



SWITCHING[®]
Standing & Innovation

Powered by Teca



RE-EXAMINE
Innovation and versatility. Switching® re-examines, reinvents, revolutionises fitness!
REINVENT
REVOLUTIONISE

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FUN
Switching® means fitness for everyone because it is fun and gives great results.
EFFECTIVE

Standing Workout • Stability Training • Balance • Flexibility • Fun • Target Zone • Switching® G.A.G. • Fat Burning

A man in a gym, shirtless and wearing dark shorts, is performing a workout using a resistance band. He is standing with his back to the camera, holding the band with both hands and pulling it upwards. The gym has large windows in the background, and the lighting is bright and warm. In the foreground, there is a bench and a dumbbell on the floor.

SWITCHING®: THE FITNESS REVOLUTION.

Switching® is a new idea that changes the way fitness works. A system that gives you a complete and effective workout. Great for everyone, thanks to revolutionary new machines.

Program • Personal Training • Core Training • Muscle Strength • Muscle Endurance • Cardiofitness • Circuit Training

THE NATURAL STANDING WORKOUT AND NATURAL MOVEMENT REVOLUTION

Switching® is a winner because you work out standing up.
Just like you do in real life!

STANDING WORKOUT
Switching® brings you a new style of fitness that is simple and revolutionary at the same time. The standing workout is only available with Switching®.



NATURAL MOVEMENT



Switching® reproduces the movements we make in daily life. Nature tells us how to move and Switching® helps us to move perfectly. Naturally.



THE NATURAL REVOLUTION
FITNESS
STANDING UP



Locate Switching® anywhere and combine it with any activity.
VERSATILITY



FLEXIBILITY

Use Switching® with any other equipment you have available.
Switching® gets your unused equipment working again.

Switching® is complete and versatile and it can be used all day long.

TIME MANAGEMENT



THE ECONOMIC
SWITCHING®: A RELIABLE INVESTMENT

REVOLUTION

PROFITABILITY

Switching® brings you universal fitness - simple, effective and profitable.



THE REVOLUTION
DO YOU WANT MORE MEMBERS? HERE'S HOW.
THAT WORKS

Switching® means fitness for everyone. It gives a livelier and more interesting workout. Potential and existing members are waiting for you to fire their enthusiasm, convince them. They know that modern fitness gives real results. That's why Switching® will give your club a lead on the competition.

People demand more and more from a workout.

Switching® gives them fast, customised solutions and helps them stay in shape.

**WORKS FOR
EVERYONE!
EVERYONE**



GREAT RESULTS



**IN NO
TIME!**

Busy people want to get the best results in the shortest possible time. How? With Switching®!

COMPLETE AND



VERSATILE!

Switching® integrates perfectly with strength workouts for bodybuilders and regular visitors.



**SET READY
TO LOSE
WEIGHT!**

Customised workout plans. If you're ready to lose weight then Switching® is for you.



**FOREVER
YOUNG!**

Special programs are designed to ensure flexibility and improved muscle tone. Help mature adults to get back into shape and enjoy themselves at the same time.

THE INTELLIGENT SWITCHING®: THE ANSWER TO THE LATEST MARKET TRENDS REVOLUTION

The need to customise



The employment of personal trainers in fitness centres is no longer a mere fashion - a growing number of members demands their presence. That's why you have to offer this type of service and more besides. Switching® gives you more. Personal training with no limits.

A revolution succeeds when it anticipates and satisfies new market requirements.

The changing market



Demographic studies show the population is ageing and so has different needs and expectations. Switching® is an ideal activity for the mature adult - but that's not all. Switching® has a variety of benefits for 30 - 40 year olds - the biggest age group in fitness centres today.

The desire for well-being.



Switching® offers a very real improvement in well-being thanks to the combination of strength and aerobic workouts. The mix of improved muscle tone and just feeling great is unbeatable.

Building cu



SWITCHING®
Standing Innovation

Optimising space

Profitability of the club is dependent on so many factors. All activities have to perform profitably and every last metre of space has to be productive. Switching® is versatile, modular and can be placed anywhere, so you can use the space available to get maximum results. The machines are easy to move and do not occupy space required by other equipment - quite the opposite, Switching® integrates perfectly in your gym.



Customer loyalty

It is vital to keep existing members happy, as well as gaining new ones. How many members do you lose each year? Switching® is a fun, comprehensive and effective way to exercise. Your members will keep coming back for more - for a long long time.

SWITCHING®
Standing Innovation

The logo features a stylized red and black figure that resembles a person in motion, positioned between the words 'Standing' and 'Innovation'.



STANDING WORKOUT

Natural fitness

Standing training maintains the body in a natural position throughout the exercise and reproduces typical everyday movements.



12 Advantages



THE TOTAL ADVANTAGES OF SWITCHING® REVOLUTION

Stability training: solutions for muscle toning

Destabilisation techniques activate a response from the central nervous system to improve the overall muscle response.

Balance: muscular equilibrium

Switching® ensures a correct equilibrium between the forces developed by the various muscle groups - an essential criterion for obtaining correct posture.

Flexibility: improved performance

Flexibility is a fundamental characteristic that everyone can improve. Switching® gives better muscle performance, in terms of both strength and flexibility.

Fun: enjoyment assured

The element of fun is vital, because it helps members forget how hard they are working out. Switching® marks the beginning of a new era: more fun for your members and greater success for the club.



CLUB OWNERS' QUESTIONS

What are the advantages of the circuit?

A standing workout enables us to maintain a natural lumbar curve. It reproduces the movements that we perform in every day life. In business terms the circuit has been created to suit a vast public because the individual stations are incredibly easy to use. The workout is fast, effective and complete.

What makes an ideal Switching® instructor?

Any good aerobics or weights room instructor can teach Switching®. Teca organises international workshops enabling our partners to teach the activity in their own countries.

How many people are required for a Switching® class?

Switching® is flexible. Up to twenty people can work out at the same time (when ten cardio stations are added to the complete circuit of ten Switching® stations) but additional equipment can be used to suit the size of the group.

Standing Workout • Stability Training • Balance • Flexibility • Fun • Target Zone

Switching G.A.G. • Fat Burning Program • Personal Training

Core Training • Muscle Strength • Muscle Endurance • Cardiofitness • Circuit Training

Where can I put the circuit inside the gym?

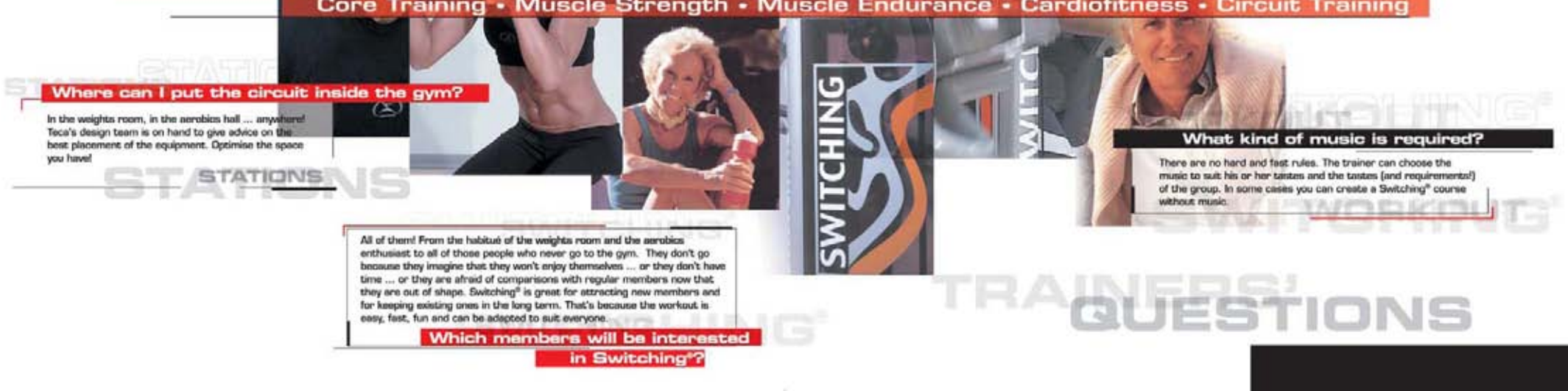
In the weights room, in the aerobics hall ... anywhere! Teca's design team is on hand to give advice on the best placement of the equipment. Optimise the space you have!

What kind of music is required?

There are no hard and fast rules. The trainer can choose the music to suit his or her tastes and the tastes (and requirements!) of the group. In some cases you can create a Switching® course without music.

All of them! From the habitués of the weights room and the aerobics enthusiast to all of those people who never go to the gym. They don't go because they imagine that they won't enjoy themselves ... or they don't have time ... or they are afraid of comparisons with regular members now that they are out of shape. Switching® is great for attracting new members and for keeping existing ones in the long term. That's because the workout is easy, fast, fun and can be adapted to suit everyone.

Which members will be interested in Switching®?



THE REVOLUTION PRINCIPLE SWITCHING® PROGRAMS. EXPLAINED

Anything is possible with Switching®.
These are just some of the programs that show the
versatility and potential of this marvellous new activity.

Switching® G.A.G. specific action.

A program specially designed for female
members. Guaranteed results for the legs,
abdominals and glutes in a short time.

TARGET ZONE

Target Zone: specific workouts.

Improves the aesthetics of those key
areas of the body.

FAT BURNING PROGRAM

Fat Burning Program: Goodbye, fat!

Thanks to the Switching® machines, the
aerobic workout and a correct training
program, it is possible to work on the
fat deposits and target certain areas.



Core Training: a specific program.

An effective program that stimulates all of the muscles of the pelvic area and the abdominals

CORE TRAINING



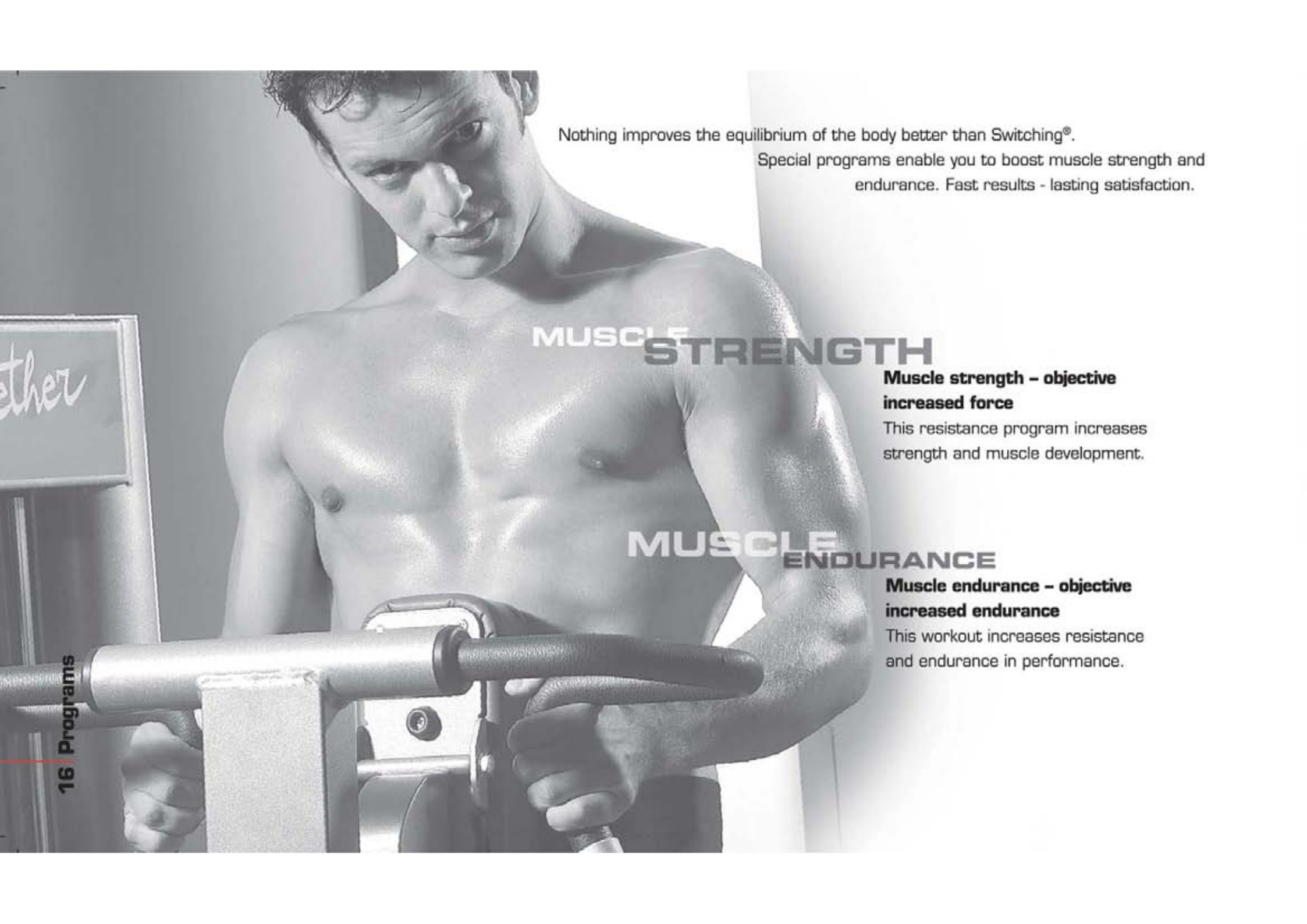
Personal Training: a wealth of possibilities.

Switching® gives a personalised workout that satisfies even the most demanding member including those who are proactive in solving their own problems.

The personal trainer can prepare a variety of innovative fitness solutions - because the only limit to Switching® is your imagination.



PERSONAL TRAINING



Nothing improves the equilibrium of the body better than Switching®.

Special programs enable you to boost muscle strength and endurance. Fast results - lasting satisfaction.

MUSCLE STRENGTH

**Muscle strength - objective
increased force**

This resistance program increases strength and muscle development.

MUSCLE ENDURANCE

**Muscle endurance - objective
increased endurance**

This workout increases resistance and endurance in performance.



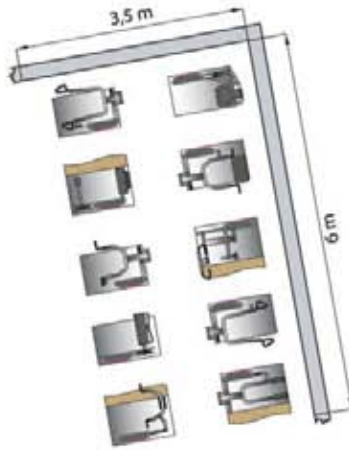
CIRCUIT TRAINING



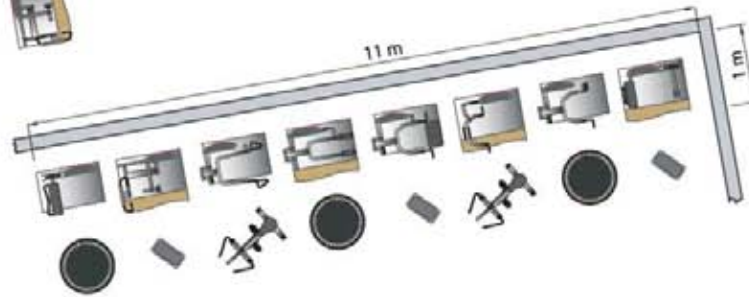
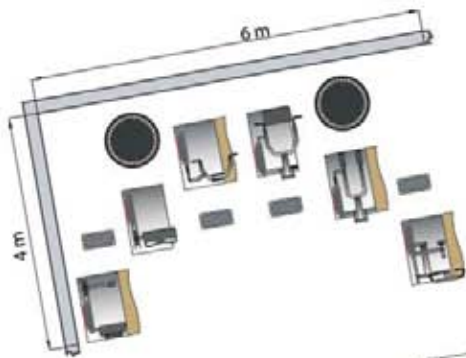
All friends together. Circuit Training.

Circuit training can be organised to include all the major advantages of Switching®:

- Motivates members because it's a fun activity.
- Helps develop a positive attitude to lessons and maximise benefits.
- Makes best use of the time available.
- Makes every workout different from the last.

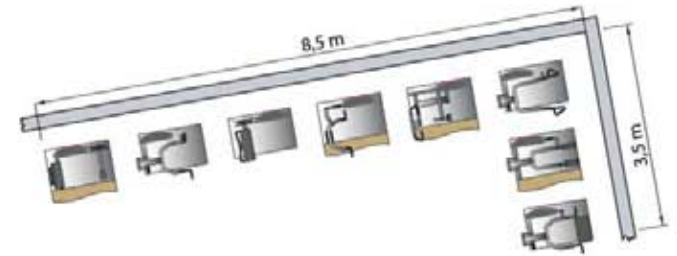


EVERY MACHINE
ONE SQUARE METRE.

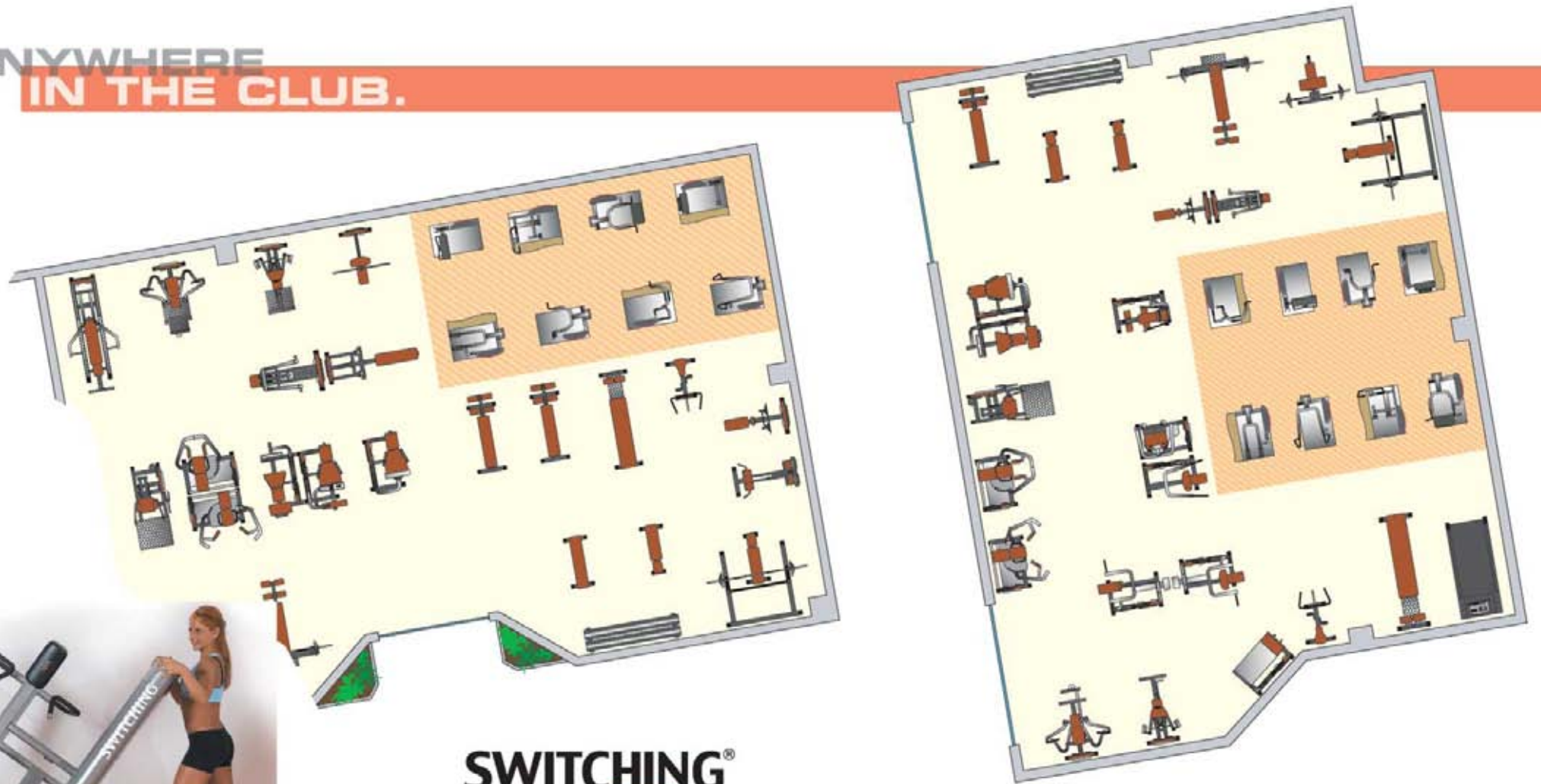


SWITCHING® THE SPACE REVOLUTION.

Versatile and easy to move, these machines can be put anywhere in the club. So compact they help you maximise the space available.



ANYWHERE
IN THE CLUB.



SWITCHING®
Standing Innovation

THE TECHNICAL STRENGTH MACHINES REVOLUTION

Switching® machines are functional, compact and elegant. Ease of use, precision movement and quality of components are at the heart of the Switching® concept. The Standing revolution represents a real innovation.



This machine offers a choice of a vertical or a horizontal hand positions while the user performs a forward extension of the arms. The same exercise can be performed while standing on one leg, or with one arm only. In this case the left arm and right leg (or vice-versa) are used.

1

Chest Press



The handgrips of the station are brought down to shoulder height to a point just in front of the shoulders while the user is in a kneeling position. The exercise can be varied by lifting a knee off the cushion or by using one hand only to perform the traction.

2

Tractions



The vertical lift performed in a standing position (with one foot placed slightly in front of the other) means a limited involvement of the trapezius, thanks to a reduced loading of the shoulder joint ligaments. The exercise can also be performed on one leg or by using one arm.

3

Shoulders



The ergonomic pads allow the user to assume a starting position with the knees slightly bent. It is possible to vary the distance between the feet. As the distance increases, the toes should be turned progressively outwards. This station is for a variety of exercises: squats (and on straightening one of the knees) abductions, kicking motions and flexions of the hip.

4

Legs



While resting on the elbows and the arms the user places the instep of one foot on the bar and with a slight extrarotation pushes backwards. Without the support of the upper limbs all muscle groups are involved in both the movement and the stabilisation.

5

Gluteus

THE SWITCHING[®]
MACHINES

THE SWITCHING[®] MACHINES



This station permits a workout of all the muscles in the upper back while avoiding the overloading that often results in free movement. The ergonomic chest pad avoids uncomfortable pressure on the chest, which is of special benefit to women. The exercise can be varied by not leaning on the chest pad or by working out on one leg only.

6
Rowing



This station allows the user to assume a variety of hand positions in order to find the most natural movement. The movement can also be performed while supporting the body on one leg only.

7
Triceps



The arm muscles flex upwards while the legs are positioned one slightly in front of the other. The natural hand position means that no excessive force is placed on the wrist. The exercise can also be performed standing on one leg only.

8
Arm Curl

DESIGN RE-EXAMINED
SPECIAL FEATURES.
 REINVENTED REVOLUTIONISED



The top choice for developing the abdominal muscles (rectus abdominis and obliques) allowing you to work out your mid-torso by bending forward from the standing position without straining your neck area and back as normally happens when training in a supine position.

The machine can be adapted so people of various heights can get the same body workout.

9

Abdominal



A workout that involves the same kind of movement we often make to lift a weight with one leg bent in front and the weight in our hands. The machine develops the thigh muscles (anterior and medial) and the gluteals (maximus and minimus) in absolute efficiency thanks to the progressive, natural body movement.

10
Lunge



Ergonomic two-tone upholstery. Exclusive and eye-catching.



Non-slip alloy platform and wooden trim enhance visual appeal and expand workout options.



Wide wheels facilitate movement on any surface.



Multiple hand-grips give a range of positions and exercises.



Smooth weight stack system eliminates noise. Colour coding simplifies load selection.



Decorative covers make the machines safe and great to look at.



TECA designs and produces highly advanced fitness equipment thanks to a continuous research programme. Innovation and commitment combine to give products that are easy and safe to use and which constitute a valid investment for the purchaser.

SWITCHING® is a product of TECA know-how and constitutes a real innovation in the fitness sector.

www.switchingfitness.com

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