

GRAVITY Studios



Turn-key Business Model

GRAVITY is Total Gym's premier fitness training program. Using Total Gym equipment GRAVITY works as a turn-key business model incorporating Programming, Training and Education, and on-going Marketing Support.

Rather than just teaching trainers to train on Total Gym, GRAVITY provides a structure for you to drive revenue to your bottom line with specific fitness programs for all member demographics. Specifically geared towards affordable small group training, GRAVITY targets those members already in your club who are not interested in 1.2.1 training but are looking for a training focus. By utilising the strength of programming, you and your team (trainers and sales) have something specific to advertise and sell to your members.

The beauty of GRAVITY programming is unique in that it addresses all training modalities from Pilates right through to HIIT training, which means the units provide great value and versatility to all your members, not just a select few!

The equipment is the hardware, GRAVITY programming is the software;
always fresh, always new and always credible.



GRAVITY

Total Gym premier training program.

GRAVITYGroup Studio

GRAVITYGroup Studio is a bodyweight studio format built around the ELEVATE Encompass. The Encompass offers over 250 exercise variations, is low impact and uniquely designed to provide the user with a bespoke experience every time.

GRAVITYGroup is a full body workout, with endless progressions and digressions to keep it fresh.



GRAVITYPilates Studio

GRAVITYPilates encompasses the methodological foundation of Pilates and biomechanical movement patterns to maximise participant outcomes through accurate instruction and programming.

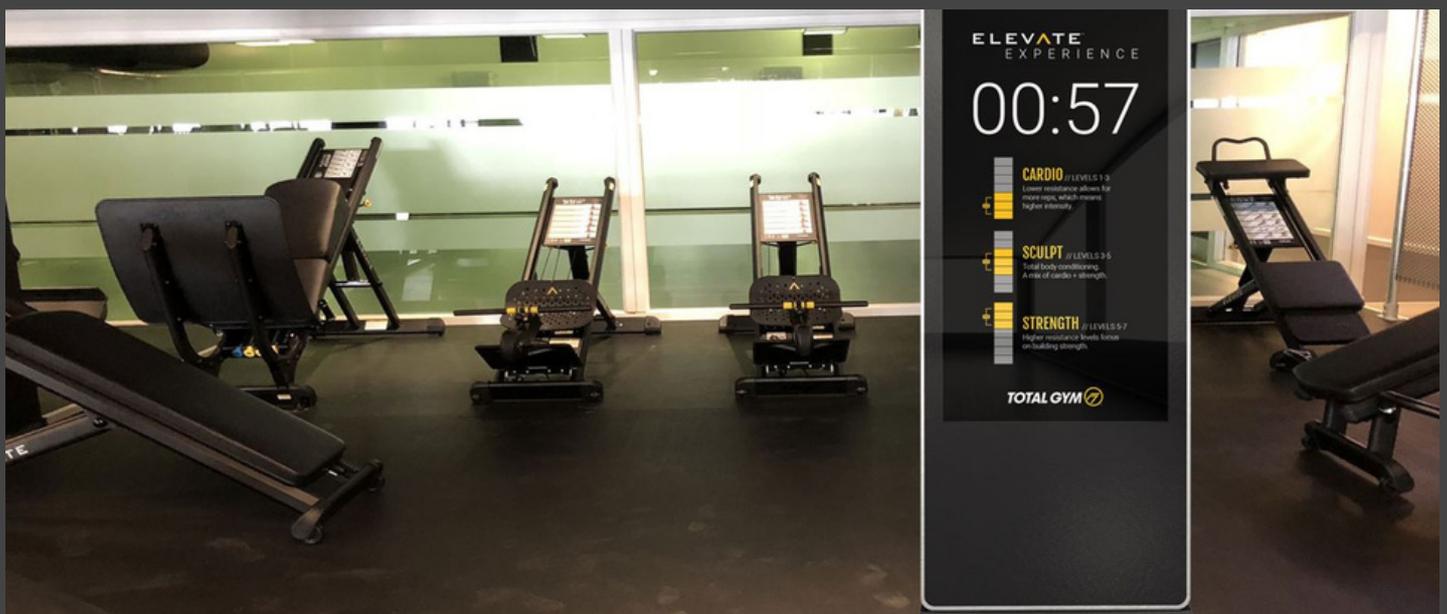
GRAVITYPilates offers the traditional Pilates mat and reformer repertoire on the Total Gym ELEVATE Encompass, as well as a revolutionary evolved blend of the two that challenges core strength, dynamic stability and coordination.



[Click for Video](#)

ELEVATE Circuit Studio

The ELEVATE Circuit can be placed on the gym floor as a dedicated strength circuit or used within a group setting as a circuit-style class workout or boot camp station. The ELEVATE Circuit has over 80 exercises and is one of the most versatile gym equipment packages designed to keep your members performing at their peak.



ELEVATE Circuit includes: ELEVATE Row ADJ, ELEVATE Core ADJ, ELEVATE Jump, ELEVATE Press and ELEVATE Pull-Up.



[Click for Video](#)

ELEVATE Row Studio

The innovative Elevate Row Studio is an interactive, fun and challenging total body workout that delivers results fast. Wearable technology can be combined with the ELEVATE Row ADJ to transform your underutilised areas into a studio suitable for all ages and abilities.



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