



personality **GYM**®
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A better way of life

Things can only get better. Is that how you feel? Increasing commitments and responsibilities placing ever greater demands on your time and energy? In keeping a check on the pressures that daily life imposes on so many of us, we need to take into consideration our physical and mental wellbeing. 'A healthy mind in a healthy body' may be a much-used cliché but is nonetheless true. It is therefore essential

that we maintain our physical fitness and, in turn, the mental alertness, which is so central to the success we all seek. However, it follows that the fuller our lives become, the less time we are able to devote to them. Little time for jogging in often inclement weather and even less for pre-booked, time consuming excursions to the gym.

So what's the answer? Give up? Hardly the smart choice.



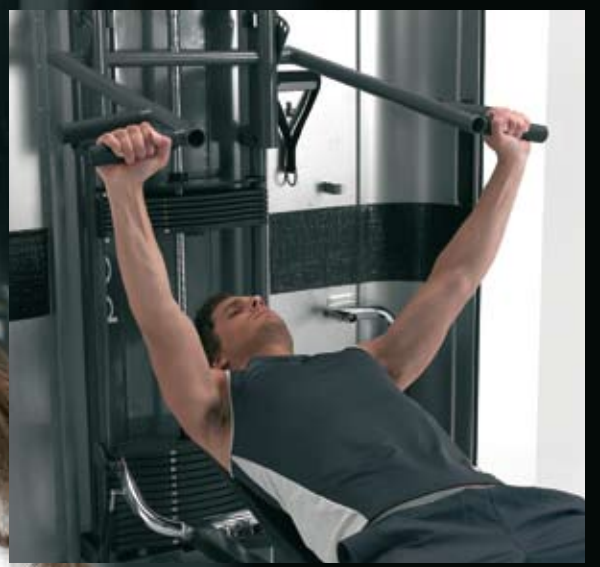
At PersonalityGym, we have come up with a personal trainer that can be available at all times – at home or work – and can be as demanding as you want.

This makes it possible for you to improve and maintain your physical fitness on your own terms and in your own time.

PersonalityGym affords you the opportunity to energise and maximise your work and leisure time as you see fit. That you will acquire a better physique and greater self-confidence in the process is of course an extra bonus.

Welcome to a better way of life with PersonalityGym.





The smart way

The thought process behind the development of the PersonalityGym was to create a means whereby your daily training needs can be met where you live or work.

Despite the fact that it occupies no more floor space than a small wardrobe, PersonalityGym houses a complete home gym, designed and equipped to enable you to carry out a rational and effective training programme for the whole body.

On completion of your training session, all the equipment folds away into a cabinet unit, enabling you to close the doors and leave an aesthetically pleasing piece of furniture behind you.

Smart, isn't it?





Designed to exercise your personality

Our personality is crucial to the perception that others have of us, a projection of our inner self. It is also a reflection of our state of mind, which in turn is sourced to a great degree in our physical wellbeing? So fitness not only enables us to live life to the full, it can also have a significant part to play in our interaction with others, which in the final analysis is what life is all about.

We believe that PersonalityGym can play a positive role in enhancing your personality as a result of the physical and consequential psychological benefits that may be achieved through its use.





- Incline press



- Arm curl



- Hip flexion



- Rear deltoidus



- Overhead triceps extension



- Seated row



- Hip aduction



- Lat pull down



- Abdominal

A complete gym

PersonalityGym incorporates the fitness technology that enables you to perform a range of different exercises required for a total body workout for both professional and amateur users. Developed by experts in fitness and strength training together with highly qualified technicians, our home gym is designed to ensure that all exercises can be performed in both an effective and ergonomically correct manner.

The quick and easy adaptability of the equipment makes it readily available to carry out different training programmes.

Whilst it is only your imagination that can set the limits, here are some of the more important exercises and movements you can perform on the PersonalityGym:

- Chest press
- Incline press
- Shoulder press
- Leg curl
- Arm curl
- Triceps
- Half cable cross
- Seated row
- Leg extension
- Abdominal
- Squats
- Rear deltoidus



- Leg extension



- Squats



- Triceps push down



- Standing leg curl



- Shoulder press



Precise, noiseless motion with sound-insulated bushings.



Every detail of the high quality fittings has the finest of surface finishes.



Weight stack up to 80 kg.

Advanced fitness technology

All the functions have been developed to ensure optimum impact of every individual exercise – effectively, ergonomically, and rationally. The high quality of the materials, design and construction mean that PersonalityGym requires a minimum of service and maintenance.

The high low pulley system has split weight and full weight cabling. With two options at the top and bottom pulleys, users can perform exercises that employ a long stroke with a light weight or those that require shorter strokes with an increased load.

PersonalityGym is available in five colours: light grey, wood, white, black and grafite. For other colours available, please contact our distributors.

Three types of PersonalityGym are available: Sport Line, Design Line and D-Line. W 550 mm, L 520 mm, H 2100 mm.



The following equipment is included in Personality Gym:



Seated row handle



Abdominal harness



Revolving lat pull down bar
Revolving straight curl bar



Squat bar rack



Ankle strap



Single handle



The bench unit offers adjustable decline, flat and incline positions and is gas spring assisted for ease of use.

The high low pulley system has split weight and full weight cabling. Unfolded into the flat position, the bench unit forms a free working area.





If you would like to find out more about PersonalityGym, visit our website www.personalitygym.com. Here you can find complete training programmes and other tips about how you can best benefit from PersonalityGym. The website also contains information regarding any technical changes made to our products since the publication of this brochure.

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