



the next generation  
is waiting for you

Put a stop to obesity. Increase self esteem

# Hey kids, put your GameBoy aside

Join us in taking responsibility for the next generations. GymBoy offers everything necessary for young children to get acquainted again to natural and playful movement. TECA says: "Hey kids, put your GameBoy aside and join in for an hour of motivating GymBoy."

# and join in for GYMBOY



## Every child is a winner



**GymBoy to TECA is like an inspiring gym class, with lots of recognisable, variable and happy movements on much more than the ten machines alone.** It is all about working together, learning about each other's skills and capacities in a non-competitive atmosphere.

Being overweight or unskilled, or not being the leader of the pack or the most popular girl, every child is a winner in GymBoy. **A first glance at our beautiful mini Switching machines makes people sometimes say: "Strength training for young children? Are you out of your mind?" TECA replies: "Do not take us wrongly, our machines simply resemble children's movements as if they were playing outside.**

Standing on their own two feet, pulling, pushing each other, lifting things, getting out of balance because something unexpected happens.

**Being young as in the old days sometimes was like attending a boot camp. Hard, but beneficial to many physical and mental structures.** Unfortunately, that has been taken away from many young children by lack of natural wild playing grounds and slacking physical education at school.

---

**SELF ESTEEM!** GymBoy training increases posture, flexibility, coordination, muscle synergy, metabolism, cardio-vascular endurance and most of all: self-esteem.

# Your benefits are numerous

Let's be honest, training children doesn't open youngsters' wallets. But their parents gladly pay for subscriptions. These parents can become your club members too. And if they are already your club members, the relationship with them deepens if they watch their children benefit from your GymBoy training!

**Schools like to contribute and every organisation concerned with the well-being of young children likes to be**

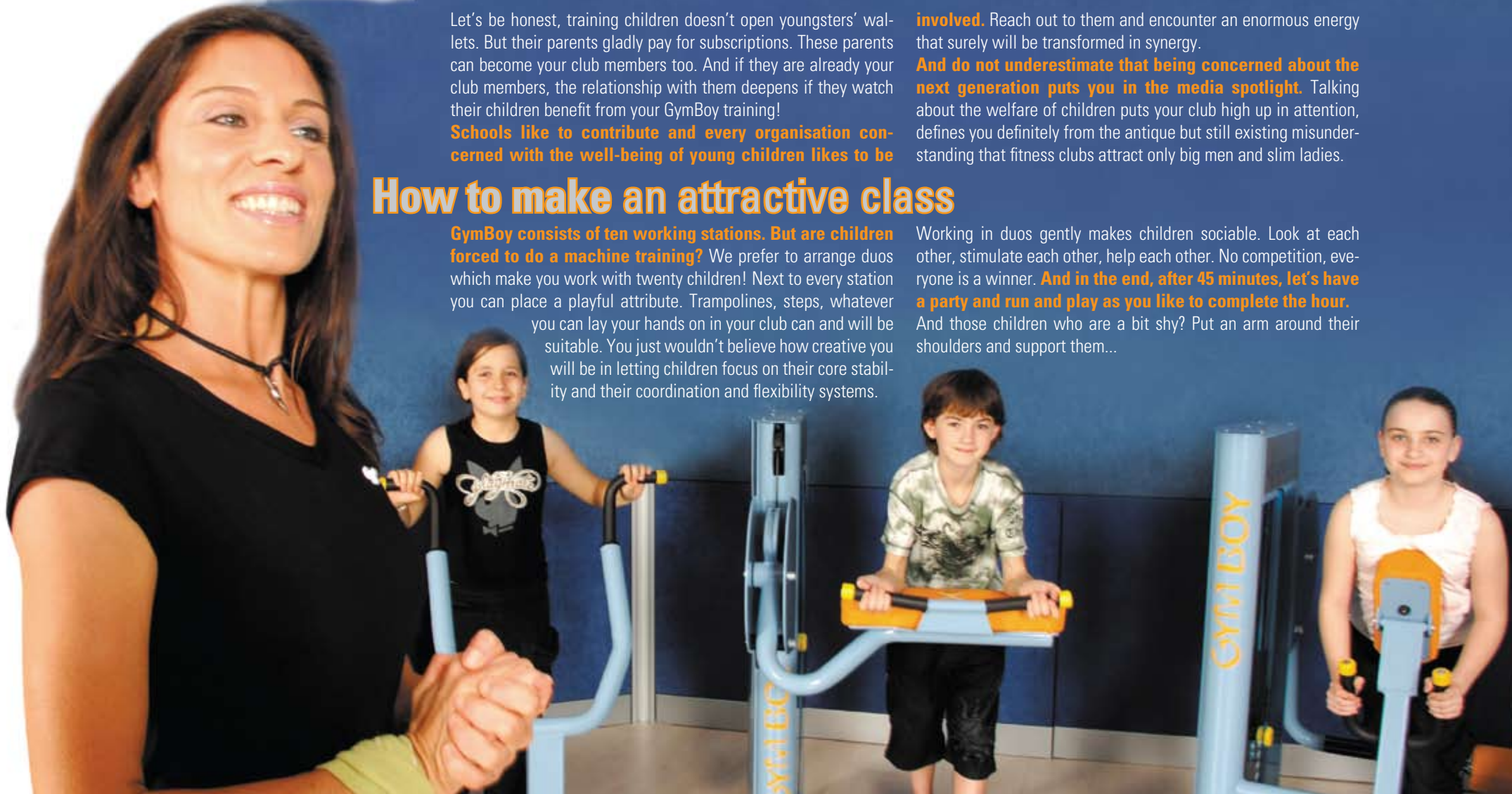
**involved.** Reach out to them and encounter an enormous energy that surely will be transformed in synergy.

**And do not underestimate that being concerned about the next generation puts you in the media spotlight.** Talking about the welfare of children puts your club high up in attention, defines you definitely from the antique but still existing misunderstanding that fitness clubs attract only big men and slim ladies.

## How to make an attractive class

**GymBoy consists of ten working stations. But are children forced to do a machine training?** We prefer to arrange duos which make you work with twenty children! Next to every station you can place a playful attribute. Trampolines, steps, whatever you can lay your hands on in your club can and will be suitable. You just wouldn't believe how creative you will be in letting children focus on their core stability and their coordination and flexibility systems.

Working in duos gently makes children sociable. Look at each other, stimulate each other, help each other. No competition, everyone is a winner. **And in the end, after 45 minutes, let's have a party and run and play as you like to complete the hour.** And those children who are a bit shy? Put an arm around their shoulders and support them...





LET'S  
START...

MOVING!



## Push it away

GB 630



## Pull it down

GB 620





## Get down

GB 650



## Get up

GB 660



## Kick back

GB 730



## Take it

GB 730



## Push down



GB 600



## Kick it away



GB 320 - IT IS ALL FOR YOU



## Take a bow



GB 180



## Pick it up



GB 230



# 25 years in motion

**In all our activities we have always shown creativity and accuracy.**

It has not gone unnoticed. Proud owner of two ISO Certifications (9001 Quality and 14001 Environmental) TECA twice won the prestigious FIBO awards for our Standing Innovation concepts Switching in 2002 and Beauty in 2009, in addition to being nominated for WarmUp in 2004 and CoreUP in 2010.

Working closely together with everyone around us has transformed us bit by bit into a "customised" company. TECA can work "on demand" because we develop, design and engineer all our products in our own company plant in Abruzzo, Italy.

The art of listening and responding has brought us to new solutions and inventions and we can match almost every idea and request.

Being proud of what we have achieved in acceptance and respect due to highly qualified products, concepts and great after-sales, we are also proud that our products and concepts make clubs, club chains, hotels and spas earn good money on their investments. **Good prices, high quality, reliable and award-winning products and concepts.**

Cardio



Strength



Switching



CoreUp



Beauty



For 25 years in a row we have put all our energy in putting people of all ages in motion. By listening to them and to the worlds surrounding them. And we respond with products and dynamic concepts that cater 100 percent to their needs.



[www.tecafitness.com](http://www.tecafitness.com)

TECA srl / Caldari Stazione 66026 Ortona (Ch) Italy / Tel. +39 085 903301 / Fax +39 085 903302 / [info@tecafitness.com](mailto:info@tecafitness.com)

