

VAKKO | HOTEL &  
RESIDENCE

SUMAHAN BOSPHORUS

# FITNESS ROOM & IN-ROOM TRAINING





## TECHNOGYM BENCH

Get the all-inclusive functional training kit that empowers you to perform myriads of total body workouts. It combines elastic bands, hexagon dumbbells, weighted knuckles and a training mat in a compact footprint.



**Core power-ups**  
The weighted knuckles escalate your core improvement with engaging exercises.



**Flexible and strong**  
Elastic bands in 3 different resistance levels facilitate mobility and increase your strength.



**Increased muscle tone**  
Perform endless weight training exercises with the hexagon dumbbells for full-body blasts.



## WELLNESS BALL™ ACTIVE SITTING

Turn the time you spend sitting into an opportunity to exercise with Wellness Ball Active Sitting. It's actually an exercise equipment that can be an interesting alternative to the traditional chair helping strengthen muscles, increase balance and improve flexibility, coordination and posture.

### **A trainer always with you**

The handle on the cover displays a QR code, which allows you to use your smartphone or tablet to access training programmes specifically developed for Wellness Ball™-Active Sitting, meaning you'll always have a virtual trainer with you.

### **Double density = increased safety**

The lower part of the Ball is made of high-density material for greater stability and to prevent it from rolling around, ensuring more safety. And a specially developed material is used on the underside to prevent slipping.

### **Hygienic cover**

The cover is made of multilayered fabric, with a support lining and breathable, anti-bacterial honeycomb material, typically used in running shoes. It can be machine washed at 30°C to guarantee the greatest level of hygiene.



## EXCITE LIVE® RUN

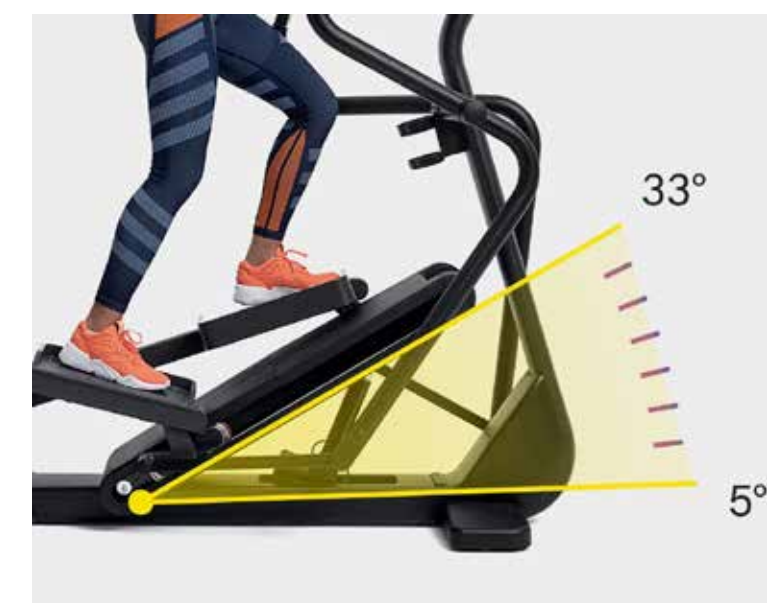
A state-of-the-art treadmill that embodies everything you love about running. No boundaries, just wide open spaces. New routes to explore and friends to share the journey with. Running has never been so much fun.



Less footprint area,  
more running space.

## EXCITE LIVE® SYNCHRO

A new elliptical designed to fit and move in synergy with your body. Enjoy the feeling of total freedom as your arms swing in a convergent path and your legs stride up to 67 cm (26.5") in a single, fluid motion. Movement has never felt so good.



Range of movement in degrees on adjustable ramp





## PLURIMA TWIN MF65

Twin module designed for a specific training targeting upper body, core and thigh muscles. Easy to use, sleek by design and highly compact, Plurima is suited to all kinds of environments, even with limited space.



### The smart, compact multistation

Plurima is a high-end product where each and every aspect is designed to bring your customers results in comfort. It is the perfect solution for the hospitality, residential and corporate sectors who want to meet the demands of all guests or user profiles, and an ideal complement to Technogym cardio equipment.



### Ergonomic lines

Plurima has ergonomic lines that naturally follow all your movements while you train, making it easier to use. It is finished with premium quality materials to make working out a more comfortable and altogether more pleasurable experience.



### Shock absorbing handles

The Shock Absorbing Handle is an innovative Technogym device installed at grip ends to prevent damage to the outer casings if you let go abruptly.



## EXERCISE MAT

The thick foam and anti-slip surface make the Exercise Mat a convenient tool to perform both stretching and strength exercises safely and comfortably on the floor, without it shifting, folding or moving during exercise.

### **More comfort for your training**

Comfort and stability are the key features that make the natural rubber Exercise Mat the top choice for your workouts. The mat has a nanorubber top layer to help keep it clean and also rolls up easily for convenient storage and transportation.

STAY FIT, STAY MOTIVATED.