

Tidhar

Residential gym / Design, materials and equipment



EuroTec Group

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Strength and the squat area



Wide openings maintain visual connections between the training areas.

Cardio and mirrors



Mirrors extend the sense of space and reflect the sequence of equipment.

A view from cardio to strength



A continuous view links cardiovascular exercise with strength training.

Functional training and storage



Perimeter storage and open training space face the colourful graphic wall.

Stretching and complementary exercise



A training bench, wall bars and floor space support mat exercises.

Functional training from above



An overhead view of the training area follows the supplied layout.

Strength stations and cable training



The central training station forms part of the strength area.

Free weights and strength equipment



The free-weight area connects with the main gym space.

The connected training zones



An elevated view of the connected training areas.

Cardio, strength and circulation



The training areas connect around the central circulation space.

The main circulation axis



The central route connects cardio equipment and strength stations.

Equipment layout from above



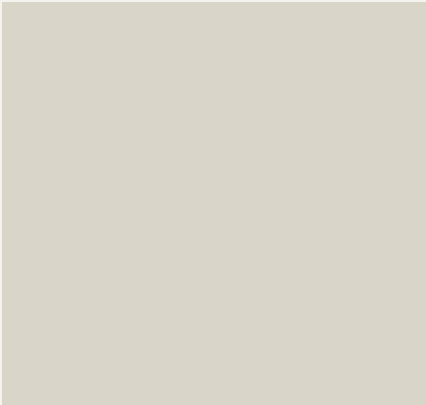
Equipment and circulation across the connected training zones.

Warm materials, clear contrasts



Warm timber

Slatted ceiling



Mineral white

Walls and flooring



Vertical grey

Linear wall cladding



Matte black

Equipment and frames



Blue accents

Equipment and feature wall

Illustrative palette. Confirm products and samples during design coordination.

The colourful graphic wall forms a focal point in the functional training area.

Planned equipment

	DESCRIPTION	MODEL	MANUFACTURER	QTY
	Body scale	Not specified	Standard Fitness	1
	Wall bars	Not specified	Standard Fitness	1
	Adjustable decline bench	G1-FW152	Matrix Fitness	1
	Functional trainer	VS-VFT30	Matrix Fitness	1
	Adjustable bench	MG-A82 Adjustable Bench LP	-	2
	Incline lever row	MG-PL36	Matrix Fitness	1
	3-stack multi-gym	G1-MG30	Matrix Fitness	1
	Preacher curl bench	MG-A62	Matrix Fitness	1
	Ascent trainer	Onyx Ascent Trainer	Matrix Fitness	1
	Recumbent cycle	Onyx Recumbent Cycle	Matrix Fitness	1

Models and quantities follow the source schedule. Final selection requires supplier confirmation.

Cardio, racks and accessories

	DESCRIPTION	MODEL	MANUFACTURER	QTY
	Treadmill	Onyx Treadmill	Matrix Fitness	3
	Training rack	PRA-5770-BASE-93	REP Fitness	1
	TRX option	Connexus TRX Option	-	1
	Virtual training cycle	CXV Virtual Training Cycle	-	1
	Yoga mat blocks	Not specified	Standard Fitness	1
	Dumbbell rack / source code	ZST-DBST-5393-BK	-	1
	Accessory / source code	ZWO-FTAC-0100	Ziva	1
	Accessory / source code	ZWO-SFPY-4013	Ziva	1
	Rack / source code	ZXP-RKHF-1831	Ziva	1
	Storage / source code	ZXP-SSRG-TP34	Ziva	1

A dash indicates a manufacturer left blank in the source. Accessory codes remain as supplied.

Coordination before detailed design

Site measurement

Verify dimensions, ceiling height, openings and building services against a site survey.

Equipment positions

Confirm models and operating clearances with the supplier and manufacturer requirements.

Flooring and finishes

Review loading, slip resistance and cleaning. Consider rubber in the free-weight area.

Mirrors and cladding

Coordinate fixings, divisions and edge details.

Lighting and building systems

Coordinate electrical, ventilation and acoustic design for the space and its use.

Quantity check

The source lists three treadmills. Additional treadmills visible in mirrors include reflections.

This portfolio supports visual design coordination. It is not a measured construction drawing.



Fitness equipment planning and supply

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