

**TECHNOGYM** BIKE, THE FIRST PRODUCT OF THE TECHNOGYM LIVE PLATFORM, FEATURING A BUILT-IN CONSOLE ON WHICH TO WATCH INDOOR CYCLING SESSIONS, ON DEMAND OR LIVE, CONDUCTED BY TRAINERS FROM LEADING INTERNATIONAL FITNESS STUDIOS.



## FITNESS IN THE HOME

In times of obligatory inactivity, **indoor workouts** can transform the home into a true gym. With the help of well-designed **fitness tools** and **wellness-oriented** furnishing systems



FROM THE **GIORGETTI ATMOSPHERE** COLLECTION. APOLLO, AN INFLATABLE WELLNESS BALL COVERED WITH BANDS OF HANDWOVEN LEATHER, WITH HANDLES FOR ARES WORKOUTS, BY SARA RICCIARDI, IN A RANGE OF DIFFERENT MATERIALS (BRASS, COPPER, STONE, MARBLE).

We have missed our outdoor walks, jogging in the park and even our intense workouts at the fitness club. But we have also rediscovered ways to relate to our bodies, inside the home: living areas transformed into yoga studios, bedrooms (preferably with mirrors on wardrobe doors) outfitted for bodybuilding. While in an emergency simple exercise is the most immediate solution, lovers of home fitness can also turn to versatile solutions that balance design, technology and decor. Scavolini, for example, brings the fitness area into everyday life, with an original and well-organized wellness concept for the bathroom area. The project by Mattia Pareschi pivots on the reinterpretation of the gymnastics

ladder, as a support for other exercise gear (benches, elastic bands and TRX) as well as bath furnishings and accessories (lights, soap dishes, shelves, mirrors). Elegance and luxury, with fine materials and workmanship, also go into the accessories by Giorgetti, in the Atmosphere collection, created for home fitness. Another domestic stand-out is the stationary bike of the Fuoripista line by Elite: Adriano Design transforms workout equipment into furnishings (with smart connectivity through a built-in display), combining ash wood, tempered glass, aluminium steel and cowhide. The Technogym Bike takes users to new frontiers of indoor cycling: it is the first product of the

Technogym Live platform, based on the strategy of "Wellness on the go" that has guided the development of a seamless and integrated digital ecosystem composed of smart equipment, the mywellness cloud and applications. Staying at home, you can watch live cycling sessions in streaming (or on demand) from the world's best fitness centers. Sheltered in place, of course, but always connected. ■ K.C.



1. BY ADRIANO DESIGN FOR **FUORIPISTA BY ELITE**, FUORIPISTA BIKE IS A SMART EXER-CYCLE WITHOUT WHEELS FOR HOME WELLNESS, IN FINE, UNUSUAL MATERIALS: ASH WOOD, TEMPERED GLASS, ALUMINIUM, STEEL AND COWHIDE.

2. A HOME FITNESS PROPOSAL CREATED WITH THE SPACEMAKERS SYSTEM BY **ZALF**, WHICH TRANSFORMS FURNISHING SYSTEMS INTO ARCHITECTURAL STRUCTURES. THE PROGRAM INCLUDES THREE WARDROBE SYSTEMS AND FOUR CLOSETS, COORDINATED IN TERMS OF FINISHES AND MEASUREMENTS.

3. GYM SPACE BY **SCAVOLINI BAGNO**, THE SYSTEM DESIGNED BY MATTIA PARESCHI THAT COMBINES A BATHROOM AND A GYM. THE MODULAR FURNISHING PROGRAM IN PLYWOOD IS AVAILABLE IN TWO FINISHES, PALE OR DARK WOOD, AND IN THE FORMATS 70, 90 OR 120 CM.

