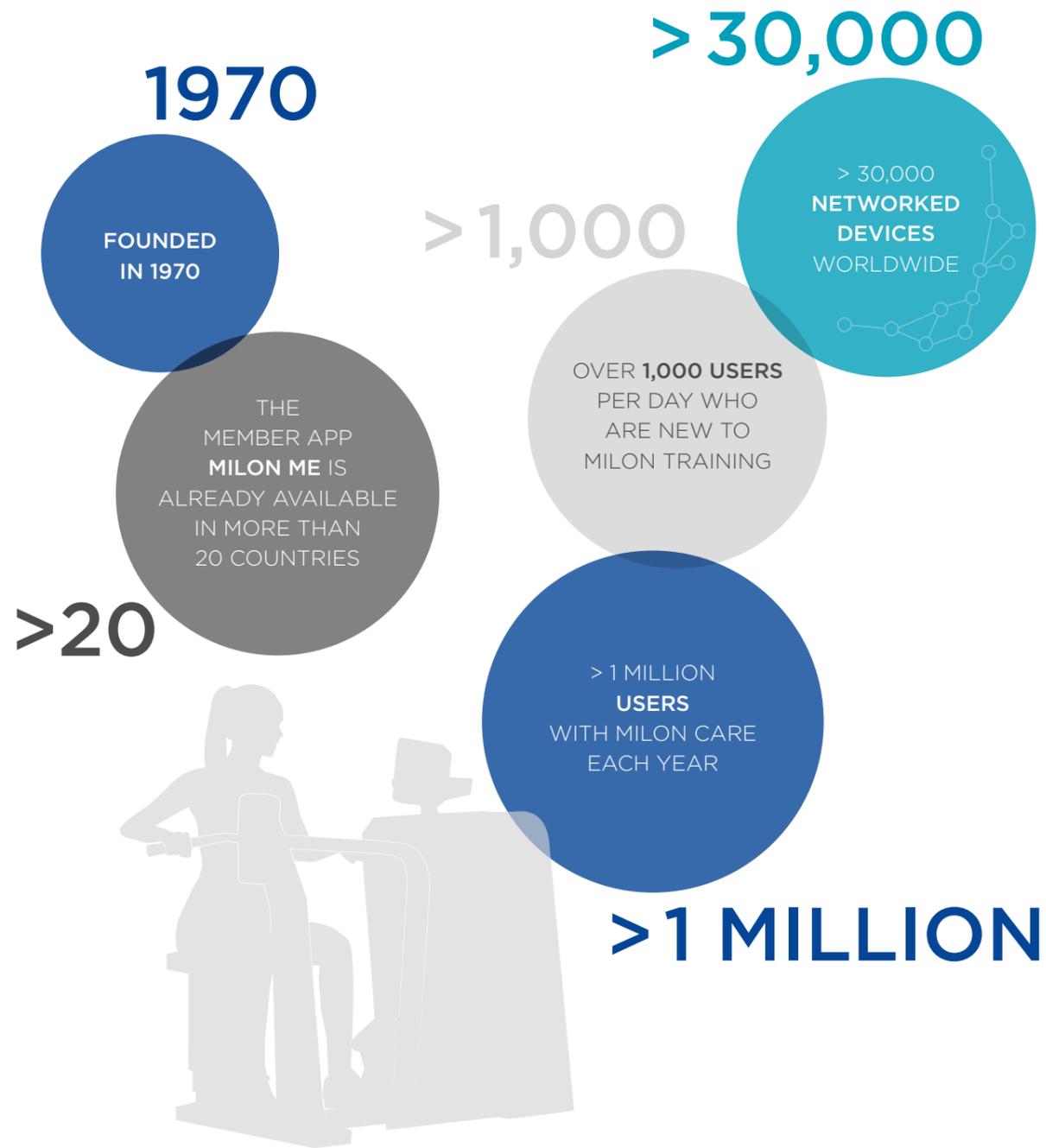


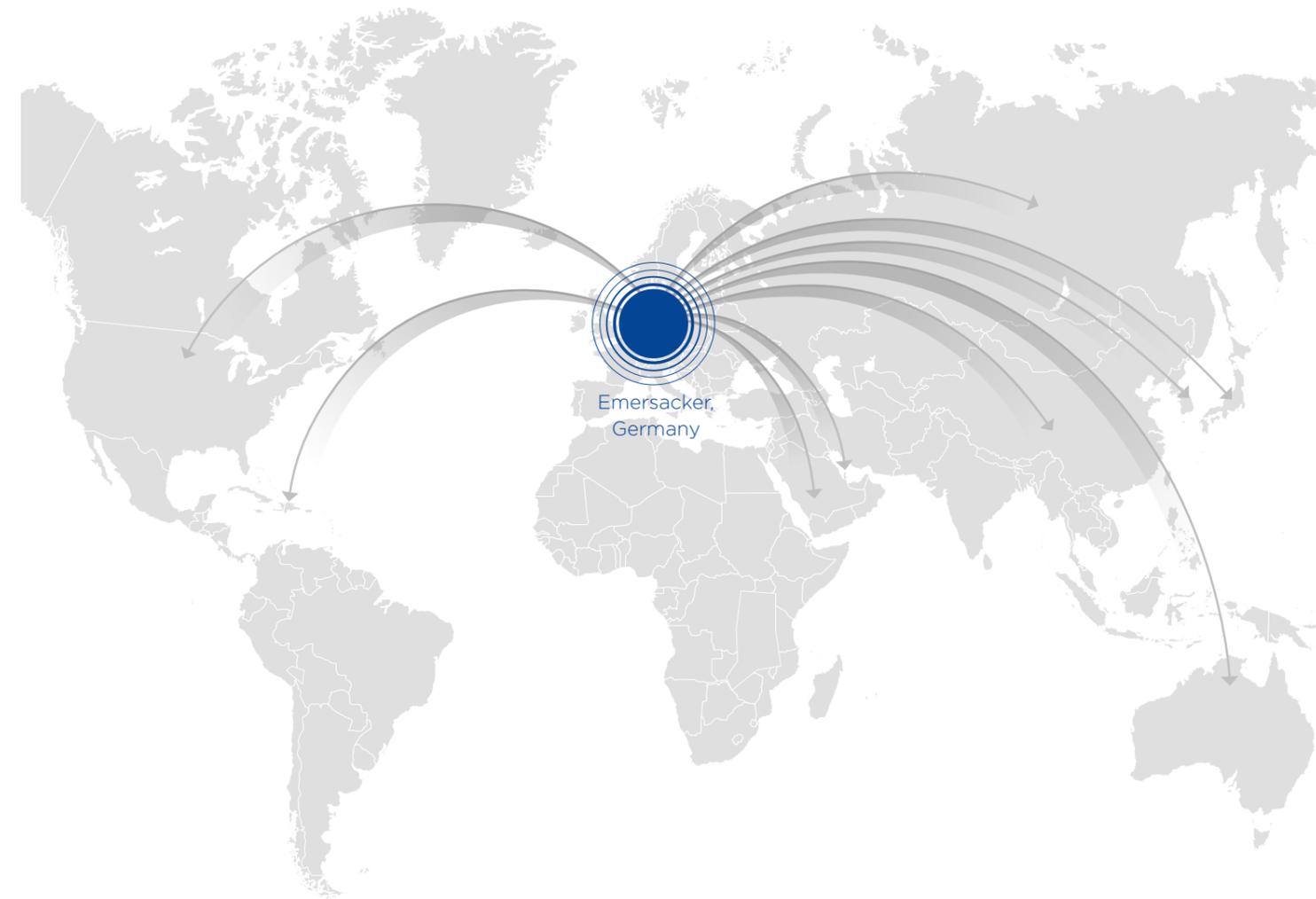


**SUCCESSFUL
TOGETHER**

MILON BY NUMBERS



MILON WORLDWIDE



SUCCESSFUL TOGETHER COLLABORATIVE, SOLUTION-ORIENTED, INSPIRING

For more than 45 years now, we at milon have been working to provide people with the simplest, safest and most effective means of training. The result is effective training systems, smart support software and end-to-end concepts for facility operators: milon is one of the leading manufacturers of electronically controlled training systems.

But despite our strength as innovators, tradition is also an important part of our success: Thanks to values such as our German flair for engineering or our commitment to honesty and sustainability. Every piece of milon equipment is manufactured at our production and logistics center in Emersacker, Germany. Key aspects include the utmost attention to detail and compliance with certified quality processes. In Emersacker, our development experts specializing in mechatronics, electronics and design continually collaborate with sports scientists, trainers and studio operators to shape the future of training.



MILON Q EQUIPMENT

GET
CONNECTED
WITH
MILON Q!

New technologies meet handling that's easy, intuitive, and fun. The electronically controlled equipment in the Q series adjusts to each customer completely automatically thanks to the milonizer data and the milon CARE central training control software. Patented user guidance with the milon pendulum intuitively guides the users as they move, providing more effective and lasting motivation.

VISUAL MOVEMENT CONTROL

Patented training visualization. The milon pendulum displays the movement rhythm to the user and provides direct live feedback during training. Using the display is extremely intuitive by tapping and swiping (like a tablet).

ALWAYS THE RIGHT EQUIPMENT SETTING

Thanks to the practical user recognition feature, the smart, high-tech equipment adjusts automatically and within seconds to the user's size, training motive, and related needs.

MAKING ACHIEVEMENT FUN

The gamification elements on the display encourage users' instinct to play and make training more fun - which has a motivating and inspiring effect.



THE RIGHT EQUIPMENT CONTROL MODE FOR YOUR MILON TRAINING

<p>MODE</p> <p>Q circuit</p>	<p>MODE</p> <p>Q free</p>
<p>COMBO MODE</p> <p>Q switch</p>	

The new **Q switch** gives you the freedom to change between the two training modes (Q free or Q circuit)

QUALITY AND INNOVATION MADE IN GERMANY



Certified in accordance with TÜV Rheinland and the German Medical Products Law (MPG)



MILON Q TRAINING TYPES

For continuous training success, it is necessary to periodize the training plan, which sets individual training stimulus. At milon, periodization is accomplished with the CARE software – according to the training objective and the user’s level of experience.

ECCENTRIC TRAINING

The training resistance is increased in the eccentric (muscle lengthening) phase of movement, making training more effective in comparison to training with a constant weight by utilizing the muscles, tendons, and ligaments in an ideal way. This enhances muscle strengthening by up to 30% in half the training time.

ADAPTIVE TRAINING

Equipment as a training partner. No matter whether the user’s power increases or decreases: The training weight adjusts to the exerted force automatically and in real time. If the muscles become tired, the equipment reduces the resistance; if they become stronger, the user is given a higher resistance – completely automatically.

ISOKINETIC TRAINING

Resistance is varied in every phase of motion at a uniform speed. This ensures that full strength is applied throughout the entire rep. All motion segments are performed with an equal amount of power.

NORMAL TRAINING

The concentric (muscle shortening) and eccentric (muscle lengthening) loads are identical. In other words, training is performed with constant weights in both directions.



INTEGRATED STRENGTH TESTS
to optimally determine the effective training intensity



THE PRECISE PROGRAM FOR EVERY TRAINING OBJECTIVE

From beginners, to advanced users, to professionals – we have the right training solution for everyone. All of the training parameters (type of training, intensity, duration of workout and breaks, repetitions, rhythm) are set automatically based on the defined training objective.

TRAINING LEVELS		
★ BEGINNER	★ ADVANCED	★ PROFESSIONAL
Muscle building – beginner	Muscle building – advanced	Muscle building – professional
Firming – beginner	Firming – advanced	Firming – professional
Weight reduction – beginner	Weight reduction – advanced	Weight reduction – professional
Pain-free – beginner	Pain-free – advanced	Pain-free – professional

MUSCLE BUILDING

Building up muscle mass requires a training load with an elevated weight. Training large muscle groups is a particularly important part of an effective muscle building program.



FIRMING

For women especially, fitness training often begins with the goal of improving their figure. In addition to dieting, intensive strength training is one of the most effective methods of reducing body fat.



WEIGHT REDUCTION

Does your customer want to lose weight or reduce body fat? When it comes to losing weight, the key to success lies in the specific combination of endurance training and moderate strength training in the high reps range.



PAIN-FREE TRAINING

This programme addresses the root causes underlying physical discomfort and can reduce pain.



 *circuit*

TRAINING WITH A SMILE

SIMPLE. SAFE. EFFECTIVE.



17.5 MINUTES TO BETTER TRAINING SUCCESS

milon circuit training offers the best conditions for effective training thanks to state-of-the-art technologies, milon CARE, and the milonizer. milon circuit training is carried out in a fixed rhythm. This means that the various muscle groups are trained sequentially, while the equipment adjusts itself to your individual needs. As a result, milon circuit training constitutes an extremely versatile training method.



SAFE TRAINING FOR EVERYONE

milon's circuits are ideal for simple, safe, and effective strength and endurance training for every target group. Thanks to versatile and varied training, both beginners and experienced users can achieve their personal training goals.



THE MILON SYSTEM - PERSONAL TRAINING FOR EVERYONE

Equipment adjustments and the documentation of training data are fully automated, saving time and valuable resources. This leaves more time for providing the user with personal support. Over the long term, this results in enhanced success and satisfaction for the customer - and the trainer, too.

ADVANTAGES AT A GLANCE

- ✓ Saves space (requires less floor area)
- ✓ high training capacity (users/hour)
- ✓ optimized staffing costs
- ✓ enhanced customer loyalty thanks to more personal member support

Q free

THE NEW TRAINING EXPERIENCE

YOUR FREE TRAINING SPACE,
PERFECTLY NETWORKED



YOUR CONNECTED TRAINING AREA

Q free is the solution that lets you create a digital network between electronic milon strength and cardio equipment in every part of your training area.



FULLY ELECTRONIC EQUIPMENT

Ideal for users who want to freely select the way they organize their training without missing out on the convenience of digitalized training.



SAVES TIME

Streamlines your processes by simplifying the milon CARE settings as well as the handling of the equipment (even more efficient).



INDIVIDUAL TRAINING PLANS

Option to tailor training to specific user.

ADVANTAGES AT A GLANCE

- ✓ Gain new customers: tap into new target groups with milon Q
- ✓ Retain existing customers - keep them interested by offering even more types of training
- ✓ Stand out from the competition with clear market position

The Q switch mode lets you switch flexibly between the Q free (free training) or Q circuit (circuit training) operating modes depending on the capacity and utilization of your circuit.

MILON - THE CENTERPIECE OF YOUR TRAINING FACILITY

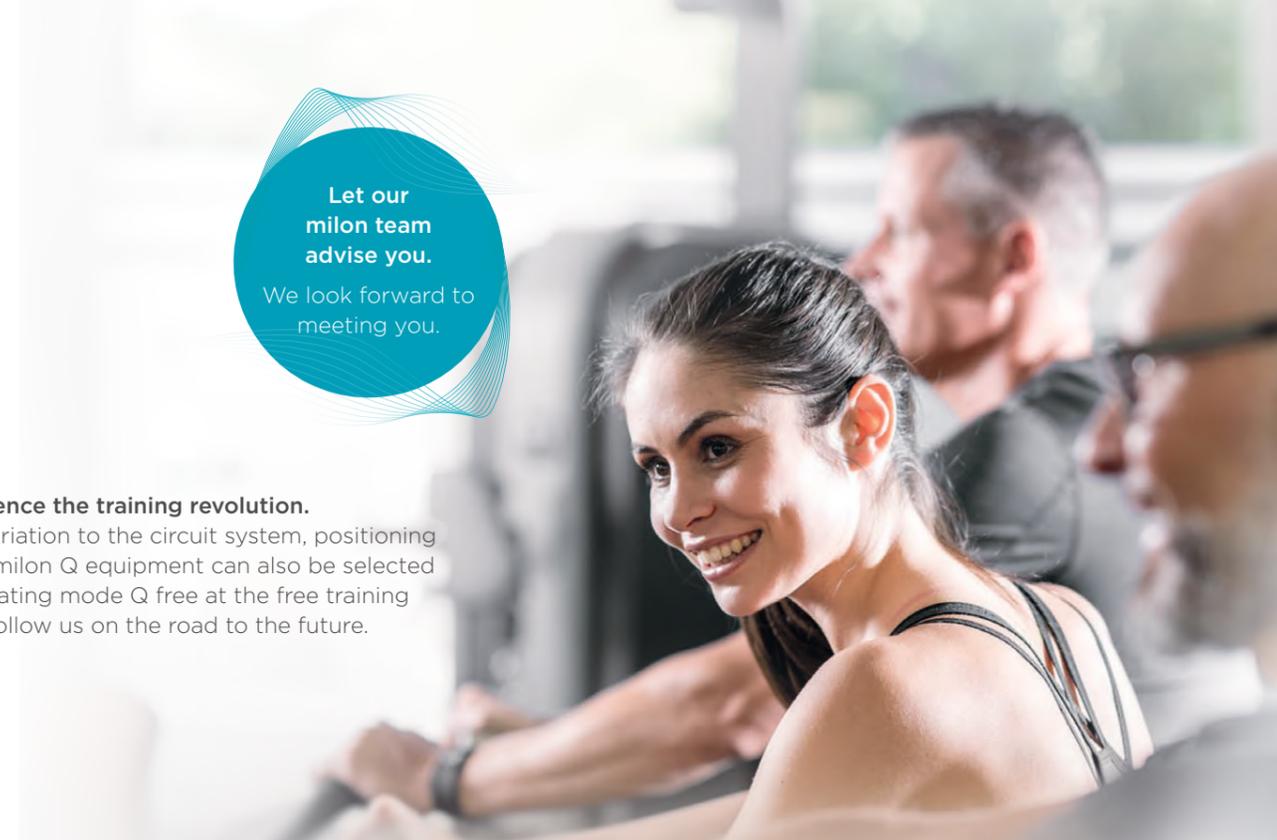
milon equipment is ideal for easy, safe and effective training for every target group, thereby assisting you to make your system even more profitable and efficient.

We have developed various circuit configurations founded on sports science data, so that you can experience maximum variety on the training ground. In addition, a circuit has been developed with our cooperation partner five, which encourages both strength and mobility.



Experience the training revolution.

As a variation to the circuit system, positioning of the milon Q equipment can also be selected in operating mode Q free at the free training area. Follow us on the road to the future.



MILON RECOMMENDATIONS

THE FOUNDATION FOR YOUR SUCCESS

The point of entry into the world of milon. Thanks to its broad spectrum of equipment and fine equipment adjustment, milon's strength-endurance circuit is suitable both as point of entry and as performance training for the advanced user.

PHASE 1



Strength-endurance circuit 1



Strength-mobility circuit



Q free

MOTIVATE LASTINGLY AND REACH OUT TO NEW TARGET GROUPS

These configurations are completely dedicated to the principle of exercise variations. The changes in training and muscular stimuli lead to constant progress among those exercising, thus ensuring lasting motivation and so, stronger customer loyalty. Of course, potential new customers can also be targeted with these circuit configurations.

PHASE 2



Strength-endurance circuit 2



Strength-endurance circuit 3



Strength circuit 1



Strength circuit 2

SPECIALIZE AND WIN NEW CUSTOMERS WITH NEW CIRCUITS

Flexibility in the selection of the equipment also allows you to tailor your offering to address the preferences of your existing customers. Corresponding to the milon training goals of weight reduction, muscle building, toning and freedom from pain, 4 circuit variations were created, which additionally support exactly these 4 training goals with their equipment configuration.

PHASE 3



Slimming circuit



Athletic circuit



Back circuit



Figure circuit

MILONIZER

Measure, weigh, test, and analyze in a totally new dimension.

The milonizer can determine a user's body measurements in a matter of seconds. It does this using an innovative scan system based on biometric markers. The measured data is automatically communicated to the milon CARE control software, and all milon equipment is perfectly preset to the user's body dimensions.

An in-depth analysis of the user's current performance level is created taking into account the various tests.

BENEFITS FOR TRAINERS AND FACILITY OPERATORS

- ✓ Save time giving training and set up instructions
- ✓ More time for individual support
- ✓ Innovative test station with high motivational and fun factors for the users

THE
CENTRAL
TEST STATION
for your facility



Fitness test function:

Fitness tests



Mobility tests from the five company

Smart testing



Scan function



Automatic data transmission



Integrated scale



EQUIPMENT OVERVIEW



Q Abdominal Crunch Q Back Extension Q Chest Press Q Seated Rowing Q Leg Curl Q Leg Extension



Q Biceps Curl Q Triceps Extension Q Lat Pulldown Q Shoulder Press Q Leg Press



Q Abductor Q Adductor Q Butterfly Q Butterfly Reverse Q Rotator



Q Bike Q Crosstrainer



milonizer

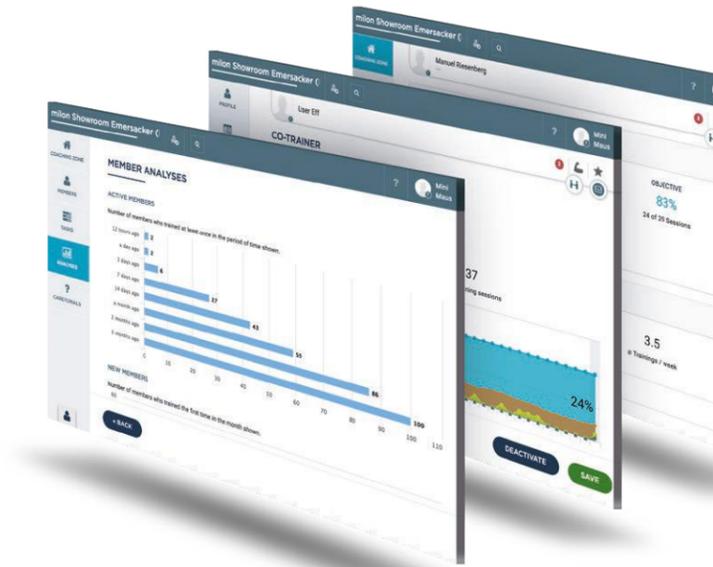
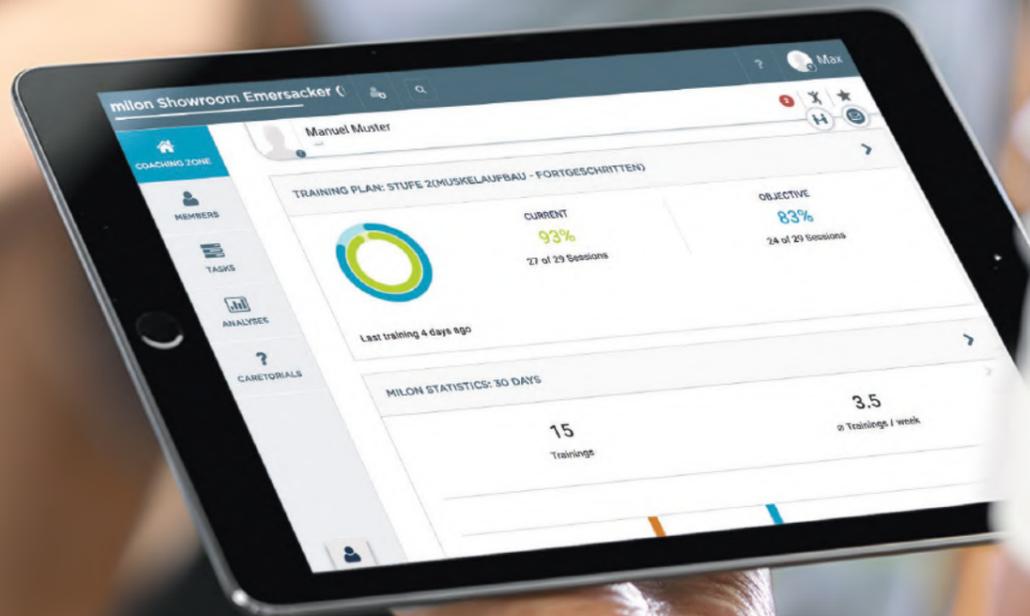
COLOR SELECTION OF Q EQUIPMENT SERIES



MILON CARE

MAKE THE SWITCH TO MILON CARE TODAY

Contact us at milon.com



The next generation of smart training control.

milon CARE is the complete training and support software that combines all fitness center areas in your training or therapy facility into a Connected Training System (CTS). The software maps all training in the training space as well as defined processes in the studio.

milon CARE can operate all of the different milon series machines (Basic, Premium, Q) from a central location. And it can do so with an individual machine, in a circuit, in combination with multiple circuits, or even across multiple fitness centers. We have just the right solution for your facility.

Overview: efficient, comprehensive studio management

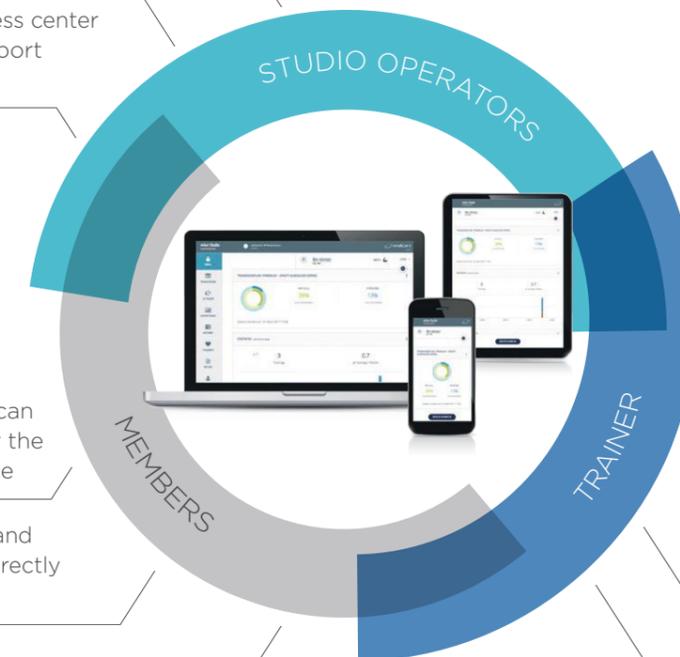
Customer loyalty: boost member satisfaction thanks to optimal level of support

Monitoring: control and organize tasks, fitness center processes, and support chains effectively

Freedom: training can also be planned for the entire training space

Connect: updates and news can be sent directly by the trainer

Motivation: enhanced support quality, more individual attention, and more effective support in helping to achieve training objectives



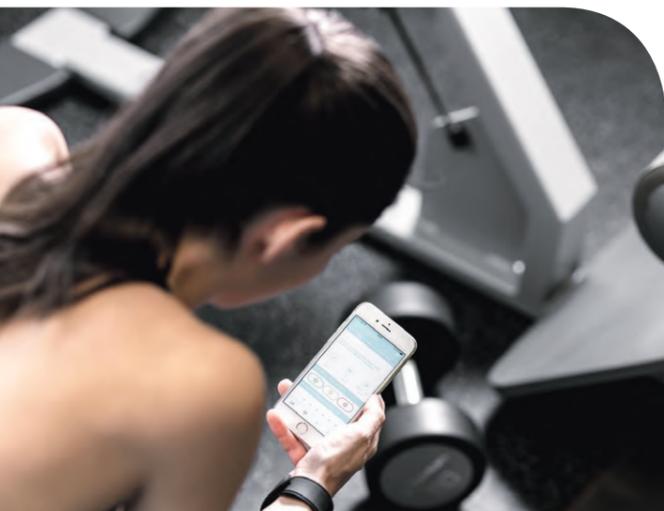
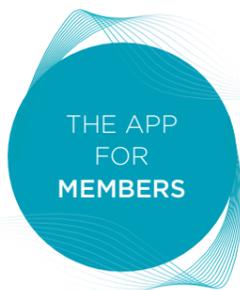
Perspective: clear, high-quality training analysis, planning, and monitoring in real time

Knowledge: qualitative assessment of the training (e.g. range-of-motion, heart rate, muscle balance ratio, training development, attendance)

Co-responsibility: co-trainer suggestions; the trainer makes the decision

Support: individual training support including training logs and feedback

MILON ME



The direct connection to your fitness club member.
 milon ME is the free app for your members. It makes it easier for them to view their own training data - anywhere, anytime. The integrated news function now makes communicating with your members much easier, more effective and faster and furthermore helps keeping their motivation level up continuously.

Tracking the training plan

Shows how to perform exercises correctly

Overview of personal training and training progress

Training statistics for milon equipment and exercises without equipment

Evaluation of trained muscle groups

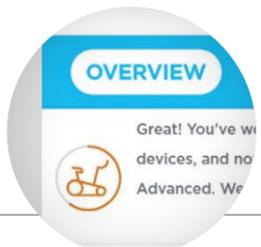
Studio ranking and comparison with members of same age

Can be linked to wearables (Polar, Garmin)

Collect and share training successes



Members can also track their successes with milon ME. From training sessions and training regularity, to special achievements.



MILON COCKPIT



The analysis and control tool for studio operators.
 milon COCKPIT supports your monitoring by clearly displaying the relevant key figures for your training area online or in an app. As a result, the tool helps you gain a better understanding of your milon ecosystem and gear your facility toward increased effectiveness, efficiency, and therefore success.

Real-time presentation of milon utilization

Set goals and monitor success relating to the use of the milon system

Monitor the quality of support provided by your trainers in the training space (displays number of member conversations and evaluates them)

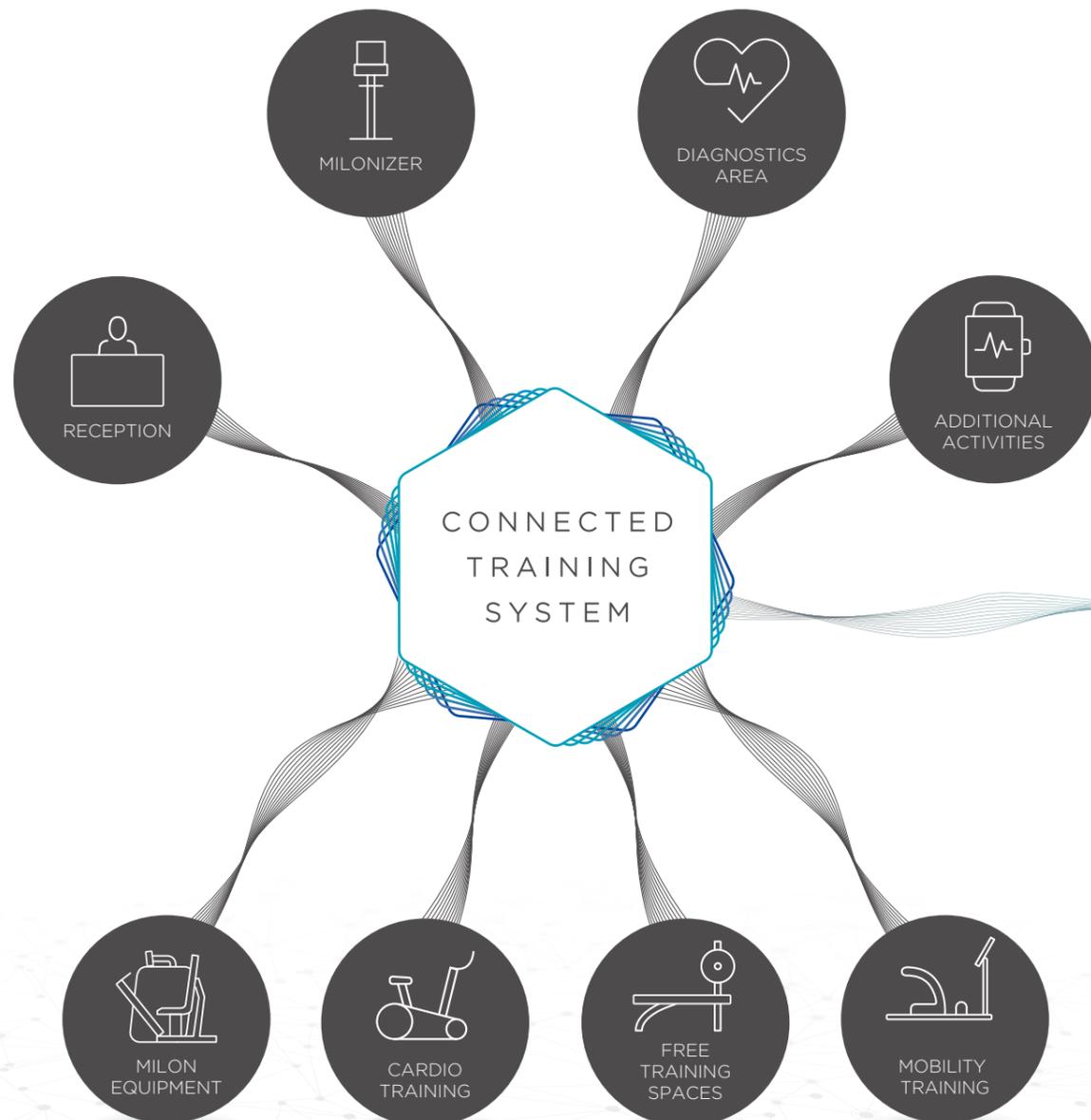
Monitor trends in real time so you can detect changes in use early on

New member forecast for the current month



Test milon COCKPIT for free for 90 days

CONNECTED TRAINING SYSTEM BY MILON



DESIGN YOUR OWN **CONNECTED TRAINING SYSTEM** BY MILON TODAY

All member details via software.

As a trainer or facility operator, your expertise represents a competitive edge that is becoming increasingly crucial to your success. Digital networking plays a key role here.

Applying the Connected Trainings System from milon, an integral component of the milon BOOST concept, you may not only link the various areas in your facility together but also receive the advantage of these areas communicating with each other in a smart way. As a decision-maker, you can identify the needs of your customers in real time and respond to them in a specifically targeted way. No matter what type of facility you have, the system is always tailored to your needs. We offer the ideal solution, perfectly tailored to each establishment, whether physical therapy, multi-function facility or boutique studio.



Integration of existing equipment and software solutions

Greater membership retention

Centralized software controls customer communications

Efficient planning and control of all activities

Enhanced decision-making support

More time available to motivate and coach your customers

CTS network partner:

- five
- MATRIX
- LifeFitness
- MAGICLINE
- SOLUTION
- POLAR
- InBody
- /cardioscan

and > 20 other partners



INTERNATIONAL ACADEMY

Developed from practical experience.

With our unique training offer, you are laying the foundations for making successful use of your milon systems. Based on our many years of experience, the training courses have a high practical content and are geared towards coaching excellence.

With the International Academy, milon's tried-and-tested standards from Germany can now be delivered around the world.

Practical training: The aim of the training course is to enable the gym to put these proven concepts directly into practice and to work successfully straight from day one. These include:

- The best way to address clients and establish contact
- Productive referral program
- Successful membership sales
- Effective, long-term support for your members

THESE SERVICES INCLUDE

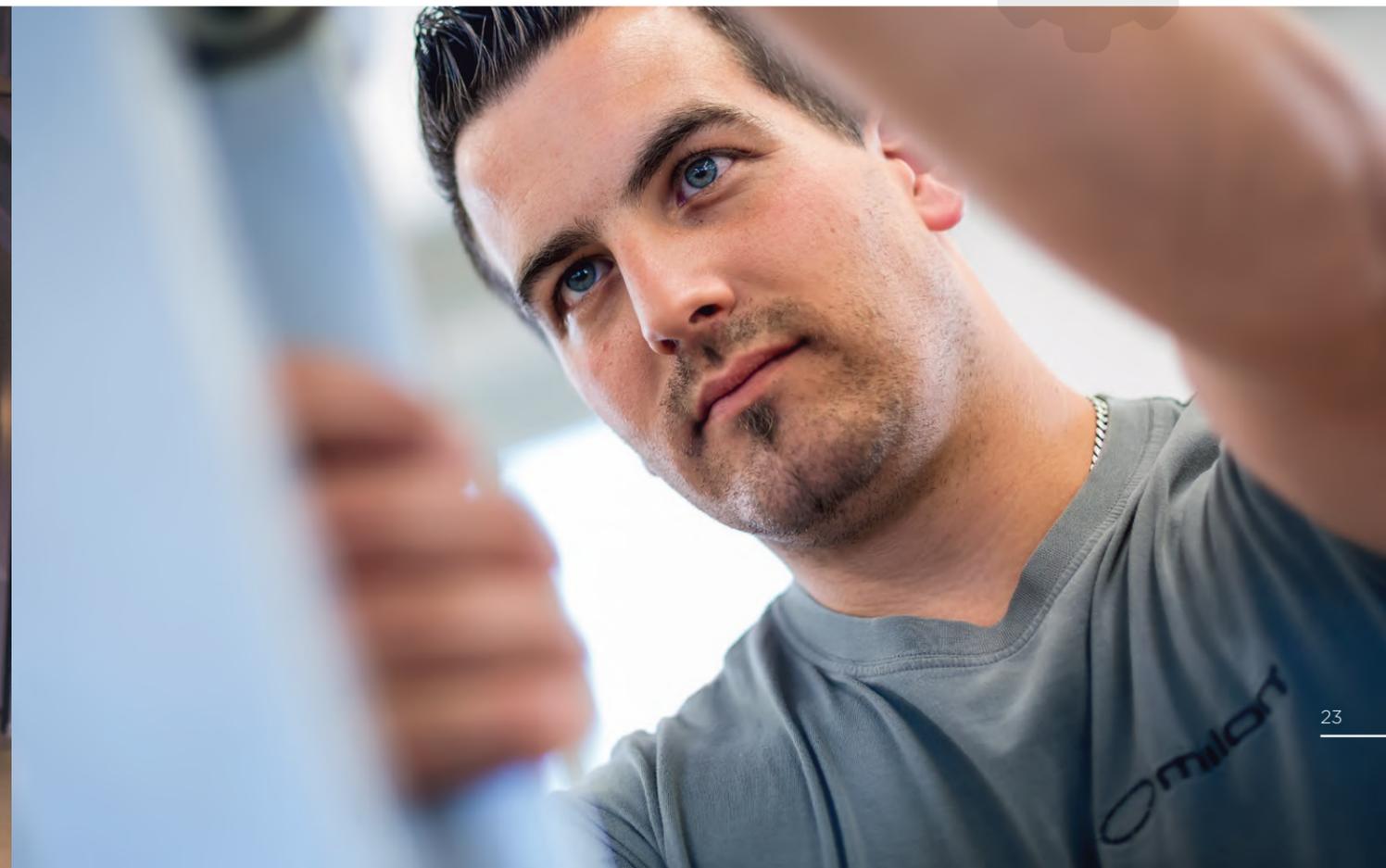
- ✓ Implementation of the milon concept
- ✓ Training with equipment
- ✓ Work made easier with milon CARE
- ✓ Efficient member support with help from milon

MILON SERVICES

MILON EQUIPMENT SERVICE

ALWAYS THERE FOR YOU

milon training equipment is renowned because of the great care and the certified quality processes used at our production and logistics center in Germany which enable us to deliver high quality equipment with a long service life. If there are technical problems in spite of this, you will enjoy milon's full support as part of our extensive warranty services which ensures the utmost reliability of your equipment, while keeping downtime to a minimum.



MILON MARKETING SUPPORT

MORE SUCCESS FOR YOUR COMMUNICATION

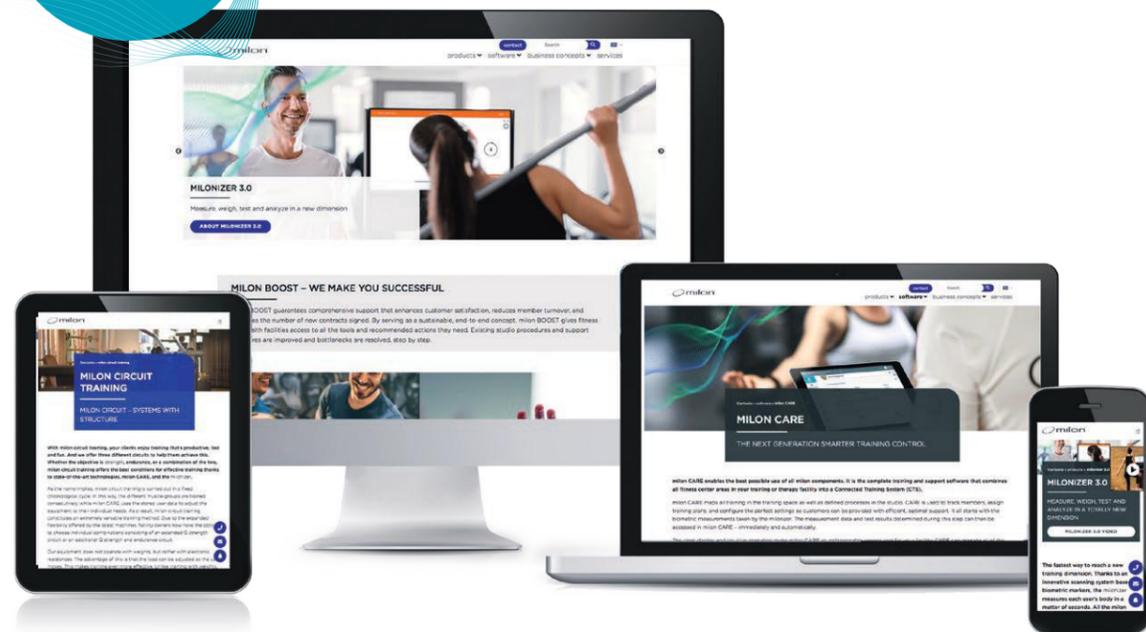
Together with our partners, we have been developing and implementing successful marketing campaigns that support milon facilities in the areas of customer loyalty and lead generation for many years. In addition to providing templates for your communications, we also offer you a wide range of free photos and videos on our milon partner portal.

ABOUT THE MILON PARTNER PORTAL

The portal gives you 24/7 access to our advertising materials. All of the documents are available to our partners for download free of charge and can be used in accordance with the Terms of Use of milon industries GmbH.

Available materials include the following:

- Photo material (image, equipment, circuit)
- Video material (image, equipment, circuit)
- Logos and icons
- milon CI/CD manual
- Product information (data sheets, instructions for use)



THE MILON MICROCLUB

BOOSTING PROFITABILITY

Cutting-edge technology, personalized training and core operational essentials are the key success factors for a milon microclub – an economically attractive alternative to a traditional gym. The microclub is based on a business plan developed by a milon consultant. This plan aims to achieve an ideal configuration of the available space, staff, and users and continually enhances the quality of training. We support our partners during every stage of planning and implementing the standard milon BOOST concept, from finding the right space, to the setup, to the marketing strategy.

KEY FACTS

- ✓ ø size between 100 and 350 m²
- ✓ up to 600 members in one circuit and 1,000+ members in two circuits
- ✓ a profit of up to € 50,000 in the first year potential profit of € 100,000 in the second year potential profit of € 150,000 in the third year
- ✓ break even on investment within the first year (possible from month six)

Makes the best use of space and staff while focusing on the needs of society today.

MULTI-FUNCTIONAL FACILITY WITH MILON



FOCUS on the most profitable area

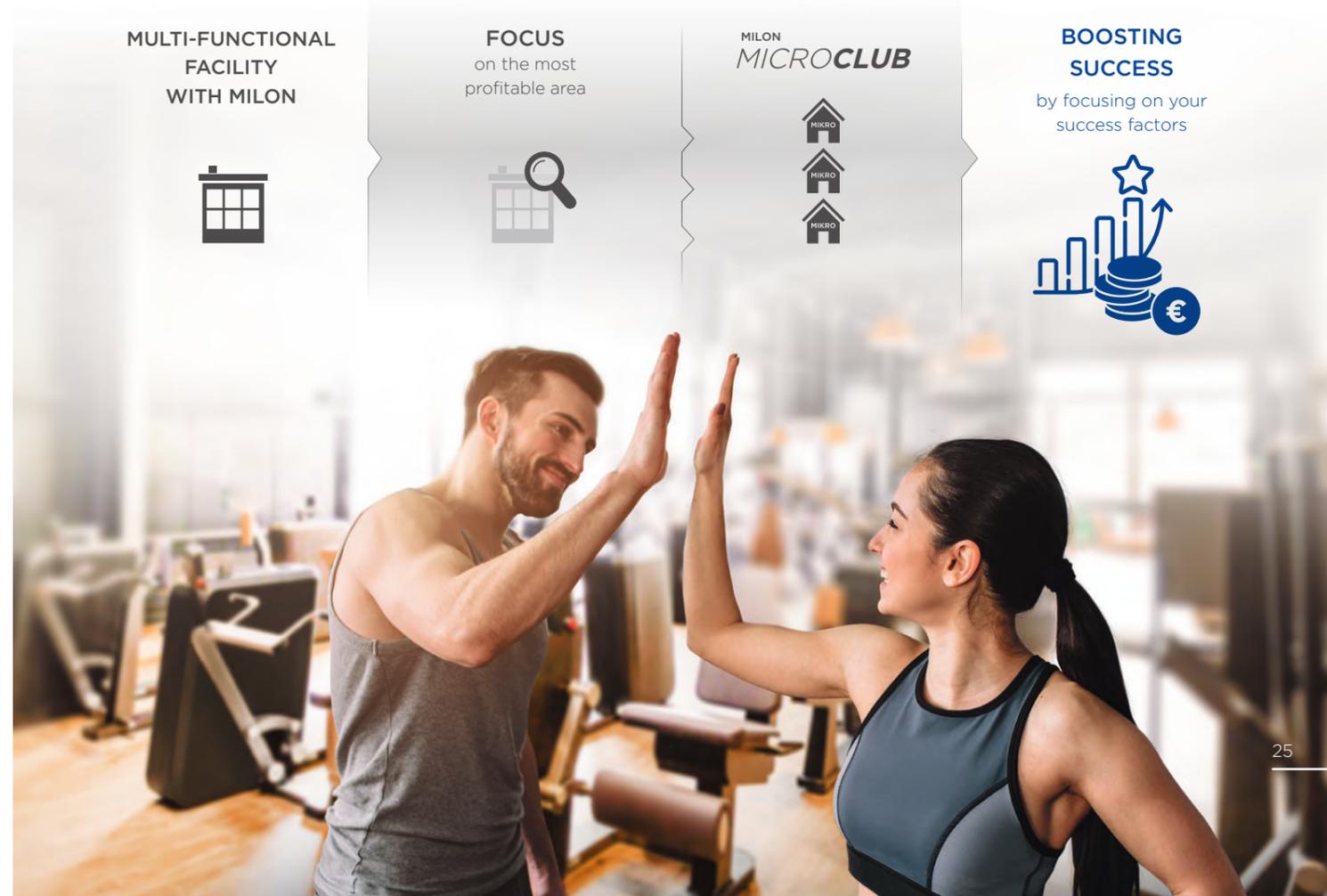


MILON MICROCLUB



BOOSTING SUCCESS

by focusing on your success factors



MILON BOOST

We have developed milon BOOST in order to combine our entire range of products and services most efficiently as well as to have the opportunity to tailor those to our partner's individual needs and requirements. Therefore, milon BOOST delivers solution systems that are guaranteed to achieve results and can be specifically adapted to the operators' respective requirements. Our main focus is based on the idea of working together to provide a highly individual strategy that matches perfectly with your specific requirements.

Our strategies will support you in upcoming business challenges as well as in making your business as successful as possible – now and in the future. milon BOOST guarantees comprehensive support that enhances customer satisfaction, reduces member attrition, and increases the number of new sales. Thanks to this concept, we enhance our partners' profitability – so we're ready to continue on the journey to a successful future together.

BUSINESS CHALLENGES IN FITNESS AND WELLNESS FACILITIES

- Lack of individual support
- Efforts to gain new customers aren't resulting in new sales
- Increasing attrition due to lack of customer loyalty
- Decreasing satisfaction among existing members
- Downward trend in recommendations that gain new customers
- Training area not used efficiently
- Increasing competitive pressure from discount providers
- Lower quality of support due to higher staff attrition
- Decreasing profitability per member
- Increasing advertising costs

REQUIREMENTS OF OPERATORS



SOLUTION SYSTEMS VIA MILON BOOST



- CONSULTATION SYSTEM**: More new sales thanks to the milon consultation system
- SUPPORT SYSTEM**: Long-lasting customer loyalty thanks to personal training for everyone
- CONTROLLING SYSTEM**: Innovative systems to allow measuring success (KPIs)
- MARKETING SYSTEM**: Efficient marketing and lead generation

SUCCESS MODULES VIA MILON BOOST

- HARDWARE**
 - milon Q circuit
 - milon Q free
 - milonizer
- SOFTWARE**
 - milon CARE
 - milon ME
 - milon COCKPIT
- SERVICES**
 - International Academy
 - Equipment service
 - Marketing service
 - milon partner portal
- CONCEPTS**
 - milon Microclub
 - CTS (Connected Training System)

VISION 2025

CONNECTED MILON VISION

milon's vision provides everyone the opportunity to build their own personalized and connected health management.



STRENGTH-ENDURANCE CIRCUIT

MILON CARE

MILONIZER

MILON Q

MILON CTS

MILON ME

MILON COCKPIT

MILON Q FREE

100,000,000
trainings p.a.

250,000
users per day

5,000
new users per day

MILON BOOST

PHYSIO(AKTIV)

MILON MICROCLUB

WEARABLES

LEISURE

MEDICAL

WORKSPACE

NUTRITION

INSURANCE

HEALTH INSURANCE

- MAGICLINE
- SOLUTION
- GARMIN
- InBody
- TANITA
- and many more
- five
- MATRIX
- LifeFitness
- ADVAGYM
- SONY
- FITRACK
- ERGO-FIT
- Galileo
- and many more

CIRCUIT TRAINING WITH ELECTRONIC RESISTANCE

CONNECTED TRAINING SYSTEM CTS

CONNECTED HEALTH MANAGEMENT

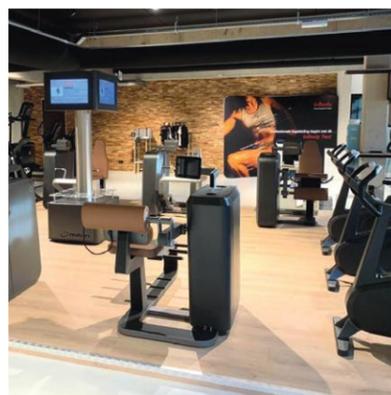
SUCCESSFUL TOGETHER



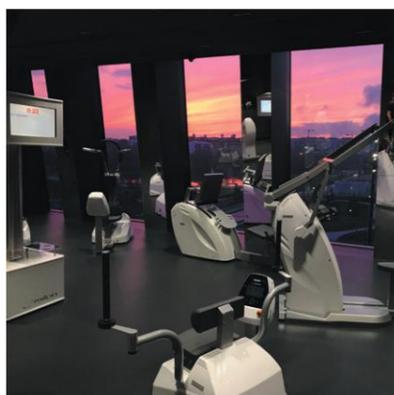
MILON PREMIUM HEALTH CLUBS
Gold Coast, Australia



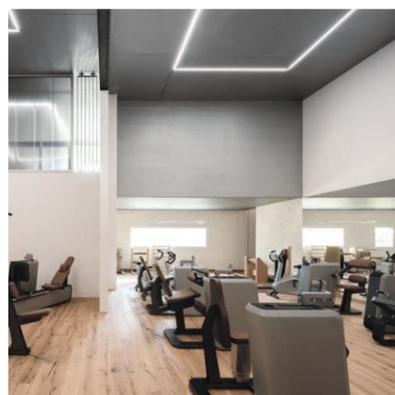
THE CLUB
Allerød, Denmark



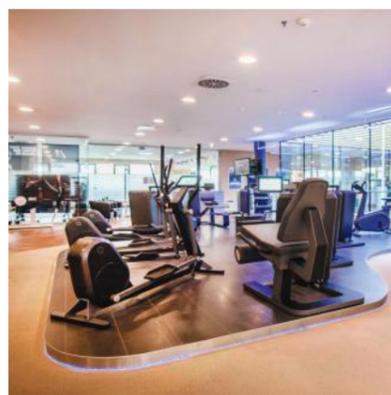
CITYGYM
Rosmalen, Netherlands



MILON SKOLKOVO
Moscow, Russia



BODY BOOST - HOME OF HEALTH AND SPORTS
Winterthur, Switzerland



STEP SPORTS & SPA
Stuttgart, Germany

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COLLABORATIVE
ESTABLISHING SUSTAINABLE RELATIONSHIPS

SOLUTION-ORIENTED
PROMOTING INDIVIDUAL GOAL ATTAINMENT

INSPIRING
GETTING PEOPLE MOVING

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