



M8 Group
3 The Mews
53 High Street
Hampton Hill
Middlesex
TW12 1NH

T 0845 838 1888
F 020 8979 3914

info@m8group.net
www.m8group.net



Home gym
design & installation



Get fit for life in the comfort of your own home

As our lives become increasingly busy, the capacity to commit to a healthier way of life can seem progressively unattainable, whether you're a busy professional, a mum running around after the family or a combination of both!

At motive8, we can provide the ultimate lifestyle solution - a state-of-the-art home gym facility, ideal for those who crave convenience and are short of time.

There are a number of advantages to having your own home gym:

Cost-effective

Save, on average, up to £50 per person/month on commercial gym membership fees.

Private

No need to be self-conscious in front of fellow gym members.

Convenient

It can be used by the whole family at a time that suits you.

Added Value

It can greatly enhance the desirability of your home and hence add value.

Eco-friendly

No petrol consumption driving to and from the gym and only a treadmill requires electricity, everything else is self-sufficient.

Essentially, whatever the project specifics, you are guaranteed a **supreme home gym facility** finished to the highest standards, which not only complies with health and safety considerations but respects the environment too.

Piece it all together

A home gym facility designed and installed by motive8 will be a gym created around you.

An in-depth consultation will determine the **technical requirements** of your bespoke facility. Taking size, location, timescale and budget into account, you'll be presented with a comprehensive report detailing everything from ceiling height and flooring to mirrors and sound systems, equipping you with all the information needed to make the right choice

Our **Interior design consultancy** ensures a design-led approach, considering effective use of space and working closely with you or the architect to maximise impact whilst ensuring all health and safety aspects are respected. Whether its underused loft space or a converted garage, your motive8 home gym facility will not only complement but enhance your home.



Concept implementation draws from the details gathered from our initial consultation. This stage combines our excellent supplier network with all the necessary technical knowledge required to produce an end product that guarantees a state-of-the-art, functional facility. Utilising equipment from our preferred suppliers, you are guaranteed a customised and stylish home gym.

We will be onsite to oversee the **delivery and installation** of your equipment, ensuring a hassle free fit-out and no damage to your property. Post-installation **inductions** ensure all users are fully educated on the new equipment, whilst ongoing support from our training team can be utilised to benefit from fitness programmes either face-to-face or online.

An ongoing **aftercare programme** can provide quarterly servicing of your equipment to prevent future faults occurring. Aftercare is a cost-effective solution, keeping your equipment in good working order and reducing the likelihood of expensive unforeseen call outs.

Flexible payment options allow you to purchase or lease your equipment and tailor your payment terms to suit your budget.

Working with the best

Developing a professional gym facility requires the inclusion of world class, design-led, quality equipment. With over ten years experience in this field, we have a select number of preferred suppliers.

Life Fitness is the manufacturer of the #1 brand of fitness equipment worldwide. You always get a high-quality product designed by the same engineers and biomechanics experts that produce industry-leading strength and cardio equipment. From world champion athletes, military personnel, health club members and business travellers to Olympic medallists, you'd be amazed at the enormous mix of people, companies, and fitness facilities who choose to use Life Fitness equipment as part of their workout regime.



The **Concept2 Indoor Rower** is the world's best, and bestselling, rowing machine. Concept2 have been selling rowing machines in the UK since 1983 and their goal is to promote and encourage the growth of indoor rowing throughout society and within all communities, as a healthy lifelong leisure pursuit. They strive to design, manufacture, sell and service unique products of the highest quality and value for the benefit of all indoor rowing users, customers and the wider Concept2 community.

Based on the principle of whole body vibration, **VibroGym** introduces a new, highly effective training method. The Dutch designer and inventor, Marcel Tamminga, invented what has now become the best known vibration platform in the world. With a team of industrial designers, technicians, programmers and training specialists, he laid the foundation for a revolution in Whole Body Vibration Training. For the first time, a vibration machine had been developed that was safe and easy to use – at the same time suitable for intense professional training.



Client case study

In West London, motive8 designed a home gym for Geoff & Shelagh Bradford in a converted garage at the bottom of their garden. Within just one month of instruction, a fully-functional, state-of-the-art home gym facility was fitted and ready for use.

To ensure a comprehensive full body workout could be achieved, motive8 recommended a combination of equipment; this included a Concept2 rowing machine, a Life Fitness G5 Multi-Gym, a Life Fitness Treadmill, a Swiss Ball and floor matting alongside a range of dumbbells.

“I love both the convenience and comfort offered by my own home gym. I was never really at ease with going to commercial gyms and now I can exercise in private whenever it suits me. There really is no excuse not to workout anymore!”

Shelagh Bradford.

Motive8 training services

To help you get the most out of your new home gym facility, motive8 offers a comprehensive range of fitness training support services.

Once you've been inducted on your equipment, we have a team of trainers that can help you make the most of your equipment. We offer a diverse approach to helping achieve your health and fitness goals. With one-to-one personal training, buddy/family training, online programmes and a full range of massage and sports therapy treatments, we're confident we can provide you with a training service that fulfils your lifestyle needs.

For a **FREE** consultation and quote
call: **0800 028 0198**

W: www.m8group.net E: info@m8group.net

