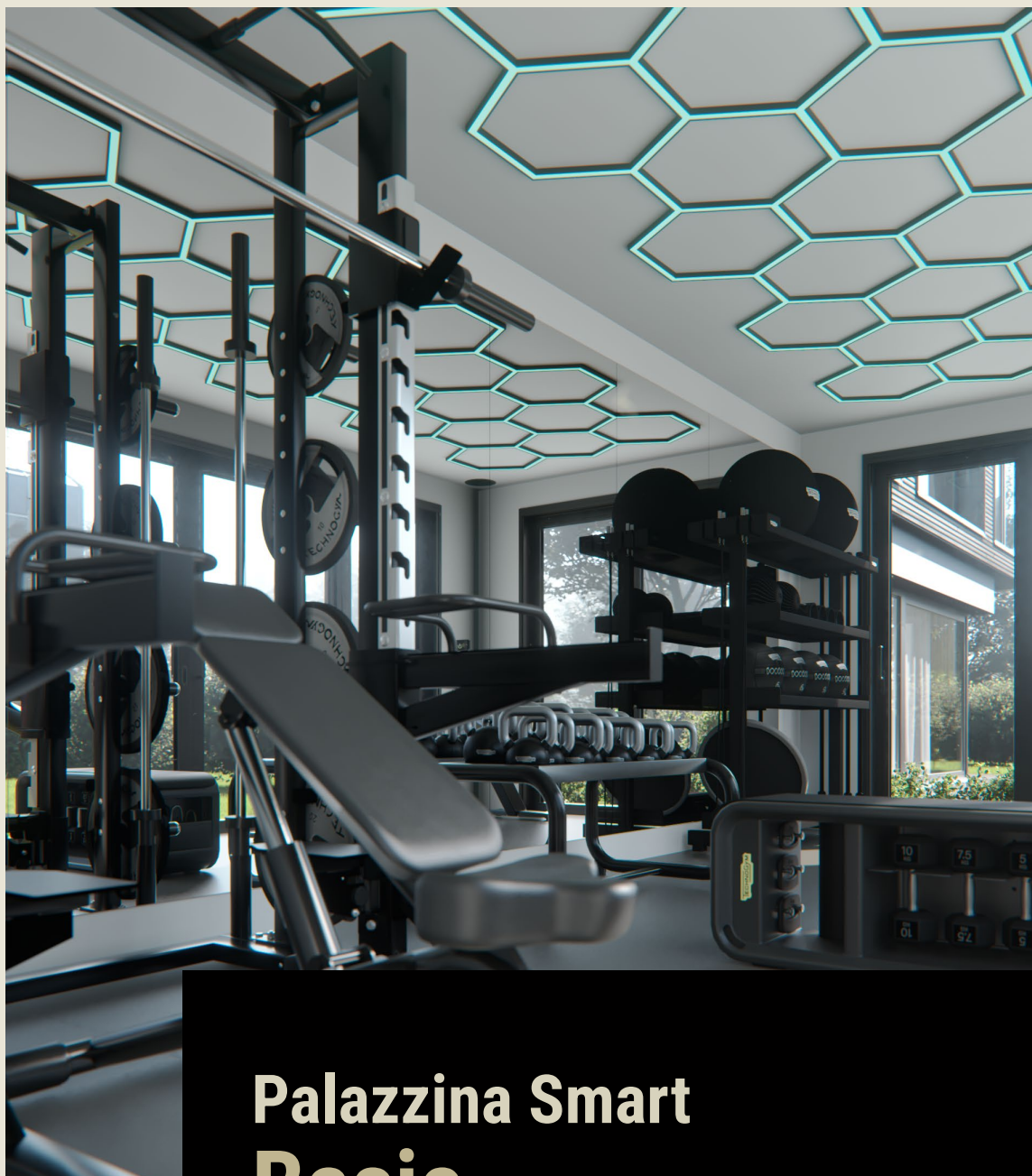


### Technogym Bench

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







## Palazzina Smart Basic

Equip your Palazzina individually with the fitness equipment of your wishes! 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 or Concept2. This means you can tailor the equipment in your Palazzina to the needs of your employees.

Our team of sports scientists will be happy to advise you on the selection of sports equipment.

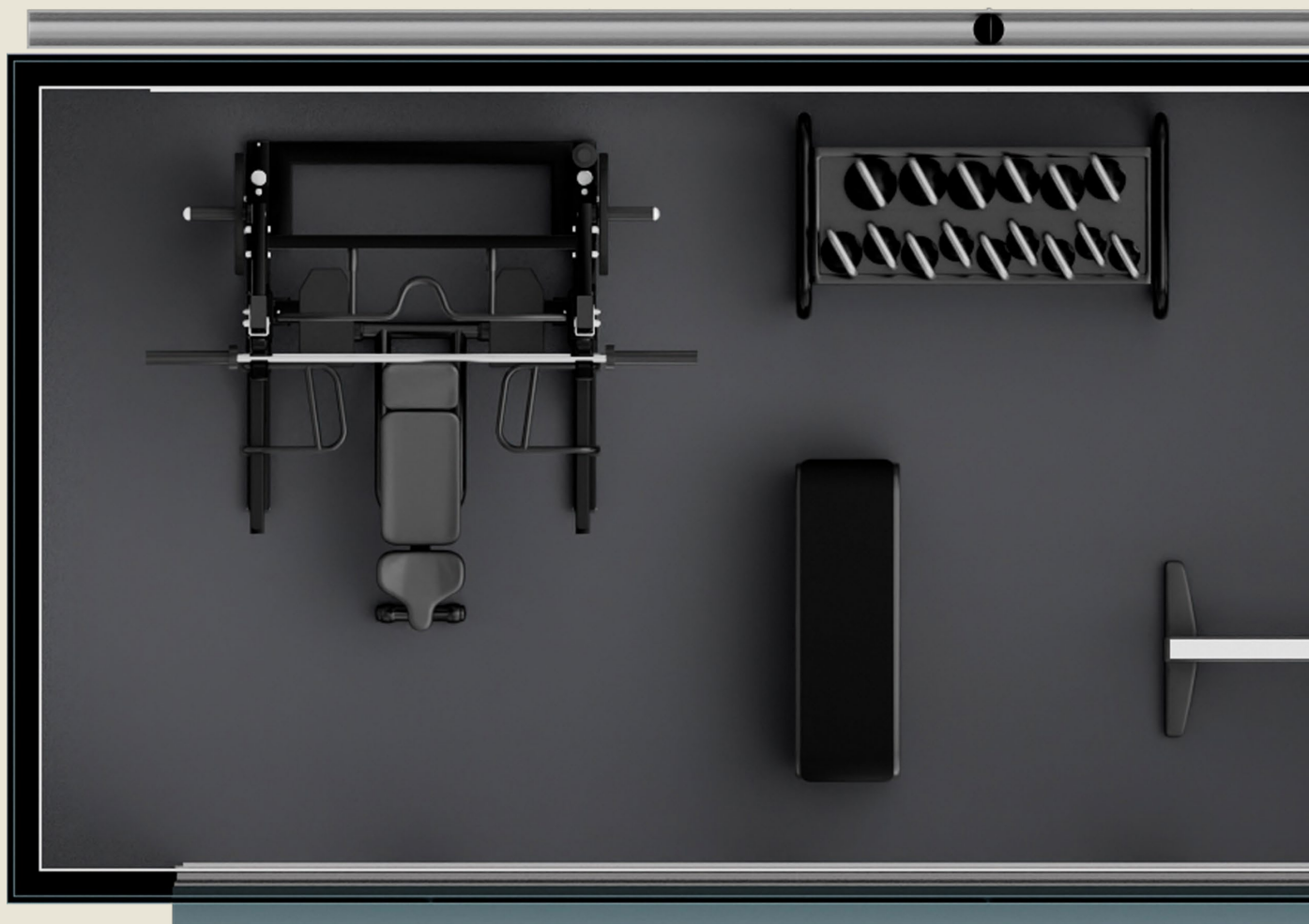


**SCAN ME**

## SIZE AND DIMENSIONS PALAZZINA SMART

# The Compact Training Solution for your Company

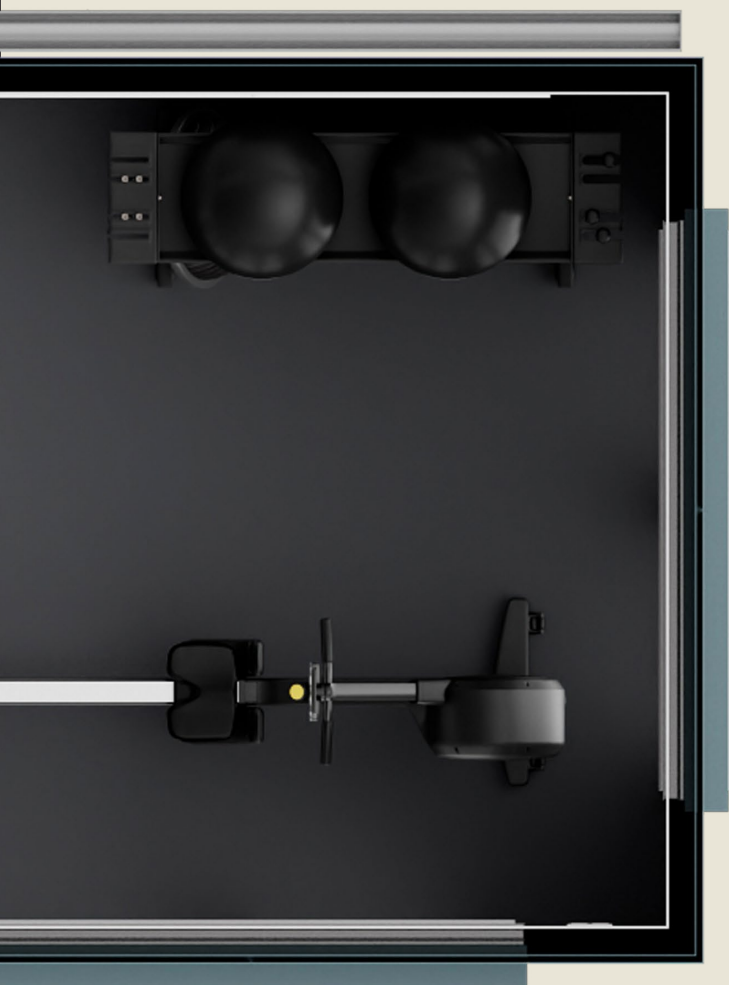
Our Palazzina Smart Performance is designed for comfortable training for three people in parallel and, thanks to the different training areas, represents the perfect basis for a versatile training. Thanks to the modular design, the dimensions of your Palazzina can be individually adapted to your location if necessary.





## Training Areas of the Palazzina Smart Performance

- Cardio area
- Functional training area, relaxation and stretching
- Free weight area
- Strength and multifunctional area



## Dimensions of Palazzina Smart

**External Dimension (L/B/H):**  
6,00 m / 3,00 m / 2,99 m

**Internal Dimension (L/B/H):**  
5,80 m / 2,80 m / 2,65 m

**Usable Size:** 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 your company - a place to feel good and work out, which impresses with its open and bright design. The generous installation of floor-to-ceiling windows and sliding doors ensures a room flooded with daylight. The selection of equipment was put together by German sports scientists and covers all options for high-quality training. By installing innovative components, a contemporary and future-oriented one is created Training room tailored to your employees.







## Your Benefits

They ...

- increase the employer brand and location attractiveness
- promote employee satisfaction and health
- create team building and employee loyalty
- increase productivity



## Palazzina Loft Technogym

Benefit from the expertise of German sports scientists. In the Palazzina Loft Technogym we have optimally combined high-quality fitness equipment from Technogym. This means you can offer all your employees, from beginners to competitive athletes, the best possible training.

If necessary, you can find many more 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 fitness studio for strength training at home: complete, comfortable and versatile, in just 1.5 m<sup>2</sup>. It offers over 25 different exercises to increase strength and shape the entire body.



### Technogym Skillrow

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



### Technogym Elliptical

Technogym Elliptical ist der einzige kompakte Crosstrainer, auf dem ein Ganzkörpertraining möglich ist. Entdecken Sie die Kraft Ihres Körpers mit natürlichen und komfortablen Bewegungen und einer minimalen Gelenkbelastung.



### Technogym Kinesis Personal

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



### Technogym MyRun

The MyRun combines an elegant and compact design, an adaptable running surface and tailored training sessions directly to your tablet. This makes it the optimal equipment for a cardio workout.



### Technogym Cable Stations Ercolina

Cable Stations Ercolina with intuitive design and innovative biomechanics is the optimal device for a variety of whole-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 training including trainer based on your needs.



### Technogym Floor Mat

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







### Technogym Olympic Half Rack

The Olympic Half Rack is a popular training device because it allows heavy weights to be lifted safely. Unlike traditional 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 is specifically designed for barbell and dumbbell training. Thanks to the integrated wheels and holder, it is easy to store and move.



### Technogym Fitness Bar 2010mm

The chrome-plated Technogym barbell bar with rolled knurls is characterized by 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 plates are ideal for barbell training and can withstand heavy use and ensure shock absorption.



### Technogym Barbell Rack

The Barbell Rack serves as clear storage for up to four dumbbells in your gym. We deliver the rack including four barbells with different weights (5/10/15/20kg), which can be used for numerous exercises during strength training.



### Technogym Two Tier Dumbbell Rack

The Two Tier Dumbbell Rack is a freestanding support designed to store 20 urethane covered 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, where you have 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 elastic 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, mostly innovative sports equipment made of solid wood from Nohrd. You have the option to choose between six different types of wood. This creates a stylish, yet warm ambience in your palazzina.

If necessary, you can find many more 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 heart 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 gentle on the joints and extremely effective at the same time.



### Nohrd Sprintbok

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



### Nohrd Bike

The Nohrd Bike is the ideal indoor bike. Thanks to the protected, revolutionary planetary gear and the stable wooden frame, the bike is extremely robust and durable - ideal for professional use in the studio or in your own 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 hung at three different heights on both sides.



### Nohrd SlimBeam

Functionality and design combined in one device. The Slimbeam cable hoist made of ash wood with its elegant design blends seamlessly into its surroundings. The pulley is versatile and multifunctional, so it offers 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 CNC machined from nickel-plated steel and have a pleasantly ribbed handle.



### Nohrd Swing Turm

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

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



### Nohrd TriaTrainer

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



### Nohrd WeightBench

The WeightBench weight training bench meets all the requirements of a functional training bench combined with attractive aesthetics. The frame made of solid solid wood impresses with its stability and sanded 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 exercises to suspend your body weight using integrated fold-outs. A range of accessories can be attached to the wall bars to expand the range of exercises possible.



### Nohrd CombiTrainer

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



### Technogym Elliptical

Technogym Elliptical is the only compact cross trainer that allows full-body training. Discover the power of your body with natural and comfortable movements and minimal joint stress.



### Technogym Unica

The Technogym Unica is the compact fitness studio for strength training at home: complete, comfortable and versatile, in just 1.5 m². It offers over 25 different exercises to increase strength and shape the entire body.



### Technogym Barbell Rack

The Barbell Rack serves as clear storage for up to four dumbbells in your gym. We deliver the rack including four barbells with different weights (5/10/15/20kg), which can be used for numerous exercises during strength training.



### Technogym Olympic Half Rack

The Olympic Half Rack is a popular training device because it allows heavy weights to be lifted safely. Unlike traditional 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 is specifically designed for barbell and dumbbell training. Thanks to the integrated wheels and holder, it is easy to store and move.



### Technogym Fitness Bar 2010mm

The chrome-plated Technogym barbell bar with rolled knurls is characterized by 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 plates are ideal for barbell training and can withstand heavy use and ensure shock absorption.



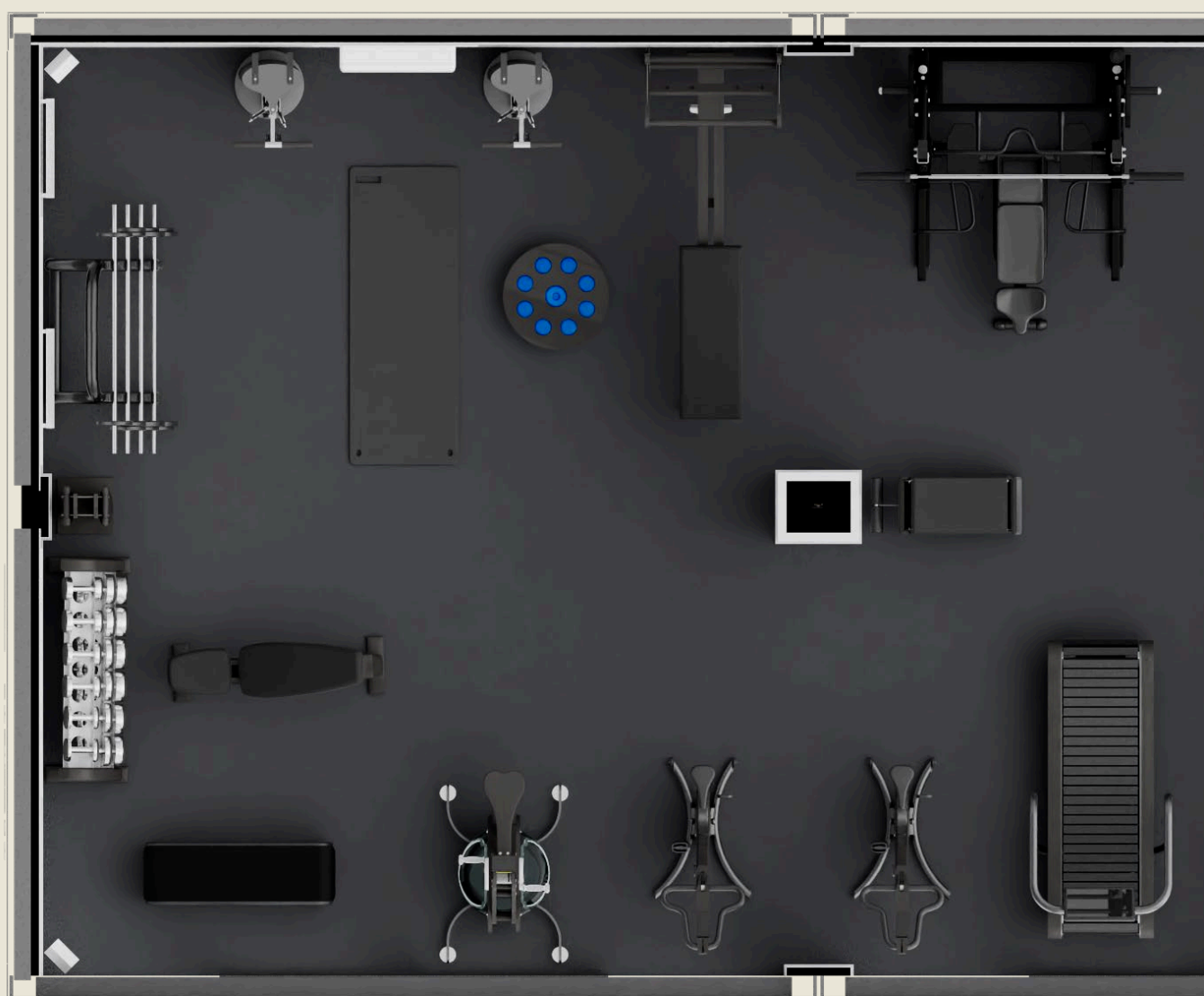
### Technogym Floor Mat

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



# Numerous Training Options for your Employees

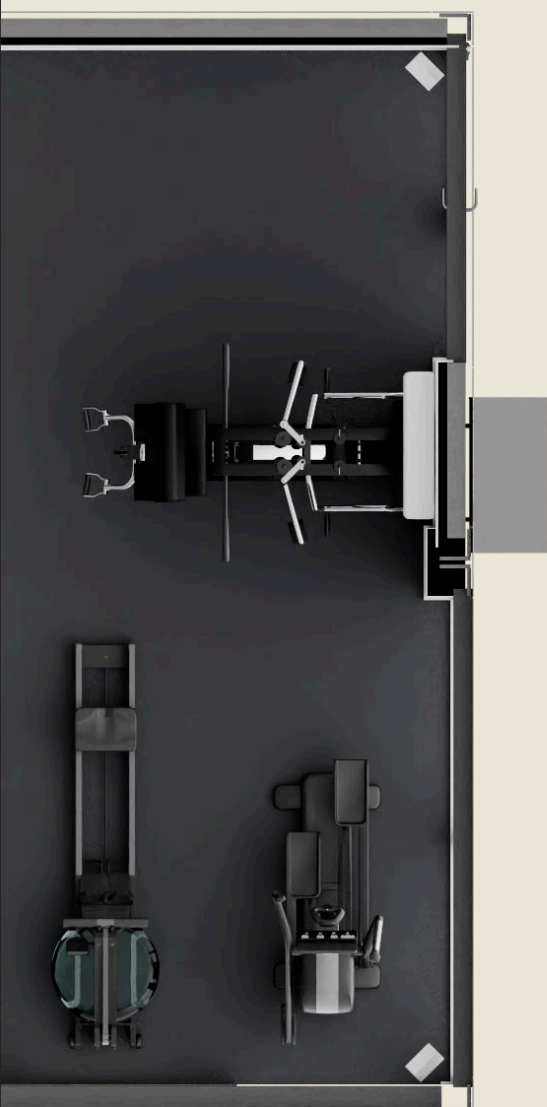
Our Palazzina Loft is designed so that fourteen people can train at the same time in a pleasant atmosphere. Thanks to its different areas, it represents the perfect basis for versatile training for your employees. Thanks to the modular design, the dimensions of the Palazzina Loft can be individually adapted to your location if necessary.





## Training Areas of the Palazzina Loft

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



## Dimensions 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>

# SANITARY FACILITIES

## PALAZZINA LOFT

## Maximum Comfort with our Palazzina-Sanitary Facilities

Palazzina Sports is a 360-degree concept. That's why we offer you the opportunity to expand your Palazzina gym with a sanitary area. This means your employees experience 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 area using the most modern options and only use high-quality components.

### Construction of Sanitary Facility

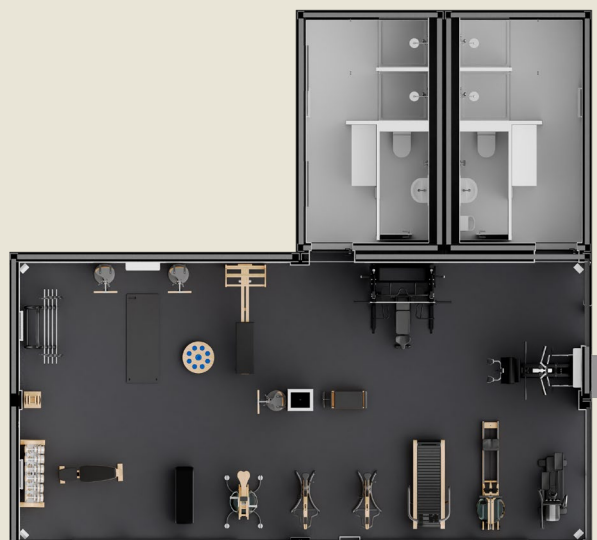
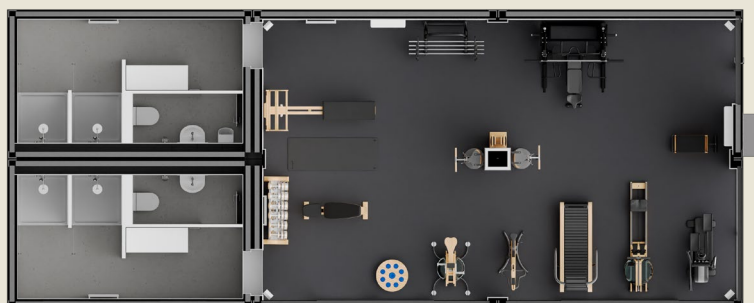
Our Palazzina sanitary area consists of two modules, so that there is one area for women and one for men. Each of these modules contains changing rooms, showers and a toilet. You can choose between two options for how the sanitary area is attached to the gym.

### Size per module:

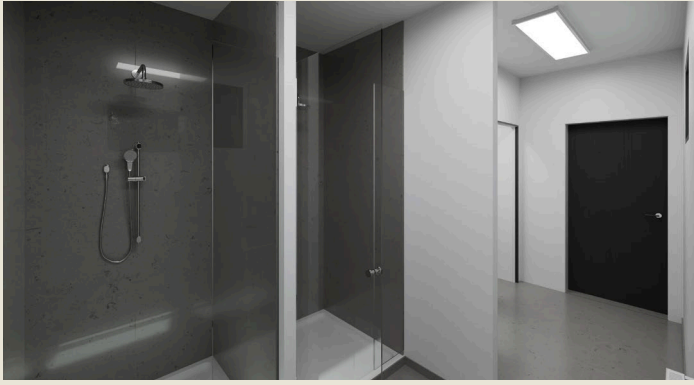
**External Dimension (L/B/H):**  
4,88 m / 2,97 m / 2,99 m

**Internal Dimension (L/B/H):**  
4,45 m / 2,46 m / 2,60 m

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







## Changing Room Facility

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

## Ausstattung Duschen

- Two shower niches per module, separated by a partition and a glass door each
- Walls: R10 tile look, Hardboard Forestia, gray

## Ausstattung WCs

- One ceramic toilet from Laufen per module, hanging with pressure flusher & partition with Hormann door
- Each has a large ceramic sink with a mirror
- Ceramic urinal in the men's toilet area

## Technical Details

- **Ceiling:** hardboard in white
- **Lighting:** 6 pcs. LED Philipps lighting
- **Water:** 2 pcs water boiler 50 l
- **Heating:** 2 pcs. electric convector
- **Floor:** tiles IP-65
- **Exterior facade:** is adapted to the overall concept (Forestia HPL panels)

## Add on: Floor

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

## OUR PRODUCT PALAZZINA HEALTH CENTER



# Palazzina Health Center

## The Comprehensive Sports Facility for your Employees

This construction concept was specifically tailored to the needs of companies and offers your employees an exclusive and private sports environment. The extensive selection of equipment was put together by German sports scientists and, in combination with the spacious sanitary area and a massage room, covers all options for a high-quality training stay.

Floor-to-ceiling windows and sliding doors ensure rooms are flooded with light. These and other innovative components create contemporary and future-oriented training areas.







## Your Benefits

They ...

- promote the health of employees
- Increase team spirit through sports activities
- strengthen the corporate culture
- Training area for 30 employees and more



# 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 design of the Excite Live Bike ensure that you can't wait to get back on the pedals.



### Technogym Excite Live Recline

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



### Technogym Excite Live Run

The new treadmill from Technogym allows you to do 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 device that harmonizes perfectly with the movement of your body.



### Nohrd Bike

The Excite Live Vario adapts to your stride pattern with a fluid, natural movement that is gentle on your joints. You can train in a relaxed manner and enjoy the movement in its natural form.



### Technogym Selection 900 Chest Press

Chest Press strengthens the chest and arm muscles in a safe, 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 in a comfortable, ergonomic seat while protecting your back.



### Technogym Selection 900

#### Leg Press

Leg Press is specifically designed to strengthen legs on a comfortable ergonomic seat.



### Technogym Selection 900

#### Low Row

Low Row specifically 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 in a safe and effective way by stabilizing the pelvis on a comfortable, ergonomic seat.



### Technogym Selection 900

#### Shoulder Press

Shoulder Press is the optimal device for absolutely safe training of the 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 internal and external oblique abdominal muscles in a comfortable sitting position.



### Technogym Cable Stations Ercolina

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





# Palazzina Health Center

Our Palazzina Health Center contains a large selection of high-quality and different sports equipment from Technogym. This allows all of your employees, from beginners to competitive athletes, to have the best possible training.

If necessary, you can find many other 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 Technogym's Kinesis One you can perform an endless variety of functional exercises to improve your fitness, athletic performance or the rehabilitation process.



## Technogym Floor Mat

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



## Technogym Crunch Bench

The Technogym Crunch Bench is a multifunctional bench with an attractive design that was designed for targeted training of the abdominal muscles through exercises using your own body weight. The legs are placed on cushioned 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 heights to perform a variety of free weight exercises.



## Technogym Adjustable Bench

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



## Technogym Horizontal Bench

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



## Technogym Olympic Half Rack

The Olympic Half Rack is a popular training device because it allows heavy weights to be lifted safely. Unlike traditional 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 knurls is characterized by 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 plates 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 freestanding support designed to store 20 urethane covered 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, where you have 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. This means you can store up to 20 dumbbells neatly in your fitness studio.



## Technogym Chrome Dumbbell Set

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



# SIZE AND DIMENSION PALAZZINA HEALTH CENTER

## The Exclusive Sports Environment for your Employees

The different training areas allow approximately 30 people to comfortably train at the same time. This means you offer your employees numerous training opportunities. Thanks to our flexible modular design, every construction concept can be individually adapted to your location.





## Areas of 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 areas for women and men



## Dimension 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

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

# SANITARY FACILITIES PALAZZINA HEALTH CENTER

## Maximum Comfort from your Palazzina-Sanitary Facility

The integrated sanitary facilities of the Palazzina Health Center offer your employees the highest level of comfort. They can change, shower and use the toilet directly in the Palazzina.

Just like our training area, we have also designed the sanitary area in a modern way. We only use high-quality components.

### Construction of Sanitary Facility

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

### Size of 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

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







## Changing Room Facilities

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



## Shower Facilities

- Three showers each in the women's and men's sanitary areas
- Walls: R10 tile look, Hardboard Forestia, gray



## Toilet Facilities

- Ceramic toilets from Laufen, hanging with pressure flusher and partition with Hormann door (1 piece in the men's and 2 pieces in the women's sanitary area)
- Each has a large ceramic sink with a mirror
- Two ceramic urinals in the men's toilet area

## Technical Details

- **Ceiling:** hardboard in white
- **Lighting:** 18 pcs. LED Philipps lighting
- **Water:** 2 pcs water boiler 50 l
- **Heating:** 2 pcs. electric convector
- **Floor:** tiles R-10
- **Exterior facade:** is 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.

# TECHNICAL EQUIPMENT



## Innovative Equipment for the Best Training Experience

Palazzina Sports is characterized by the individual design concept and the interaction of the various components. By installing innovative components, a contemporary and future-oriented training room is created. This is how we create the best possible training environment for your employees.



1

## Sound

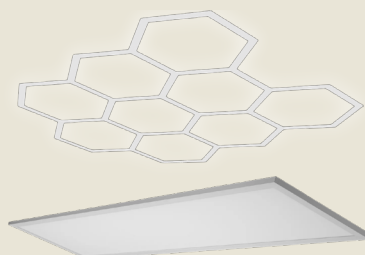
The high-quality Teufel One S stereo set ensures the perfect sound when doing sports, yoga or relaxing. The stylish streaming speakers, available in black or white, are integrated into the Palazzina with the matching Teufel wall mount. This makes your employees' workout a unique auditory training experience.



2

## Lighting

By combining Ledvance LEDs and hexagonal lights, we create the optimal lighting situation in your palazzina. The color and brightness of the lighting are controlled via an app. This means you can adjust the light depending on your mood and training situation and create an extraordinary flair.

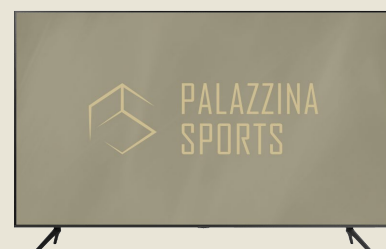


3

## TV

The right TV should also not be missing in an optimally equipped gym. In our Palazzinas we integrate a 40 inch Full HD TV from Samsung including a ceiling mount, which can be used for streaming workouts or additional entertainment during training.

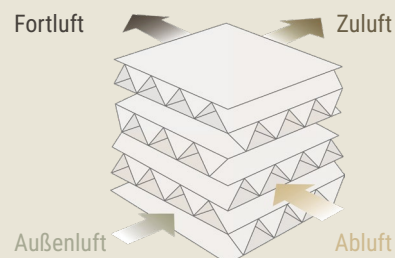
If you wish, you can also select another device.



4

## Heat Exchanger

The built-in heat exchanger uses the integrated heat storage to store a large part of the heat energy when blowing out (exhaust air mode) in order to then heat the fresh air supplied from outside (supply air mode). At the same time, the air humidity is regulated. This means that up to 90% of the heat energy can be recycled.



5

## Air Conditioning

So that your employees can train comfortably in your palazzina even in summer, we install an air conditioning system from Samsung. The rapid cooling mode allows the desired temperature to be reached in a short time. The Wind-Free technology ensures that the cool air is distributed gently throughout the room and there are no drafts.



6

## Insulation

We use a combination of high-quality mineral wool and PIR insulation to create a comfortable indoor training environment and efficiently save energy.

A = 0.35 W/sqmK

B = 0.20 W/sqmK

All of the insulation materials we use comply with fire class A2.



# DESIGN OF THE PALAZZINA

## Create your Individual Design

In addition to functionality, we also attach great importance to the design of our palazzinas. Our goal is for the Palazzina to fit seamlessly into your company's design concept. That's why we offer you the opportunity to choose the design of your palazzina yourself, from the exterior cladding to the flooring. This way you can create your own individual gym that will be a real eye-catcher on your company premises.



### 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 employees can enjoy the view of the sky or the surrounding nature throughout the training. Our designer sliding doors can also be opened completely. You can turn your palazzina into an outdoor gym and still let your employees train in the fresh air in a covered room.



# Exterior Cladding

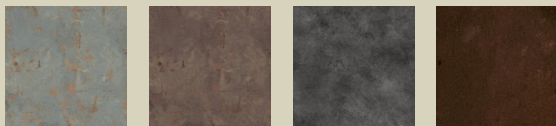
When it comes to the exterior cladding of your Palazzina, you can choose from hundreds of design options.

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

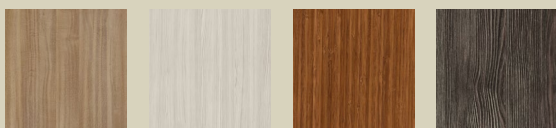
Discover more exterior cladding options on our website: [www.palazzina-sports.com](http://www.palazzina-sports.com)



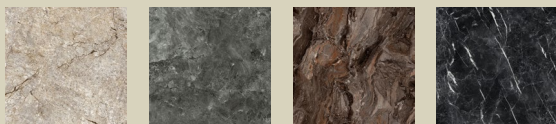
**HPL**



**Metal**



**Wood**



**Natural Stone**





# DESIGN OF THE 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

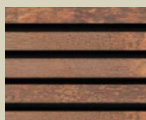
You have the option of integrating wooden panels on the walls of the Palazzina to match your design concept. You can find more colors on our website [www.palazzina-sports.com](http://www.palazzina-sports.com).



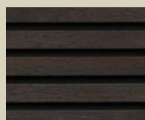
Oak



Rustic  
Oak



Copper  
Oxide



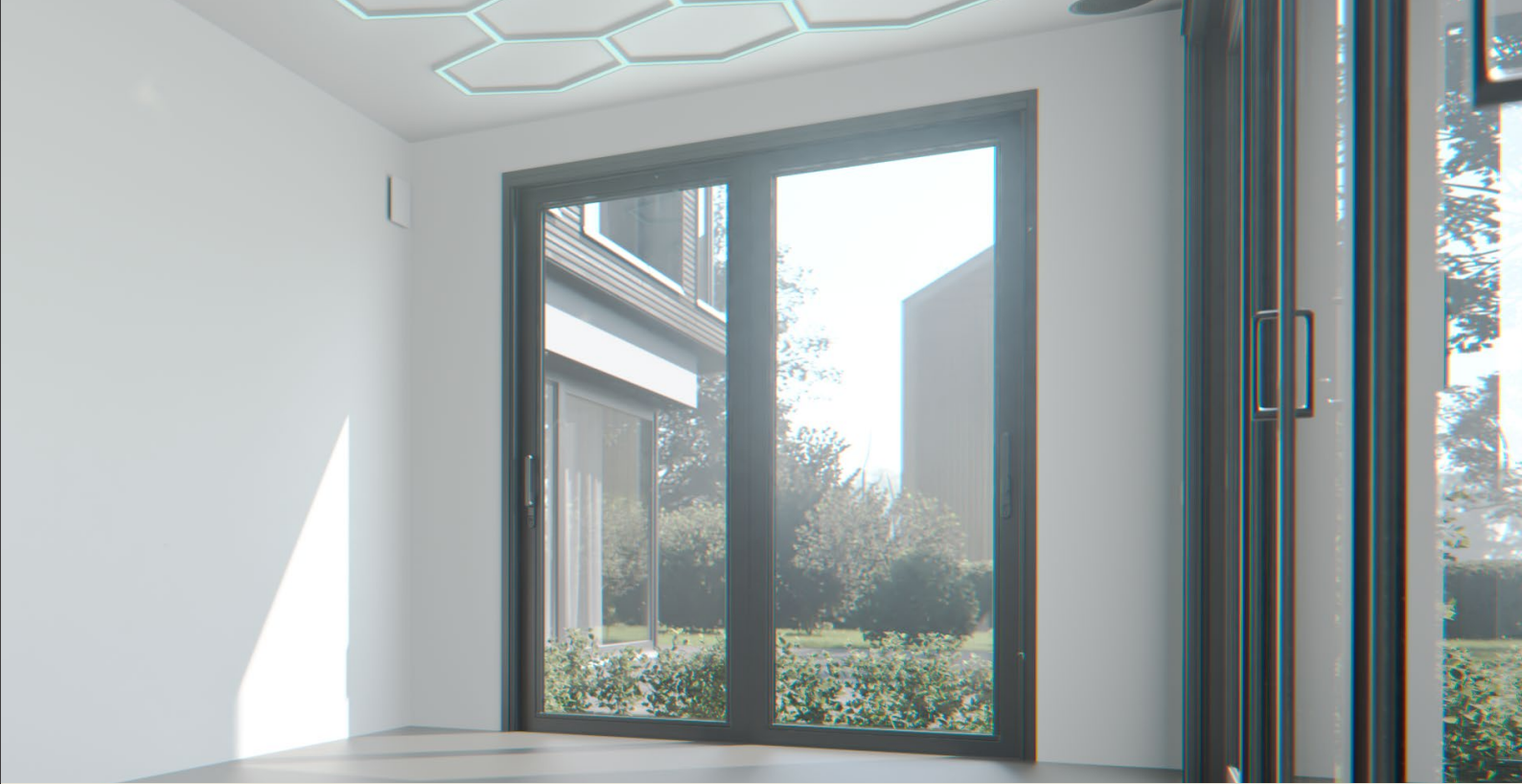
Charcoal  
Oxide



### 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.





## Flooring

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 RFID-controlled entrance door control, which enables low administrative and personnel costs as well as uncomplicated employee 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 Employees 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.

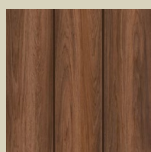
By using steel frames and the latest insulation technology, we build a stable and contemporary terrace area that does not affect the acoustics inside.

The terrace area creates a measurable contribution to increasing the value and use of your propertyG-  
rundstücks. Die Einsatzmöglichkeiten sind vielseitig und können von Outdoor-Fitness, über Gastro- und  
Eventfläche, bis hin zur Arbeits- und Sonnenfläche für Ihre Mitarbeiter gehen.

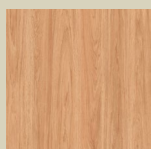


# Material for Terrasse

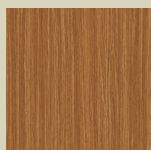
You can also choose your individual design for the Palazzina terrace.



**Composite  
boards  
in wood look**



**Larch wood**



**Pine Wood**



# OUR OFFERS

## The Investment for your Company

Create your individual Palazzina concept that can be seamlessly integrated into your company. Invest in the future of your company with contemporary construction. Increase the productivity and satisfaction of your employees and strengthen your corporate culture.



### Palazzina Smart Performance

The Palazzina Smart Performance is the compact training solution for your company. 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 one another 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 employees experience maximum comfort.







## Palazzina Health Center

Create a comprehensive, exclusive sports facility for your employees 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 Terrace

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.



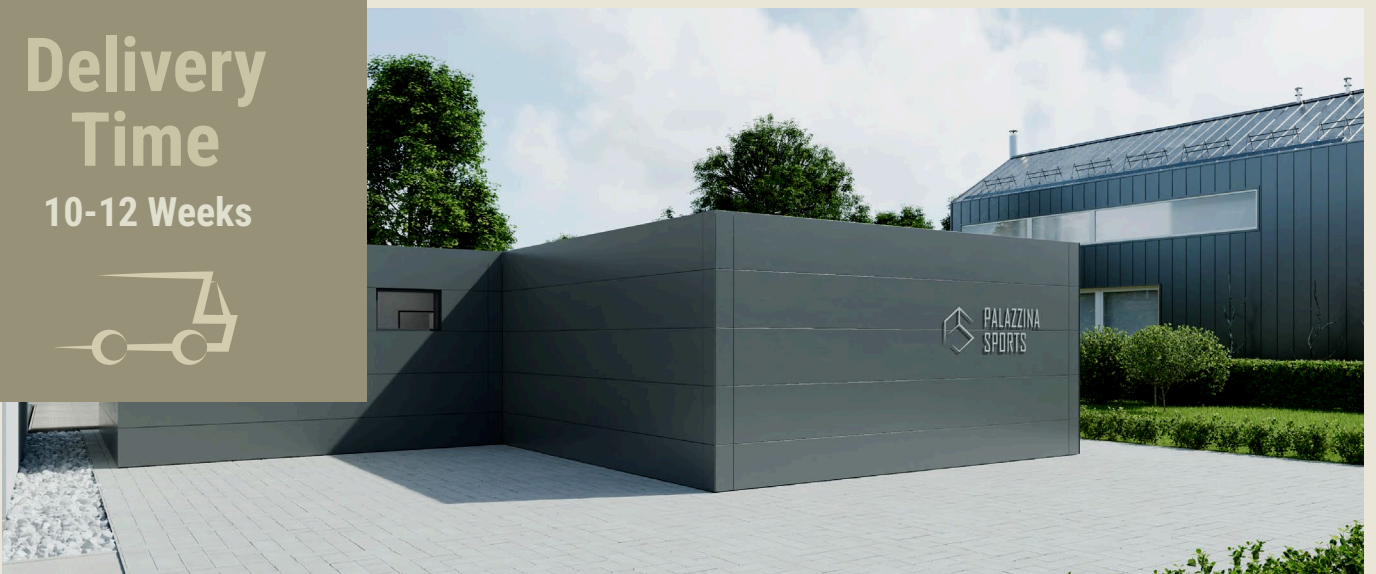
# DELIVERY

## 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 condition

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**

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

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E-Mail: [hello@palazzina-sports.com](mailto:hello@palazzina-sports.com)



**Website**



**Instagram**

