



PALAZZINA
SPORTS

Modular Architecture. Innovation. Sport.



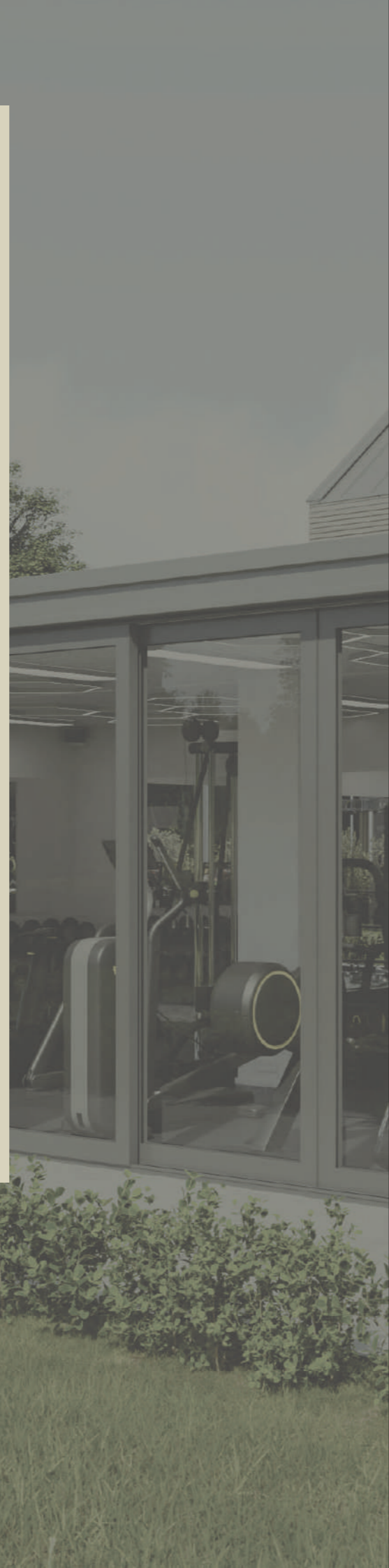
Palazzina Holiday

The modular Gym for your camping site

www.palazzina-sports.com

Table of Contents

Our Philosophy	3
Palazzina Smart – Our Product	4
Palazzina Smart – Equipment	6
Palazzina Smart – Size and Dimensions	8
Palazzina Loft – Our Product	10
Palazzina Loft – Equipment	12
Palazzina Loft – Size and Dimensions	16
Palazzina Loft – Sanitary Facilities	18
Technichal Equipment	20
Design of the Palazzina	22
Add on: Terrace	26
Our Offer	28
Delivery	30
Contact	31



OUR PHILOSOPHY

Design your own individual Gym now!

What could be more beautiful than looking up at the sky, a garden or nature while exercising? Our mission is to take exercise out of basements and artificially lit rooms and into nature and fresh air. Palazzina Sports designs, conceives and builds fully equipped modular gyms for campsites and the hotel industry.

And because the needs and ideas of the hosts are very different, we take you along with us on this sporty journey right from the start. We advise and accompany you from the initial idea to the turnkey handover.

OUR PRODUCT PALAZZINA SMART



Palazzina Smart

The compact trainings solution for camping sites

The Palazzina Smart is the compact training solution for small campsites or those that want to offer an exceptional range of facilities. By renting out a privately usable training area with a view of the outdoors, you can increase the attractiveness and variety of offers at your campsite. Especially for smaller campsites, the Palazzina Smart is an interesting option. The fitness area offers space for training groups of up to three people and enables varied and effective training. Floor-deep sliding doors provide an ambience flooded with daylight, while innovative components ensure a contemporary and future-oriented training space that is tailored to your individual needs.



Your Benefits

You ...

- > generate an attractive additional income,
- > create an exclusive offer and
- > gain new target audiences



Palazzina Smart Performance

Benefit from the expertise of German sports scientists and enable your guests to have a gym on your campsite. In the Palazzina Smart Performance, we have optimally combined high-quality fitness equipment from the Technogym brand so that you can achieve the best possible workout.

Technogym Skillrow

Developed together with professional athletes, the Skillrow™ equipment supports both cardio and strength training performance with various total body workouts available in the app with a realistic rowing feeling.



Technogym Olympic Half Rack

The Olympic Half Rack is a popular training device, because heavy weights can be lifted safely. Unlike conventional gym equipment, the rack is extremely versatile. It can be used for a variety of exercises.



Technogym Kettlebell Combo

2x (6kg/8kg/10kg/12kg/14kg/16kg)

The Technogym Kettlebell has an ergonomic design and high-quality materials. It is perfect for strength building.



Technogym Adjustable Bench

The Adjustable Bench Pure is a sturdy tilt bench that is easy to transport due to integrated wheels and a handle. It is suitable for use with the Olympic Half Rack and the Power Rack.



Technogym Universal Storage Rack

Ball dumbbells as well as waterballs or combinations of these products can be accommodated in the universal rack. The universal rack is accessible from both sides and designed to perfectly complement the Technogym layout.



Technogym Fitness Bar 2010mm

The chrome-plated Technogym barbell bar with rolled knurling is characterized by sophisticated design, performance and durability. This bar is similar in size and weight to barbells used in Olympic competitions.



Technogym Skilltools Kit

Take your training to the next level with the all-encompassing Skilltools Kit. Designed around the Skill Athletic training method, this set supports and refines any type of workout. Included are e.g. Foam Rollers, Jump Ropes, Balance Pads etc.



Technogym Bumper Plate Combo

Combo 2x (5 kg/10kg/20kg/25kg)

The scratch-resistant rubber weight plates are ideally suited for barbell training and can withstand heavy loads and ensure the absorption of shocks.



Technogym Bench

The Technogym Bench is a comprehensive functional training kit with countless options for whole body training. A combination of elastic straps, dumbbells, weight cuffs and an exercise mat are waiting for you on a compact footprint.



Palazzina Smart Basic

Equip your Palazzina individually with the fitness equipment of your wishes! On our website www.palazzina-sports.com you will find a large selection of high-quality fitness equipment from brands such as Technogym, Nohrd or Concept2. This way, you can tailor the equipment of your Palazzina to the needs of your guests.

Our Team of sports scientists is happy to help you with the choice of sports equipment.



SCAN ME

SIZE AND DIMENSIONS PALAZZINA SMART

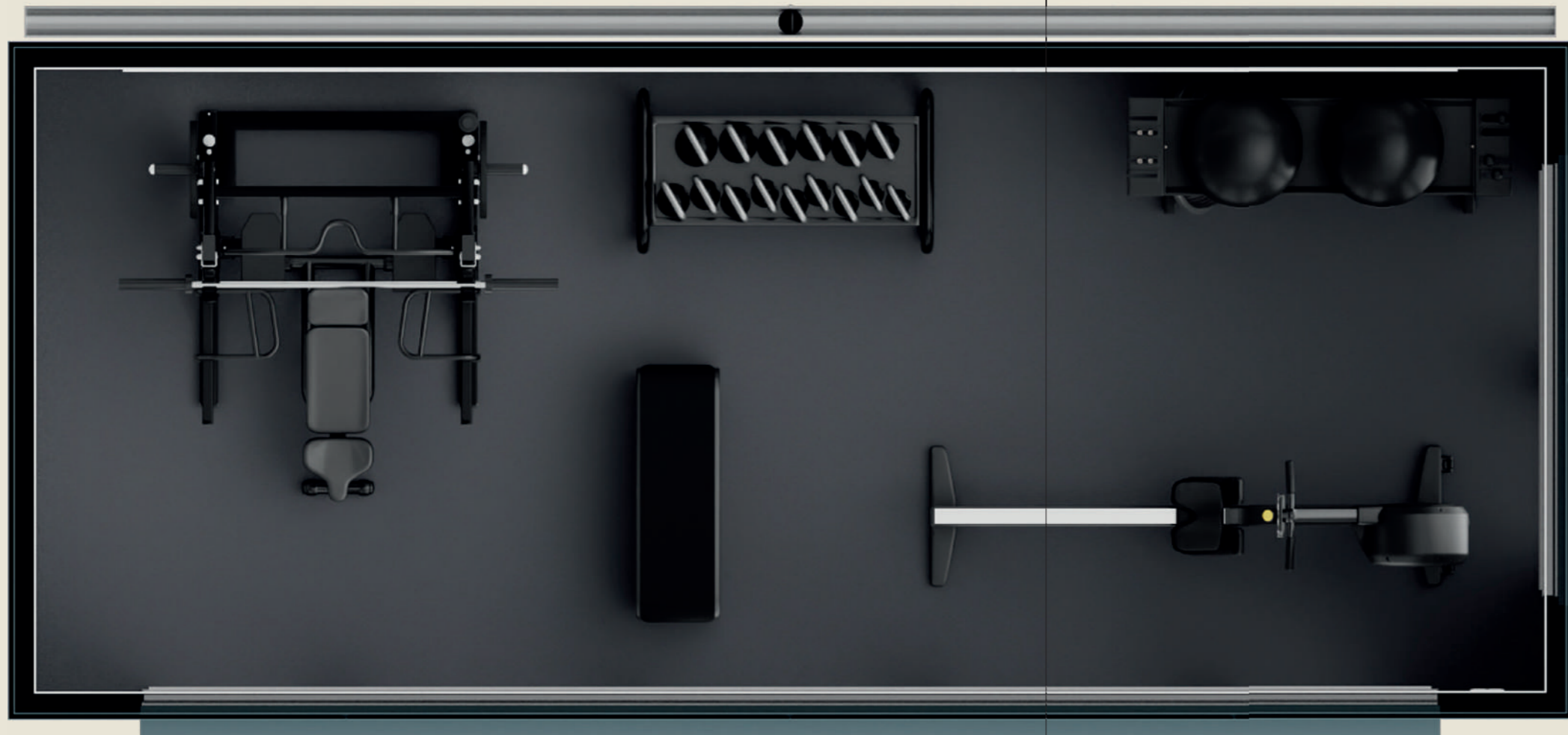
The compact training solution for your camping site

Our Palazzina Smart Performance is designed for a pleasant training of three people at the same time and is the perfect basis for a versatile training due to the different training areas.

Thanks to the modular design, the dimensions of your Palazzina can be individually adapted to your location if required..

Training areas of the Palazzina Smart Performance

- > Cardio area
- > Space for functional training, relaxation and stretching
- > Keep-free zone
- > Strength training and multifunctional area



Dimensions of the Palazzina Smart

External dimensions (L/W/H):
6.00 m / 3.00 m / 2.99 m

Internal dimensions (L/W/H):
5.80 m / 2.80 m / 2.65 m

Usable area: 16.24 m²

OUR PRODUCT PALAZZINA LOFT



Palazzina Loft

The high-quality training environment for every requirement

The Palazzina Loft is the ideal gym for your campsite - a place to feel good and work out, which convinces with its open and bright design. The generous installation of floor-to-ceiling windows and sliding doors ensures a room flooded with daylight. The selection of equipment was put together by German sports scientists and covers all possibilities for high-quality training. The installation of innovative components creates a contemporary and future-oriented training room tailored to your visitors.



Your Benefits

You ...

- > increase attractiveness
- > open up new target groups
- > generate additional income
- > strengthen customer relationships
- > increase the rate of return visits and
- > have a significant market advantage



EQUIPMENT PALAZZINA LOFT

Palazzina Loft Technogym

Benefit from the expertise of German sports scientists. In the Palazzina Loft Technogym, we have optimally combined high-quality fitness equipment from Technogym. This allows you to offer all your guests, from beginners to competitive athletes, the best possible training. If required, you will find many more items of sports equipment on our website www.palazzina-sports.com. If required, you can find a wide range of other sports equipment to equip your Palazzina.



SCAN ME



Technogym Unica

The Technogym Unica is the compact gym for strength training at home: complete, comfortable and versatile on only 1.5 m². It offers over 25 different exercises to increase the strength and shape the whole body.



Technogym Skillrow

Developed together with professional athletes, the Skillrow™ equipment supports both cardio and strength training performance with various total body workouts available in the app with a realistic rowing feeling.



Technogym Elliptical

The Technogym Elliptical is the only compact elliptical cross trainer on which a whole-body workout is possible. Discover the power of your body with natural and comfortable movements and minimal joint strain.



Technogym Kinesis Personal

Improve strength, coordination, agility and posture with the ultimate designer piece. With the patented FullGravity™ Technology, Kinesis allows unlimited and natural movement in any direction.



Technogym MyRun

The MyRun combines elegant and compact design, adaptable running surface and customized training sessions directly from your tablet. This makes it the ideal equipment for a cardio workout.



Technogym Cable Stations Ercolina

Cable Stations Ercolina with intuitive design and innovative biomechanics is the optimal device for a variety of whole-body exercises.



Technogym Bike

Technogym Bike comes with 30 days of live and on-demand courses, Technogym outdoor routes, profile-based exercises and more included apps. You choose the perfect training including trainer according to your needs.



Technogym Floor Mat

The floor mat provides extra comfort when exercising on the floor. The surface of the mat is made of nano rubber and with its closed cell structure prevents the absorption of liquid during cleaning or use.



Technogym Olympic Half Rack

The Olympic Half Rack is a popular training device, because heavy weights can be lifted safely. Unlike conventional gym equipment, the rack is extremely versatile. It can be used for a variety of exercises.



Technogym Adjustable Bench

This multipurpose bench with a simple and compact design was specially designed for barbell and dumbbell training. Due to the integrated rollers and holder, it is easy to store and move.



Technogym Fitness Bar 2010mm

The chrome-plated Technogym barbell bar with rolled knurling is characterized by sophisticated design, performance and durability. This bar is similar in size and weight to barbells used in Olympic competitions.



Technogym Bumper Plate Combo Combo 2x (5 kg/10kg/20kg/25kg)

The scratch-resistant rubber weight plates are ideally suited for barbell training and can withstand heavy loads and ensure the absorption of shocks.



Technogym Barbell Rack

The Barbell Rack serves in your gym as a clear storage for up to four barbells. We supply the rack including four barbells with different weights (5/10/15/20kg), which can be used for many exercises during strength training.



Technogym Two Tier Dumbbell Rack

The Two Tier Dumbbell Rack is a freestanding support for storing 20 dumbbells wrapped with urethane.



Technogym Dumbbell Set

2x (12/14/16/18/20/22/24/26/28/30)kg

Die Kurzhanteln von Technogym sind für ein natürliches Training mehrerer Muskelpartien konzipiert, bei dem Sie die volle Kontrolle über Ihre Bewegungsabläufe haben.



Technogym Bench

The Technogym Bench is a comprehensive functional training kit with countless options for whole body training. A combination of elastic straps, dumbbells, weight cuffs and an exercise mat are waiting for you on a compact footprint.



Palazzina Loft Nohrd

Our Palazzina Loft Nohrd includes, in addition to some high-quality equipment from Technogym, for the most part innovative sports equipment made of solid wood from Nohrd. You have the option of choosing between six different types of wood. This creates a stylish, yet warm ambience in your Palazzina. If required, you will find many more on our website www.palazzina-sports.com. If required, you can find a wide range of other sports equipment to equip your Palazzina.



SCAN ME



Nohrd WaterRower

The heart of the WaterRower rowing machine made of solid, oiled wood is the water tank made of sturdy polycarbonate with the ergonomically shaped water paddle. The training with water resistance is joint-gentle and at the same time extremely effective.



Nohrd Sprintbok

The motorless treadmill with curved tread is completely driven by your own leg force and knows no speed limits. Whether endurance running, sprints or intervals – the Sprintbok absorbs all types of running training perfectly thanks to the ball-bearing slats.



Nohrd Bike

The Nohrd Bike is the ideal indoor bike. With the protected, revolutionary planetary gearbox and the sturdy wooden frame, the bike is extremely robust and durable – ideal for professional use in the studio or in your own four walls.



Nohrd WaterGrinder

An upper body workout on the WaterGrinder made of solid wood and with a water tank is one of the best workouts ever. The removable seat can be hung on both sides in three different heights.



Nohrd SlimBeam

Functionality and design combined in one device. The SlimBeam rope pull machine made of ash wood with its elegant design blends seamlessly into its surroundings. It is versatile and multifunctional, so it offers numerous training possibilities.



Nohrd DumbBells

2x (2,5kg/5kg/7,5kg/10kg/12,5kg)

The DumbBells offer a complete set of dumbbells made of nickel-plated steel CNC and have a pleasantly grooved handle.



Nohrd Swing Turm

2x (2kg/4kg/6kg/8kg)

The Swing dumbbells have handles made of fine wood and are wrapped in hand-sewn soft leather. They are stored space-saving at the Swing Tower made of ash wood.



Nohrd TriaTrainer

The TriaTrainer combines three devices in one. In the basic position it is a cube-shaped abs trainer. It folds out quickly and easily and becomes a back trainer. Fully folded it serves as a weight bench.



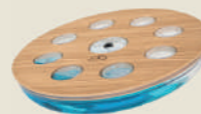
Nohrd WeightBench

The weight bench fulfils all requirements of a functional training bench combined with appealing aesthetics. The frame made of solid wood impresses with its stability and polished contours.



Nohrd Eau-Me Board

The Eau-Me board is a balance board of the new generation – the patent pending combination of classic balance training and the element of water.



Nohrd WallBars

With the integrated fold-out, the wall bar allows for chin-ups and other exercises to suspend the body weight. A number of accessories can be attached to the wall bars to expand the range of possible exercises.



Nohrd CombiTrainer

Training with your own body weight – sitting, lying and standing: With the CombiTrainer for WallBars, you can train all muscle groups effectively and specifically. The wall bars thus become a multifunctional training station.



Technogym Elliptical

The Technogym Elliptical is the only compact elliptical cross trainer on which a whole-body workout is possible. Discover the power of your body with natural and comfortable movements and minimal joint strain.



Technogym Unica

The Technogym Unica is the compact gym for strength training at home: complete, comfortable and versatile on only 1.5 m². It offers over 25 different exercises to increase the strength and shape the whole body.



Technogym Barbell Rack

The Barbell Rack serves in your gym as a clear storage for up to four barbells. We supply the rack including four barbells with different weights (5/10/15/20kg), which can be used for many exercises during strength training.



Technogym Olympic Half Rack

The Olympic Half Rack is a popular training device, because heavy weights can be lifted safely. Unlike conventional gym equipment, the rack is extremely versatile. It can be used for a variety of exercises.



Technogym Adjustable Bench

This multipurpose bench with a simple and compact design was specially designed for barbell and dumbbell training. Due to the integrated rollers and holder, it is easy to store and move.



Technogym Fitness Bar 2010mm

The chrome-plated Technogym barbell bar with rolled knurling is characterized by sophisticated design, performance and durability. This bar is similar in size and weight to barbells used in Olympic competitions.



Technogym Bumper Plate Combo

Combo 2x (5 kg/10kg/20kg/25kg)

The scratch-resistant rubber weight plates are ideally suited for barbell training and can withstand heavy loads and ensure the absorption of shocks.



Technogym Floor Mat

The floor mat provides extra comfort when exercising on the floor. The surface of the mat is made of nano rubber and with its closed cell structure prevents the absorption of liquid during cleaning or use.



SIZE AND DIMENSIONS PALAZZINA LOFT

Various Training opportunities for your guests

Our Palazzina Loft is designed so that fourteen people can train at the same time in a pleasant atmosphere. Thanks to the different areas, it provides the perfect basis for versatile training for your guests. Thanks to the modular construction, the dimensions of the Palazzina Loft can be individually adapted to your location if required.



Training areas of the Palazzina Loft

- Generously designed cardio area
- Area for functional training, relaxation and stretching
- Strength and keep-free area
- Cable pull and multifunctional area

Dimensions of the Palazzina Loft

External dimensions (L/W/H):
9.75 m / 6.00 m / 2.99 m

Internal dimensions (L/W/H):
9.55 m / 5.80 m / 2.60 m

Usable area: 55.39 m²

or

External dimensions (L/W/H):
12.00 m / 6.00 m / 2.99 m

Internal dimensions (L/W/H):
11.80 m / 5.80 m / 2.60 m

Usable area: 68.44 m²

SANITARY FACILITIES

PALAZZINA LOFT

Maximum comfort through our Palazzina-Sanitary Facilities

Palazzina Sports is a 360-degree concept. That's why we offer you the option of adding a sanitary area to your Palazzina Gym. This way, your guests experience maximum comfort. They can change clothes, shower and use the toilet directly in the Palazzina. Just like our training area, we have also designed the sanitary area according to the most modern possibilities and only use high-quality components.

Design of the Sanitary area

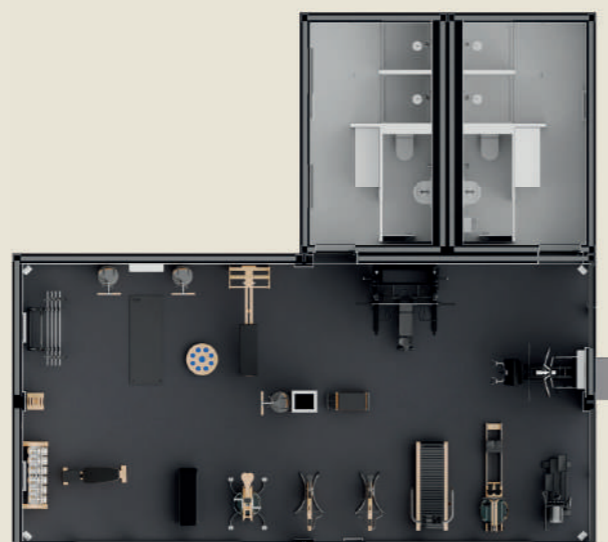
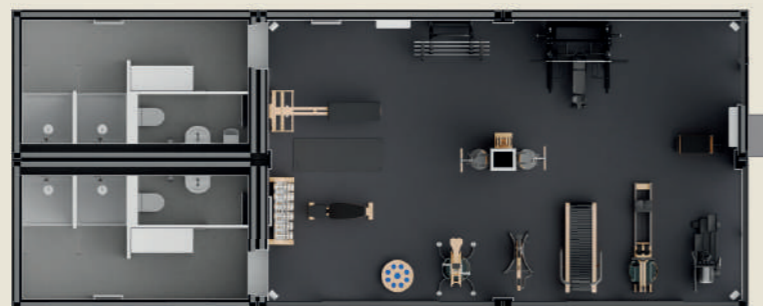
Our Palazzina sanitary area consists of two modules, so that there is one area for ladies and one for men. Each of these modules contains changing rooms, showers and a toilet. You can choose between two options for how the sanitary area is attached to the Gym.

Size per module:

External dimensions (L/W/H):
4.88 m / 2.97 m / 2.99 m

Internal dimensions (L/W/H):
4.45 m / 2.46 m / 2.60 m

Usable area: 11 m²



Design of the changing rooms

- > 14 wooden lockers for 14 lockers (can be increased as required)
- > wooden bench and coat hook
- > four sanitary windows 400x800mm per module

Design of the showers

- > two shower cubicles per module, separated by a partition wall and a glass door
- > walls: R10- tile look, hardboard Forestia, grey

Design of the toilettes

- > one ceramic toilet from Laufen per module, hanging with pressure washer & partition wall
- > each a large ceramic sink with mirror
- > ceramic urinal in the men's toilet area

Technical Details

- > **Ceiling:** Hardboard in white
- > **Lighting:** 6 Stk. LED Philipps lighting
- > **Water:** 2 Stk. water boiler 50 l
- > **Heating:** 2 Stk. e convector
- > **Floor:** Tiles IP-65
- > **Exterior cladding:** is adapted to the overall concept (Forestia - HPL panels)

Add on: Boden

As a special **ADD ON** you can have your sanitary area equipped with underfloor heating.

TECHNICAL EQUIPMENT



Innovative Equipment for the best workout experience

Palazzina Sports is characterised by the individual design concept and the interaction of the various components. The installation of innovative components creates a contemporary and future-oriented training room. This is how we create the best possible training environment for your guests.

Sound

1

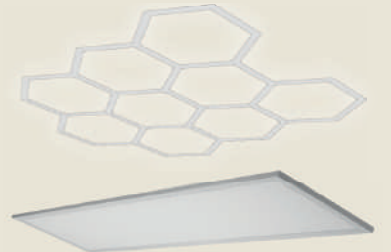
The high-quality Teufel One S Stereo Set ensures the perfect sound for sports, yoga or relaxing. The stylish streaming speakers, optionally in black or white, are integrated into the Palazzina with the matching Teufel wall bracket. This makes the workout of your employees a unique training experience.



Lighting

2

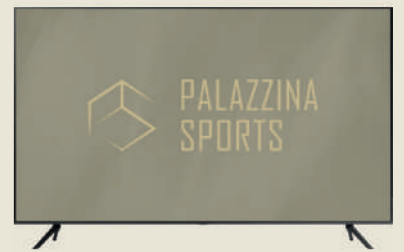
We create the optimal lighting situation in your palazzina by combining Ledvance LEDs and hexagonal lights. The colour and brightness of the lighting are controlled via an app. This allows you to adjust the light according to your mood and training situation and create an extraordinary atmosphere.



TV

3

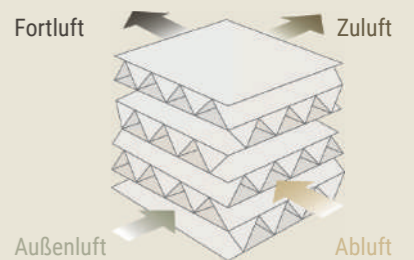
Even the right TV must not be missing in an optimally equipped gym. We integrate in our palazzinas a 40 inch Full HD TV from Samsung including ceiling mount, which can be used for streaming workouts or additional entertainment during training.



Heat exchanger

4

The built-in heat exchanger uses the integrated heat storage device to store a large part of the heat energy when blowing out (exhaust air mode) and then to heat the fresh air supplied from the outside (inlet air mode). At the same time, the humidity is regulated. Up to 90% of the heat energy can be recycled.



Air-conditioning

5

So that your employees can train comfortably in your Palazzina even in the summer, we install an air conditioner from Samsung. Thanks to the quick cooling mode, the desired temperature can be reached in a short time. The wind-free technology ensures that the cool air is gently distributed throughout the room and does not create draft air



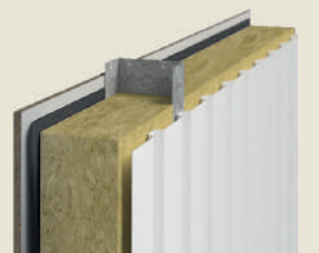
Insulation

6

We use a combination of high-quality mineral wool and PIR insulation to create a comfortable indoor training environment and save energy efficiently.

A = 0,35 W/sqmK B = 0,20 W/sqmK

All insulation materials we use comply with fire class A2



DESIGN OF THE PALAZZINA

Create your individual Design

In addition to functionality, we also attach great importance to the design of our palazzinas. Our aim is for the palazzina to fit seamlessly into the ambience of your campsite. That's why we offer you the opportunity to choose the design of your Palazzina yourself, from the exterior cladding to the flooring. In this way, you can create your own individual gym that will be a real eye-catcher on your campsite.

Glazing

We give you the feeling of training outdoors. Our Palazzinas are equipped with large triple-glazed floor-deep windows and triple-glazed design sliding doors. This allows your employees to enjoy the view of the sky or the surrounding nature throughout their training. Our design sliding doors can also be fully opened. So you can turn your Palazzina into an outdoor gym and let your employees work out in the fresh air in a covered room.

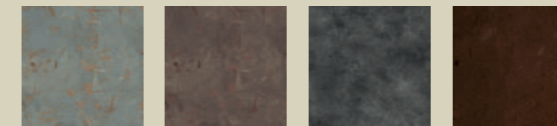
Exterior Cladding

You can choose from hundreds of different design options for the exterior cladding of your Palazzina. You can choose between HPL, metal, wood and natural stone in numerous variants.

Discover more possibilities for exterior cladding on our website: www.palazzina-sports.com



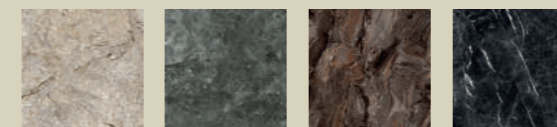
HPL



Metal



Wood



Natural stone



DESIGN OF THE PALAZZINA

Interior of your Palazzina

For the interior panelling of your Palazzina, you can choose between numerous wallpapers and paints. We use melamine-coated plywood panels or plasterboard as the basis for the interior panelling. The plywood panels are washable and form a flat surface that is suitable for painting or wallpapering. The plasterboard panels are supplied fully primed and can be painted with standard wall paint. Alternatively, they can also be wallpapered, tiled or mirrored.

Wooden pannels

You have the option of integrating wooden pannels on the walls of the Palazzina according to your design concept. You can find a wider selection of colours on our website www.palazzina-sports.com.



Oak

Oak
Rustical

Oxid
Copper

Oxid
Charcoal



Mirror

Our 3.5 x 2.5 m mirror is an additional highlight in the interior of your gym and completes your personal design concept.



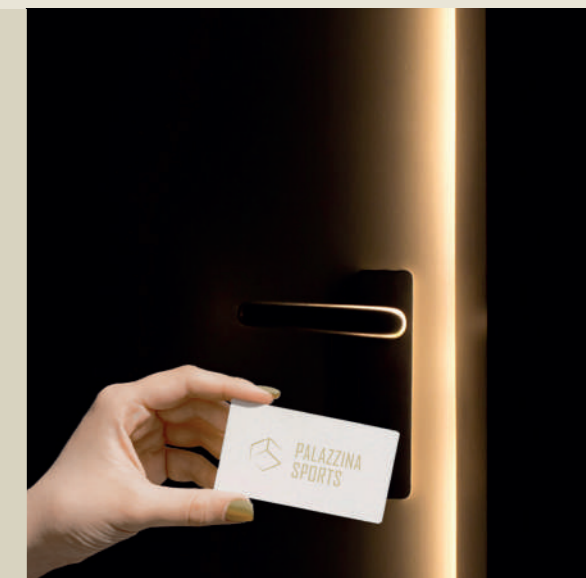
Floor

Robust and resilient, resistant and durable - that's what distinguishes the Palazzina floor. Because we already understand the cement-bonded particleboard as part of the training space, which has to bear the weight of the sports equipment and that of the athletes. Over this foundation, we lay a high-quality fitness floor that is more than two centimetres thick and also offers protection against moisture.



Entrance door control

Your Palazzina not only offers you a unique selling point, it also generates attractive additional income. You can also opt for RFID-controlled entrance door control, which allows for low administrative and personnel costs as well as uncomplicated guest access. You can choose between ID cards or personalised wristbands as entrance keys. This allows you to offer gym access for day use or for the entire holiday period of your guests.



ADD ON: TERRACE

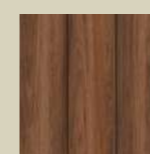


From outdoor fitness into the sun - with our terrace you can offer your employees even more

You have the option of adding a terrace area to your palazzina. This is built onto the roof of your palazzina and includes a railing and stairs. By using steel frames and the latest insulation technology, we build a stable and contemporary terrace area that does not affect the acoustics in the interior. The terrace surface creates a measurable contribution to the increase in value and usability of your property. The possible uses are versatile and can range from outdoor fitness, to gastronomy and event space, to a working and sunbathing area for your guests.

Material of the Terrace

You can also choose your individual design for the Palazzina terrace.



Composite boards in wood look



Larch wood



Pine wood



OUR OFFER

The Investment for your camping site

Design your individual Palazzina concept that can be seamlessly integrated into your site. Invest in the future of your campsite with contemporary construction. Create a unique selling point for your campsite, tap into new target groups and income opportunities and strengthen your long-term success.



Palazzina Smart Performance

The Palazzina Smart Performance is the compact training solution for your campsite. Thanks to the selection of high-quality sports equipment from Technogym, it offers the ideal basis for a varied workout. On a training area of 16.24 m², three people can train at the same time.



Palazzina Smart Basic

The Palazzina Smart Basic offers a training area of 16.24 m², which you can equip according to your wishes with high-quality fitness equipment from brands such as Technogym, Nohrd or Concept2. Our team of sports scientists will be happy to advise you.



Palazzina Loft

The Palazzina Loft offers the right training environment for everyone, whether you are a beginner or a professional athlete. The various pieces of sports equipment are optimally coordinated with each other and create a number of training options. You can choose between equipment from Nohrd or Technogym. With a training area of 55.39 m², the Palazzina Loft is designed for training 14 people at the same time.

Palazzina Loft Sanitary facilities

Expand your Palazzina Loft with a sanitary area with changing rooms, showers and WCs. This way, your guests will experience maximum comfort.



Palazzina Add on Terrace

The stable and contemporary terrace is built onto the roof of your palazzina, including railings and stairs, and offers a wide range of uses.



DELIVERY

Process of the Delivery

Your palazzina is delivered by truck and placed on the ground and assembled by truck-mounted crane or on-board crane from the truck. We ensure that the entire delivery process is quick, clean and quiet. The delivery situation must be checked individually on a case-by-case basis: How is the assembly site passable, does the palazzina have to be lifted over obstacles? Photos and a site plan of the construction site are essential for this.

Delivery time

10-12 weeks



Soil condition

The soil condition should generally be 30 cm of compacted gravel, the best variant are stripes or block foundation, frost-free. An installation on a grass surface is also possible. The supply of electricity is carried out on site (builder). Suppliers are responsible for the cabling and pipe laying in the Palazzina. Connection and measurement protocol can be done by our experts as an additional service.

CONTACT

We are here for you.

Feel free to contact us!

Palazzina Sports & Building GmbH

Marc-Chagall Straße 2
40477 Düsseldorf

Web: www.palazzina-sports.com

Our qualified staff will be happy to advise you personally.

Mail: sales@palazzina-sports.com

Tel: (+49) 211 94250820

Fax: (+49) 211 94250829

**Visit us in
our Showroom!**

Palazzina Sports Showroom

Am Südfriedhof 20
40221 Düsseldorf



Website



Instagram

