



SUCCESSFUL
TOGETHER

MILON PRODUCT CATALOGUE

SUCCESS WITH MILON

Achieving more together

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DEAR MILON PARTNERS

Whoever has a tablet or smartphone can currently choose from around 63,000 "Fitness & Health" apps – and the list is growing as you read this. Digitisation means a profound change for our society as well as our everyday life and business activities.

Training, health and digitisation belong together. This is nothing new for milon. Digital device control and software controlled workouts have long been part of daily life for us and our partners. Everything is accelerating today and we are not merely accepting this change, we are also shaping it.

Data for people

milon has reflected on a fundamental change in structures and with milon CARE we found a solution that sets entirely new standards. With the further developed CARE, the BeN benchmarking tool, the milonizer 2.0, the Coaching Zone and new modules for lead generation, 2016 has added five additional milestones on the way to your #SMARTCLUB. Our motto for this is as follows: Digital data needs to give people the ability to make better decisions – to control the training area even more effectively, to make gym management even more targeted, to attract members and lastingly inspire them.

Digitisation in the world of values

People's needs have to take priority and should not be a barrier to change but rather help shape the changes. People have individual and personal expectations because training and health concerns each one of us personally. Our aim is to accommodate each person's individual and personal living space. To thereby harmonise and reconcile the economic aspects with the social dimension, creating real added value.

Accomplishing more together

As we are convinced that these objectives can only be achieved by working together, we are already thinking about the next step – from the concrete networking of the training area to milon's vision of a networked world of health. By browsing through this catalogue you are thus also taking a look into the future – a future that has already begun and which we would like to shape together with you.

Yours, Udo Münster
CEO milon industries GmbH

COMPANY

Successful together Yesterday, today, tomorrow

We maintain a collaboration with our partners, customers and employees that is based on trust, respect and commitment.

We strive to tap into the potential of all participating parties through a collaborative and constructive exchange in order to establish successful long term relationships.



MILON BRAND VALUE

Collaborative, solution-oriented, inspiring



Collaborative – establishing sustainable relationships

We are not just looking for customers to buy our products but long term partners that we can provide with groundbreaking training systems, concepts and solutions with a high level of reliability and efficiency. In doing this, our aim is not only to supply our partners with high quality products but also assist them with practical and sustainable support and monitoring services.



Solution-oriented – promoting individual goal attainment

We take the approach that we can only really be satisfied with the service we provide if our employees, customers and partners are achieving their individual goals. A solution-oriented culture, in which we focus on 'bottlenecks' and place an emphasis on individual people/operators, forms the heart of our approach, both internally and externally.



Inspiring – getting people moving

This is what we love and what drives us on a daily basis – from employees to studio operators, coaches and therapists through to users/patients. And we provide inspiring technology and solutions for this purpose. We are convinced that a shared passion not only encourages everyone to success but also creates personal happiness and forms the basis for long-term relationships.

MILON HISTORY

Since 1970: Advancement through innovative drive

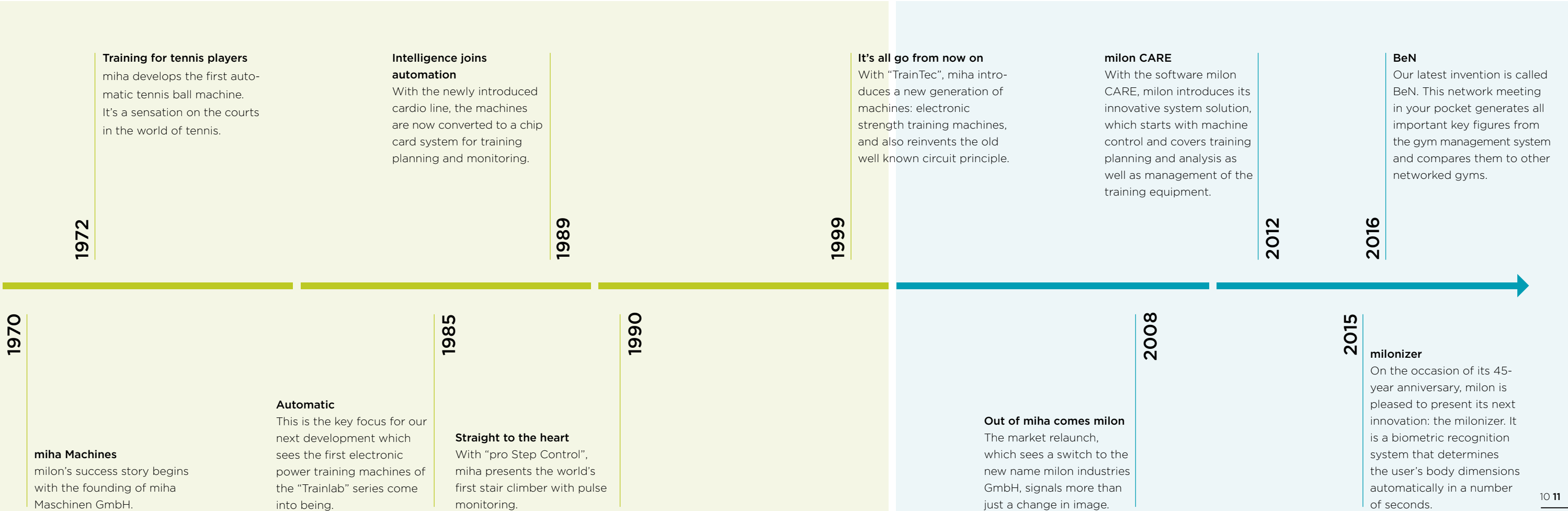
The best way to predict the future is to shape it yourself. These famous words from Willy Brandt are a great way to describe milon’s journey. For more than four decades, our company has been shaping the way people train. As a pioneer and a trailblazer milon has been one of the first movers of the whole industry ever since.

At the milon plus in house exhibition in November 2015, we celebrated our **45-year company anniversary** and at the same time the 30th birthday of our first fully electronic training machines.

Over the years our aim has been, and still is, to anticipate trends – such as digitisation and net-working in training, which we have been driving for a long time. We started with this over ten years ago, before anyone had started talking about fitness apps.

As well as our strong innovative drive, our suc-cess also comes as a result of our commitment to traditional workmanship. milon stands for quality Made in Germany. All equipment is pro-duced in our main factory in Emersacker near Augsburg with a high level of care and in accord-ance with certified processes.

Here, our development experts in mechatronics, electronics and design are fine tuning the future of training in cooperation with sports scientists, coaches and gym operators.





App-solutely benchmark Manage, compare, control

Success is not just a question of equipping people with machines. Advancing your knowledge as a coach or gym operator is at least as important. Imagine that you know when a customer wants to end their membership - even BEFORE they know themselves.

At milon, we're working on making this a reality.

MILON DIGITAL

BEN

The new network meeting – ready when you are

BeN combines two worlds: your training space and your gym management system. BeN prepares this data visually and offers you direct comparisons with other gyms.

BeN can compare

BeN can do financing

BeN can analyse



(Example diagram)

BeN can collect

BeN can train

BeN can filter



Stay updated for
the international
release at
www.ben-app.com

Your benefits at a glance

Shows the key figures for the gym at all times, wherever you are

Combines training and management data

Ensures transparency thanks to direct comparison with the market

Delivers completely up to date findings

Makes potential for improvement clearly visible

MILON CARE

Your gateway to a connected training platform

Naturally, our milon CARE software controls all milon equipment. And down to the smallest detail. However, as a comprehensive solution, it also helps you with more important tasks. It fulfills your training, customer and gym management in one fell swoop and integrates all milon training systems. Our milon CARE is a declaration of independence. It works on all web-enabled equipment, since CARE is a cross-plattform browser application. It also sets the place: the software controls all the equipment in the circuit as well as the light column or milon tower - and synchronizes all training sequences. All comes together on the dashboard - the main screen for trainers. It shows at a glance who is currently training on which milon unit. Live and in real time!



Your benefits at a glance

Overview of documentation, planning and controlling of training

Support for your members in real time via our milon CARE dashboard

Adjustment of the training machines, down to the smallest detail

Connection to third party systems (e.g. gym management software, diagnostics systems) thanks to the latest interface technology

Access to all end devices at any time, from anywhere (PC, laptop, iPad, tablet, smartphone)

Simple software installation and regular updates

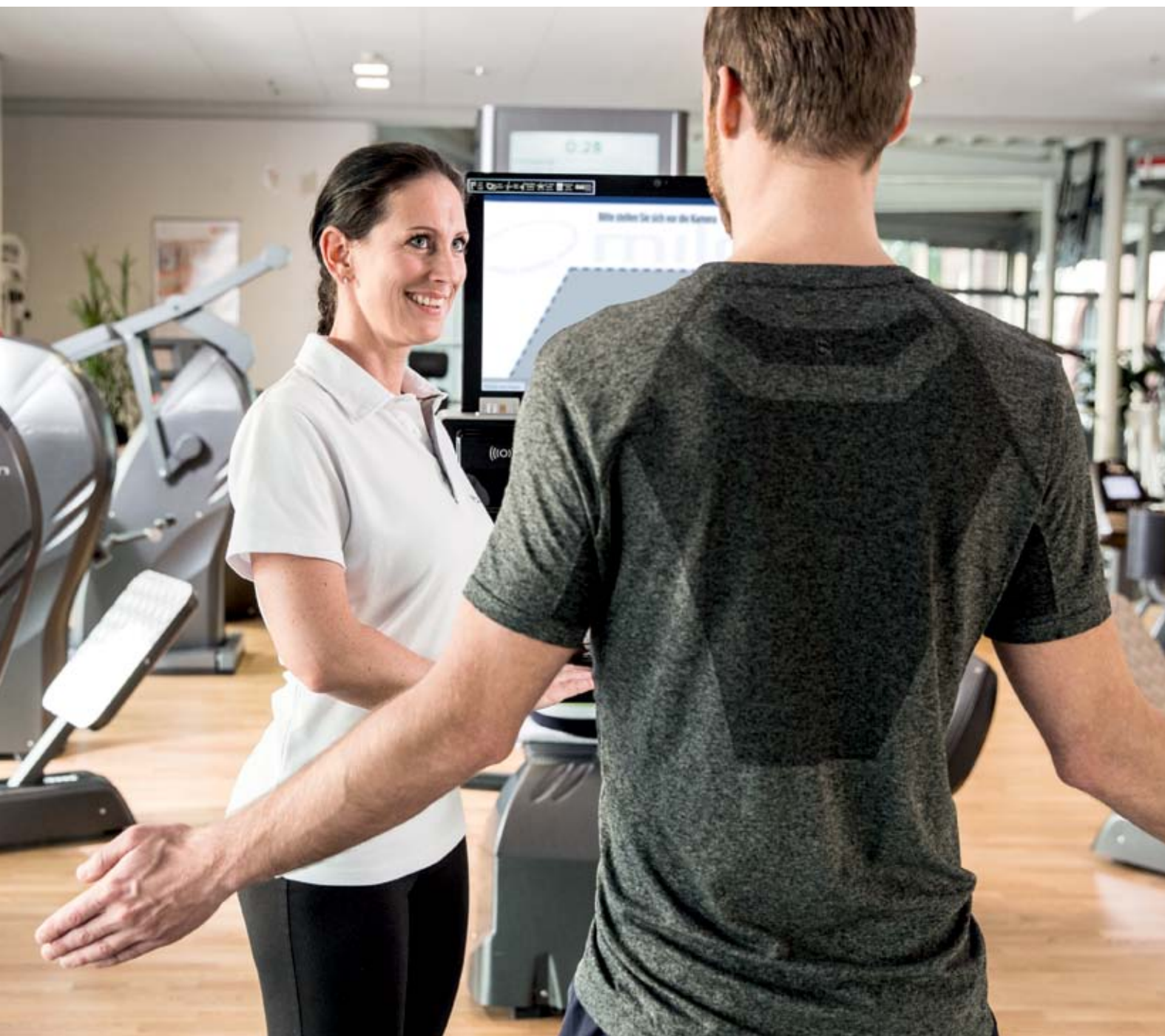
High system stability and availability

We are constantly working on improving milon CARE and striving to create a simple and comprehensive solution for you and your employees. We not only develop new functions that facilitate your everyday work in the gym - we are constantly working with our partners to extend the range of available data from third-party systems.

MILONIZER

The quickest start to a new world of training

The world of milon has been enriched by this groundbreaking innovation since 2015: The milonizer measures the user's body in an instant – all of the milon devices in your facility will be preset in no time. We call this the 'five-second revolution' for your milon circuit.



Since 2016,
the milonizer 2.0
offers even more use
with the new
fitness tests.

FIVE
FOUR
THREE TWO
ONE ...

Your benefits at a glance

Time savings on circuit inductions

Save money on routine tasks and free up time for your stuff to care for your customers

More individual support time with consistent settings quality

Standardisation of the basic settings

Image boost for your gym thanks to positioning as a leader for innovation

New milonizer 2.0 fitness tests: reaction speed, balance and jumping power

Naturally, the milonizer transfers the data to milon CARE in real time. This takes place automatically and requires no further clicks.

Five, four, three, two, one – and go!

Fitness tests



MILON CIRCUIT

On the fast-circuit to your goal Systems with structure

It is and remains a well rounded system: since we reinvented the age old principle of circuit training, we have been constantly perfecting it. This has been in terms of both technology and the training itself. Our circuits allow you to train your strength and endurance based on the most up-to-date research in sports science and to do so as simply, safely and effectively as possible.

The advantages for you:

- Saves space (requires less floor space)
- High training capacity (throughput per hour)
- Save resources thanks to shared supervision
- Digital machine and training control via milon CARE
- Automatic setup of the machines via smartcard control
- Upgrading of the studio space thanks to attractive product design

MILON STRENGTH ENDURANCE CIRCUIT



Basic training for success

The classic milon world entry level option. With its broad range and precise equipment adjustability, the milon strength endurance circuit is well suited to beginners as well as those who are more advanced as part of their performance training.

Configuration example



1x Leg Extension



1x Chest Press



1x Seated Row



3x Crosswalker



1x Leg Curl



1 x Abdominal Crunch
Pro



1x Back Extension Pro



3x Ergometer

MILON STRENGTH CIRCUIT

The strength of your gym

The next stage in milon training periodisation for long-term member motivation. With our responding training modes (RTM), you add power athletes and patients to your target group.

Flexibility in the combination of machines means that you can better cater to the preferences of your existing members with themed variations (including women's circuits or back circuits).



Configuration example



1 x Leg Press



1x Seated Dip



1x Abductor



1x Adductor



1 x Lat Pulldown



1x Shoulder Press



1x Biceps



1x Butterfly

MILON CARDIO CIRCUIT

Endurance pays off

It's intensive and effective – with milon intensity training, your members always train within the ideal heart rate range thanks to the milon CARE software.

The fixed circuit intervals and low amount of space needed takes off the pressure and reduces costs in your cardio area.

Configuration example



2 x Ergometer



2x Crosswalker



2x Crosswalker Vario



MILON SERVICES

Best in class service with no ifs or buts

To us you are not just a customer number but a partner who we know personally and value.

This is what gives our services their special quality - whether it's a question of financing, technology, training, marketing or another topic for which we are offering you support. With our service offerings in all their diversity, for us, one simple principle always applies: we're only happy when you're happy.

MILON TECHNICAL CUSTOMER SUPPORT

Always there for you

milon training equipment is characterised by the utmost quality and a long service life. If technical problems should nevertheless occur, you enjoy complete milon support as part of our comprehensive warranties.



MILON WORLD

**milon for everyone –
solutions from the individual
to the international**

Not all training is the same. This is also true at milon. That's why with our industries concept, we offer tailored solutions for completely different target groups: from fitness to physiotherapy and from corporate health management to training in medical clinics.

milon circuits are used everywhere –
and worldwide in over 26 countries.

MILON INDUSTRIES

Shaping health – concepts with a future

We concern ourselves with all facets of the market and also offer specially adapted and sustainable concepts for a very wide range of sectors.



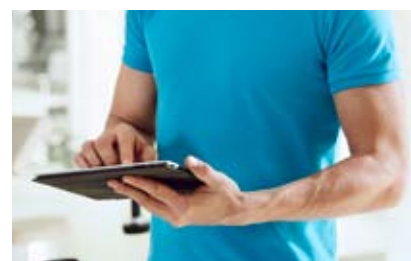
FITNESS

Whether it's in a micro-gym, lifestyle facility, health club or premium chain – the fact that 1,600 gym operators put their trust in us speaks for itself. milon wins people over with innovative systems, long-term support, profitable gym management and successful member acquisition.



PHYSIO

Therapy and prevention with milon. Our health circuit is the first choice for physiotherapists, so that they can position themselves independently and future-oriented in the 2nd health care market. The possibilities extend to the successful licence model "Physio Active", which has over 150 partners in Germany.



MEDICAL

Over 70 clinics use milon. The reason: our training systems is certified according to the Act on Medical Devices (MPG) for treatment and prevention offer huge benefits in your day to day clinical and treatment work, such as a support software with HIS connection. Thanks to a high level of efficiency they are perfect for countering bottlenecks and at the same time ensuring maximum treatment success.



CORPORATE HEALTH

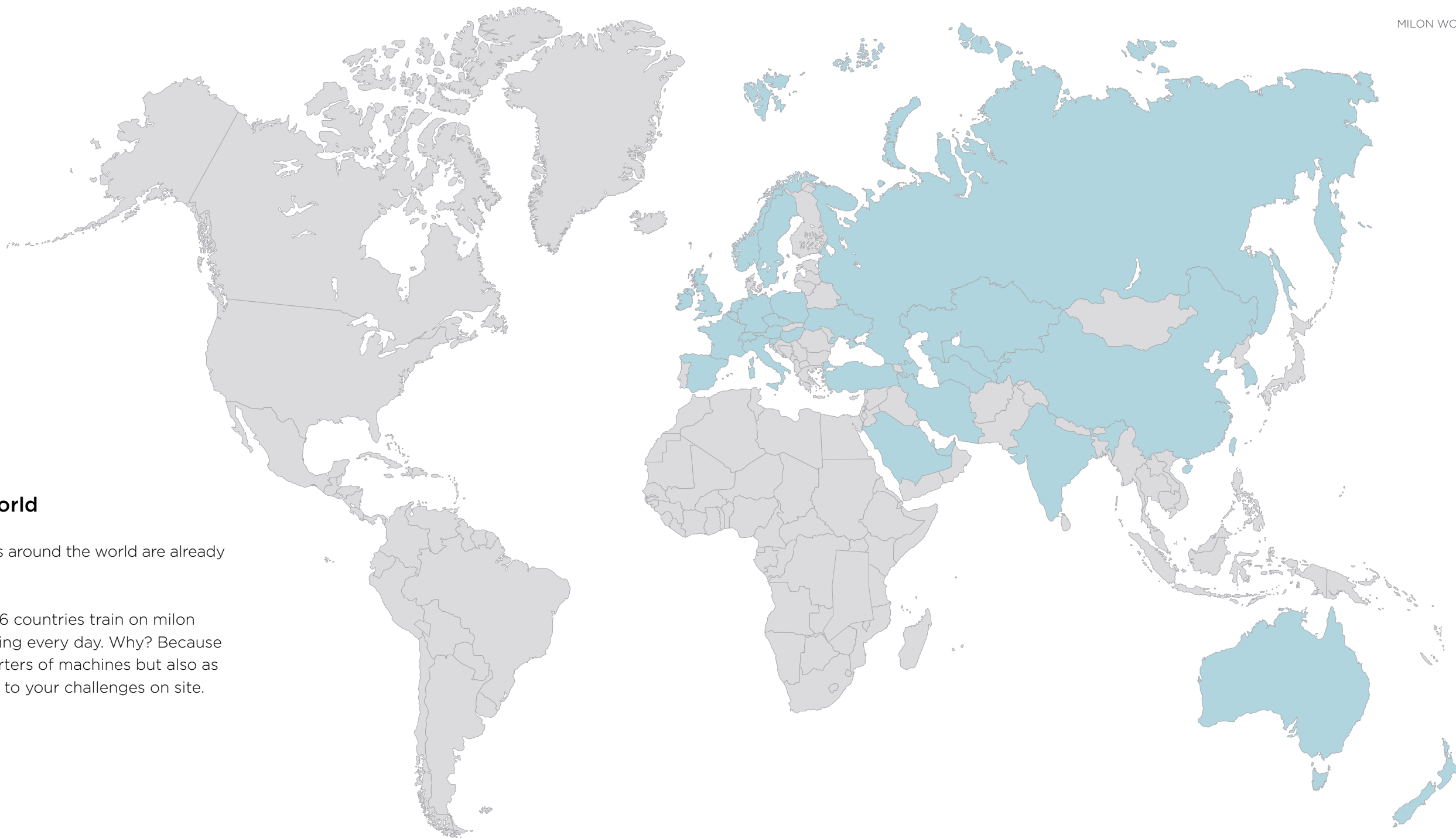
Healthy employees are the most valuable capital – increase it with milon! When it comes to corporate health management, lots of renowned companies are already using our solutions – from training systems to the support concept to the complete operator model. And we offer it all with room concepts starting at just 30m².

MILON MARKETS

From Emersacker to the world

Over 1,600 gyms and health facilities around the world are already putting their trust in milon.

Approximately 2 million people in 26 countries train on milon circuits – and the number is increasing every day. Why? Because we don't just see ourselves as exporters of machines but also as a partner offering tailored solutions to your challenges on site.



The White Rabbit
Bern, Switzerland



John Harris Fitness
Vienna, Austria



NoLimits
Prague,
Czech Republic



Zen Club
Budapest, Hungary



Circle Club
Muscat, Oman

MILON STANDALONE MACHINES

Insert your card, get ready, go
milon's machines

In just a few seconds, each milon machine adjusts precisely to the user – from seat position to training weights. Thanks to the electronic control system and interplay of concentric and eccentric training, your members train with absolute safety and extreme efficiency in a shorter amount of time.

The advantages for you:

- Simple and intuitive use
- Individually adjustable, millimetre precise motion control
- Small load increments in 1kg steps
- Different training types can be set at the push of a button
- Robust value and top design for upmarket gym surroundings

All our machines are also available with
MED certification.

MACHINE OVERVIEW

Strength equipment



Adductor



Abductor



Leg Extension



Leg Curl



Butterfly



Butterfly Reverse



Lat Pulldown



Shoulder Press



Chest Press



Seated Row



Abdominal Crunch Pro



Back Extension Pro



Biceps



Seated Dip



Leg Press 45°



Leg Press Vario



Torso Twist

Endurance equipment



Ergometer



Recumbent Bike



Crosswalker



Crosswalker Vario



Stairs Vario



MACHINE DETAILS

STRENGTH EQUIPMENT

ADDUCTOR

Body region	Lower body
Targeted musculature	Thighs
Training goal	Strength
Size (LxWxH)	150 x 120 x 88 cm
Weight	126 kg
Software	milon care



ABDUCTOR

Body region	Lower body
Targeted musculature	Thighs
Training goal	Strength
Size (LxWxH)	150 x 120 x 88 cm
Weight	126 kg
Software	milon care



LEG EXTENSION

Body region	Lower body
Targeted musculature	Thighs
Training goal	Strength
Size (LxWxH)	100 x 140 x 136 cm
Weight	150 kg
Software	milon care



LEG CURL

Body region	Lower body
Targeted musculature	Thighs
Training goal	Strength
Size (LxWxH)	100 x 140 x 136 cm
Weight	161 kg
Software	milon care



BUTTERFLY

Body region	Upper body
Targeted musculature	Chest
Training goal	Strength
Size (LxWxH)	184 x 140 x 132 cm
Weight	130 kg
Software	milon care





BUTTERFLY REVERSE

Body region	Upper body
Targeted musculature	Shoulders
Training goal	Strength
Size (LxWxH)	184 x 140 x 132 cm
Weight	156 kg
Software	milon care



LAT PULLDOWN

Body region	Upper body
Targeted musculature	Back
Training goal	Strength
Size (LxWxH)	118 x 159 x 205 cm
Weight	198 kg
Software	milon care



SHOULDER PRESS

Body region	Upper body
Targeted musculature	Shoulders
Training goal	Strength
Size (LxWxH)	118 x 159 x 205 cm
Weight	205 kg
Software	milon care



CHEST PRESS

Body region	Upper body
Targeted musculature	Chest
Training goal	Strength
Size (LxWxH)	91 x 160 x 133 cm
Weight	189 kg
Software	milon care



BACK EXTENSION PRO

Body region	Torso
Targeted musculature	Lower back
Training goal	Strength
Size (LxWxH)	157 x 108 x 133 cm
Weight	166 kg
Software	milon care



SEATED ROW

Body region	Upper body
Targeted musculature	Back
Training goal	Strength
Size (LxWxH)	61 x 158 x 133 cm
Weight	193 kg
Software	milon care



BICEPS

Body region	Upper body
Targeted musculature	Biceps
Training goal	Strength
Size (LxWxH)	107 x 108 x 136 cm
Weight	138 kg
Software	milon care



ABDOMINAL CRUNCH PRO

Body region	Torso
Targeted musculature	Stomach
Training goal	Strength
Size (LxWxH)	147 x 106 x 133 cm
Weight	164 kg
Software	milon care



SEATED DIP

Body region	Upper body
Targeted musculature	Triceps
Training goal	Strength
Size (LxWxH)	93 x 132 x 133 cm
Weight	162 kg
Software	milon care



LEG PRESS

Body region	Lower body
Targeted musculature	Thighs
Training goal	Strength
Size (LxWxH)	107 x 260 x 142 cm
Weight	268 kg
Software	milon care



LEG PRESS VARIO

Body region	Lower body
Targeted musculature	Thighs
Training goal	Strength
Size (LxWxH)	107 x 288 x 142 cm
Weight	293 kg
Software	milon care



TORSO TWIST

Body region	Torso
Targeted musculature	Stomach
Training goal	Strength
Size (LxWxH)	83 x 171 x 186 cm
Weight	188 kg
Software	milon care



ENDURANCE EQUIPMENT

ERGOMETER

Body region	Heart/circulatory system
Targeted musculature	-
Training goal	Endurance
Size (L x W x H)	56 x 98 x 135 cm
Weight	63 kg
Software	milon care



RECUMBENT BIKE

Body region	Heart/circulatory system
Targeted musculature	-
Training goal	Endurance
Size (L x W x H)	56 x 186 x 116 cm
Weight	122 kg
Software	milon care



CROSSWALKER

Body region	Heart/circulatory system
Targeted musculature	-
Training goal	Endurance
Size (L x W x H)	55 x 194 x 177 cm
Weight	92 kg
Software	milon care



CROSSWALKER VARIO

Body region	Heart/circulatory system
Targeted musculature	-
Training goal	Endurance
Size (L x W x H)	62 x 220 x 182 cm
Weighta	130 kg
Software	milon care



STAIRS VARIO






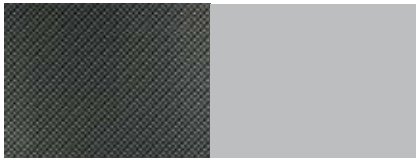
Body region	Heart/circulatory system
Targeted musculature	-
Training goal	Endurance
Size (L x W x H)	74 x 112 x 154 cm
Weight	108 kg
Software	milon care



MATERIALS & SURFACES



COMBINATION CASING/FRAME


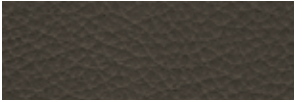

		
Stone / Aluminium	Soul / Anthracite	Brushed Aluminium / Aluminium
		
Cream White / Aluminium	CIRCLE White / Aluminium	Light Carbon / Aluminium

UPHOLSTERY

Artificial leather

	
Anthracite	Black
	
Salmon	Signal Red
	
Ruby	Sepia
	
Navy Blue	Dark Green
	
Truffle	Palma Birch

Genuine leather*

	
Coal	Nero
	
Truffle	Scarlet
	
Flamenco	Aubergine

100% colour accuracy cannot be guaranteed due to printing techniques. For every casing/ frame combination displayed, the desired leather type and colour can be freely selected.
* Genuine leather available at extra cost.

A photograph of two women sitting at a wooden table in a cafe. The woman on the left, with short blonde hair and wearing a yellow sweater, is smiling and looking at a smartphone held by the woman on the right. The woman on the right has long dark hair and is wearing a grey blazer over a pink top. They are both looking down at the phone. In the background, there are shelves with various items and a blurred figure of another person. A white coffee cup on a saucer is on the table in the foreground.

WHY MILON

We go the extra mile – more solutions, more partnership, more inspiration

At milon, we're not content with standard solutions. Because we know that if you do what you have always done, you will only achieve the same results that you always have.

For this reason, we challenge the status quo day in, day out. For us there are no limits, and no idea is too novel to achieve more and be successful together.

THE NUMBER ONE

And this is why milon should be your first choice

milon is one of the leading manufacturers of electronically controlled circuit systems. Not because we were the first to create them, over 30 years ago, but because we are still proving our trailblazing role today. With our systems and solutions, we are always defining new benchmarks. And we give you the best reasons to go for milon.

milon is **MADE IN GERMANY**

Developed and produced in Emersacker, milon stands for German engineering skills and ISO certified workmanship. One thing that shows the reliability of our products is the low level of maintenance they require.

milon is **EXPERIENCE**

Behind everything that bears the name milon is over 45 years of experience. Just as we made training electronic back then, now we are driving forward digitisation – with knowledge and expertise.

milon is **INTERNATIONAL**

We enjoy the trust of operators, trainers and people who train, all around the globe. Worldwide there are over 2,600 milon circuits in use, successfully improving the way millions of people train.

milon is **INSPIRATION**

Reaching training goals is the best motivation. With milon, inspiration starts even **before** the first training session – with the milonizer. It makes its members the measure of all things.

milon is **CERTIFIED ACCORDING TO MPG**

For clinics, rehabilitation centres and physiotherapy facilities, milon offers the unique option of training and therapy systems with certification according to medical products law and with Health Information Services (HIS) connection.

milon is **CARE**

Thanks to milon CARE, you have everything under control. The software runs independently of any platforms on all end devices and allows you to control all circuit machines. Planning, documentation and analysis for those training, for trainers and for operators – all in one.

milon is a **BENCHMARK**

BeN from milon and easySolution provide you with a revolutionary gym management tool. With just a few clicks you know in real time where your gym is in benchmark comparison with other facilities and how you can further boost its performance.

milon is **DESIGN**

With milon machines, you are also deciding on perfectly-formed aesthetics. The high quality product design exudes quality and highlights your gym's premium status. And it's easy on the eyes, too!

milon is **SIMPLE, SAFE, EFFECTIVE**

As intuitive as a smartphone but simpler. The guided movements of the milon machines prevent incorrect stresses. At the same time the training is highly effective: as well as the well-known negative training, adaptive and isokinetic training is also possible.

milon is **SOLUTIONS**

If you decide on milon, you don't just get a circuit – you get a solution. To meet the demands for modern fitness facilities, there is milon solutions. We have training, coaching or club marketing at the ready for you here.





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