



Creating Innovative Fitness Spaces

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PRECOR®



Leisure DB State of the UK Fitness Industry Report 2024

	2019	2022	2023	2024	NO DATA 2020 & 2021 DUE TO COVID-19
Gyms	7,239	7,063	6,998	7,009	 0.2%
Members	10.4 m	9.9 m	10.3 m	10.7 m	 4.1%
Market value	£5.1 bn	£4.8 bn	£5.4 bn	£5.9 bn	 9.7%
Penetration rate	15.6%	14.6%	15.1%	15.9%	

Leisure DB State of the UK Fitness Industry Report 2024

PRIVATE SECTOR 2024

10.9% penetration rate

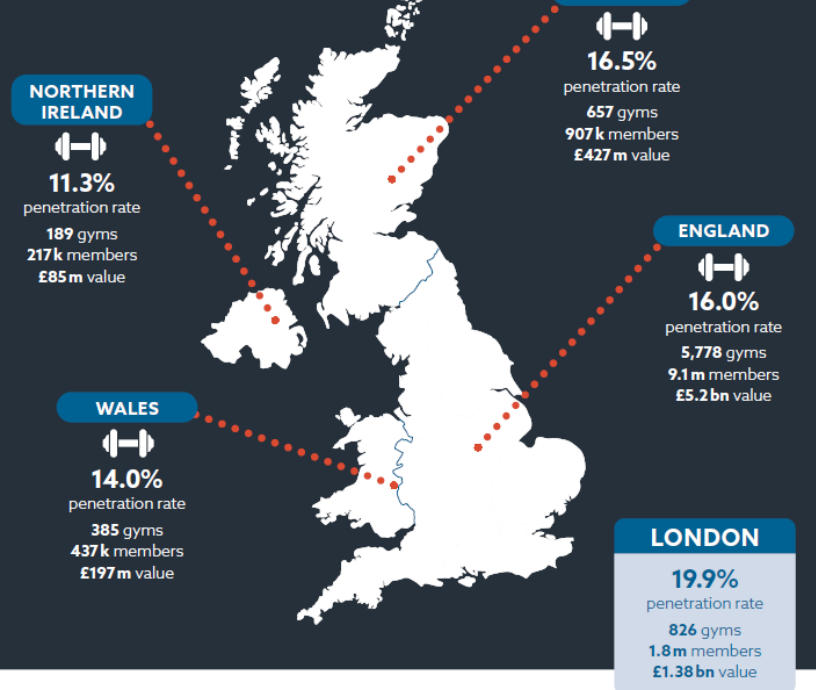
Private clubs	Members	Market value	Average fee
4,513	7.33 m	£4.48 bn	£47.24

PUBLIC SECTOR 2024

5.0% penetration rate

Public gyms	Members	Market value	Average fee
2,496	3.36 m	£1.44 bn	£32.07

UK FITNESS MARKET



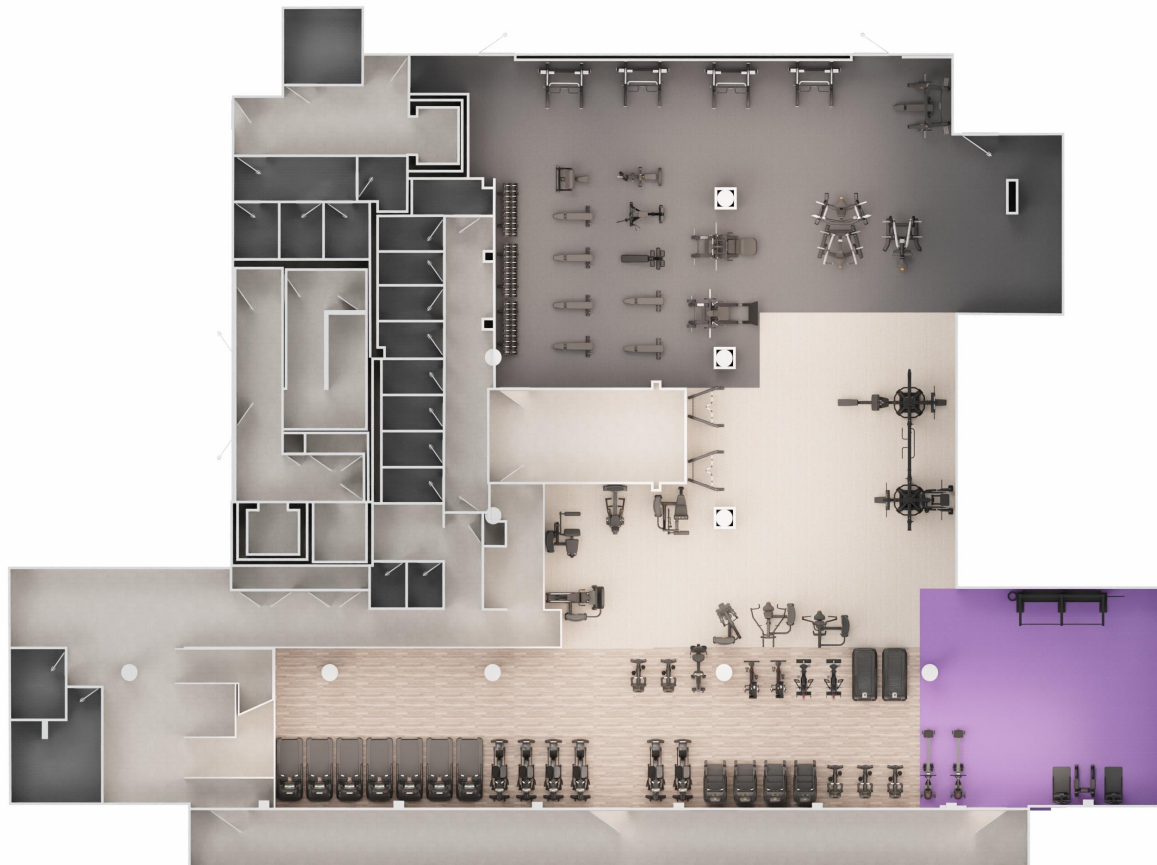
Strength Training

- Post-Covid, strength products in general are seeing strong growth.
- Post-pandemic, more females are adding resistance/strength training to their routine for more challenge and muscle sculpting.
- New trends such as Glute training are bringing more users into Strength, particularly across plate loaded.
- In 77% of refurbishments completed in the last year by Precor, the Strength offering in space and revenue has increased over Cardio.



A woman with long dark hair and tattoos on her arms is performing a pull-up on a black Precor machine in a gym. She is wearing a light green tank top and dark green leggings. The gym has wooden floors and other exercise equipment in the background.

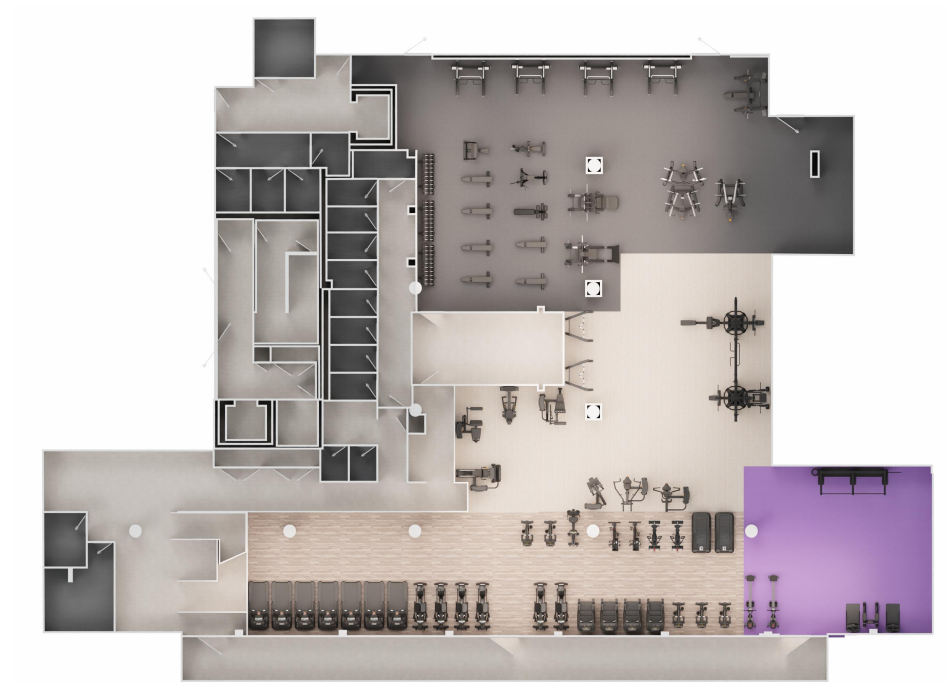
Creating Inclusive Spaces





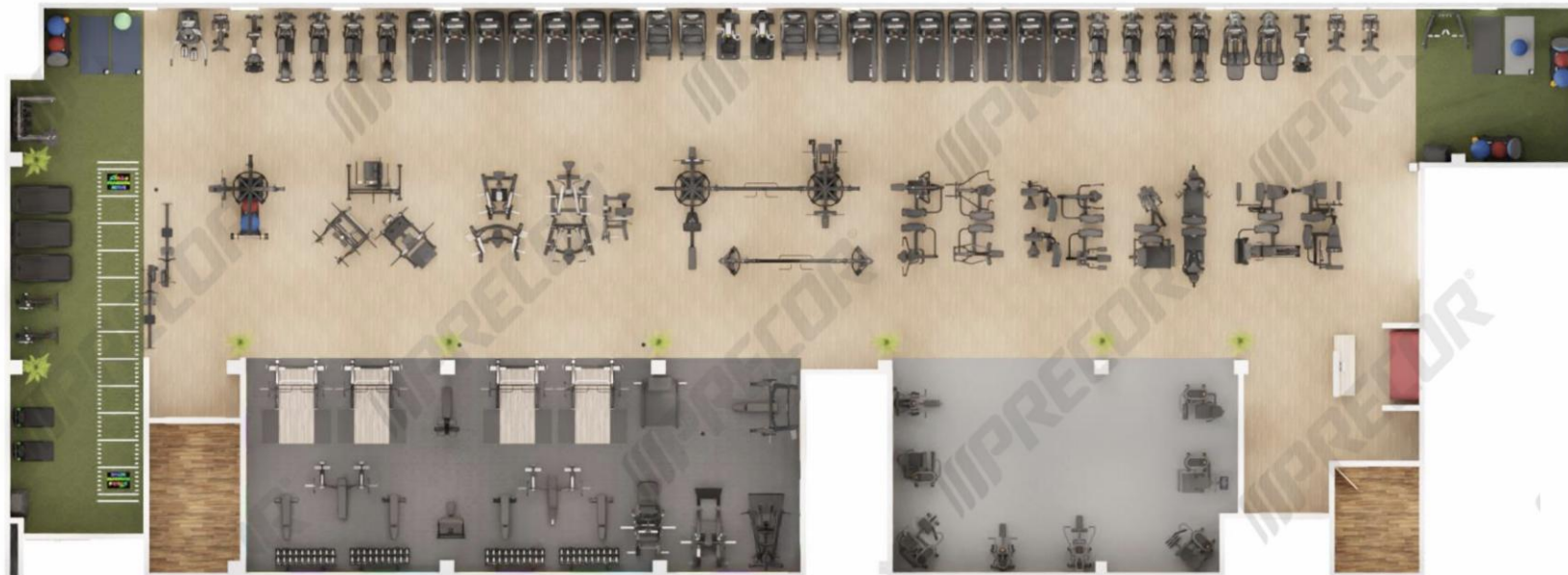
Key Considerations

- Consultative approach
- Member journey
- Utilise natural spaces and elements
- Line of sight







Proposed Layout Design For Plymouth Active

Project Date: 06-08-2024 Area: TBC
File Source: .PDF Code: Clubs



1. Treadmill – TRM x14
2. Elliptical Trainer – EFX x8
3. Upright Bike – UBK x3
4. Recline Bike – RBK x2
5. Stair Climber – SCL x4
6. Octane Trainer x2
7. Adaptive Motion Trainer – AMT x2
8. Rower x2
9. Assault Runner x3
10. Ski Erg x2
11. Watt Bike x2
12. VSL Storage Rack & Accessories x3
13. FTS Glide
14. RMS 4-Stack
15. RMS 8-Stack
16. RMS Cable Crossover
17. Box 12
18. eGym Circuit
19. RSL Bicep Curl
20. RSL Triceps Extension
21. RSL Seated Dip
22. RSL Diverging Seated Row
23. RSL Diverging Lat Pulldown
24. RSL Diverging Low Row
25. RSL Converging Chest Press
26. RSL Lateral Raise
27. RSL Rear Delt / Pec Fly
28. RSL Converging Shoulder Press
29. RSL Leg Press
30. RSL Leg Extension
31. RSL Glute Extension
32. RSL Seated Leg Curl
33. RSL Abductor
34. RSL Adductor
35. Half Rack x4
36. Adjustable Bench x5
37. Dumbbells & Rack x4
38. PL Leg Press
39. PL Hack Squat
40. PL Squat Machine
41. Olympic Bench Press
42. Olympic Incline Bench
43. Preacher Curl
44. Adjustable Decline Bench
45. Smith Machine
46. PL Glute Bridge
47. PL Glute
48. PL Hip Thrust
49. PL Hip Extender
50. PL Bicep Curl
51. PL Pulldown
52. PL Row
53. PL Shoulder Press
54. PL Chest Press

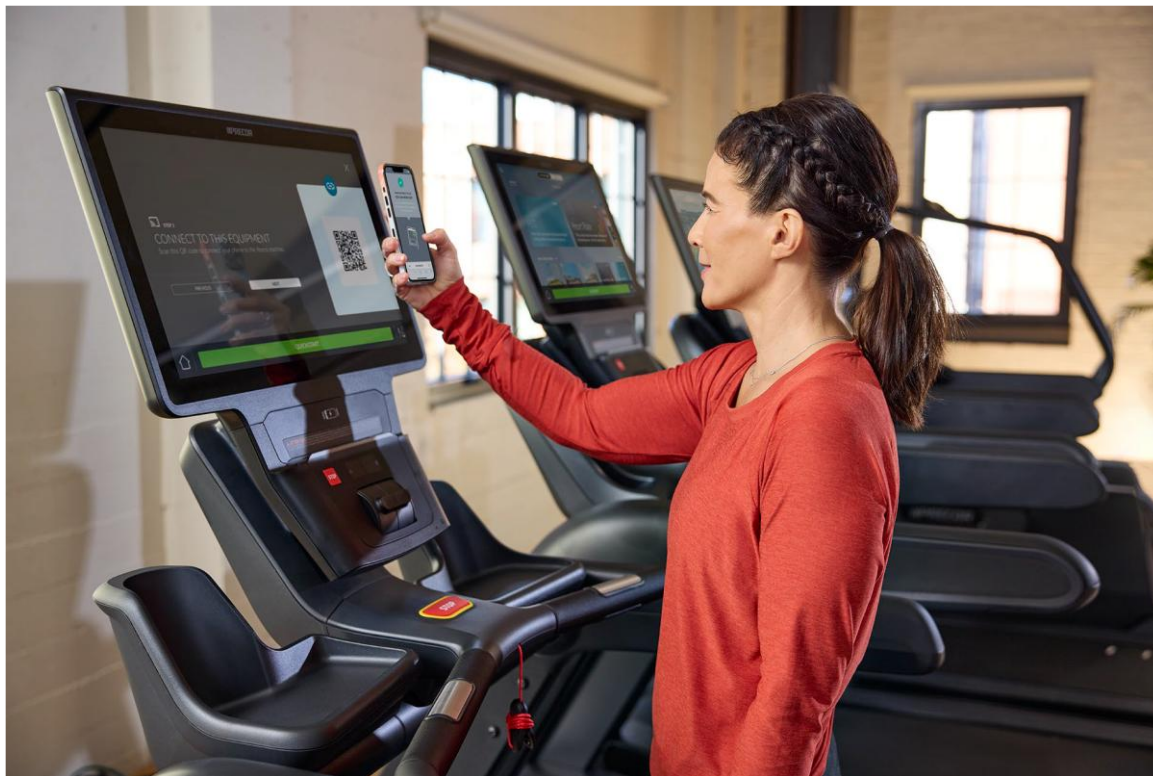
Power & Data

-  Standard 220/240 volt power socket, maximum power consumption 2KW.
-  Coaxial cable Terminated with F-type plug.
-  Ethernet connection, Cat-6 cable terminated with Cat-6 plug.
-  Treadmills require a dedicated socket

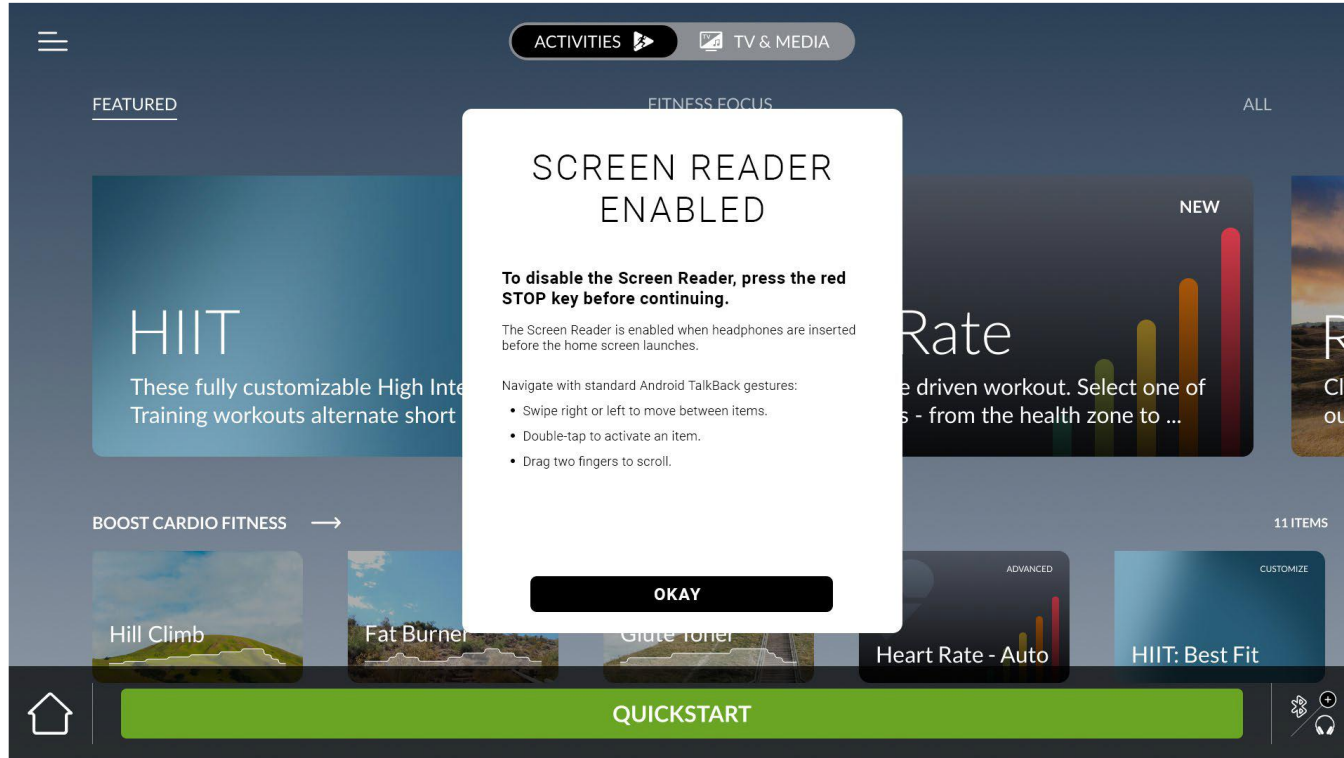
A man with a beard and earbuds is shown in profile, looking at the touchscreen of a Precor cardio console. The console displays a workout interface with various options like HIIT, Heart Rate, and Quickstart. The background shows a gym setting with other treadmills and a person running.

Features of our Cardio Consoles

PrecorCast



Accessibility



Fitness is Foremost

Approachable

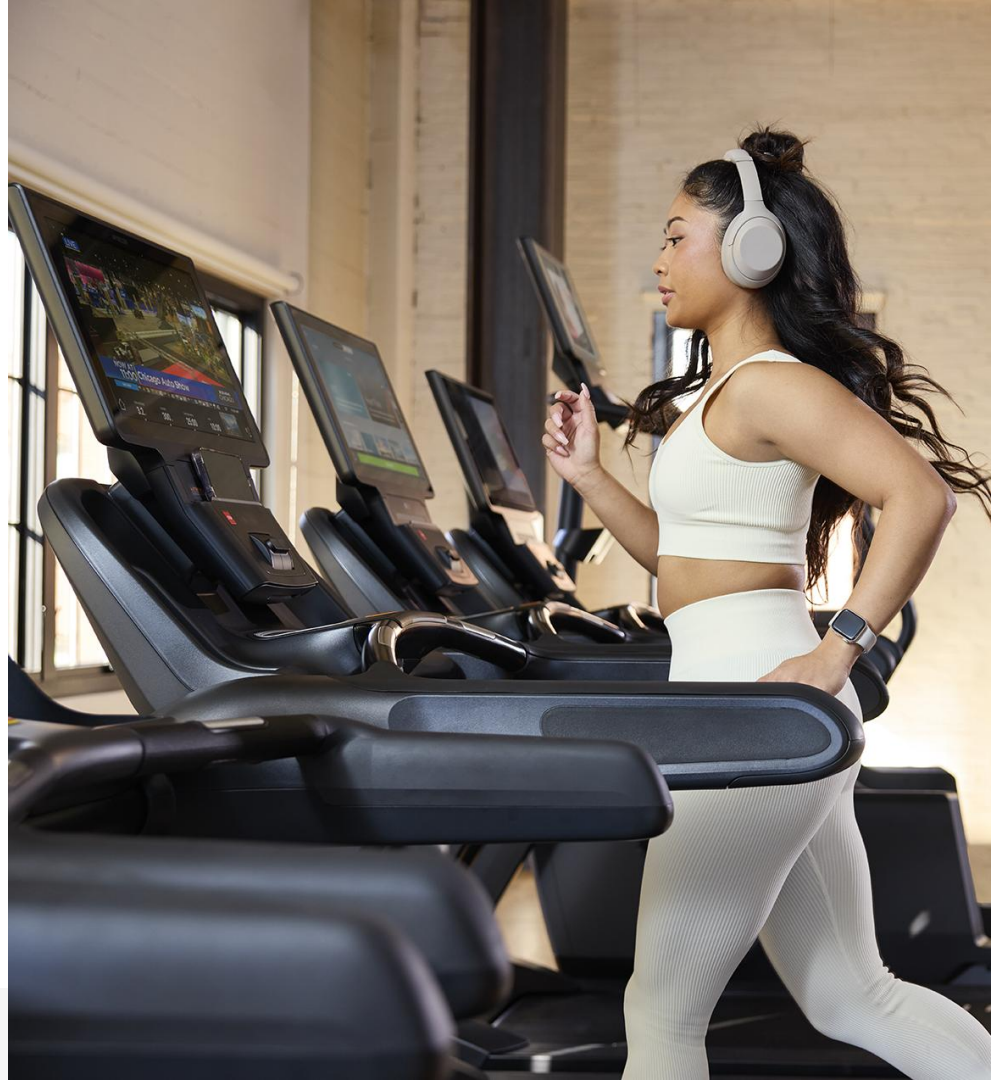
- Do I want to engage with this product?
- Will I feel safe / confident / strong

Discoverable and Relevant

- Can I find workouts and media that matter to me?
- Can I set it up quickly?

Easy to Use

- Does it make sense while I am in motion?
- Are features where I expect them to be



A man with a shaved head and a focused expression is performing a cable exercise in a gym. He is wearing a black sleeveless shirt, teal shorts, and white sneakers. He is holding the handle of a cable machine with both hands, pulling it towards his chest. The gym has a high ceiling with exposed wooden beams and large industrial fans. Various pieces of Precor gym equipment are visible in the background, including a large exercise ball and several kettlebells on a rack. The floor is a polished, dark wood or concrete.

Thank You

Questions

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