

**flex area** is interactive.

Users can vary their workout using the panel, learn how to perform new exercises and improve posture with the help of the floor.

**flex area** enables new uses.

Finally, an area to stretch and warm up in before, and after a workout.

An area which allows time to be better distributed by users during busy periods.

An area that provides the opportunity to intensively take advantage of infrequently used areas within the facility.

An area, which gives the impression of a personal workout, with elegant wood images, and with a comfortable and appropriate environment for the individual workout.

**flex area** is modular.

The installation can be adapted to any room or space. With a minimum pack of 6 tiles, it can cover areas from 8m<sup>2</sup> upwards. To cover rooms entirely, you can simply add additional tiles, with or without exercises.

[www.pavigym.com](http://www.pavigym.com)

**flex area**  
by **PAVIGYM**

YOUR ALTERNATIVE TRAINING ZONE

The training zone which has been missing in your facility. A workout area which allows the realization of multiple strength and flexibility exercises in an intuitive and comfortable manner.

The designs and exercises which appear in this brochure are for orientation purposes only, and may be changed at any time.



28 basic exercises categorized into sections such as Strengthening and Stretching which are adaptable to all types of routines and users of all ages. It can be used independently with the instruction guide, or under the supervision of a personal trainer.

· Flooring: 404 x 284 cm.  
· Panel: 240 x 200 cm.



Clear, coherent and intuitive illustrations.



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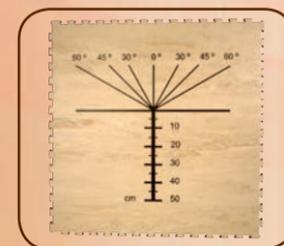
Elegant, modern and pleasant wood aesthetics, which highlight the high-level functionality of Flex Area in any part of the facility.



2 mats included for realizing the exercises.

# flex area

by PAVIGYM



Made of individual tiles which allows for extensions or changes in design.



Icons and drawings on the floor which interactively guide the user through the correct way to perform the exercises.



A floor specifically designed for ground exercise. Comfortable and pleasant, can be used with sports shoes or barefoot, and offers a unique environment to exercise in.

innovation modular aesthetic functional interactive