

MEDICLINIC *perform* BIOCIRCUIT

The circuit that fits you

No matter what your fitness goals are, Biocircuit™ gets you there - faster and better. With a completely guided programme, it delivers a more engaging circuit training experience that requires no adjustments and less time.

Smart programmes for everyone

The Biocircuit training programmes have been developed to get the best possible results more efficiently. We have designed exercises, workloads, pace and rest times to deliver personalised training programmes for every type of user. They are:

- Start moving
- Lose weight
- Tone your body
- Stay young
- Boost performance

TWO CIRCUIT EXPERIENCES

Depending on your needs, you can choose from two different formats:

Biocircuit is a time-based circuit that guides users automatically through the stations with no wait time after an initial trainer-assisted setup.

Biocircuit Free is a modular circuit with no need for supervision that lets users choose from being completely guided or tailoring their exercises in detail.

BIODRIVE

The key to delivering individually personalised workouts is Biodrive™. Exclusive to the Biostrength line of equipment, the intelligent drive is controlled by the programme and adapts specifically to each user.

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