



GET CONNECTED

INTERNATIONAL

FROM EMERSACKER TO THE WORLD

Over 2,600 gyms and health facilities around the world already rely on milon.

Millions of people in 26 countries train on milon circuits – and the number is increasing every day. Why? Because we do more than just supply machines: we also work together with you as a partner, providing solutions specifically tailored to meet your needs.



The White Rabbit
Bern, Switzerland



John Harris Fitness
Vienna, Austria



NoLimits
Prague,
Czech Republic



Zen Club
Budapest, Hungary



Circle Club
Muscat, Oman

THE MILON PRINCIPLE

milon circuits span the full training spectrum, ensuring your ability to cover every need: from health oriented basic training, to specifically targeted strength training and intensive cardio training to maximum strength training. Whether the objective is strength, endurance or a combination of the two, our state-of-the-art technologies enable milon circuits to provide the most effective training concept for each and every user.

milon circuit training follows a logical sequence, in which each muscle group is trained consecutively. Using milon CARE software and user-specific data, the equipment adapts itself automatically to each user and their individual needs.

CONFIRMED BY SPORTS SCIENCE

milon training is always based on the latest findings from the field of sports science. In collaboration with the German Sport University Cologne, we developed milon Intensity Training (MIT), which precisely regulates the heart rate controlled milon equipment to maintain short, high-load intervals within ideal healthy training limits.

BENEFITS OF MILON TRAINING

- ✓ Joint stress reduction
- ✓ Back and joint pain relief
- ✓ Prevention of osteoporosis, osteoarthritis and other joint disorders (strengthening of skeleton, connective tissue and muscle)
- ✓ Improved posture and endurance; everyday physical challenges become easier
- ✓ Greater overall physical strength for young and old
- ✓ Increased metabolism
- ✓ Muscle building

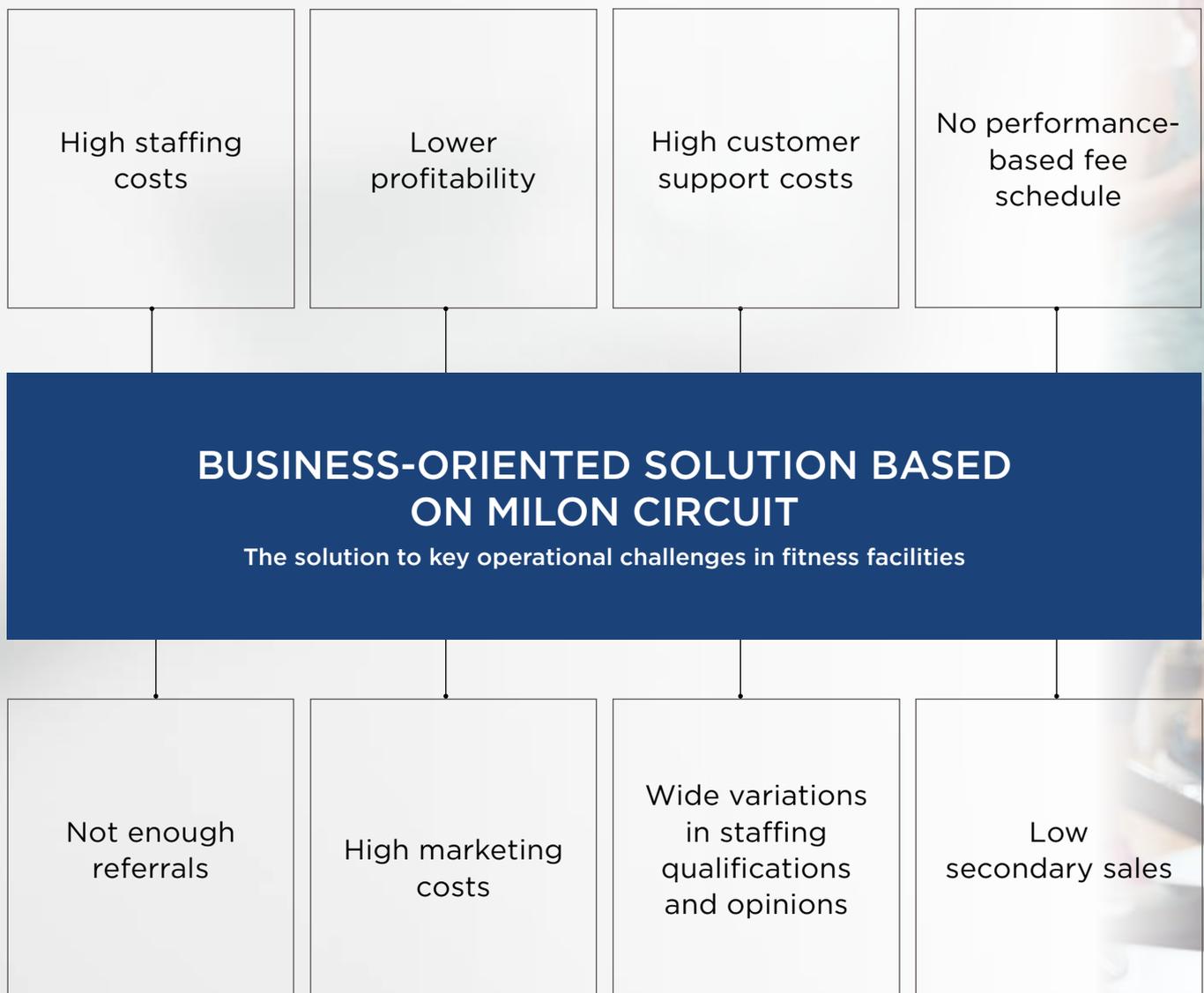


 **Deutsche Sporthochschule Köln**
German Sport University Cologne

Awards:

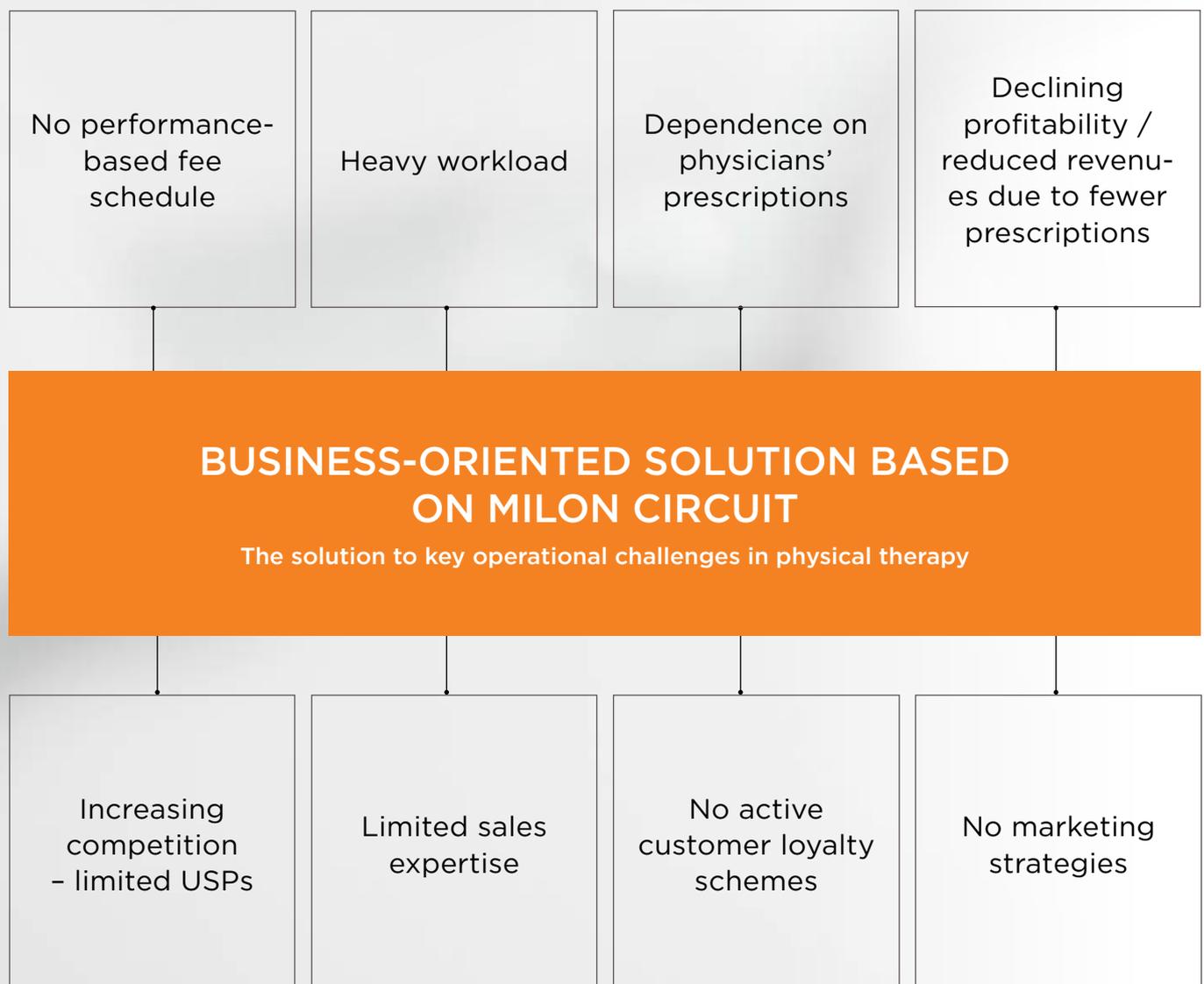


BUSINESS SOLUTIONS FOR FITNESS & HEALTH FACILITIES





BUSINESS SOLUTIONS FOR THERAPEUTIC FACILITIES



SHAPING. HEALTH. TOGETHER.

BENEFITS FOR YOUR THERAPEUTIC SERVICES

- ✓ Increased efficiency of your everyday work in the therapeutic practice
- ✓ Unique competitive positioning
- ✓ Innovative equipment series that guarantees safety and efficiency for your patients
- ✓ Enhanced quality of support for facilities that focus on customer service and personal contact

BENEFITS FOR YOUR PATIENTS

- ✓ Easy-to-learn training for young and old
- ✓ Increased overall physical strength
- ✓ Greater endurance: most everyday physical challenges become easier
- ✓ Prevention of osteoporosis (strengthening of skeleton, connective tissue and muscle)
- ✓ Increased metabolism
- ✓ Back and joint pain relief



MILON CARE



GET CONNECTED



TRAINING AREA



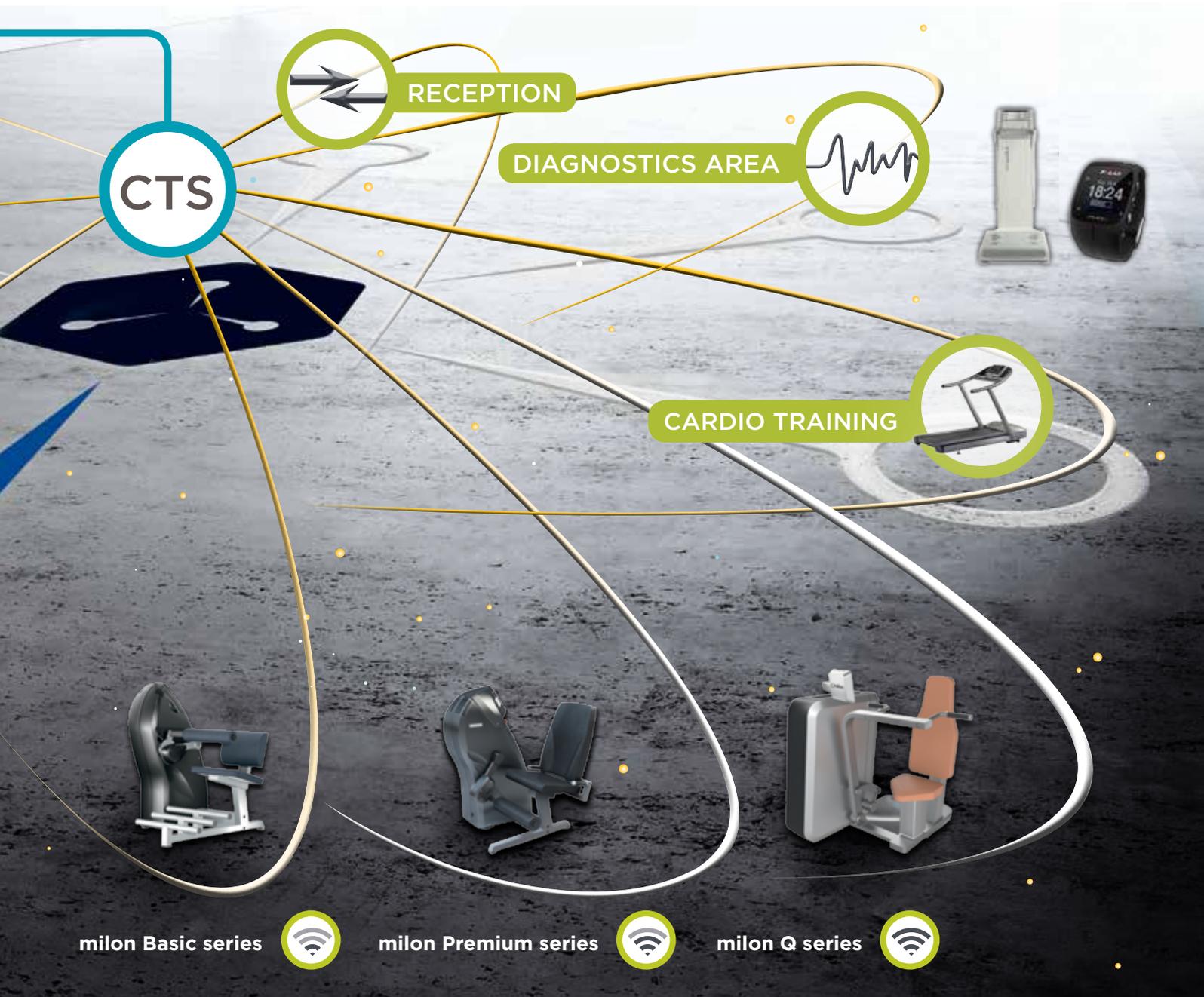
 milonizer



NETWORKING STRENGTH
WITH CTS:

CONNECTED TRAINING SYSTEM BY MILON

As a trainer or studio operator, your expertise represents a competitive edge that is becoming increasingly crucial to your success - and digital networking is playing a decisive role. Imagine if the different areas of your facility were connected together - and better still, what if they could communicate intelligently with one another? As a decision-maker, you could identify the needs of your customers in real time and react to them in a specifically targeted way. Well, now you no longer need to use your imagination: with a Connected Training System from milon, it's already possible - no matter which type of machines are involved. Moreover, CTS is always individually adapted to your needs. We offer the ideal solution, perfectly tailored to each establishment, whether physical therapy, multi-function facility or boutique studio.



DESIGN YOUR OWN CONNECTED TRAINING SYSTEM BY MILON TODAY

- ✓ Integration of existing equipment and software solutions
- ✓ Tailor-made network, matched to your individual needs
- ✓ Efficient planning and control of all activities in your studio
- ✓ Consistent monitoring of service offering profitability
- ✓ Greater membership retention
- ✓ Enhanced decision-making support
- ✓ More time available to motivate and coach your customers
- ✓ Centralized software controls customer communications

THE OFFICIAL MILON CTS NETWORK PARTNERS

Rely on our strong partner network: all of the benefits and even more expertise for your success!



MILON CIRCUIT SYSTEMS WITH STRUCTURE



MILON STRENGTH-ENDURANCE CIRCUIT

Training for success

The milon Strength-Endurance circuit is THE heart of the milon training principle. In just 17.5 minutes – that’s one complete circuit – it enables balanced whole-body training that is unsurpassed in terms of simplicity, safety and effectiveness. As the classic point of entry into the milon world, the Strength-Endurance circuit is suitable both as training for the beginner and as performance training for the advanced user.



MILON STRENGTH CIRCUIT

The strength of your studio

The next level of milon training provides long-term motivation for members. The emphasis here is on building up muscles effectively. Unlike Strength-Endurance training, the Strength circuit achieves this through shorter intervals and higher muscle loads. Flexibility in the selection of the equipment also allows you to tailor your offering (with variants such as Ladies only circuit or Back circuit, among others) to address the preferences of your existing customers.



MILON CARDIO CIRCUIT

Endurance pays off

milon training is intensive and effective. milon Intensity Training (MIT) in combination with milon CARE software enables your members to train within the ideal pulse rate range at all times – thereby maintaining the healthiest, most beneficial intensity. Cardio training can also be conducted without pulse-monitored control. MIT’s rotation programme reduces the workload in your cardio area, and its compact space requirements also save you money.



SO YOU SAY THIS IS A USED MODEL?



PRE-OWNED MILON
FOR THOSE STARTING
OUT OR TRANSITIONING

www.milon.com/youngtimer



BENEFITS FOR YOUR COMPANY

- ✓ Innovative equipment enables simple and safe training independent of age and fitness level
- ✓ Long-term training concept through comprehensive training system with matched components
- ✓ Improved quality of support through milon seminars
- ✓ Digital training management and documentation displays achievement of objectives and training support
- ✓ Low space requirements: more members per square meter in less time

BENEFITS FOR YOUR MEMBERS

- ✓ Easy operation through automatic adjustment to relevant body dimensions
- ✓ Clear presentation of training parameters on the large equipment display
- ✓ Safe training through guidance of sequential movements
- ✓ Effective training through structured plans, specified time frames and clear incentives



PRODUCT SERIES

BASIC

PREMIUM

Q

Strength-Endurance circuit	as youngtimer	as youngtimer	as new equipment
Strength circuit	as youngtimer	as new equipment	n/a
Cardio circuit	as youngtimer	as new equipment	n/a
Networking strength with CTS			
CARE-compatible	yes	yes	yes
Circuit arrangement according to Peripheral Heart Action Training (PHAT)	possible	possible	yes
Display	Monochromatic display	7-inch color display	10.1-inch multi-touch color display / automatic brightness adjustment
Articulation point biomechanically optimized	no	no	yes
Internet connection	LAN	LAN	LAN/WLAN
Feedback function for the user	no	no	yes
Gamification element for live motivation through milon equipment	no	no	yes

PERIODIZATION AND NEW INCENTIVES

Our equipment does not operate with weights, but rather with electronic resistances. The advantage is that the load can be changed during the execution of the movements. That makes training even more effective. Unlike training with weights, for example, all milon circuits make it possible to increase the eccentric - i.e. the muscle loading during the return motion. In addition, there is the option to vary the speed, the type of training (adaptive and isokinetic) and the form of the resistance curve.



REACTIVE TRAINING TYPES (RTAs)

For continuous training success, it is necessary to periodize the training plan, which sets individual training incentives. milon accomplishes this through CARE software: depending on their training objective and level of experience, users can choose from among nine milon training guides. Specific training plans aligned to macro cycles, milon training guides have been developed and continuously improved by experienced trainers with degrees in sports science.

Adaptive training

During training exercises, the load continuously adjusts itself to the user's power reserves. The advantage: the user maximizes muscle exhaustion throughout the entire period of stress, in order to trigger the correct level of hypertrophy stimulation. Exactly like training with a partner, the system provides support whenever the user's power reserves are exhausted.

Isokinetic training

In each phase of motion, variable intensity ensures constant resistance and uniform speed, enabling the user to apply full strength

throughout the sequence of movements. This makes strength training significantly more effective and is also ideally suited for use in therapeutic applications. Critical gravitational forces are largely minimized during training. During isokinetic training, both concentric and eccentric dynamic work is performed.

Overload eccentric training

Through the correct utilization of not only the muscle but also the tendons and ligaments, increasing the training load in the eccentric release phase of movement makes the training up to 30% more effective. Resistance is increased during the eccentric phase. Eccentric overload can be set to values ranging from 0 to 100% of the concentric force value.

Normal training

The concentric and eccentric loads are identical. This loading and the associated form of training is comparable to conventional mechanical equipment using a constant weight.

TRAINING WITH A SMILE



NEW
with the
Q series!

TRAINING REGIME

The new Q series equipment makes it even easier for the user to input their motivation and therefore their training objective. Using predefined training regimes, all training parameters adjust according to the individual training objective and style. Because the user cannot achieve true satisfaction unless their training corresponds to their own needs.

Pain reduction

This regime addresses the root causes underlying physical discomfort and can reduce pain.

Weight reduction

Does your customer want to lose weight or reduce body fat? In order to lose weight, the key to success lies in the specific combination of endurance training and moderate strength training in the high reps range.

Figure shaping

For women especially, fitness training often begins with the goal of improving their figure. In such cases, specifically targeted strength training is the most effective way to reduce body fat.

Muscle building

Building up muscle mass requires a training load with elevated weight. Training large muscle groups is a particularly important part of any effective muscle building program.

DETERMINATION OF STRENGTH & CALCULATION OF TRAINING WEIGHT

Determining the user's strength prior to creating their individual training plan makes it possible to increase the training success rate significantly. With the Q series, live motivation during the test inspires the user to perform even better. Training regime values and experience levels stored in the master data are then used to calculate training weight. As a result, users who select weight reduction and entry level regimes use training parameters which differ from those used by advanced or pro level users, who focus heavily on muscle building.

EQUIPMENT SERIES	BASIC 	PREMIUM 	Q 
Strength measurement	no	isokinetic strength measurement / eccentric manual	isokinetic strength measurement / auto overload eccentric adaptation
Regular training	yes	yes	yes / free of charge
Overload eccentric training	yes / free of charge	yes / free of charge	yes / free of charge
Adaptive training	no	yes / for a fee	yes / free of charge
Isokinetic training	no	yes / for a fee	yes / free of charge
Training guides	yes	yes	yes
Training regimes			
Pain reduction	no	no	yes / free of charge
Weight reduction	no	no	yes / free of charge
Figure shaping	no	no	yes / free of charge
Muscle building	no	no	yes / free of charge

milon Q - TRAINING WITH A SMILE

With milon Q, we are revolutionizing electronically controlled training. Elegant design, simple operation, completely new technologies, intuitive navigation and fun motivation - Q is all of that. The fusion of innovative technology with 45 years of experience and uncompromising Made-in-Germany quality makes this equipment series into a brand new, fantastic training sensation.

milon Q isn't just the next step.

milon Q is a quantum leap.

Never before has digital training been so intelligent: together with milon CARE software, milon Q forms a highly advanced Connected Training System module. This pioneering combination of intelligent hardware and software enables you to reap the full benefit of CTS, strengthen your position in the market, and keep your clients coming back for more.



**GET
CONNECTED
WITH
MILON Q!**

- ✓ Wireless network connection (hardwire connection also possible)
- ✓ 10-point multi-touch color display - 10.1 inch light sensor system in the display for energy savings
- ✓ Highest EU energy efficiency class
- ✓ Latest low-noise motor generation
- ✓ Quality made in Germany
- ✓ milon know-how from 45 years of innovation leadership



TRAINING BY DESIGN

- ✓ Minimalistic design: maximum functionality
- ✓ Clear styling: elegance meets dynamics
- ✓ Visual statement: performance and style for your studio

TRAINING BY TECHNOLOGY

- ✓ Regime-based training plan
- ✓ Improved strength measurement: a fun way to obtain even more precise values
- ✓ Automatic RTA integration: isokinetic/adaptive training as part of the training plan (depending on the training objective)
- ✓ Infinitely variable resistance transitions (isokinetic/adaptive training)
- ✓ Smooth movement: biomechanical harmony at the limits of movement
- ✓ Extremely quiet: an all-new generation of silent motors

TRAINING BY USABILITY

- ✓ Always ideally in sight: ergonomically positioned displays
- ✓ Uniquely intuitive: greater clarity and optimal menu arrangement for fast, error-free operation
- ✓ Better control of the execution of movements
- ✓ Ergonomic Design - for our most comfortable work out ever

TRAINING BY MOTIVATION

- ✓ Fun success: greater motivation through gamification elements
- ✓ Always informed: direct feedback about the training
- ✓ Positive contact: training support through direct motivational support
- ✓ Intuitive operability: training remains continuously more enjoyable

TRAINING BY EXPERIENCE

- ✓ Cumulative know-how: million experience from 45 years as an innovation leader
- ✓ Extensive knowledge: developed with expertise in sports science
- ✓ Highest quality and engineering skill: Masterpieces made in Germany



**YOUR CLIENTS
WON'T WANT
TO QUIT**

MILONIZER 3.0

MEASURE, WEIGH, TEST AND ANALYZE IN A TOTALLY NEW DIMENSION

The milonizer measures a user's body in a matter of seconds with an innovative, biometric marker-based scanning system. This data is then automatically transmitted to the milon CARE control software.

Together with the integrated milon fitness tests and the brand new mobility tests, a comprehensive analysis of the user's current performance level is prepared for them. That makes the milonizer the ultimate measurement and analysis station for your facility.

Within the framework of the Connected Training System (CTS) from milon, the data is automatically applied to preset the milon equipment to the precise setting for the individual user and to organize their training plan.

TECHNICAL DETAILS

- ✓ Intuitive operation through redesigned user interface
- ✓ Refined analysis options with expanded functionality

FEATURES

- ✓ User conducts test on their own **NEW**
- ✓ milon fitness tests: agility, power and balance
- ✓ mobility test by five **NEW**
- ✓ Integrated precision scale **NEW**

BENEFITS FOR TRAINERS AND FACILITY OPERATORS

- ✓ Save time giving training and set up instructions
- ✓ More time for individual support
- ✓ Innovative test station with high motivational and fun factors for the users

For further information, please visit our website www.milon.com





NEW -
Possibility of testing
even without
a trainer

The new mobility test was developed in collaboration with our partner five. Mobility is determined by means of a camera system – the only one like it on the fitness and wellness market worldwide. Six different tests are used to determine the mobility of the relevant muscle-tendon tissue areas.



5-second scan



Integrated scale



Fitness test



Mobility test



Automatic data transmission



Enlarged storage space

SUCCESSFUL TOGETHER

Ask us for a
business analysis of
your facilities today
- free of charge and
without obligation.

THE DIGITAL FUTURE WITH MILON

CONTROL. COMPARE. MONITOR.

MILON CARE

Cloud-based software for your training area - already more than 800 successful installations.

DIGITAL TRAINING CONTROL

Innovative software tools combined with the optimal enabling of the trainer team - that's how to make it even easier for your customers to achieve their training objectives.

DIGITAL NEW CUSTOMER ACQUISITION

Digital marketing support under the banner of 'bringing customers to the customer'.

www.milon.com

MILON ME

THE DIRECT CONNECTION TO YOUR FITNESS CLUB MEMBER

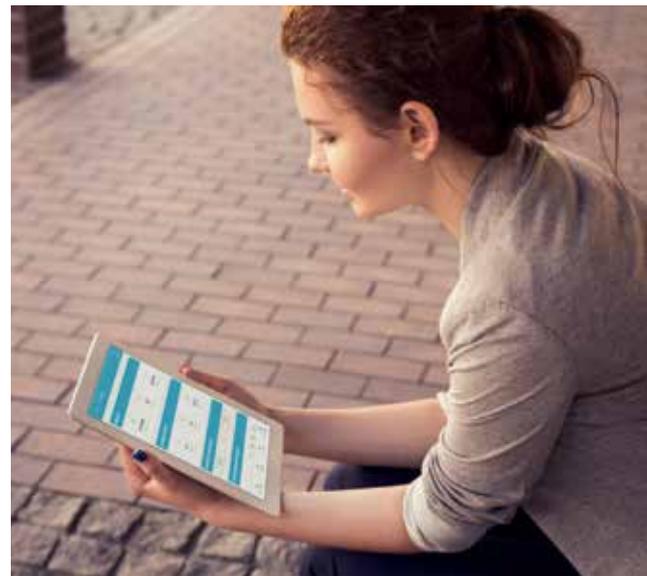
milon ME is the new free app for your members. It makes it easier for them to view their own training data - anywhere, anytime. And the integrated messaging function also makes communication with your club members even easier, more effective and faster.



WITH MILON ME, THE USER CAN...

.....

- ✓ ... view their own training statistics
- ✓ ... compare themselves with other fitness club members
- ✓ ... provide insights about his mood and physical condition
- ✓ ... keep track of their entire training plan (milon equipment and free exercises)



WITH MILON ME, THE FITNESS CENTER OPERATOR OR TRAINER CAN...

.....

- ✓ ... send messages, news and surveys to users by the most direct means
- ✓ ... use rankings to raise users' motivation for strength- and cardio-training



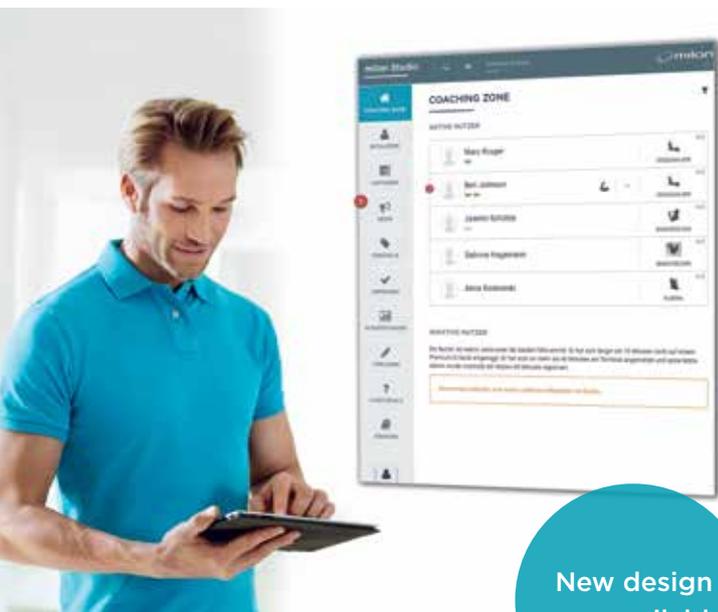
For further information, please visit our website www.milon.com

MILON CARE

THE NEXT GENERATION OF SMART TRAINING CONTROL

milon CARE is the complete training and support software that combines all fitness center areas in your training or therapy facility into a Connected Training System (CTS). The clear display and intuitive operation make milon CARE an indispensable control tool for your facility.

CARE can operate all of the different milon series machines (Basic, Premium, Q) from a central location. No matter whether as an individual machine, in a circuit, in combination with multiple circuits, or also across multiple fitness centers. We have just the right solution for your facility.



New design
now available

TECHNICAL DETAILS

- ✓ Cloud-based software
- ✓ Secure data management in Germany (hosting server)
- ✓ No need to enter the same data twice thanks to our modern interface technology
- ✓ Open connection to third-party systems
- ✓ Easy software installation, regular updates and extremely stable system performance

The new user interface - the Coaching Zone - is the centerpiece of CARE.

At a glance, the display shows trainers all of the members who are training. Trainers can quickly access all support-related information (training regime and progress, exercises, support status, training plan and equipment, co-trainer suggestion, etc.) and immediately react accordingly, in order to address individual users if necessary and to accommodate their specific needs and wishes. This helps improve the quality of user support.

Now available
with a training plan
for free exercises*

MORE FLAIR WITH CARE...

... for fitness studio operators

- ✓ **Perspective:** efficient, comprehensive fitness studio management (all CTS data in a single system)
- ✓ **Knowledge:** analysis and optimization of fitness center utilization
- ✓ **Customer loyalty:** higher customer satisfaction through ideal support quality
- ✓ **Control:** effective control and organization of tasks, fitness center processes and support chains

... for trainers

- ✓ **Insight:** clear, high-quality training analyses, planning and monitoring in real time
- ✓ **Knowledge:** qualitative assessment of the training (e.g. range-of-motion, heart rate, muscle balance ratio, training development, attendance)
- ✓ **Efficiency:** centralized management of individual equipment settings for all users
- ✓ **Resources:** co-trainer suggestions; the decision remains the responsibility of the trainer
- ✓ **Support:** individual training support; convenient access everywhere
- ✓ **Communication:** information and news can be sent to specific recipients or all fitness center members

... for users

- ✓ **Freedom:** now training planning is also possible for the open training area NEW
- ✓ **Connection:** better, proactive communication by the trainers
- ✓ **Motivation:** enhanced support quality, more individual attention, and more effective support in helping to achieve training objectives



COMPATIBLE EQUIPMENT:

BASIC  PREMIUM  Q  milonizer 

INTERFACE PARTNERS



AND OTHERS: M.A.C CENTERCOM, sysTeam, Aidoo, Aspria, Boss, THEORG

*Wider range of exercises

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