

OUR TRAINING WORLDS

HEALTH & FITNESS



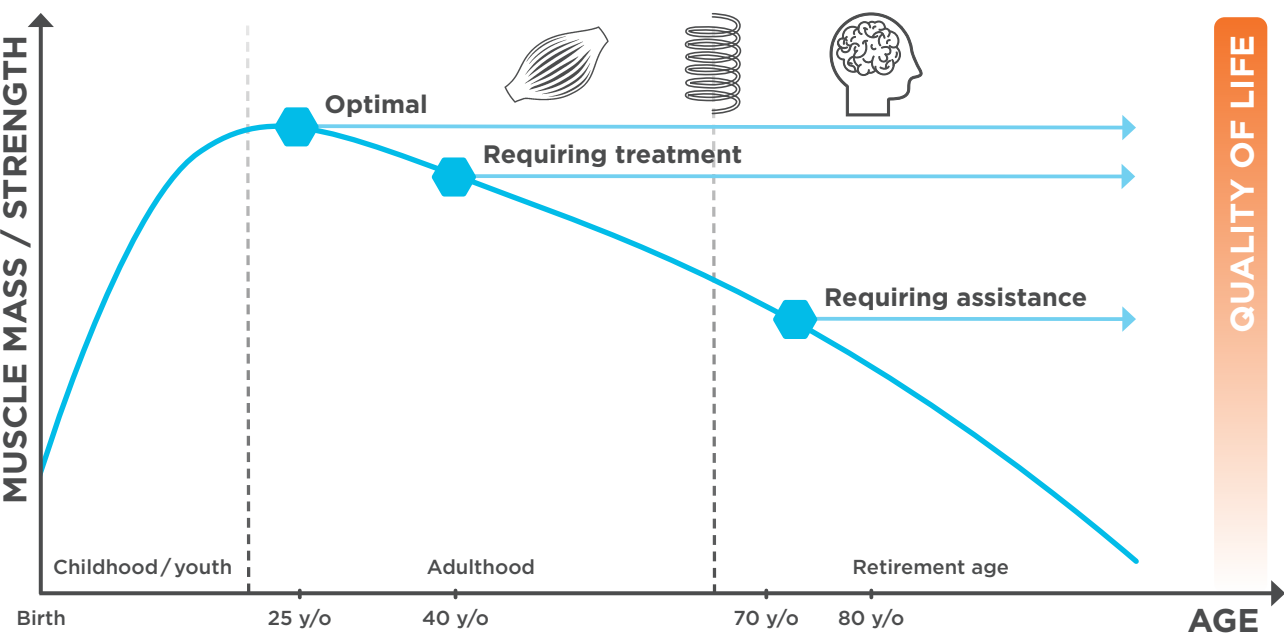
**START YOUR
TRAINING OF
THE FUTURE
NOW**

SIMPLIFY YOUR TRAINING

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WE ALL NEED PROPER MUSCLE TRAINING!

We aim to make our fitness and health training accessible to everyone. Why? Because we all need proper training! But many people are not aware of this. They do not consider the consequences of a sedentary, comfortable lifestyle with a lot of time spent sitting. If they did, they would decide earlier and more consciously to undertake regular training.



From the age of just 25, the human body’s muscular performance decreases if this process is not actively countered with strength training. The body initially loses 1 – 15 % of muscle mass and goes on to lose 40 – 50 % over the subsequent years.

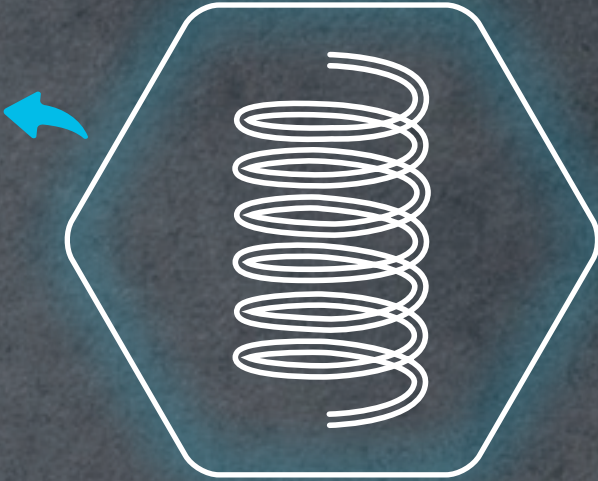
On average, we pay our first visit to the physiotherapist at the age of 40 – when we find ourselves in pain. Often, by this time, we have already formed bad movement habits because we are restricted in how we carry out certain everyday activities. Step by step, movement is banished from day-to-day life. At retirement age, we ultimately become dependent on the assistance of others – due to mental as well as physical deterioration.

The WHO has recognised sarcopenia, which involves the progressive loss of muscle mass and strength with ageing, as a disease pattern and has recommended strength training. As an industry, it is our responsibility to step up and ensure that everyone has access to targeted, personalised training, increase everyone’s awareness of their body and their health and help everyone to maintain a better quality of life into old age.

A BETTER QUALITY OF LIFE EVEN IN OLD AGE WITH THE CORRECT MUSCLE, MOBILITY AND BRAIN TRAINING



Exercise alone is not enough to prevent the deterioration of muscle and cartilage. This requires a certain amount of load. Targeted and controlled muscle training can help everyone become stronger and perform better.



In turn, muscle strength alone is not enough to keep us pain free. Sitting for hours on end, for example, shortens our muscles, and structures become restricted. When it comes to keeping fascia and muscle chains mobile and flexible and preventing pain, regular mobility and muscle length training can be helpful.



Even though all physical training involves the brain, this is not enough to increase cognitive performance and boost cell regeneration and synapse formation. This requires regular cognitive training, which contributes to preventing dementia and helps us remain independent and mobile into old age.

People are living longer and more comfortably but moving less and less. If we want to enjoy our old age without physical or mental limitations and sustain a good quality of life for a long time, the right training is essential. It is important to implement the triad of muscle, mobility and brain training.

With our training worlds, we offer fitness and health facilities the opportunity to make this holistic concept a reality and cater for all target groups with personalised solutions.



The fitness world is up and running once again and all that stands between a gym operator and success is time. Due to the pandemic, the demand for health and fitness services is at a record high, one that we could never have imagined. However, as a provider, you can only reap the benefits of this if clients see that you are implementing modern solutions to meet the needs of the current climate.

Wolf Harwath, Managing Director, milon group

Your customers will only buy what they understand, and with this new approach to training, we're making health & fitness easier to grasp. Each area has its own purpose.

Marc Wisner, Member of the Sales Management Team



Better processes. Better outcomes. Cost-efficient business. Successful training, guaranteed — that's what our new approach stands for.

Alexander Strahl, Sales and Consulting



SIMPLIFY YOUR TRAINING

The new approach to training offered by milon and five is an effective, holistic blend of strength and mobility training, based on the latest in sports science and physiotherapy.

The modular structure means you can combine this approach with the concepts and techniques you already use and address all kinds of target audiences — from patients to competitive athletes.

The new approach offers a coherent customer journey that maps all the relevant aspects of training, ensuring success for your gym-goers and making processes in the training zone comprehensible and efficient for you as the operator, as well as for your employees.

From guided mobility to free strength and coordination exercises, the various modules offer gym-goers an experience that's consistently varied — including workout tracking and smart monitoring.

**Medically-proven
competence meets
contemporary needs:
get milon and five in
YOUR training zone.**

START NOW!

YOUR NEW TRAINING WORLDS

MODULE 1
SCREENING

MODULE 2A
WELCOME

MODULE 2B
WARM-UP

MODULE 3
**VISUAL
COGNITIVE
TRAINING**

MODULE 5
**STRENGTH
OR
STRENGTH
ENDURANCE
CIRCUIT**

MODULE 4
**STRENGTH AND
MOBILITY**

MODULE 6
**STATION
STRENGTH
TRAINING**

MODULE 7
**CARDIO-
VASCULAR**

MODULE 8
**MULTI-
DIMENSIONAL
STRENGTH
TRAINING**

MODULE 10B
**COURSES
& ACADEMY**

MODULE 10A
ADD-ONS

MODULE 9
**STATION
MOBILITY
TRAINING**

MODULE 1

SCREENING



Our isokinetic strength test determines the current condition of the relevant muscle group and is used as a basis for determining the ideal training resistance, in combination with the selected training theme and level.

SELF-AWARENESS, STRENGTH TESTS AND SCREENING

Flexibility tests and bioelectrical impedance analyses provide information on physical fitness and possible problems. Only those who recognise for themselves why and what they are training for, will get off to a successful and motivated start.

“Customers don’t buy what’s cheapest, nor what’s most expensive — they only buy what they understand.”
Marc Wisner, Member of the Sales Management Team

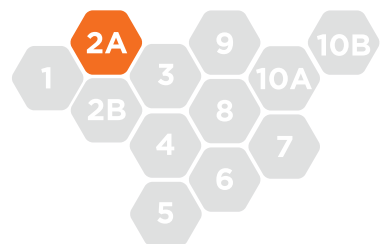
- Important first contact in training
- Screening – simpler, quicker and more efficient than before
- Running school appeals to a broad target audience
- Biomechanical functional analysis

PRODUCTS

- milonizer / milon YOU (coming 2022)
- Running school

**YOU
COMING
SOON**





FEEL, APPRECIATE, ACHIEVE

Out of your head, into your body: fascia stimulation is the perfect welcoming ritual for your members and patients. Just two to three exercises are enough to become aware of your body once again and slowly build up to the training session. Pain and tension are reduced, meaning that you can go on to work on the body in a structured, efficient manner and your customers will be motivated to train!

- Arrive
- Learn to reconnect with your body
- Reduce pain in the short term and prevent it in the long term
- Start training focused and motivated
- Two exercises can be completed in 5-7 minutes

PRODUCTS

- five feet
- five fascia stimulator

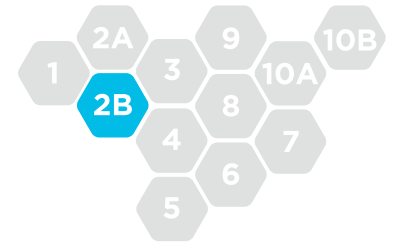
MODULE 2A

WELCOME



MODULE 2B

WARM-UP



FIVE EXPRESS: THE WARM-UP OF THE FUTURE

Get off the cross-trainer and start training muscle length: how functional warm-ups look today. Five exercises counteract the greatest physiological problems and prepare the most important muscle groups for the strength training to come.

- Training muscle length as the perfect warm-up
- Training possible in shoes and whilst standing
- Less space needed and more throughput in your facility (5 minutes per round — we recommend up to two rounds as a warm-up)
- The easiest access to training for all target audiences as there are no kneeling exercises involved

PRODUCTS

- five Hip-express
- five Ischio-express
- five Lateral-express
- five Glut-express
- five Chest-express

“For 80% of all the known five exercises, it is both simple and safe to break these down into a more condensed form, as a warm-up suitable for all target audiences.”

Wolf Harwath,
Managing Director, milon group



COGNITIVE TRAINING – EVERY MOVEMENT STARTS IN THE MIND

Stress, poor diet and little exercise have a negative effect on our cognitive abilities. The Skill Court combines brain training with visual work, logical thinking and coordinative reaction and, in doing so, improves speed, vision, knowledge, intelligence and motor skills. Regular training actively contributes to preventing dementia, makes your gym-goers more resistant to stress and improves responsiveness. The smart software offers numerous tests and selects the perfect 4-6-minute workout from over 1,000,000 options. This means that, in every Skill Court, between 12 and 14 clients can train each hour.

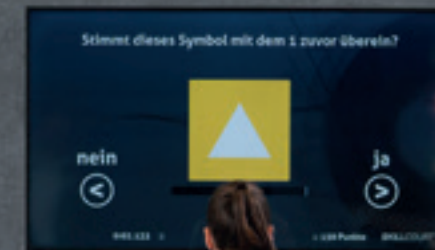
- Maintain independence and freedom of movement over the long term
- Prevent dementia
- Promote resilience
- Linked to cardiovascular, muscle and brain training
- Playful cognitive training for athletes, kids, adolescents and patients



PRODUCT

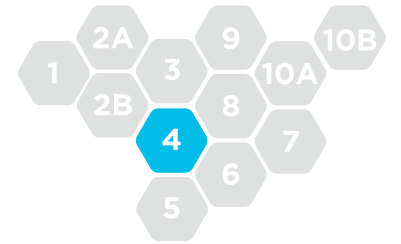
- Skill Court

MODULE 3 VISUAL COGNITIVE TRAINING



MODULE 4

STRENGTH AND MOBILITY



THE PERFECT COMBINATION FOR A TRAINING COMEBACK

Strength and mobility alternates exercises intended to straighten the muscles and train the length with various strength exercises. This kind of training can be standardised and completed in a small space, which is doable, practical and highly effective for everyone. Pain and bad posture from everyday life is reduced, muscles are effectively strengthened and tension is released. Just one or two rounds of 15 minutes is enough to achieve a light-bulb moment with lasting effects, such as improved posture and positive body tension.

- The ideal tool for a training comeback
- Counteracts the problems currently encountered due to coronavirus
- Optimum effect on enzyme activity for the fascia
- Combines the needs of your gym-goers in one concept

Our strength and mobility exercises are the response to the well-known strength endurance circuit for anatomical and physiological requirements in the aftermath of coronavirus.

PRODUCTS

- | | |
|-----------------------------|------------------------|
| • milon Q Back Extension | • five Glut-express |
| • five Hip-express | • milon Q Lat Pulldown |
| • milon Q Butterfly Reverse | • five Lateral-express |
| • five Chest-express | • milon Q Rotator* |
| • milon Q Abductor | • five Ischio-express |

 Weakened phasic muscles
 Shortened tonic muscles



*Our recommendation: For the best training results, use the Q rotator twice.

AS A ROUGH GUIDE

UP TO 3 HOURS SITTING
» 1 ROUND OF 15 MINUTES

MORE THAN 3 HOURS SITTING
» 2 ROUNDS OF 30 MINUTES

SPECIAL: ISOKINETIC THERAPY – FOR THE PERFECT COMEBACK

Compared to other isokinetic methods used in the fitness sector, our new isokinetic mode of training uses equipment which only produces a mild response to the force the user applies. As there are no aggressive turning points or peaks in force, this method is particularly suitable for carefully reintroducing gym-goers or patients to resistance in training. Angular speeds have been adjusted per piece of equipment. This makes getting back into training as easy as never before.

MEDICAL CERTIFICATION

All our equipment is registered as active medical equipment according to the Medical Devices Regulation (MDR) and is suitable for medical use. There are options for receiving this therapy through health insurance. The requirements for this are the most accurate tests and measurements and appropriate training methods, among other things.

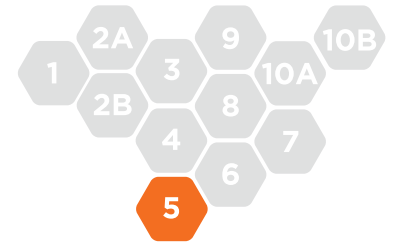


NEW OUT

The digital \$20 courses from milon & five, accredited by German health insurance providers (no theory courses needed on site/ full focus on training at your facility)

MODULE 5

STRENGTH | STRENGTH ENDURANCE



AN EFFECTIVE FULL-BODY WORKOUT

The strength or strength endurance circuit still plays a key role in the customer journey and responds to many gym-goers' needs. In order to achieve the best possible results with interval training, however, you have to work up to it (see modules 2-4). Many first-timers must first undergo some preparation before taking on a full-body workout. The strength endurance circuit is an ideal compact mix of strength and endurance training.

- Appeals to a broad target audience
- Interval training
- Training weight is automatically based on the strength test
- Ideal for metabolic activation
- Fit in 17.5 minutes – Top fitness in 34.5 minutes

PRODUCTS

- | | | |
|----------------------------|-----------------------------|-----------------------------|
| • milon Q Abdominal Crunch | • milon Q Biceps Curl | • milon Q Adductor |
| • milon Q Back Extension | • milon Q Triceps Extension | • milon Q Butterfly |
| • milon Q Chest Press | • milon Q Lat Pulldown | • milon Q Butterfly Reverse |
| • milon Q Seated Rowing | • milon Q Shoulder Press | • milon Q Rotator |
| • milon Q Leg Curl | • milon Q Leg Press | • milon Q Crosstrainer |
| • milon Q Leg Extension | • milon Q Abductor | • milon Q Bike / Bike LE |





Q FREE: STATION TRAINING FOR ALL TARGET AUDIENCES

Separate to the classic concept of circuits, Q free is the perfect addition to your free training zone and enables strength training to be full tailored to the individual needs of your members. Gym-goers can reap all the benefits of electronic equipment with set training that can be designed as they desire: an approach which appeals to different target audiences. Experience has shown that, on average, 30-40% of active members opt for electronic circuit training in the studio. With Q free, you will significantly increase the proportion of your total members interested in electronic training technology and improve training success.

- The training of the future
- For all target audiences, as therapy, for weight training and more
- Compared to circuit concepts, it is aimed at experienced, younger and sportier users.
- Training in multiple sets designed as desired
- No timed circuits - set training enables a higher customer throughput
- Software for sophisticated workout tracking creates new stimuli for muscles

PRODUCTS

- | | | |
|----------------------------|-----------------------------|-----------------------------|
| • milon Q Abdominal Crunch | • milon Q Biceps Curl | • milon Q Adductor |
| • milon Q Back Extension | • milon Q Triceps Extension | • milon Q Butterfly |
| • milon Q Chest Press | • milon Q Lat Pulldown | • milon Q Butterfly Reverse |
| • milon Q Seated Rowing | • milon Q Shoulder Press | • milon Q Rotator |
| • milon Q Leg Curl | • milon Q Leg Press | |
| • milon Q Leg Extension | • milon Q Abductor | |

MODULE 6

STATION STRENGTH TRAINING





SPECIAL: Q SNAKE – NEW LIVE FEEDBACK FOR EVEN BETTER WORKOUT RESULTS

Our Q snake is finally here — a milestone in workout tracking. Our new training visualisation tool is the result of intensive testing and piloting. Its development combines the experience of top trainers with feedback from gym-goers of all ages and skill levels.

The special thing about it: a Q snake has been developed for every piece of equipment and every training goal, raising that training feeling and motivation to a new level and providing the perfect muscle stimulus.



A HIGHLY EFFECTIVE CARDIO WORKOUT

90 per cent of conventional cardio workouts done at the gym begin with a “quick start” and do not have a goal or any way to track the workout. In contrast, our fully-automatic cardio equipment makes it possible for cardio training to be successful and efficient, in a small space and in a short space of time.

- Faster throughput and better occupancy rate
- Effective cardiovascular training and better results
- Training that’s documented and based on heart rate and performance

PRODUCTS

- milon Q Bike / Bike LE
- milon Q Crosstrainer

MODULE 7

CARDIOVASCULAR



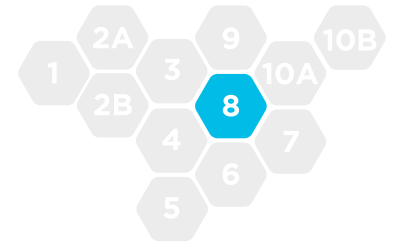
FOOL-PROOF

Hold the chip or card up to the RFID login, press start and get going with the perfect workout.

MODULE 8

MULTIDIMENSIONAL STRENGTH TRAINING

We develop a new
product innovation
for you!



COMING SOON: ELECTRONIC CABLE PULLEY SYSTEMS

After modules 5 to 7 comes the next logical step in the customer journey, multidimensional training with electronic cable pulley systems. For the first time, isokinetic or adaptive training will also be available on a cable pulley system, providing whole new training stimuli.

- One of a kind on the fitness market: software for sophisticated workout tracking on a cable pulley system (isokinetic therapy, adaptive, eccentric)
- Simple, safe, effective: a combination of advantages from cable pulley systems and electronic training technology
- Standing training possible
- Can be used and integrated on an individual basis (circuit, free area...)
- Use in therapy (in accordance with the Medical Devices Regulation (MDR), registered as active medical equipment and suitable for medical use.)

PRODUCTS

- Cable pulley and sling systems
- Multifunctional cable pulley for treatment facilities and clinics



FIVE-PRO: WHERE THE MAGIC HAPPENS

Every person's body is different. Mobility training that is individually tailored to a gym-goer's needs addresses specifically what's restricting them. Problem areas are loosened up and mobilised. Every customer will receive their basic exercises and improvements can be noticed after a very short space of time.

- Different mobility exercises according to individual need
- Gym-goers leave the training zone feeling loose and mobilised
- Immediate effects on training motivation
- five-pro is the ideal tool for personal trainers, therapists and specialists who want to work real miracles for their clients with minimal effort

PRODUCTS

- **five-pro mobility concept***
Hip, Chest, Ischio, Glut, Spagat, Multi, Back, Lateral, Stand, Adductor, Trapez
- **five-pro fascia**
trigger point wall/trigger point station, trigger point bank, fascia stimulator, fascia band, feet, intercosti

*Also available as digital five-touch version

MODULE 9

STATION MOBILITY TRAINING



MODULE 10A

ADD-ONS



INTEGRATING ADDITIONAL SERVICES

This module provides the option of integrating additional or already-existing services, such as personal training, vibration, EMS or nutrition, into the training worlds via smart technology.

- Increase diversity in training
- Integrate existing concepts into the module approach via smart technology





TRAINING SESSIONS AND COURSES FOR TRAINERS AND GYM-GOERS

As part of our academy programmes, we share important know-how which is crucial to putting our products and solutions to successful use at your facility. We therefore offer comprehensive training courses and further education for operators, trainers and physiotherapists. What's more, module 10b includes both online and offline courses for your gym-goers.

- Training for trainers and coaches
- Online and offline course area
- Courses accredited by German health insurance providers (face-to-face and digital)
- 1:n sessions at the training zone for advanced, competent members (coming soon)

MODULE 10B

COURSES AND ACADEMY

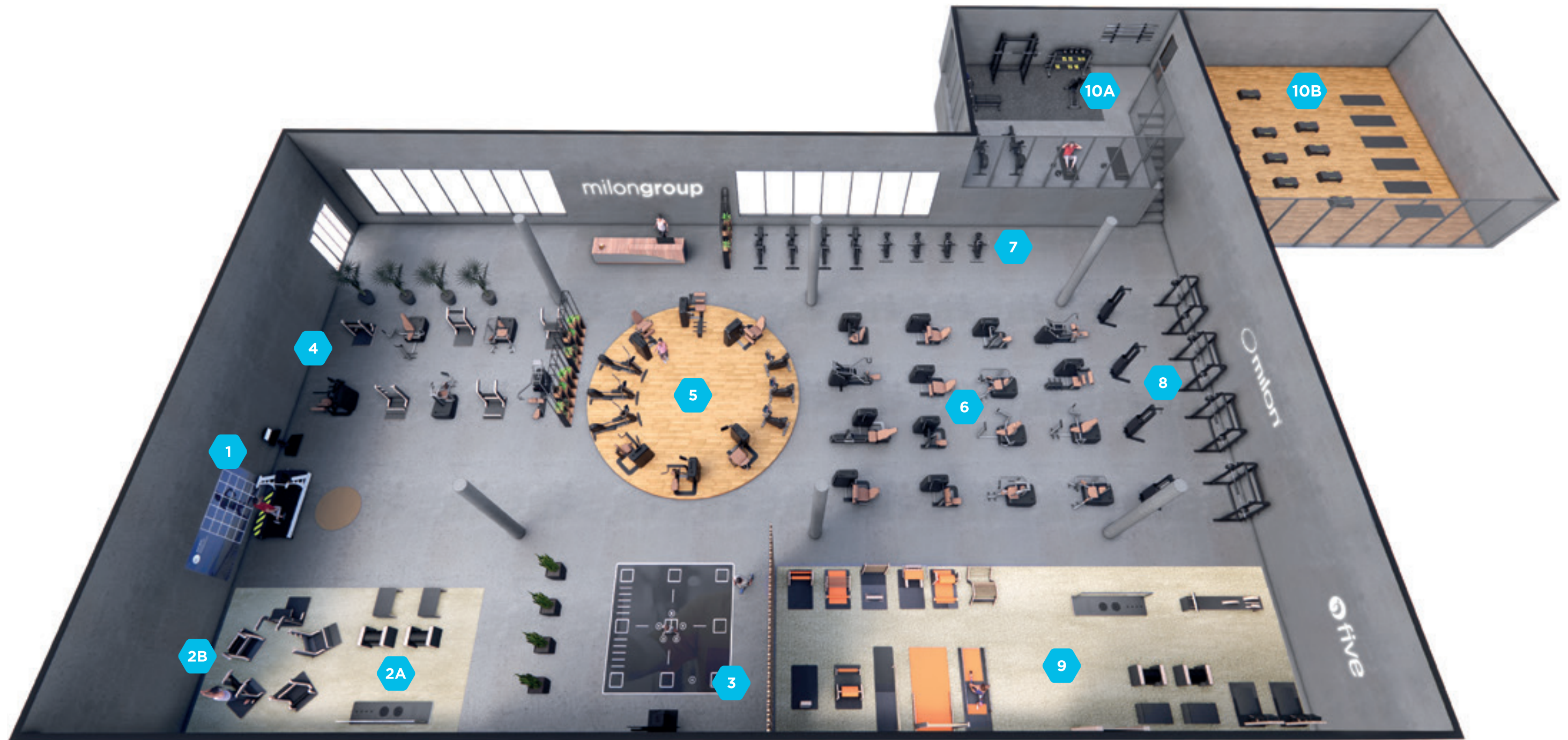


TRAINING ZONE OF THE FUTURE

SUCCESS STORY

SAMPLE STUDIO

SAMPLE STUDIO



- | | | | |
|--------------------|---|---|------------------------------------|
| 1 Screening | 3 Visual cognitive training | 6 Station strength training | 9 Station mobility training |
| 2A Welcome | 4 Strength and mobility | 7 Cardiovascular | 10A Add-ons |
| 2B Warm-Up | 5 Strength or strength endurance circuit | 8 Multidimensional strength training | 10B Courses and academy |

SUCCESS STORY

INFORM WEILBURG



Module 4 – strength and mobility



Module 5 – station mobility training



Jonathan Robles

During lockdown, Jonathan Robles made the bold move to completely convert his facility and concept in line with our training worlds. On a total surface area of over 1200 sqm, his customers can now experience all our modules, from screening (milonizer) to welcome (fascia stimulation) and warm-up (muscle length training) right through to Q free (station strength training).

“After just a few weeks, I can say: it was worth it! It was high time that we, as a fitness provider and training service, set ourselves up in a way that was more in line with gym-goers’ needs and provided them with new concepts and ideas.”

Jonathan Robles

In the first few months, the Robles family was able to record over 300 contract extensions and is well on the way not only to achieving their ambitious goal of having more than 1,300 members again (pre-corona level), but to topping it!

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