



PALAZZINA  
SPORTS

MODULAR GYM SOLUTIONS



# Palazzina Home

The Modular Gym for your Home

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



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## OUR PHILOSOPHY

**Design Now**

## **Your Personalised Gym!**

What could be better than looking up at the sky, your own garden or nature while exercising? We have made it our mission 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 the home. Together with you, we design a harmonious, unique room concept, always keeping your budget in mind. We advise and support you from the initial idea to the turnkey handover.



# OUR PRODUCT



## Palazzina Home

### High-Quality Training for Every Need

The Palazzina Home is the ideal gym for your home. It is characterised by an open and bright design. The generous installation of floor-to-ceiling sliding doors ensures that the room 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 tailored to your needs.







## Your Benefits

- Promotes Health
- Helping to transform your home into a place of relaxation and health
- High-quality and private training area
- Undisturbed training, without waiting times



# EQUIPMENT

## Palazzina Home Performance

Benefit from the expertise of German sports scientists and realise your dream of having your own fitness studio at home. At Palazzina Home Performance, we have optimally combined high-quality fitness equipment from the Technogym brand so that you can achieve 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 waterbells 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 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.



### 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.







## Palazzina Home 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 suit your personal needs.

Our team of sports scientists will be happy to advise you on your choice of sports equipment.

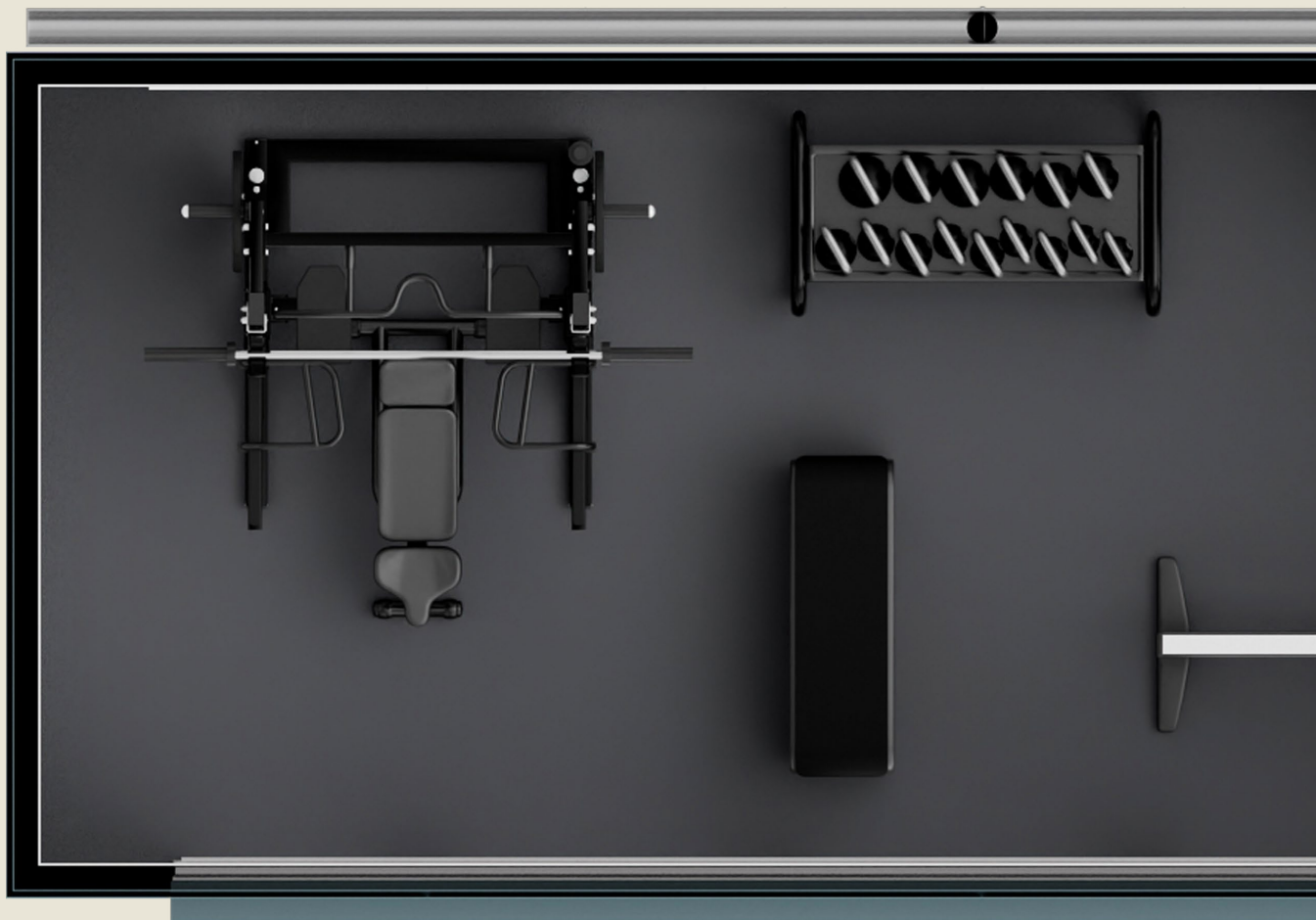


**SCAN ME**

# GRÖÖE DER PALAZZINA

## Numerous training options in your Homegym

Our Palazzina 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 location if required.





## Training areas of the Palazzina Home Performance

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

## Dimensions of the Palazzina Home Performance

**External dimensions (L/W/H):**

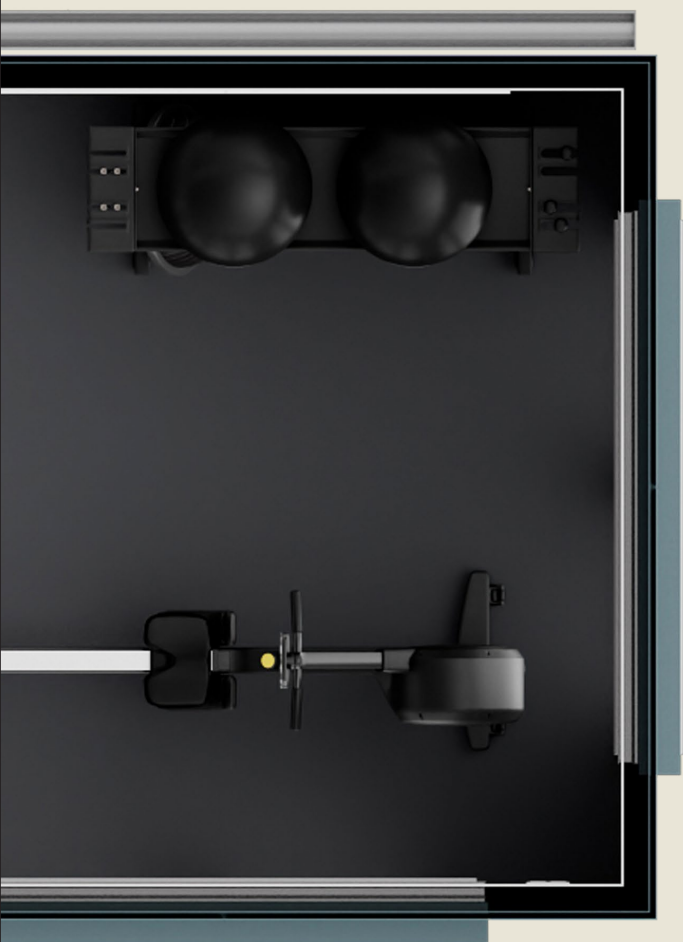
**6.00 m / 3.00 m / 2.99 m**

**Internal dimensions (L/W/H):**

**5.80 m / 2.80 m / 2.65 m**

**Usable area:**

**16.24 m<sup>2</sup>**



# 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 space. This is how we create the best possible training environment for you.



1

## Sound

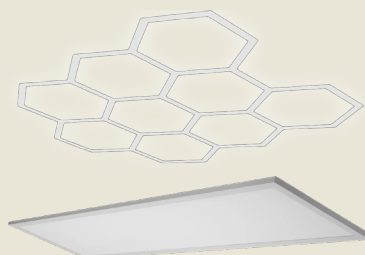
The high-quality Teufel One S stereo set provides the perfect sound for sports, yoga or relaxing. The two stylish streaming speakers, available in black or white, are integrated into the Palazzina Loft with the matching Teufel wall bracket. This turns your workout into a unique audio training experience.



2

## Lighting

We create the optimum lighting situation in your Palazzina by combining three 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

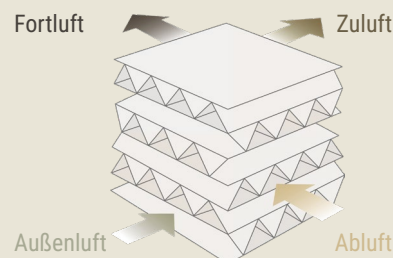
A well-equipped gym also needs the right TV. We integrate a 40-inch Full HD TV from Samsung into our Palazzinas, including a ceiling mount, which can be used for streaming workouts or additional entertainment during training, and you can also choose a different device if you wish.



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 you 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 there are no draughts.



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 THE PALAZZINA

## Create a Customised Design Concept

In addition to functionality, we also attach great importance to the design of our Palazzinas. Our aim is for the Palazzina Home to fit seamlessly into the design concept of your home. 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 personalised gym that will be a real eye-catcher on your property.



### Glazing

We give you the feeling of training outdoors. Our Palazzina Home is equipped with large triple-glazed floor-to-ceiling windows and a triple-glazed designer sliding door. This allows you to enjoy the view of the sky, your garden or the surrounding nature throughout your workout. Our sliding door can also be opened completely. This allows you to transform your Palazzina into an outdoor gym and still train in the fresh air in a covered room.



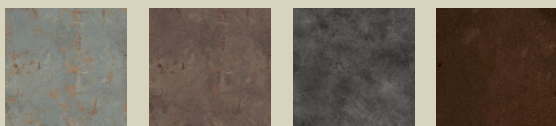
# Exterior Panelling

You can choose from hundreds of different design options for the exterior panelling of your Palazzina. You can choose between HPL, metal, wood and natural stone in numerous variations.

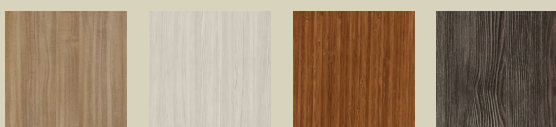
Discover more exterior cladding options on our website: [www.palazzina-sports.com](http://www.palazzina-sports.com)



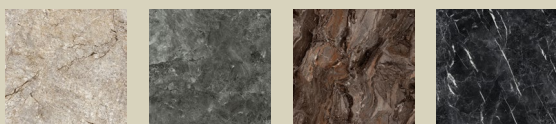
**HPL**



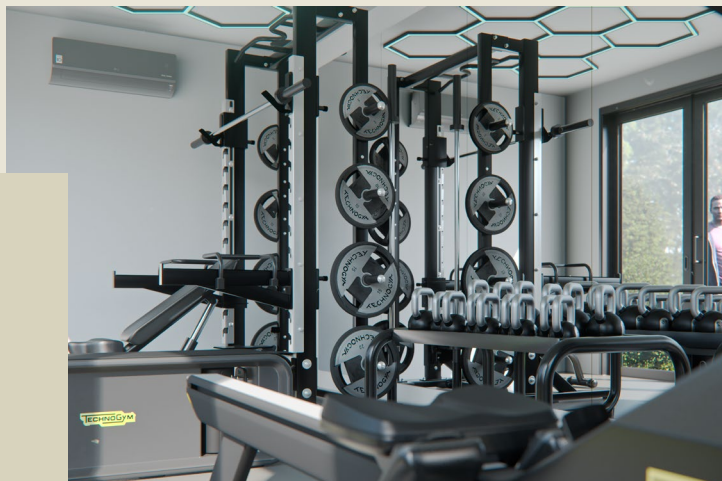
**Metal**



**Wood**



**Natural Stone**



# DESIGN IN THE PALAZZINA

## Interior Panelling for your Palazzinaa

You can choose between numerous wallpapers and paints for the interior panelling of your Palazzina. We use melamine-coated plywood panels or plasterboard as the basis for the interior panelling. The plywood panels are washable and form a flat surface that is suitable for painting or wallpapering. The plasterboard panels are supplied fully primed and can be painted with standard wall paint. Alternatively, they can also be wallpapered, tiled or mirrored.

### Wooden Panels

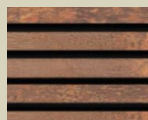
You have the option of integrating wooden panels to match your design concept on the walls of the Palazzina. You can find more colours on our website [www.palazzina-sports.com](http://www.palazzina-sports.com).



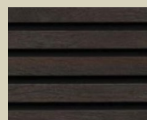
Oak



Rustic  
Oak



Copper  
Oxide



Charcoal  
Oxide

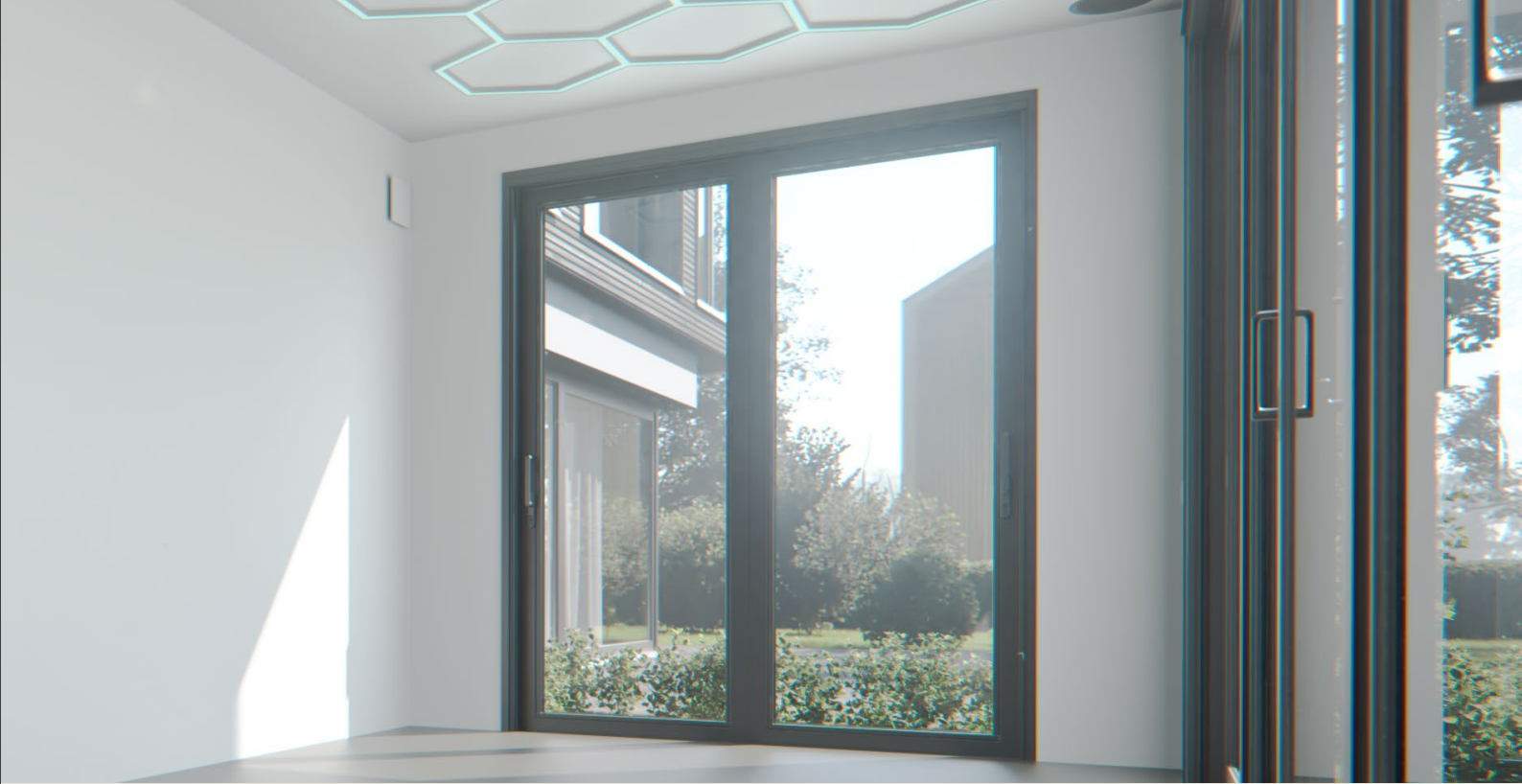


### Mirro

Our 3.5 x 2.5 metre mirror is an additional highlight inside your gym and rounds off your personal design concept.







## Floor

The right floor serves as sports equipment and must be able to withstand heavy loads. The floor of the Palazzina consists of a cement-bonded chipboard that is sanded and levelled. This creates the same effect as a screed floor, although it is not as robust and durable as our floor. The floor in your Palazzina is therefore durable and stable and can easily bear the weight of the sports equipment and people exercising on it.

22 mm thick fitness flooring made of 100% rubber is laid on top. This is made from new raw materials with a high density and excellent durability and quality. Thanks to the exceptional density of the floor, it also offers great resistance to the effects of force and moisture.

# OUR OFFERS

## The Investment for your Home

Create your own customised Palazzina concept that integrates seamlessly into your home and invest in a high-quality, private training area with a contemporary design where you can train undisturbed and without waiting times.



### Palazzina Home Performance

The Palazzina Home Performance offers the right training environment for everyone, from beginners to competitive athletes. The various pieces of sports equipment from Technogym are perfectly harmonised and create a range of training options.





## Palazzina Home Basic

You can customise the Palazzina Home Basic with the fitness equipment of your choice. You can choose from high-quality fitness equipment from brands such as Technogym, Nohrd or Concept2 and get advice from our team of sports scientists.



# DELIVERY

## Procedure for the Delivery

Your Palazzina is delivered by lorry and placed on the ground and assembled by truck-mounted crane or overhead crane. We ensure that the entire delivery process is quick, clean and quiet. The delivery situation must be checked on a case-by-case basis: How accessible is the installation site, does the Palazzina have to be lifted over obstacles? Photos and a site plan of the construction site are essential for this.

**Delivery  
Time**  
10-12 Weeks



## Soil Condition

The ground should generally be 30 cm of compacted gravel, the best variant is a strip or block foundation, frost-free. Installation on a grass surface is also possible. The power supply is provided by the client. Connection and measurement protocol can be carried out by our experts as an additional service.



# CONTACT

**We are here for you.**

**Please feel free to contact us!**

**For DACH Region**

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**Website**



**Instagram**

