

The Most Common Reasons We Skip a Workout (Body+Soul Research, 2024)

Based on survey responses from over 2,000 adults, here are the most common excuses people use to skip training, and the percentage who admit to using them regularly:

- #1. Feeling tired before a workout - 26%
- #2. They can't be bothered - 23%
- #3. Lack of time - 20%
- #4. The weather is too cold, dark or wet - 17%
- #5. They've had a difficult or busy day - 13%
- #6. Not enough good-quality sleep the night prior - 13%
- #7. The weather is too hot and nice - 12%
- #8. Procrastination - 11%
- #9. Feeling like they're getting sick - 11%
- #10. Feeling too sore from a previous workout - 11%

50% of Client Dropouts Are Linked to Poor Preparation and Recovery

Half of the clients who leave a fitness club do so due to insufficient preparation for training or inadequate post-workout recovery: #1 Fatigue before training (26%), #6 Poor-quality sleep (13%), #10 Muscle soreness after workouts (11%). These are not motivational problems - they are recovery problems.

The Solution: Whole-Body Cryotherapy

Whole-body cryotherapy directly addresses these challenges. By integrating cryotherapy into your club's offering, you provide members with a powerful recovery and performance-enhancement solution - helping them train more consistently, recover faster, and feel better overall. At the same time, you introduce a premium paid service capable of significantly increasing your club's revenue while strengthening member retention.

Important

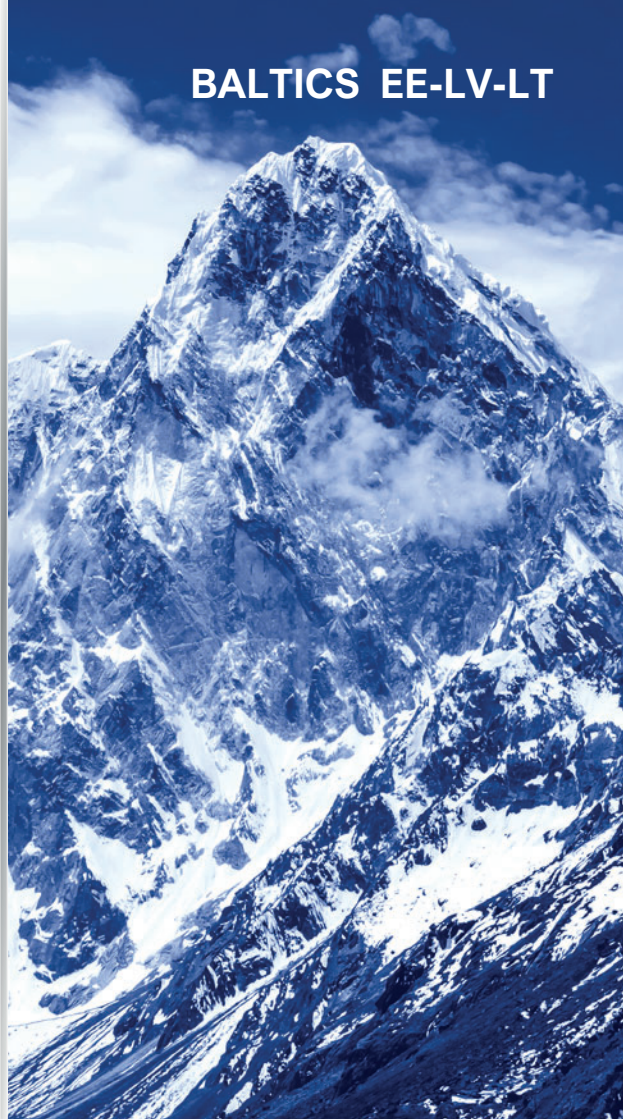
MECOTEC cryo chambers are fully electric systems. They do not use liquid nitrogen and do not require the presence of specially trained personnel.

Both CRYO:ONE models are available with two cooling system options: air-cooled system (with the unit installed outside the building for air supply), water-cooled system (connected directly to the building's water supply).

The water-cooled option significantly simplifies installation planning and eliminates facade-related restrictions, offering greater flexibility in choosing the installation location.

Best regards,

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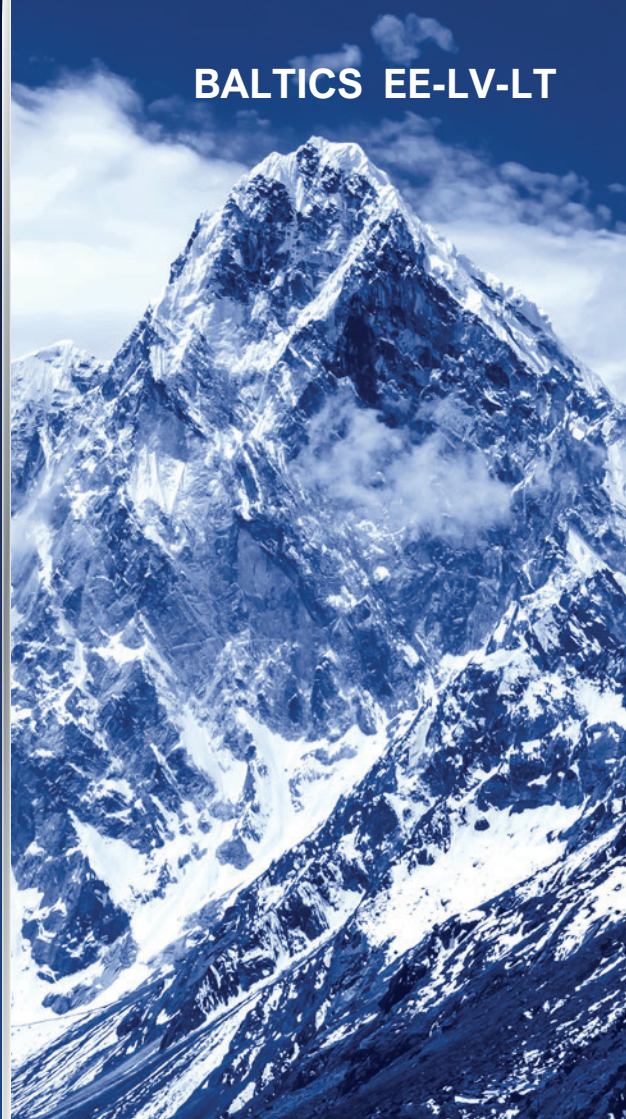
MECOTEC

LEADING THE GLOBAL FRONTIER IN CRYOTHERAPY

SINGLE ROOM CRYOCHAMBERS

CORE + NEO SERIES

BALTICS EE-LV-LT



TRUST THE LEADER

WHAT OUR COMPANY VALUES STAND FOR:



RESPONSIBILITY

We produce nitrogen-free, fully electric devices that are safer and more effective, improving life and well-being.



INNOVATION

Since our company's inception, we have been pioneering the industry in delivering the most advanced refrigeration technology.



ECONOMICAL

With over 30 years of research and innovation, we ensure lower operational costs, higher device efficiency, and exceptional profitability for your business.



RELIABLE & DURABLE

Our commitment to quality is reflected in every CORE and NEO unit we produce, backed by our 'Made in Germany' standards.



OPTIMIZE YOUR BUSINESS WITH US

CHOOSING A MECOTEC CRYOCHAMBER DELIVERS A NUMBER OF BENEFITS FOR YOU, YOUR CLIENTS, AND YOUR FACILITY.

MULTI-PURPOSE USE

Our devices can be used by those who are seeking wellness, recovery, and even beauty benefits. They are some of the most versatile life-optimizing devices, satisfying most customer needs.

COMPETITIVE ADVANTAGE

Choosing technologically advanced solutions for your facility reinforces credibility, strengthening your brand's image against the competition.

CUSTOMER RETENTION

Our cryochambers attract new customers to your business, increasing foot fall, and most importantly turning them into repeat clients.

DIVERSIFY YOUR PORTFOLIO

Adding a cryochamber to your services, gives you the opportunity to earn more per client and encourages growth potential for the business in the long term.



OUR CRYOCHAMBERS ARE RECOMMENDED FOR:



Private & Corporate Wellness Rooms



Sports Clubs



Gym & Fitness Centers



Hotel & Resort Spas



Rehabilitation Centers

core series

These cryochamber systems maintain a compact exterior* with a spacious interior, meaning they are practical and provide a comfortable user experience. The optimized construction of both chambers allows for quick installation within just a few hours, and virtually minimal maintenance for operators.



*Dimensions excl. engine cabinet.

ADDITIONAL FEATURES:

- Customize LED Lighting System
- Safety Alert
- Daily Operation Reports
- Self-Operating Sessions
- MECOTEC Smart Control App


NEO SERIES


These cryochambers are designed to deliver maximum output. Meaning they maintain their ultra-cold temperatures and users get a powerful stimulation. The engineering of both chambers was geared to achieve the coldest possible temperatures while optimizing space.*




1COOL

KEY STATS

 Down to **-135°C**

 **80 Sessions**
Per Day

 **120-Minute**
Pre-Cooling
Time

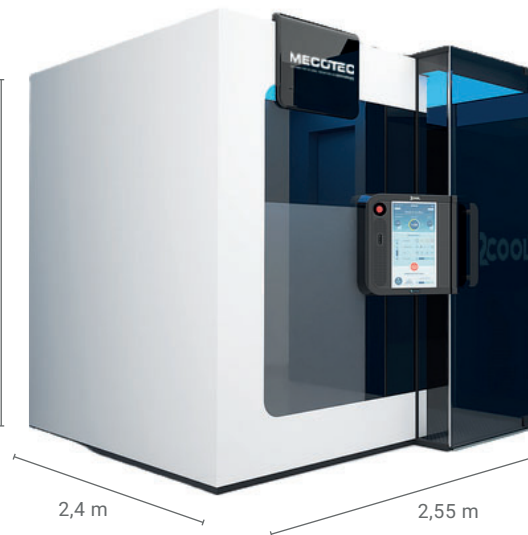
2,6 m

ADDITIONAL FEATURES:

 **24" Touchscreen**  **Alexa for Music**
Display Module Speaker Playback


 **Two-Way Communication System**

 **Session Countdown Timer**
Visible from Within The Chamber




2COOL

KEY STATS

 Down to **-148°C**

 **140 Sessions**
Per Day

 **180-Minute**
Pre-Cooling
Time

 **Privacy Glass**

2,4 m

2,55 m

*Dimensions incl. engine.

CHAMBER COMPARISON



cryo:one



cryo:one+



1COOL



2COOL

Real Room Temperature (Down To)	-85°C	-85°C	-100°C	-110°C
Windchill Treatment (Down To)	-120°C	-130°C	-135°C	-148°C
Pre-Cooling Time To Reach Temperature ¹	45 minutes	35 minutes	120 minutes	180 minutes
Sessions Per Hour (Up To)	5	10	5	10
Electrical Supply ²	400V / 3Ph / 50Hz	400V / 3Ph / 50Hz	400V / 3Ph / 50Hz	400V / 3Ph / 50Hz
Connected Load	25A	32A	40A	50A

¹ Due to the automated weekly schedule, this does not affect the operational hours of the business, because the unit can be programmed to be turned on a few hours before the opening of the facility.

² Permissible deviation from rated voltage $\pm 10\%$. The voltage can be adjusted to almost any existing voltage with transformers. Please ask for further information.

THE MECOTEC ALL-INCLUSIVE SERVICE

WE HAVE GLOBAL SERVICE COVERAGE

At MECOTEC, we make sure you are supported well after the purchase process. We offer a full suite of technical support services, ensuring your device operates flawlessly reducing business downtime. The *Comprehensive Service Contract* is available so that you can enjoy peace of mind knowing your investment is supported by our experienced technicians.

SERVICE SUITE

Our service department offers comprehensive support options, including:

- ✔ **REMOTE MONITORING**
Helps us detect, diagnose and resolve most issues without on-site visits.
- ✔ **ON-SITE SERVICE**
We can send our technicians for manual repairs when necessary.
- ✔ **ANNUAL MAINTENANCE**
Ensures your equipment stays in top condition with regular inspections.
- ✔ **REGULAR SOFTWARE UPDATES**
Guarantees your system runs efficiently and securely.
- ✔ **EXTENDED WARRANTY OPTIONS UP TO 5 YEARS**
Protects your investment with comprehensive coverage.



With our MECOTEC Smart Control app, you can connect to all your machines at once and make your business operation easy with the time planning feature and remote management of the cryotherapy chamber.

*Ask us for more information
about our service options.*

TRUST THE LEADING MANUFACTURER

MECOTEC
LEADING THE GLOBAL FRONTIER IN CRYOTHERAPY

MECOTEC was founded in Germany. With 30 years of experience, we have established ourselves as the pioneer in electric refrigeration technology. We lead the cryochamber manufacturing industry building and innovating the best cryo systems on a world-wide scale.




OUR GLOBAL PRESENCE

With our global offices spanning across Europe, the United States, the Middle East, and Asia, we have sold over 1000 whole-body cryotherapy chambers worldwide.



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