



3.0

THREEPOINTZERO

LIGHT UP
YOUR FACILITY.

TRANSFORM YOUR FLOORING INTO EQUIPMENT.

3.0 THREEPOINTZERO

Give your users a new, innovative, fun and advanced way to reach their goals with Pavigym 3.0.

Progressive programming, based on Functional Training principles and using light patterns, will provide your members proven results, as well as physical and mental enjoyment.

3.0 COVERS A COMPLETE SPECTRUM IN THE HEALTH CLUB:

Self Guided Workout: A wide range of exercises to practice cardio, strength, agility, mobility, reaction, coordination, balance,...

Predefined Programs: Complete predefined workout.

Group activities:

- Design Small Group Training classes.
- Set up the warm up, work, rest and cool down timings with our incorporated app.
- Select your favourite music for each session.

New Members Integration Process: The 3.0 tests system is a fantastic tool for clubs to evaluate new members condition in an accurate, dynamic, objective and unified way.

Club events organization: 3.0 software includes a program to create events and competitions; this is an important motivation tool with a very modern and technological image. Events can also include a ranking system which can be used to generate excitement and involvement.



<http://pavigym.com/videos/threepointzero.html>



BENEFITS.

1. 3.0 COVERS MOST OF THE FITNESS INDUSTRY TRENDS FOR THE FUTURE.

According to the main industry studies technology is one of the biggest trends and is a factor which influences people when they are deciding which fitness club to join. Pavigym 3.0 covers 16 of the 20 top position trends in fitness for 2013*.

*IHRSA Survey

2. 3.0 IMPROVES FITNESS AREA DYNAMICS... & DESIGN.

Improve fitness area dynamics is a high priority for clubs to increase retention. They are normally one of the most static areas where motivating members is more difficult. Pavigym 3.0 will make the room and the workouts visually attractive, even when not in use, and your facility will look more professional.

3. 3.0 ENCOURAGES MOTIVATION & INTERACTION FOR BOTH TRAINERS & MEMBERS.

Training becomes much more fun with the lights system of 3.0 software and all the exercises included are a great way to promote members interaction and socialization aspects.

Trainers will get a new tool to improve and grow as professionals. They can exactly program the workout.

Performance can be easily and precisely tracked. Members can record their progress and they will get a much more accurate feeling!

4. ENGAGES ALL AGES AND ABILITIES.

From toddlers to seniors, from beginners to athletes, 3.0 can be easily adapted to each level and the training will become much more fun.

Your members will be back over and over again!

5. 3.0 GENERATES A REAL BODY&MIND INTERACTION.

Members react to interactive visual commands along with direction from the trainer/instructor. Pavigym 3.0 creates the perfect environment to stimulate mental and physical interactions.

Trainer / floor

Trainer / member

Floor / member

Member + member / floor

6. 3.0 SYSTEM IS EASILY UPDATE.

Update the 3.0 system simply with new exercises, videos, and data simply with an Internet connection. Your events will be easily created and updated as the 3.0 system is a Smart Product receiving updates on a regular basis.

FLOORING + LIGHTS + SENSORS + iPad + PROGRAMMING

=

FUN + RESULTS + NEW MEMBERS + INCREASED RETENTION RATE!

PRODUCTS.

SQUARE 3.0.

A 1,80 by 1,80 square area divided in 9 smaller lighted squares. The lights will guide your members improving not only their physical condition but also their body and mind interaction.

The included software (easily updated) allows your members to train with four different modes and all main physical qualities at their own fitness level (balance, speed, reaction, strength, cardiovascular condition, coordination, agility, mobility and postural control) .

The software includes possibilities to work out with a partner, allowing you to set up fun competitions and games.

TECHNICAL DETAILS.

	ON TOP	INTEGRATED
Material		
Net Dimensions	1,80m x 1,80m	1,80m x 1,80m
Thickness	7 mm	7 mm
Weight	30 kg	30 kg
Includes	4 tiles FW HD (90 x 90 cm with straight ending)	4 tiles FW HD (90 x 90 cm)
Maximum weight	150 kg	150 kg
Panel PC		
Dimensions	23"	23"
Weight	24 kg	24 kg
Power Requirements	230/120 VAC	230/120 VAC
Installation	Wall mounted/stand	Wall mounted/stand



PRODUCTS.

SPRINT 3.0.

A sprint track from min 5m. to max. 21m. divided in lighted circles. The lights will guide your members improving not only their physical condition but also their body and mind interaction.

Sprint 3.0 is an ideal tool for interval training, reaction training or speed, agility and resistance skills.

Members will keep track of their progress, and can challenge themselves by trying to beat their own best score, or by competing with other users in the ranking.

TECHNICAL DETAILS.

	ON TOP	INTEGRATED
Material		
Net Dimensions	Min: 5,9 m x 1,4 m Max: 14 m x 1,4 m	Min: 5,4 m x 0,9 m Max: 13,5 m x 0,9 m
Thickness	12mm	12mm (int)- 7mm (ext)
Weight	3 kg/tile	3 kg/tile
Includes	Group-X tiles (90x90cm), ramps and corners	Group-X tiles (90 x 90 cm)
Maximum weight	150 kg	150 kg
Panel PC		
Dimensions	23"	23"
Weight	24 kg	24 kg
Power Requirements	230/120 VAC	230/120 VAC
Installation	Wall mounted/stand	Wall mounted/stand



PRODUCTS.

VERTICAL 3.0.

A 1,80 by 1,80 vertical square area divided in 9 lighted circles.

Mounted on the wall opening a new dimension in your club. Symbols and lights on the wall will interact with members in a totally different, innovative and fun way.

Thanks to the incorporated software, members can enjoy a wide variety of interactive exercises and be able to register their progression. Combine Vertical 3.0 with other 3.0 products and make your member's experience amazing!

TECHNICAL DETAILS.

VERTICAL	
Material	
Net Dimensions	1,80m x 1,80m
Thickness	30mm
Weight	30 kg
Includes	Vertical tiles (180x60cm)

Panel PC	
Dimensions	23"
Weight	24 kg
Power Requirements	230/120 VAC
Installation	Wall mounted/stand





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CONTACT YOUR DEALER.





PAVIGYM

ENERGY+

THE NEW PAVIGYM TRAINING PROGRAM.

GET HOOKED
ON FUNCTIONAL
TRAINING.

MAXIMIZE MEMBER TOUCH IN A MINIMAL SPACE.

GET MORE PEOPLE MOVING AND INVOLVED WITH FUNCTIONAL TRAINING WITH ENERGY+.

Launch this **new and exciting Small Group and Team Training solution** in your facility to increase attendance, retention and add more new members!

PAVIGYM™ ENERGY+ is a circuit based format, delivered with new monthly programs of **High-Intensity Interval Training (H.I.I.T.)**, the underlying principle of “metabolic conditioning”.

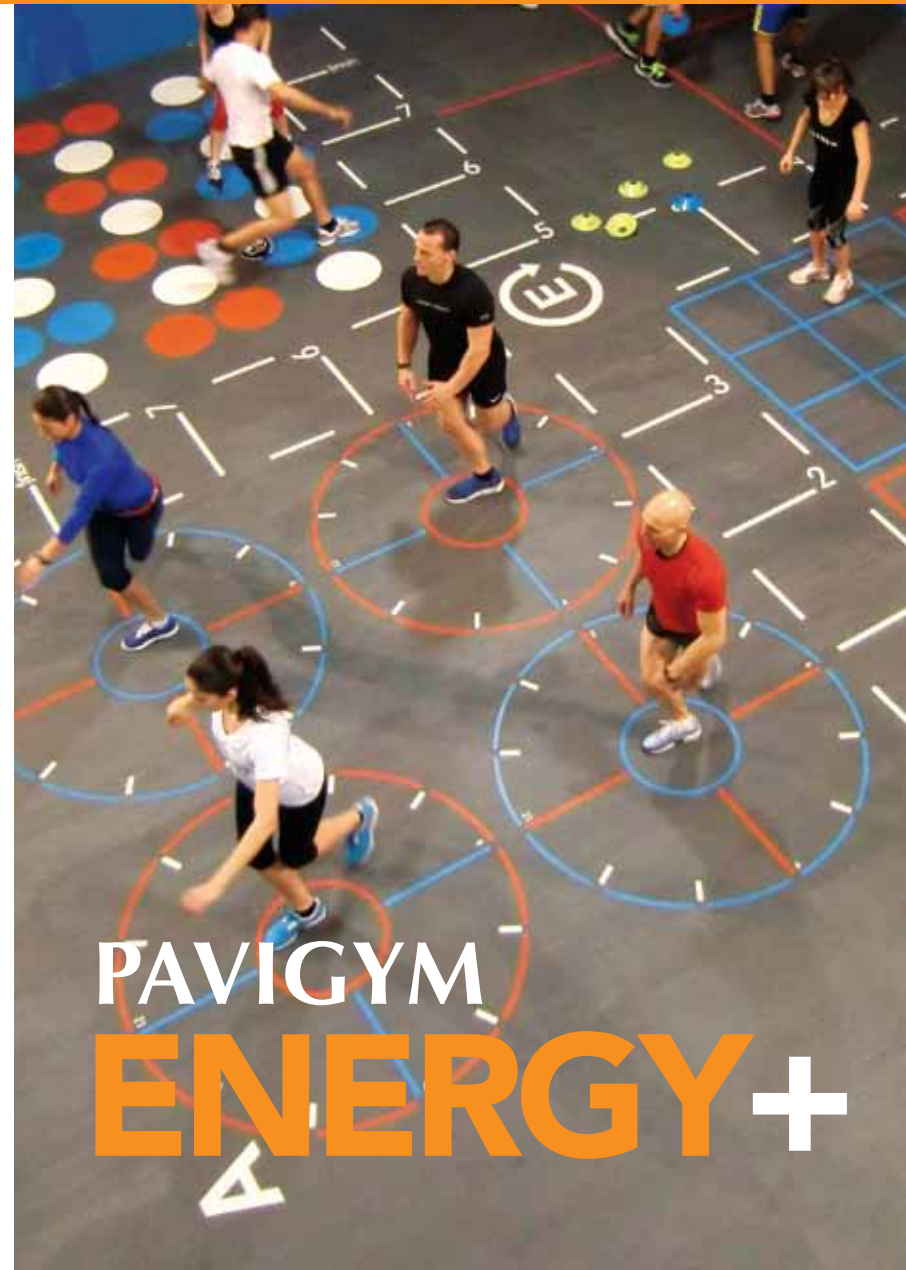
In just 30 minutes, members will improve several areas of fitness (speed, agility, balance, strength, coordination, flexibility). ENERGY+ is a total body workout with tri-planar movements involving exercises your members will find easy to learn, yet challenging enough for best results. Programs adapt to all Fitness levels.

PAVIGYM™ ENERGY+ provides your facility with all you need to deliver Small Group and/or Team Training. The program, structured in monthly workouts, has been designed to accommodate up to 20 people at the same time in an exciting, energetic, fun, interactive and addictive way. Members will come back to your facility over and over again!

PAVIGYM™ provides you with everything needed to launch, run and succeed with this new activity: a ready to use package including an Annual Program, One Day Training, Marketing Support and Online learning to bring it to life.



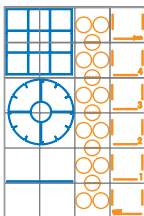
<http://pavigym.com/energy.php>



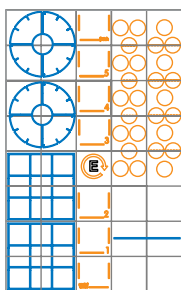
FEATURES & FORMATS.



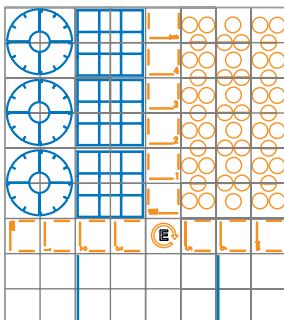
5 PEOPLE
19m²
4x6 tiles



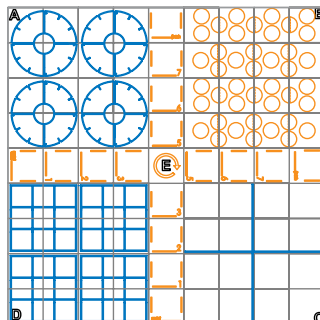
10 PEOPLE
32 m²
5x8 tiles



15 PEOPLE
58 m²
8x9 tiles



20 PEOPLE
65 m²
9x9 tiles



FEATURES.

- PAVIGYM™ ENERGY+ is a complete answer to your Small Group and Team Training needs, that is ready-to-implement. Available with an online portal, merchandising, a detailed trainers manual and much more.
- PAVIGYM™ ENERGY+ training sessions will help users to achieve functional and conditioning objectives in the same session by working cardiovascular capacity, power and strength, together with agility, balance and coordination.
- PAVIGYM™ ENERGY+ is a turn-key training package: we will train your trainers, provide them with access to our online portal, offer creative and professional marketing materials, so you don't need to worry about anything!

FORMATS.

TEAM TRAINING.

The PAVIGYM™ ENERGY+ program created for Team Training, will allow your facility to accommodate up to 20 people in just 65m² (700 sq. ft) with a highly motivating and complete 30 - minute circuit training session.

SMALL GROUP TRAINING.

The PAVIGYM™ ENERGY+ program is also a great choice for Small Group Training, providing space for up to 9 people depending on your facility's space limits. Your members will lose weight and improve their physical condition in just 30 minutes 2 to 3 times per week. Small Group Training as a profit center, or simply as an added value to help others to see the difference in what your facility offers and others.

ROI.

Your PAVIGYM™ representative will provide you with the return on investment of your choice of design and system.

1. INCREASES RETENTION.

Traditional non-assisted exercise is boring. One treadmill after another and then there is the strength circuit with a leg extension, a vertical bench press and ten other machines.

Member Retention is achieved by increased use of your facility. Socialization and interaction promotes Retention is one of the main benefits of PAVIGYM™ ENERGY+, raising member motivation and the feeling of community, is one of the important factor for users to join a Fitness facility.

2. MAXIMIZES YOUR SPACE.

Fit more members in less space with zoning and symbols. From only 20m2 (215 sqf) to 65 m2 (700 sqf), you can train from 5 to 20 people at the same time in an organized way. PAVIGYM™ ENERGY+ creates a more dynamic environment where users enjoy exercise with efficient and effective workouts.

3. TIME EFFICIENT AND INTEGRATING.

Exercise is all about quality much more than quantity. Today, time is a crucial issue for people to come to a Fitness Facility. Members need to get the most from their time in your facility in the least time. With PAVIGYM™ ENERGY+, members improve several areas of fitness, from agility, strength, cardiovascular, balance, and core strength in just 30* minutes with proven results. ENERGY+ is a perfect ingredient for exercise and activity to create the perfect fat loss formula.

**Classes are modular and can be extended up to 40-45 minutes.*

4. MOTIVATES AND INSPIRES YOUR STAFF.

With a One-Day Training in ENERGY+, your fitness professionals and staff will be empowered to deliver excellence in fitness to your members. Instructors will learn the essence of Small Group and Team Training. They will be equipped with the best practices in launching this new activity/program in your facility to ensure maximum participation and a successful addition to your facility.

5. INFLUENCES MEMBERS AND PROSPECTIVE MEMBERS.

Your new program offering of PAVIGYM™ ENERGY+ is a fantastic tool to influence members and prospective members to get started in an assisted exercise environment. Group fitness activity has been proven to be one of the most effective methods of exercise introduction for non-dedicated exercisers to become dedicated.

7. IMPROVES BODY & MIND CONNECTION.

PAVIGYM™ ENERGY+ helps our body to be responsive, agile, and ready for unpredictable circumstances. Members will experience a brain & body connection with effective non-isolated and/or multi-joint movements.

6. PREPARES THE BODY FOR NORMAL DAILY LIFE MOVEMENTS.

PAVIGYM™ ENERGY+ involves multi-planar, joint, and muscle movements,... as your members' daily live are just that. As humans, we bend, sit, reach, twist and do multiple activities at once, so why not train our bodies in ways that make this movement possible?

8. FUNCTIONAL & CONDITIONING.

With PAVIGYM™ ENERGY+ members will achieve functional and conditioning objectives in just one session, working cardiovascular capacity, power, strength, together with agility, balance, and coordination... achieving a complete range of conditioning possibilities.

BENEFITS.

HOW TO GET STARTED.



1. Pick a Launch Date.

When do you want to see RESULTS? After you have chosen a Launch Date, depending on production and shipping time, you will work your way back from the launch date to determine when you must complete your paperwork and planning. eg. Jan 1 Launch Date, 8 weeks of production and 4 weeks shipping, total 12 weeks. Result, Sept 1 target date for completing paperwork and selecting design/color and system.

2. Choose your system and design.

You will choose a Small Group or Team Training system based on space available and the desired outcome. You will then provide space details to our design department, which will then create a custom design with your space and chosen system.

3. Prepare your staff.

Schedule a One-Day Training session for your instructor/trainer staff. Complete the training and confirm staff certification. Inform and train your support and sales staff of the addition to your programming schedule.

4. Market and advertise your new program.

Market to your existing members and externally to your community. You will receive launch posters, brochures, class passes, HTML email design and optional pull-up banners to give your new program a clear message with a professional look.

Now, you are ready to launch PAVIGYM™ ENERGY+ Program as part of your offer!





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CONTACT YOUR DEALER.



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