

CLASSIC DRIVER

Technogym Kinesis Personal



With its 'Kinesis' product range, Technogym offers the very best in equipment for the home gym. This sports equipment allows you to train using some 200 different exercises, on a floor area of less than one square metre - but now the company has launched the ultimate top-end product...

The aesthetic appearance of the Kinesis equipment has always been an important part of its appeal, yet the latest version of the system takes this to a whole new level – it's trimmed in real gold. The limited Gold Edition uses the traditional craft of applying gold foil, using a design developed by Antonio Cittero in Milan.





For those who don't fancy the shimmering appeal of precious metal (or, indeed, the price of close to 10,000 euros), there is a choice of other finishes, including cream or black.



Whichever finish is chosen, the user will benefit from exercises demanding control and co-ordination, strengthening each of the main muscle groups and improving both mobility and balance. The equipment is intended not only to strengthen the body but also to develop the more 'spiritual' aspects of exercise, with the Kinesis training fitting well with such disciplines as Yoga or Tai Chi.

Further information can be found at www.technogym.com.

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