



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SCAN HERE TO  
SCHEDULE YOUR  
EGYM ORIENTATION



# YOUR FITNESS GOALS ARE WITHIN REACH

This new circuit of strength training machines provides a very efficient and versatile workout for all training objectives, such as:

- Muscle building
- Muscle toning
- Athletic performance
- General fitness
- Weight loss

Through regular measurements, the machines adapt your training weight automatically, allowing you to always workout with the optimum resistance to achieve your goals.

## Remove the guesswork with personalized, automatic machine settings

After a one-time introduction session, the machines will adjust to your setting automatically at every training session using a smart bracelet.

## Keep your workouts on track with the Y app

Through the Y app, your training data is automatically synchronized with the strength training platform. Let your training plan be sent to your smartphone, check off exercises as you go and track every single training session inside or outside of the gym.

## Measure your progress with insightful analysis

Your training progress will be visible and will show your potential for improvement. Also, you can automatically collect data from external devices and apps such as FitBit, Runkeeper, and Strava for your training records and to incorporate this information in the training analysis.

## Have fun!

Increase your activity level with fun, motivating and intuitive workouts. Challenge yourself to lower your biological age. Discover muscle imbalances and watch as your strength builds. Whatever your fitness goals, feel empowered to reach them.

## Sign-up today

Start your strength training experience today. Stop by Member Services to schedule your EGYM introductory session.



**E G Y M**

# CHOOSE YOUR EGYM TRAINING PROGRAM

## PROGRAM DESCRIPTIONS

### **Immunity Boost Training Program**

The EGYM Immunity Boost Training Program was developed to strengthen your immune system in response to the COVID-19 crisis. Intensity and progression controlled exercises increase your immune defense.

### **General Fitness: EGYM Training Program**

The General Fitness training program provides a progressive, well-balanced strength training program that improves all the most important metrics, such as strength endurance, muscle growth, and the cardiovascular system.

### **Weight Loss: EGYM Training Program**

The ultramodern approach behind the EGYM Weight Loss training program combines the advantages of strength and endurance training into a holistic training program using efficient workout equipment to help achieve sustainable weight loss.

### **Body Toning: EGYM Training Program**

With the Body Toning program, you can at last achieve your training goals. The unique program allows you to burn a high number of calories to optimize fat loss while also promoting intensive muscle building for a toned figure.

### **Muscle Building: EGYM Training Program**

Make muscle building your goal, and discover how easy it is as you watch your muscles grow. This optimum series of high intensity training sessions constantly presents your muscles with new growth stimuli. Your muscles will never be bored again with so much growing to take care of!

### **Athletic: EGYM Training Program**

Boost your athletic performance with the Athletic training program. The unique combination of training methods improves your resilience under intense strain and optimizes your performance.

### **Rehab Fit: EGYM Training Program**

The Rehab Fit training program allows you to slowly and gently work your way back to your normal performance level. Training methods and intensity follow optimal periodization to guarantee a successful return to your regular training program.

### **Metabolic Fit: EGYM Training Program**

The scientifically tested Metabolic Fit training program helps you to regulate your metabolism. This program starts out easy and slowly increases in intensity as your body adjusts to heavier weights, for optimal progress and success.