

### Recovery and preventive health in fitness

The last few years have brought great transformations to the consumer habits of various sectors, including fitness. Gyms find themselves engaged in an increasingly fierce competition. The clients, driven by **new habits and expectations**, are in search of **facilities that focus on their needs** and meet their want for change even in the workout. A significant contribution to the achievement of psycho-physical well-being with bespoke solutions rests with fitness, now inextricably bound to wellness.

### All-round offer

We support fitness professionals, having worked for years with both large gym chains and Boutique Fitness Studios and independent gyms. We don't just provide equipment: we are a reference, an all-round partner for the realisation of a **Wellness offer that is always in line with the trends of the market and the technological innovation**. We develop solutions that are functional to your objectives, by providing support in each phase of the project.

### Revolving around individuals

Our approach to fitness recovery revolves around individuals, their physiology and psychology. A kind of **Wellness that is founded on scientific research and defines bespoke solutions for recovery and self-care**, through products that combine quality and innovation with programs of use that are functional to individual goals. The key to success for any fitness centre is the ability to meet their clients' needs and even exceed their expectations, defining their experience and building up their loyalty.

### Effective results

Our **cutting-edge wellness solutions combine perfectly with different training programs** and contribute to making the most of performance. For each program aimed at recovery and psycho-physical well-being, we have designed and developed specific methods and programs of use depending on the different types of training and athletic preparation. This is how we ensure maximum effectiveness for every Wellness experience combined with exercise and athletic performance.

### The battle of change is fought on three fronts:

**Value generation:** the key to generating value in your gym is enhancing and diversifying the offer with customised proposals and additional services, designed on the basis of the specific needs of the facility and purchasable by all members.

**Client retention:** keeping one's clients' motivation high is crucial; the members who do not attend the gym will sooner or later decide to not renew their membership. This is why it is necessary to engage and captivate them with innovative solutions and quality services.

**Number of members:** gyms need to have loyal clients and to find new members to increase their revenues. An alternative wellness offer is then a valuable ally to approach even the people who are not interested in fitness and training programs.

Best regards,  
Wellness Solutions SIA  
+370 697 99074  
aicollections@tutamail.com



### Recovery Station

This format was conceived to allow Boutique Fitness Studios and Performance Training Studios to enhance their offer with innovative technologies and effective programs. Designed and developed according to the guidelines of our Scientific Research Department, it takes advantage of the body's physiological response to cold therapy and dry floatation.

### Recovery Room

This format is designed for small fitness clubs as well as individual athletes who want to dedicate a space at home to recovery and preventive care to continue their training and performance enhancement programs. Its effectiveness is ensured by cutting-edge equipment, and by programs of use that are combined with the different training phases, contributing to the improvement of performance.

### Recovery Room

This format was developed for large fitness centres that have a lot of space available and major flow of clients with diverse requirements. Recovery Class allows to enhance the offer with an innovative area dedicated to warm-up, post-training recovery and Personal Health programs on rest days. Designed and developed according to the guidelines of our Scientific Research Department, it takes advantage of the body's physiological response to heat, cold therapy and dry floatation. Thanks to the support of our experts, even an existing spa inside a gym centre can become a functional Recovery Class, for both shared and individual use, without the need for assistance or supervision.

### Recovery Station

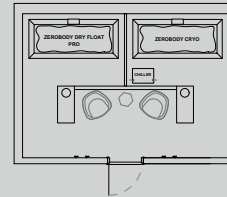
Layout 24 m<sup>2</sup>

1 pc - Zerobody Dry Float pro

<https://www.starpool.com/products/zerobody-dry-float-pro>

1 pc - Zerobody Cryo

<https://www.starpool.com/products/zerobody-cryo>



Therapy: Dry Float - Cold

### Recovery Room

Layout 22 m<sup>2</sup>

1 pc - Zerobody Dry Float pro

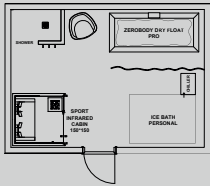
<https://www.starpool.com/products/zerobody-dry-float-pro>

1 pc - Ice Bath personal

<https://www.starpool.com/products/ice-bath-personal>

1 pc - Sport Infrared Cabin 150x150

<https://www.starpool.com/products/sport-infrared-cabin>



Therapy: Dry Float - Cold - Heat - Infrared

### Recovery Class

Layout 36 m<sup>2</sup>

2 pc - Zerobody Dry Float personal

<https://www.starpool.com/products/zerobody-dry-float-personal>

1 pc - Zerobody Cryo

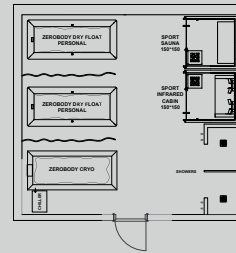
<https://www.starpool.com/products/zerobody-cryo>

1 pc - Sport Sauna 150x150

<https://www.starpool.com/products/sport-sauna>

1 pc - Sport Infrared Cabin 150x150

<https://www.starpool.com/products/sport-infrared-cabin>



Therapy: Dry Float - Cold - Heat - Infrared

### Recovery Room

Layout 28 m<sup>2</sup>

1 pc - Zerobody Dry Float pro

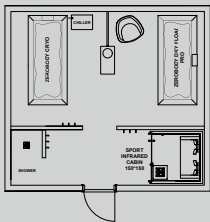
<https://www.starpool.com/products/zerobody-dry-float-pro>

1 pc - Zerobody Cryo

<https://www.starpool.com/products/zerobody-cryo>

1 pc - Sport Infrared Cabin 150x150

<https://www.starpool.com/products/sport-infrared-cabin>



Therapy: Dry Float - Cold - Heat - Infrared

### Recovery Class

Layout 60 m<sup>2</sup>

4 pc - Zerobody Dry Float personal

<https://www.starpool.com/products/zerobody-dry-float-personal>

1 pc - Ice Bath pro

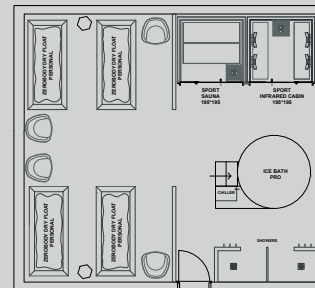
<https://www.starpool.com/products/ice-bath-pro>

1 pc - Sport Sauna 195x195

<https://www.starpool.com/products/sport-sauna>

1 pc - Sport Infrared Cabin 195x195

<https://www.starpool.com/products/sport-infrared-cabin>



Therapy: Dry Float - Cold - Heat - Infrared

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## *Dry Float therapy*

### **Zerobody Crio**

<https://www.starpool.com/products/zerobody-crio>



<https://www.starpool.com/products/zerobody-dry-float-pro>  
**Zerobody Dry Float pro**

### **Zerobody Dry Float personal**

<https://www.starpool.com/products/zerobody-dry-float-personal>



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*Cold  
therapy*

**Zerobody Crio**

<https://www.starpool.com/products/zerobody-cryo>



<https://www.starpool.com/products/ice-bath-personal>  
**Ice Bath personal**

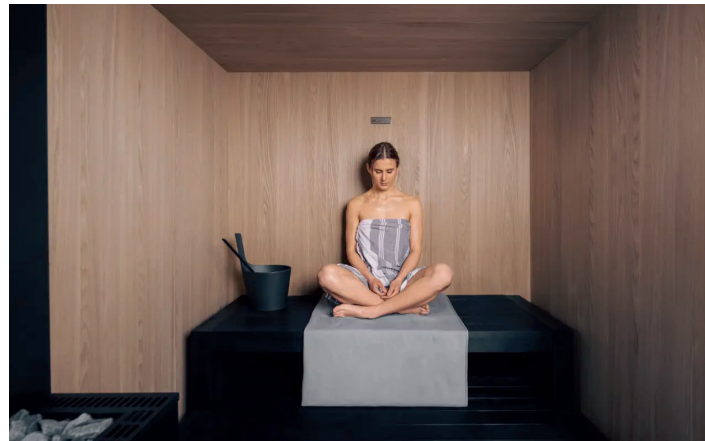
**Ice Bath pro**

<https://www.starpool.com/products/ice-bath-pro>



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*Heat  
therapy*



<https://www.starpool.com/products/sport-sauna>  
**Sport Sauna**

**Sport Infrared Cabin**  
<https://www.starpool.com/products/sport-infrared-cabin>



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## *Infrared therapy*

### **Infrared Seat**

<https://www.starpool.com/products/infrared-seat>



<https://www.starpool.com/products/sport-infrared-lounger>  
**Sport Infrared Lounger**

### **Sport Infrared Cabin**

<https://www.starpool.com/products/sport-infrared-cabin>



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*Fit & Gym  
brochure*

Brochure 'Starpool Fit&Gym' - click the image to open.

