

ALL-IN-ONE

Built for Performance.
Designed for Results.

**PERFORM
BETTER**





HABITS

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**PERFORM
BETTER**

PERFORM BETTER

CREATE YOUR OWN CONCEPT

The CENTR x HYROX training ecosystem
for modern gyms



 CENTR

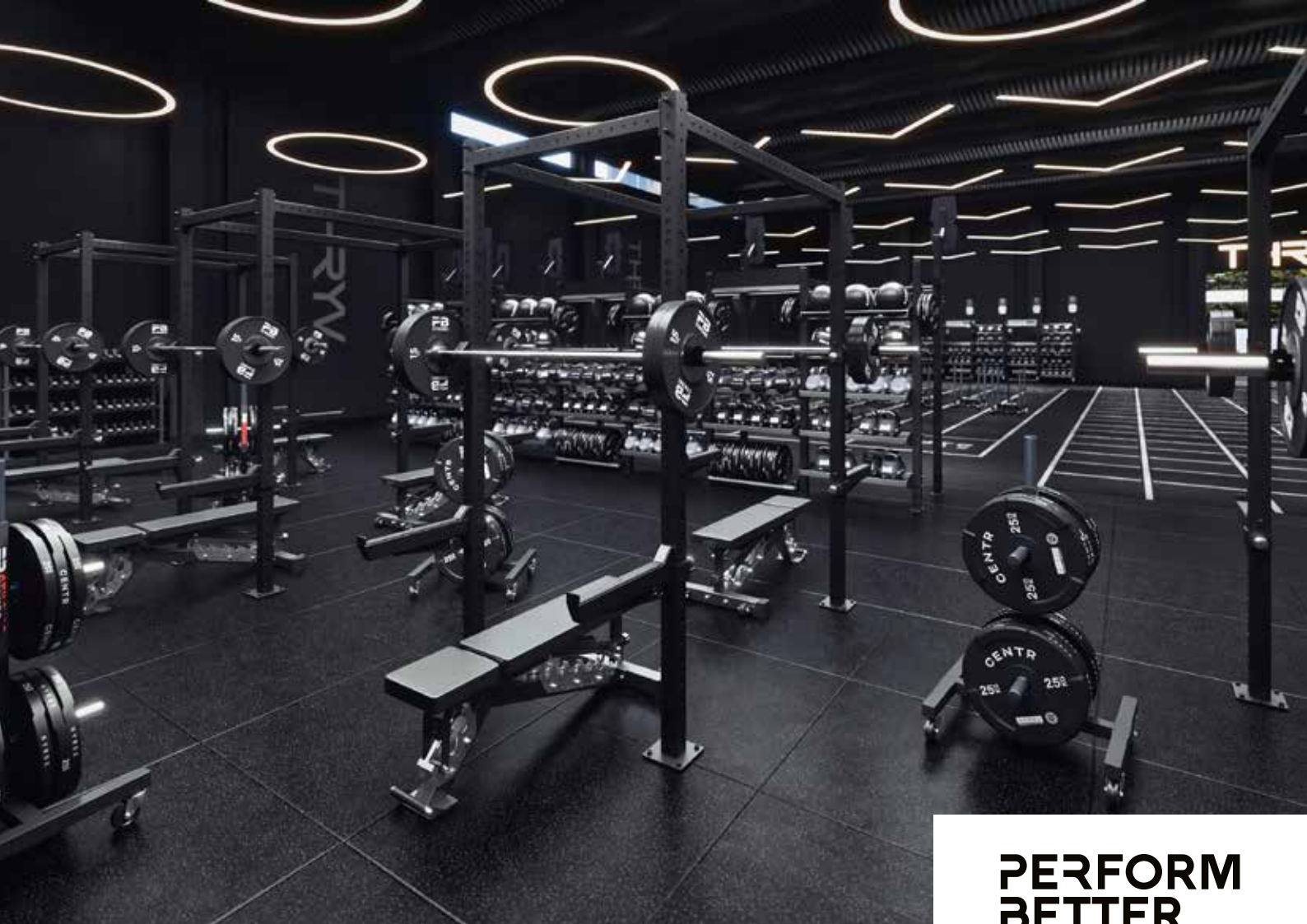
HYROX

HYROX
365

HYROX
R.A.M.P.
THE OFFICIAL HYROX PARTNER

HYROX
**YOUNG
STARS**

M³LAB



**PERFORM
BETTER**

Built for Better Gyms

HYROX is reshaping the fitness industry – creating new opportunities for studios to attract members, strengthen retention, and reach new audiences.

With Perform Better, studios gain a partner who supports them from the first concept to the final implementation. We design training environments that combine performance, functionality, and modern studio design.

Whether HYROX Training Clubs, functional training areas, or mobility and recovery concepts – we deliver solutions tailored to the needs of modern fitness facilities.

Built for Performance. Designed for Results.

Our experience speaks for itself:

- 6,000 partner studios
- 200,000 m² of installed flooring
- 250,000 satisfied customers
- 10,000 trained coaches



 **CENTR** | 
VIP DAYS

Step Inside the World of HYROX

From Milan to Berlin and Amsterdam, guests experience firsthand how HYROX has grown into a global fitness movement and the international impact the format has.

Together with HYROX experts, they explore the key hotspots of the event – from the Warm-up Area and the Red Bull Start Tunnel to the Roxzone and the Finisher Line – gaining valuable insights into the structure and system behind the race.

It quickly becomes clear: the race is the highlight, but the real value lies in the training, the community, and the entire HYROX experience.

The VIP Days reveal the potential HYROX offers for studios: new audiences, stronger member retention, innovative training formats, and sustainable growth.

Next Level Inspiration.
Real Experience.
True Community.



 **CENTR**

HYROX

Build the Future of HYROX Training

HYROX has grown into a global sport movement – with over 100 races in more than 30 countries and over 1.5 million athletes worldwide. More and more members choose their gyms based on where they can best prepare for HYROX. With the CENTR x HYROX performance line, the official competition equipment, studios can create exactly this training environment. Premium materials, clean design and performance-driven technology enable training aligned with real race standards.

Perform Better supports studios in building modern HYROX training spaces – from a HYROX Training Club to an integrated HYROX Training Zone.

Perform Better is the exclusive CENTR x HYROX partner in 13 European countries.

3.500+ partner studios

13 countries

1 strong community





HYROX
R.A.M.P.
THE OFFICIAL HYROX WARM-UP

The Official HYROX Warm-Up That Builds Better Athletes

HYROX R.A.M.P. is the standardized warm-up system for structured race preparation, improved movement quality and sustainable performance – designed for the specific demands of HYROX.

Instead of random routines, each session follows a clear structure that activates the nervous system, prepares movement and primes the body for performance.

Powered by STIXITS: Specialized equipment uses smart microloading and dynamic impulses to enhance stability, timing and force transfer – turning the warm-up into an effective training block.

Perform Better is the exclusive HYROX R.A.M.P. equipment partner in 13 European countries.





Where the Next Generation of HYROX starts

HYROX Youngstars combines challenge and fun, giving kids and teens aged 8-15 an exciting introduction to the world of HYROX – inspiring the next generation.

Inspired by the iconic race format, the program combines running with functional challenges such as SkiErg, Sled Push & Pull, Farmers Carry, and age-appropriate burpee and jumping variations. Structured stations develop coordination, endurance, and movement skills in an engaging way.

Purpose-built equipment ensures safe execution, proper technique, and maximum motivation – helping young athletes build confidence, body awareness, and a lasting love for movement.



Move. Learn. Grow.





M³LAB

Understand Performance. Unlock Performance.

M3Lab is a high-performance module designed for studios and coaches with a holistic approach to training. It supports ambitious HYROX athletes and performance-driven clients who want to understand how their performance is created – and how to improve it effectively.

Based on the principle **Measure. Move. Master.**, relevant performance parameters are captured through practical testing methods – including strength and output assessments, movement analysis, and insights into training load and recovery. Clear results translate directly into actionable insights for training, recovery, and competition.

The result: smarter training decisions, sustainable performance development, and motivating progress for athletes and members.

Know. How. To Perform. Come back better every week.

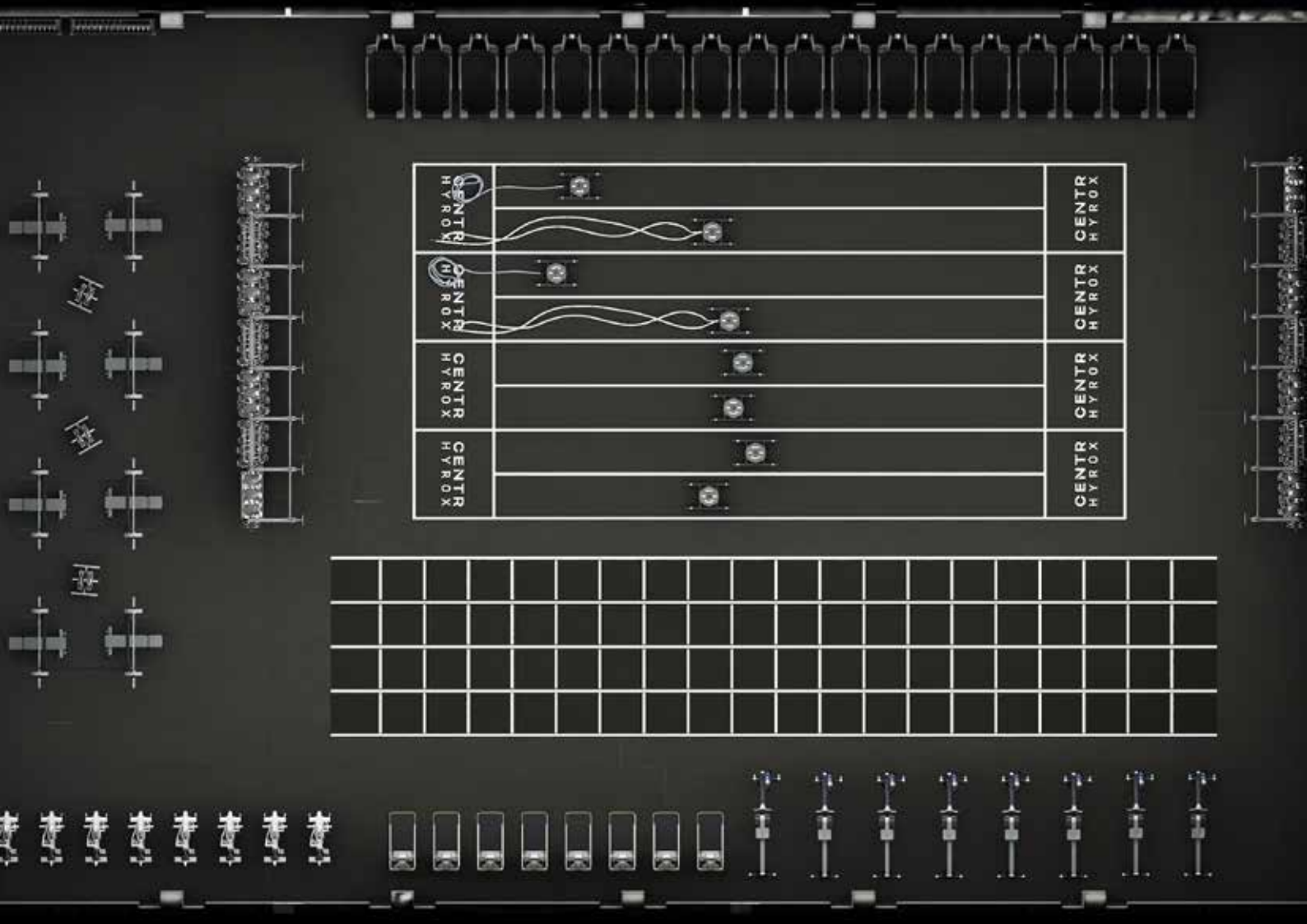


PERFORM
BETTER

X

 CENTR

HYPOX



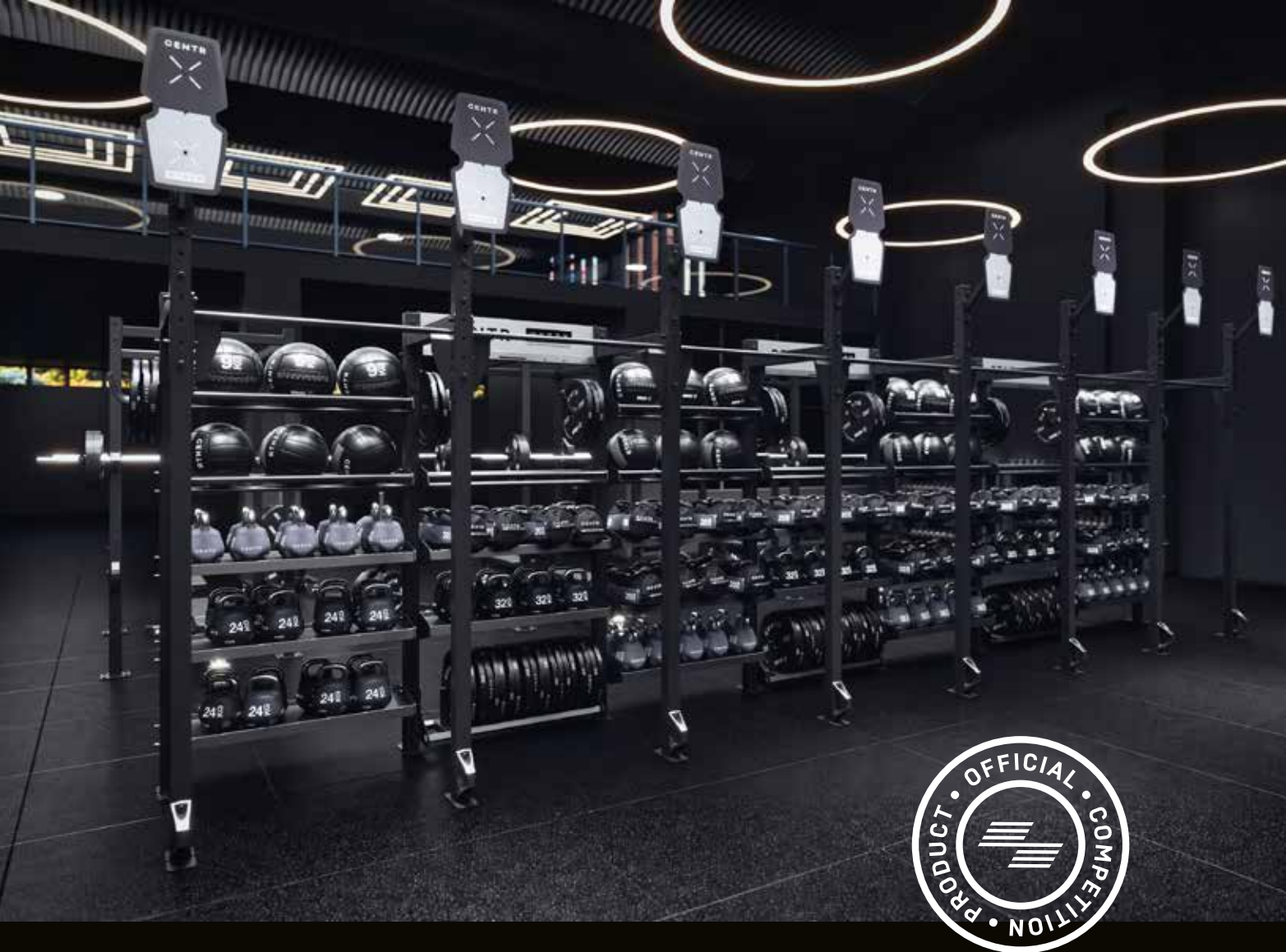
Train like you race. Every day.

HYROX is more than a race – the true impact is built in training, in community, and in the motivation that drives every session.

As the official partner of **CENTR x HYROX**, we develop training concepts that turn any studio into a true HYROX experience. With clear layouts, original competition equipment, and structured training flows, every session becomes real race preparation.

Turn your studio into a place where goals are achieved, communities grow, and performance becomes the standard.

Not just any gym. The home of true HYROX performance.



Where race preparation becomes real

Great performance starts with the right equipment. Every product from **CENTR x HYROX** – from Power Sleds and Edge Bumper Plates to Wall Balls, Sandbags, and the exclusive Octo Kettlebells – is designed specifically for HYROX. Athletes train with the same resistance, flow, and performance they experience on race day. Reliable, precise, high-quality – equipment athletes, coaches, and studios can count on. Bring the race experience into your studio and turn it into a true HYROX experience – we'll support you every step of the way!

Perform Better – exclusive
CENTR x HYROX partner in
13 countries:

3.500+ partner studios

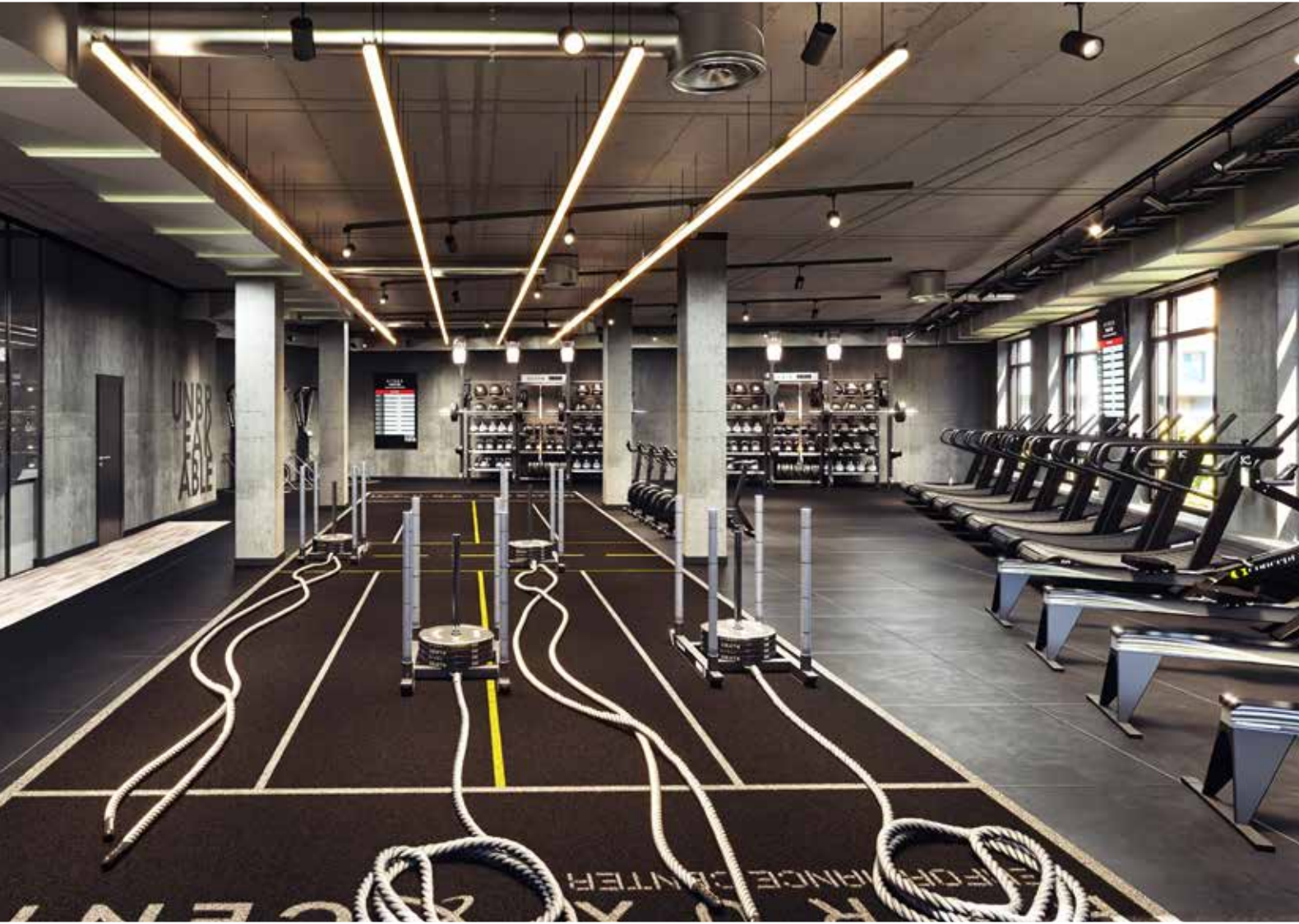
13 countries

1 strong community













**PERFORM
BETTER**

GYM



Perform Better GYM Design

Innovative fitness spaces for the future

We don't just want to implement a project, we want to build a long-term partnership. That's why we accompany you from the initial idea to implementation and ensure that your vision becomes reality.

Equipment, flooring, and lighting concepts are crucial to the success of a fitness area. With high-quality materials and well-thought-out design, we create functional and aesthetic training environments for an optimal training experience.

With over 10 years of experience in studio design and a team of experts, we develop tailor-made solutions for fitness rooms – from strength training, cardio, and functional training to mobility and recovery. Whether it's a gym, practice, home gym, or training center – we accompany you holistically from planning to implementation.

5 steps to your vision

GET TO KNOW

CONCEPT &
DESIGN

FINALIZATION

IMPLEMENTATION

SUPPORT

PERFORM BETTER

F *Fitness First*

McFIT

FT-CLUB
FUNCTIONAL TRAINING

**clever
fit**

UFC GYM
GERMANY

**GOLDS
GYM**

INJOY
HEALTH AND FITNESSCLUBS

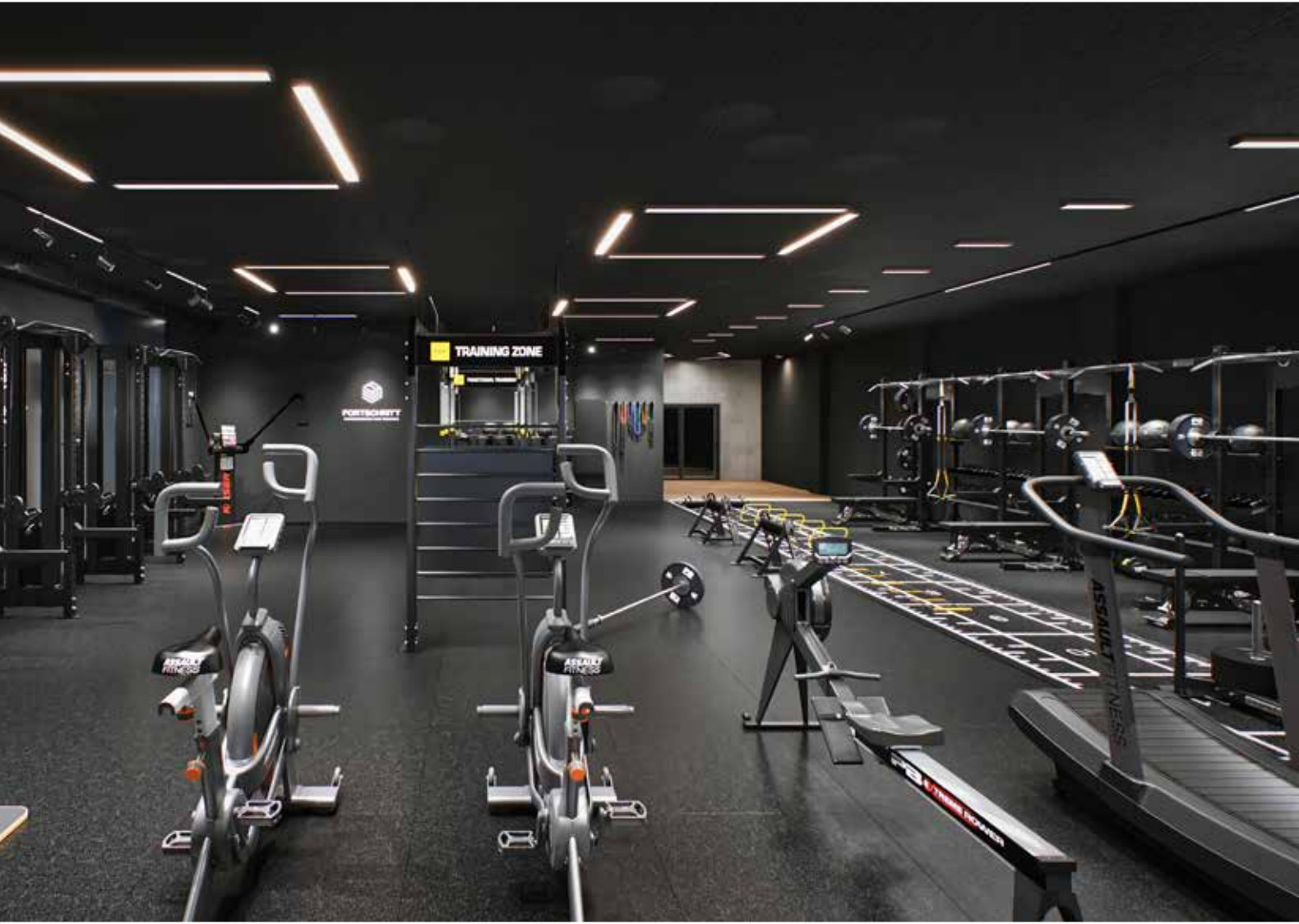
JR
JOHN REED
FITNESS

**all inclusive
FITNESS**

LET'S GO
FITNESS











**PERFORM
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CLUB



Sports facilities reimaged

More than just club sports—a place for exercise and community

We develop customized concepts for clubs that combine functionality and design. Our goal is to create a modern training environment tailored to the needs of coaches and members. High-quality equipment, well-planned spaces, and innovative technologies enable effective training solutions—individually adapted and seamlessly integrated into any club.

A modern club is more than just a place to train—it brings together movement, community, and performance development. We design training spaces that combine functional training, performance diagnostics, and state-of-the-art equipment.

The result is an environment that supports members in their development, helps organizations operate efficiently, and strengthens clubs in modernization, member retention, and recruitment.

+6.000 Studios equipped

+200.000 qm Flooring installed

+250.000 Satisfied customers

+10.000 Trainers instructed













**PERFORM
BETTER**

PHYSIO



More than just treatment – a space for movement and progress

For practices that are rethinking movement

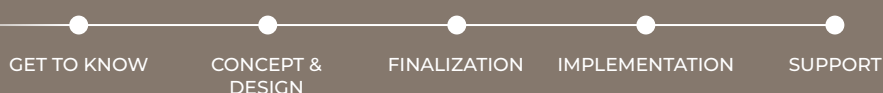
Today, a physical therapy practice is more than just a treatment room. It is a place for movement, regeneration, and lasting therapeutic success. With functional training areas, well-thought-out room concepts, and state-of-the-art equipment, we create an environment that actively supports patients and offers therapists optimal working conditions.

Together with our partners, we develop tailor-made practice concepts that combine functionality, design, and innovative technologies.

Our highlights:

- Functional training in the rehabilitation process
- 10 years of experience in the physiotherapy sector
- International partnerships for the best equipment
- Individual solutions for physiotherapy practices
- Modern, timeless design – tradition meets innovation
- In-house training for your team

5 steps to your vision



**PERFORM
BETTER**











**PERFORM
BETTER**

HOSPITALITY



For a unique guest experience

A place where guests feel at home

Perform Better – the perfect partner for your hotel gym. With our expertise, we develop tailor-made solutions for hotels of all sizes – from boutique hotels to resorts. High-quality equipment, thoughtful design, and customized concepts create modern training areas that offer quality, comfort, and an outstanding fitness experience for guests.

Complemented by free weight areas, cardio equipment, functional training options, and recovery zones, we create an environment that optimally supports well-being, activity, and fitness goals.

Our highlights:

- Holistic wellness and fitness concepts for modern hotel and spa areas
- Over 10 years of experience in developing professional health and exercise rooms
- International partnerships for high-quality equipment and innovative training solutions
- Individual concepts for hotels, resorts, and wellness destinations
- Modern, timeless design – perfect integration into sophisticated hospitality architecture
- Professional in-house training for hotel teams and spa staff

+6.000 Studios equipped

+200.000 qm Flooring installed

+250.000 Satisfied customers

+10.000 Trainers instructed











PERFORM365



SHUA – Premium fitness equipment

For over 25 years, SHUA stands for innovation, quality, and trust in the professional fitness industry. From cardio to strength equipment – from treadmills and rowing machines to plate-loaded and hybrid systems – every product is developed and manufactured to the highest standards. The result: maximum training precision, durability, and intuitive usability.

As the official supplier to the Olympic Games and a partner of the ACSM, SHUA combines scientific expertise with state-of-the-art manufacturing technology. This sets new standards for training that delivers performance while ensuring safety and comfort. The wide product range enables tailored solutions for every training environment – from boutique studios to high-performance centers.

Four series. One standard:

- Cardio – powerful, precise, connected
- Selectorized – guided, safe, efficient
- Plate-loaded – direct, strong, uncompromising
- Hybrid – versatile, space-efficient, flexible



365 days of performance. Built with system.

With Perform365, we combine strength, endurance, and design. As the exclusive SHUA distributor in Germany and a partner in Austria, Switzerland, and Poland, we deliver more than just equipment: we develop well-thought-out concepts for sustainable success and training spaces that meet the requirements of modern fitness facilities.

Our commitment: Performance that pays off – technically justified, economically reasonable, and aesthetically compelling. We create training environments that are used efficiently, provide clear structure, optimize workflows, and enhance the training experience in the long term.

Our expertise:

- Consulting & concept development – analysis of your space and target groups
- 3D visualizations & space planning – realistic design concepts
- Project management & installation – on time, reliable, across Europe
- After-sales & maintenance – long-term support for maximum equipment performance











ALL IN ONE TRAINER „THE CUBE“

Maximum Training Variety in Minimal Space

The all-in-one trainer "The Cube" combines everything needed for modern strength and functional training—in a single, compact system—making it the ideal solution for every target group. Whether in a gym, for personal training, at a physical therapy practice, or in a home gym: "The Cube" replaces multiple individual machines and creates a high-performance all-in-one system for every training level and application. The integrated cover plates ensure a clean, uncluttered appearance thanks to their storage function and blend seamlessly into any high-quality training environment.

Your benefits at a glance

- Upper lat pulldown station & lower rowing pulldown for a complete pulling workout
- Swivel footrest with integrated knee pad for maximum stability
- Pull-up bar for additional bodyweight training
- Optional alignment laser for perfect positioning of the workout bench
- Voltra System connection for adaptive, electric resistance
- Smooth operation thanks to the trolley system
- Options for the front cable pulley:
 - 3D arms for maximum range of motion and complex exercises
 - Extended Functional Trainer arms for versatile training
 - Simple trolley for intuitive and hassle-free use

**PERFORM
BETTER**

x

PUSH n PULL



SEAL ROW – Maximum Back Workout with Perfect Isolation

The Push n Pull Seal Row was specifically designed for effective, isolated back training. Performed in a prone position, it allows for a clean, horizontal rowing motion without any evasive movements—for maximum muscle activation and optimal training results.

Thanks to the integrated adjustment mechanism, the height and angle of inclination can be adjusted to suit individual preferences. This makes horizontal, positive and negative rowing movements quick and easy – without the need for any complicated adjustments. The ergonomically shaped cushion ensures even pressure distribution across the hips and offers maximum stability and comfort, even when using heavy weights.

Highlights at a glance

- Adjustable angle for versatile training
- Shortened pad for a head-free, comfortable position
- Rubber inserts for additional resistance
- Adjustable barbell and dumbbell racks
- Sturdy 75 x 75 mm uprights
- Ideal for use with the Ultimate Handle

The Seal Row is the perfect solution for anyone who wants to take their back training to the next level.

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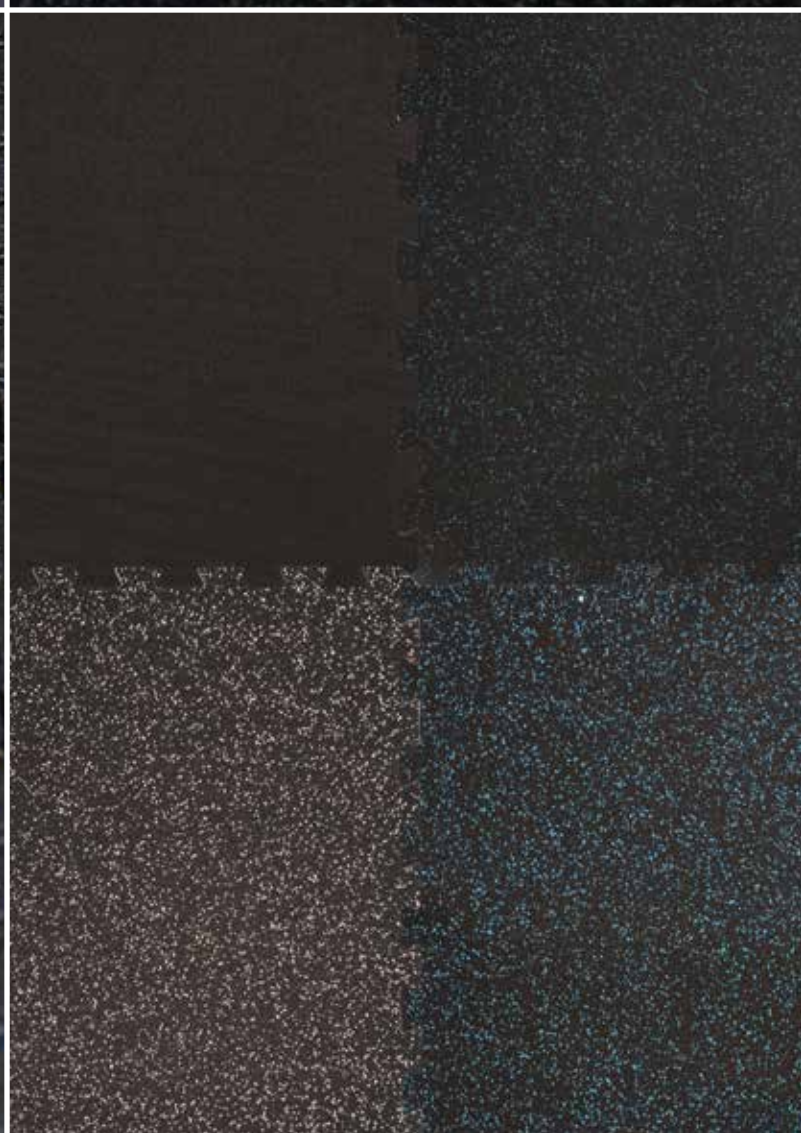


PUSH n PULL



**PERFORM
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FLOORING





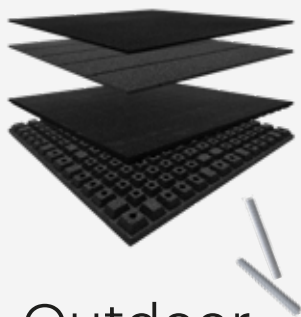
Standard

Specifications

- Flat
 - 11 mm, 15 mm, 20 mm, 30 mm
- Shock-Absorbing
 - 43 mm, 53 mm, 63 mm

Advantages

- High density
- Manufactured in Europe
- 100% recycled rubber
- Odorless



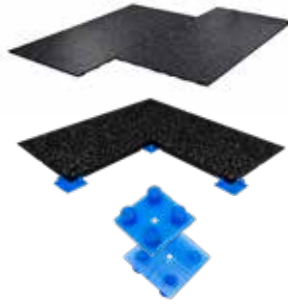
Outdoor

Specifications

- All outdoor fitness tiles measure 1 x 1 meter. They are available in thicknesses of 30 and 43 mm.

Advantages

- High density
- Manufactured in Europe
- 100% recycled rubber
- For outdoor use



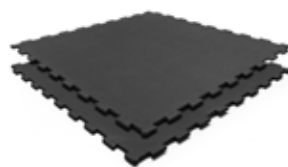
Connect

Specifications

- 20 mm thick
- 30 mm thick
- 40 mm thick

Advantages

- Easy to clean
- Easy to install
- Comprehensive 5-year warranty
- Sound quality



Puzzles

Specifications

- 10 mm, functional zones
- 15 mm, functional zones
- 60 x 60 cm
- 100 x 100 cm

Advantages

- High density
- Manufactured in Europe
- 100% recycled rubber
- Odorless



Rolled Flooring

Specifications

- From 4 mm to 14 mm in 2 mm increments.
- The standard roll width is 1.25 meters

Advantages

- High density
- Manufactured in Europe
- 100% recycled rubber
- Odorless



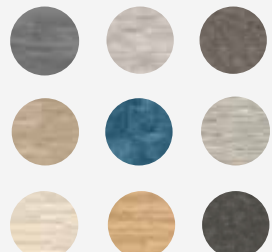
Vinyl Flooring

Specifications

- XL planks, 1.5 meters, and XL tiles, 1 meter x 1 meter
- Crystal wear layer
- High-resolution design

Advantages

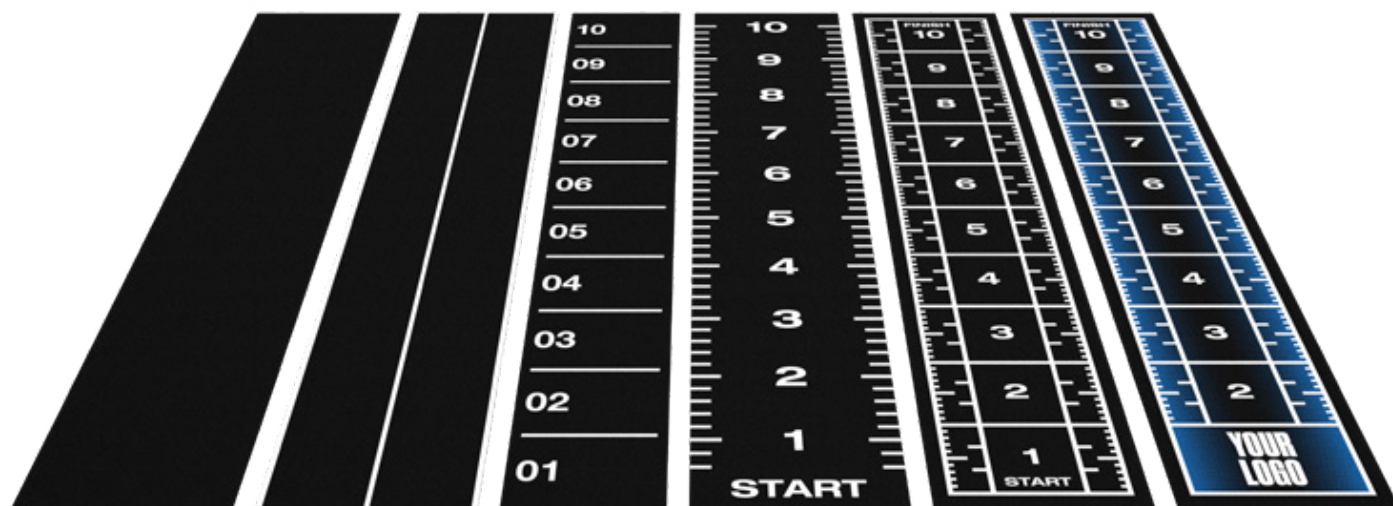
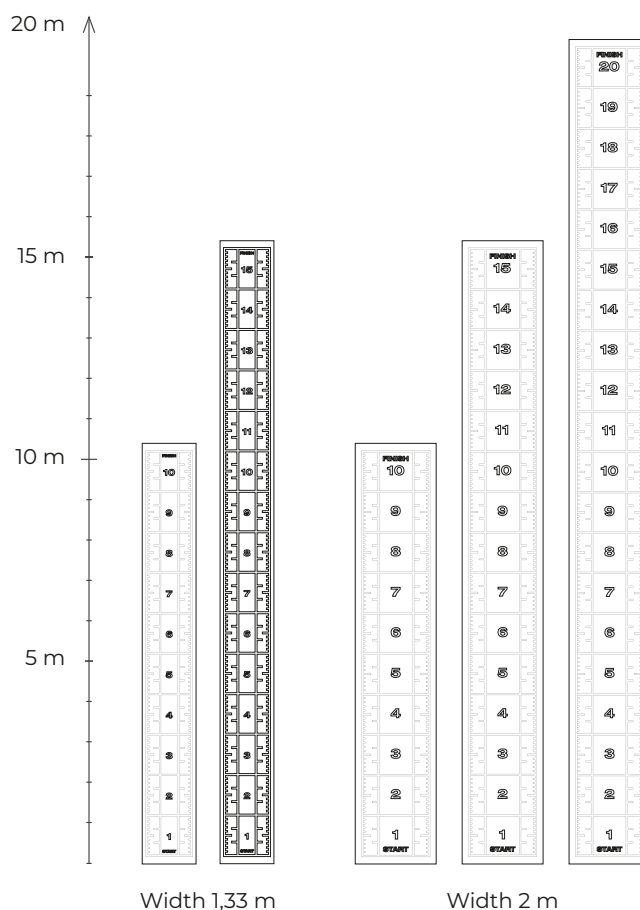
- 100% coverage, phthalate-free, formaldehyde-free
- TVOC < 10 micrograms/m³: excellent indoor air quality





Turf

- 100% polyethylene pile with a latex backing.
 - Short-pile synthetic turf for CrossFit and fitness training.
 - Colored markings and numbers.
- High-density turf, consisting of over 80,000 fibers per square meter.



UNI INDOOR &
OUTDOOR

UNI
SPRINT

CORE
RANGE

ESSENTIAL
RANGE

PREMIUM
RANGE

CUSTOM
TURF





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BETTER**

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