

# Omnia™



**TECHNOGYM®**



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# Omnia<sup>TM</sup>

## Born from experience

Each Technogym® product is the result of intense research by leading academic and scientific institutions. Olympic athletes also test and fine-tune products to ensure every user receives the best training experience possible. With its multiple configurations and wealth of program options, Omnia provides your facility with the ideal group training setting to satisfy all your users' needs.



**8 Olympic  
Games**



Tokyo 2020  
PyeongChang 2018  
Rio 2016  
London 2012  
Beijing 2008  
Turin 2006  
Athens 2004  
Sydney 2000

# Omnia™









# Move Train Play



**Fuel your motivation with  
unlimited routines.**

**Progress safely thanks to  
tailored workouts.**

**Train your way with versatile  
training solutions.**

**Track progress with  
connected workouts.**

# Unlimited performance

With its countless movement patterns, multiple equipment settings and accessories, Omnia™ makes every workout unique and can align with any client objective. The Omnia<sup>8</sup> and Omnia<sup>3</sup> modules with their complete and integrated set of tools enable trainers to create diversified functional training solutions for every need.







# Customized programs

New routines can be designed with variations and combinations of fundamental movements so that trainers can add in more challenging exercises to improve user abilities with a gradual and controlled progression.





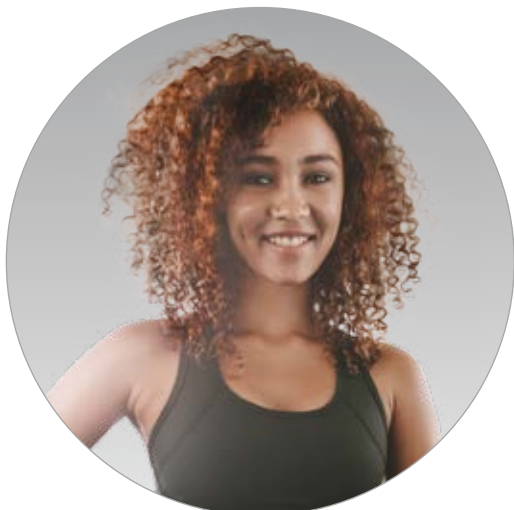
## Move

Programs for people who want more energy in their daily life and who want to feel fit and free to move in all circumstances.



## Train

Programs for people who want to burn calories, train like athletes, tone up and enhance their physical performance.



## Play

Programs for people who prefer to get fit in a group setting to keep them motivated and help them achieve the long-term results that will enhance their lifestyles.

# Complete versatility







## One-on-one training

Trainers can take advantage of the infinite training applications of Omnia™ equipment to create personalized programs based on client needs, aspirations and abilities.



## Group sessions

Omnia brings people together in a fun and interactive way. Engaging group sessions are ideal for motivating members to take part in club activities and achieve results while having a great time.



## High-Intensity Interval Training

Omnia is the perfect opportunity for members to explore their true athletic potential. With its unlimited functional exercise options and scalability for all fitness levels, Omnia is the ideal terrain for high-intensity interval training.

# Guidance and tracking

With Technogym® digital technology, training becomes smart and progress easy to follow. The seamless integration between apps and devices enables end users to manage their training programs, get real-time biometric data and obtain visual guidance through the Mywellness® platform.





## Via smartphone

By downloading the **Mywellness app**, users can check training programs, view exercise videos online and keep track of their achievements.



## Via Unity™ Self kiosk

Users can also manage their personal training program on the Unity Self kiosk, check out video exercises, track and review their performance and find out about scheduled classes and activities.



## Via Mywellness Code

By scanning the Mywellness QR code on the equipment, users can access virtual training videos offering step-by-step guidance from exercise professionals.

# Omnia™ Move



Omnia<sup>3</sup>

# Train Play



Omnia<sup>8</sup>



# Omnia<sup>3</sup>

Registered design

Omnia<sup>3</sup> is the compact floor and wall-mounted version, which can stand alone or be fitted into an existing functional training area alongside other equipment.







# Omnia<sup>8</sup>

Registered design



reddot award 2014  
winner



Omnia<sup>®</sup> is the floor-fixed version, which accommodates group training activities for up to eight users, but can also be used individually, with or without supervision. Its compact footprint makes it suitable even for smaller facilities.





# Technical specifications

## Omnia<sup>3</sup>

Length	<b>1085</b>	mm	<b>43</b>	in
Width (incl. floor fixtures)	<b>1444</b>	mm	<b>57</b>	in
Height	<b>2333 / 2580</b>	mm	<b>92 / 102</b>	in
Weight	<b>125</b>	kg	<b>276</b>	lbs
Operational space	<b>10.7</b>	m <sup>2</sup>	<b>115.5</b>	sqft



## Omnia<sup>8</sup>

Length	<b>2403</b>	mm	<b>95</b>	in
Width (incl. floor fixtures)	<b>1444</b>	mm	<b>57</b>	in
Height	<b>2333</b>	mm	<b>92</b>	in
Weight	<b>260</b>	kg	<b>573</b>	lbs
Operational space	<b>36</b>	m <sup>2</sup>	<b>387.5</b>	sqft





### 1 Omnia-Pivot

Allows you to attach Pendulum, Dual Lift system, Closed Loop Elastics and Push-n-Pull bag.



### 2 Generic hooks

Height-adjustable, these hooks are used to connect to sleeved elastics.



### 3 Omnia-Bar

Rubber-covered, vertically adjustable bar that can be set according to exercise difficulty. Ideal for progressive training routines.



### 4 Straight pull-up bar

Suitable for standard pull-up work.



### 5 Multi-angle pull-up bar

Suitable for greater exercise variety.



### 6 Dual Lift bar for Omnia<sup>3</sup>

For exercise variety with Dual Lift attachment.

Height 2333 mm / 92 in

Height 2333 mm / 92 in

Height 2580 mm / 102 in

# Configurations

	Code	Color version Cosmo Black	Color version Carbon Grey	Omnia <sup>®</sup> Accessory Start Pack	Omnia <sup>®</sup> Group Pack	Omnia <sup>3</sup> Accessory Pack
OMNIA VERSIONS*						
Omnia <sup>®</sup> - Multi-angle and straight pull-up bar	MJ05E	ANNRNRRE	BWGZDCE			
Omnia <sup>3</sup> - Multi-angle pull-up bar	MJ10E	ANNRNRRE	BWGZDCE			
Omnia <sup>3</sup> - Straight pull-up bar	MJ15E	ANNRNRRE	BWGZDCE			
Omnia <sup>3</sup> - Dual Lift bar	MJ20E	ANNRNRRE	BWGZDCE			
ACCESSORY PACKS						
Omnia <sup>®</sup> Accessory Start Pack	A0000714	ANGZE (Anthracite)	BWGZE	Yes		
Omnia <sup>®</sup> Group Pack	A0000715	ANGZE (Anthracite)	BWGZE		Yes	
Omnia <sup>3</sup> Accessory	A0000716	ANGZE (Anthracite)	BWGZE			Yes
Set of 3 Soft Plyo Boxes	A0000745					
ACCESSORIES						
Closed Loop Elastic	A0000687	No	No	1	1	
Pivot Pendulum	A0000673	No	No	1	1	
Dual Lift (no grips)	A0000684	No	No	1	1	
Soft Loop	A0000667	No	No	2	2	
Lift Band	A0000666	No	No	1	1	
J-Hooks (set)	A0000682	ANGZE (Anthracite)	BWGZ	1	1	1
Sleeved elastic tubing set (3x2)	A0000663	No	No	1	1	1
Short Handle	A0000723	No	No	2	2	2
Ankle Strap	A0000725	No	No	2	2	2
Waist Belt	A0000724	No	No	1	1	1
Long Sports Bar	A0000699	No	No		1	1
Heavy Rope Ring	A0000690	No	No		1	
Heavy Rope	A0000697	No	No		1	
Wooden Ring	A0000665	No	No		2	
Push-n-Pull Bag	A0000669	No	No		1	
Omnia-Pulley (incl. rope and 2 carabiners)	A0000685	No	No		1	
Fitness Bar 2010 mm	B010	No	No		1	
Plates 1.25kg (set)	FD01	No	No		1	
Plates 2.5kg (set)	FD02	No	No		1	
Plates 5kg (set)	FD05	No	No		1	
Plates 10kg (set)	FD10	No	No		1	
Sports Bar	A0000517	No	No			
Monkey Bars for Omnia <sup>®</sup>	A0000757	DK (Black)	DK (Black)			
Plyobox - 20cm	A0000672	No	No			
Plyobox - 40cm	A0000671	No	No			
Plyobox - 60cm	A0000670	No	No			
Generic Hook - additional	A0000719	No	No			
Set of Safety Pins - additional	A0000726	No	No			
STORAGE						
Omnia Accessory Holder	A0000700	ANEAE	BWGZE			

\* Omnia<sup>®</sup> comes with 1 Omnia-Bar, 14 Omnia-Pivots and 2 generic hooks standard. Omnia<sup>3</sup> comes with 1 Omnia-Bar, 7 Omnia-Pivots and 2 generic hooks standard.





# Color options

## **Omnia<sup>3</sup>**

Cosmo Black



## **Omnia<sup>8</sup>**

Cosmo Black



## **Omnia<sup>3</sup>**

Carbon Grey



## **Omnia<sup>8</sup>**

Carbon Grey



# Accessories



**Accessory Holder**

/ A0000700

Available in: Cosmo Black (ANEAE) and Carbon Grey (BWGZE)



**J-Hooks (set)**

/ A0000682

Available in: Anthracite (ANGZ) and Carbon Grey (BWGZ)



**Heavy Rope (10m - Ø38mm)**

/ A0000697



**Heavy Rope Ring**

/ A0000690



**Fitness Bar 2010 mm**

/ B010



**Set of Safety Pins**

**(additional)** / A0000726



**Dual Lift (set)**

/ A0000684



**Wooden Ring**

/ A0000665



**Short Handle**

/ A0000723



**Soft Loop**

/ A0000667



**Waist Belt**

/ A0000724



**Ankle Strap**

/ A0000725



**Lift Band**  
/ A0000666



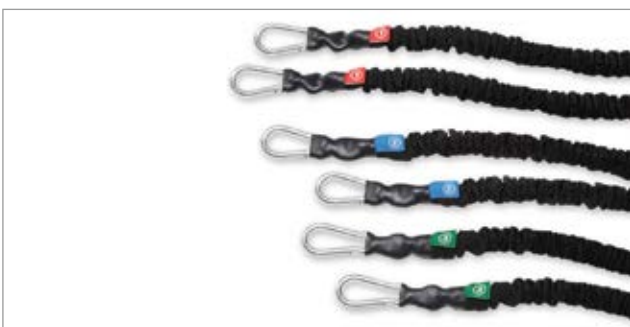
**Long Sports Bar**  
/ A0000699



**Sports Bar**  
/ A0000517



**Monkey Bars** / A0000757  
Available in: Black (DK) only.



**Sleeved elastic tubing set  
(3x2)** / A0000663



**Push-n-Pull Bag**  
/ A0000669





## **Set of 3 Soft Plyo Boxes / A0000745**

Also available as single pieces:

20cm - A0000672, 40cm - A0000671, 60cm - A0000670



## **Pivot Pendulum**

/ A0000673



## **Generic Hook (additional)**

/ A0000719



## **Closed Loop Elastic**

/ A0000687



## **Omnia-Pulley**

/ A0000685

# Flooring

Technogym® offers a choice of flooring layouts with different sizes and equipment configurations. Designed as a heavy duty, nonslip surface that supports the equipment and prevents it from sliding during workouts, the flooring provides a pattern for equipment layout and exercise space.

Registered design



2YNR



3CCY

## Assessment pattern

/ A0000677

- Length x Width = 2.9 x 2.9 m/10 x 10 ft
- Footprint 8.4 m<sup>2</sup>/90 sq ft
- 1 user
- Suitable for bodyweight exercises
- Available in Black-Yellow and Grey-White color versions.



2YNR



3CCY

## Omnia<sup>3</sup> pattern

/ A0000688

- Length x Width = 3.8 x 2.9 m/12 x 10 ft
- Footprint 10.3 m<sup>2</sup>/111 sq ft
- Up to 3 users
- Suitable for Omnia<sup>3</sup>
- Available in Black-Yellow and Grey-White color versions.



2YNR



3CCY

## Omnia<sup>3</sup> - Kinesis One pattern

/ A0000704

- Length x Width = 7.4 x 4.7 m/ 24 x 15 ft
- Footprint 34.8 m<sup>2</sup> /375 sq ft
- Up to 4 users
- Suitable for Omnia<sup>3</sup> and Kinesis® One
- Available in Black-Yellow and Grey-White color versions.



2YNR



3CCY

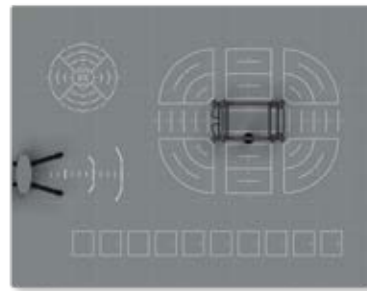
## Omnia<sup>8</sup> pattern

/ A0000675

- Length x Width = 5.6 x 6.5 m/18 x 21 ft
- Footprint 36.4 m<sup>2</sup>/392 sq ft
- Up to 8 users
- Suitable for Omnia<sup>8</sup>
- Available in Black-Yellow and Grey-White color versions.



3CCY



3CCY



2YNR



2YNR

## 3 Omnia<sup>3</sup> in a row pattern

/ A0000705

- Length x Width = 11.9 x 6.5 m/39 x 21 ft
- Footprint 77.4 m<sup>2</sup>/833 sq ft
- Up to 10 users
- Suitable for 3 Omnia<sup>3</sup>, includes a Sprint Lane
- Available in Black-Yellow and Grey-White color versions.

## Full area pattern

/ A0000703

- Length x Width = 11.9 x 9.2 m/39 x 30 ft
- Footprint 110 m<sup>2</sup>/1184 sq ft
- Up to 16 users
- Suitable for Omnia<sup>8</sup> and Kinesis<sup>®</sup> One, includes a Sprint Lane and Assessment pattern
- Available in Black-Yellow and Grey-White color versions.

- All flooring can be installed on top of an existing floor as long as the existing floor is flat and smooth
- All flooring layouts have puzzle-style connecting tabs
- All tiles are 7 mm thick (0.28 in) and measure 90 x 90 cm (35.4 x 35.4 in).
- The beveled edges are 10 cm wide (4 in) and reduce floor thickness from 7 to 2 mm (0.28 - 0.08 in) in order to prevent tripping.



# Marketing Support

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TECHNOGYM

Endless  
fun

Omnia™ Class  
Connected functional training

#TEAMOMNIA





# For information and purchasing

Technogym products and services are only sold directly.

## Phone numbers

Call us for advice on which products and services best fit your needs:

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(Freephone - UK only)

**+971 4 3375337**  
(United Emirates only)

**800 8040952**  
(Toll free - US only)

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45 Rue Ali Abderrazak, Residence Prestigia Malak

### Doha

c/o Doha City Festival mall, Umm Salal Mohamed

### Kiev

c/o Domosfera, Stolychne Hwy, 101

### London

c/o Harrods, 87-135, Brompton Road

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131 North Robertson Boulevard

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Claudio Coello, 77

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Ctro. Comercial "La Poveda" Local 2-3

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Chipinque, San Pedro Garza García

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Vremena Goda Mall, Kutuzovsky prospekt, 48

### New York

70 Greene Street

### Port Baku

151 Neftciler Ave., Port Baku, c/o Port Baku Mall

### Riga

Brivibas 40

### San Juan - Puerto Rico

c/o Paseo Caribe, PO BOX 6185

### St. Petersburg

Bolshoy prospekt P.S. 49/18

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