

Case Study

g-fit Shock Absorb

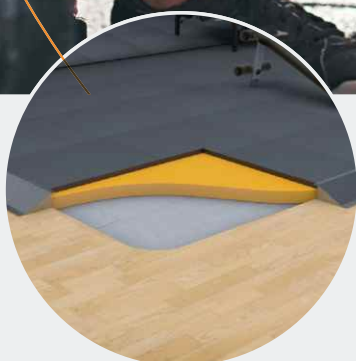
Reebok CrossFit Zürich (CH)



» Highly effective protection against noise and shocks

» Reduced transmission of structure-borne noise to adjoining living areas

» High performance, durable and maintenance-free for decades



g-fit Shock Absorb® maximum damping high-tech elastomer

Description of the project The solution

As well as training athletes' muscles, thrusters, deadlifts and other exercises often also put strain on the structure of the building, and on the neighbours' nerves.

Falling weights can cause noise disruption and can also damage the floor. This can be a serious problem for gym and CrossFit box managers.

The owners of the Reebok CrossFit box in Zurich are only too familiar with this issue. The CrossFit box, located in a multi-purpose building at Hardstrasse 81, 8004 Zurich, is one of the best-known and most popular boxes in Switzerland. Even though the CrossFit box is in the basement of the building, vibrations caused primarily by weights being dropped are transmitted to the floors above and are radiated as disruptive noise.

The box owners had to look for a fast, efficient and highly effective solution to this problem in order to ensure they could continue to co-exist peacefully with their neighbours.

The solution chosen for the box's 220 m² free weights area was the high-tech elastomer g-fit Shock Absorb from Getzner, which was picked for a number of reasons.

Highly effective protection against noise

The priority was to reduce the shocks and vibrations caused by the extreme forces resulting from training weights being dropped on the existing sports floor. This can either be achieved by decoupling the floor with a floating screed, or by using damping materials that absorb the shocks.

In the case of Reebok CrossFit Zürich, it was not possible to install a floating

screed retrospectively to the existing space. This solution would have required significant reconstruction work, would have incurred high costs and would have required the box to close for a long period of time. For these and many more reasons, the decision was made to use g-fit Shock Absorb (Advanced), a maximum damping high-tech elastomer developed specially for weightlifting and free weights areas.

The advantages of the solution

When using g-fit Shock Absorb there is no need to make any additional changes to the floor, so the bearing can easily be fitted retrospectively. The low installation heights mean that it can also be installed easily during



Bearing of the 220 m²
free weights area

>> *g-fit Shock Absorb significantly reduces noise and vibrations caused by dropping weights and free weights.*

renovation works. Furthermore, the g-fit Shock Absorb significantly reduces the risk of injury to athletes as a result of weights springing back, and the reduction of the forces acting on the base layer underneath in turn protects the floor covering.

Value retention of the fabric of the building

Data shows that in addition to the acoustic and vibration-related improvements, the impact of forces on the base layer can also be reduced by up to 75%. This is particularly important for rental properties with existing floor coverings. In buildings that have been used as gyms, floor coverings in weights areas must generally be replaced or repaired.

The maintenance-free g-fit bearings therefore also help retain the value of the building, as there is less strain on the building structure thanks to the cushioned shocks.

Time-saving, simple installation

Another decisive factor is time: long closure times impact the box's business operations.

In the Reebok CrossFit Zürich box, the entire floor covering took just one day to install. Customers can also decide if they would prefer to install the new system themselves or if they want to leave it up to the expert team at Getzner.

Feedback

Reebok CrossFit Zürich made the right decision by choosing Getzner.

"The g-fit Shock Absorb bearings significantly reduce noise and vibrations caused by dropping weights and free weights. For us, this means we can use our box in any way we like without disturbing our neighbours. The retrospective installation was extremely easy, and took just a few hours from start to finish."

Moritz Furrer, Marcello Lopez & Eric Diaw - Owners, Reebok CrossFit Zürich





Eric Diaw and team during the installation

Facts and figures at a glance

CrossFit box in a multi-purpose building

Location:	Zurich-West, Switzerland
Client:	Reebok CrossFit Zürich
Solution:	g-fit Shock Absorb®
Products used:	g-fit Shock Absorb®
Implementation:	2019

Getzner Werkstoffe GmbH

Founded:	1969 (as a subsidiary of Getzner, Mutter & Cie)
Chief Executive Officer:	Juergen Rainalter
Employees:	490 (360 in Buers)
Turnover in 2019:	EUR 114.1 million
Business areas:	Railway, construction, industry
Headquarters:	Buers (AT)
Locations:	Berlin (DE), Munich (DE), Stuttgart (DE), Lyon (FR), Amman (JO), Tokyo (JP), Pune (IN), Kunshan (CN), Beijing (CN), Charlotte (US), Decatur (US)
Ratio of exports:	93 per cent

Gym and fitness references

- GIGAFIT, Paris (FRA) 2018
- Goldman Sachs, Bangalore (IN) 2018
- Basic Fit, Paris (FRA) 2018
- John Reed, Dresden (DE) 2018
- City Walk Gym phase 1 and 2, Dubai (UAE) 2018
- Magic Fit, Heilbronn (DE) 2018
- Sculptur & Function, Deutsch-Wagram (AUT) 2018
- Mc Fit, Wrocław (PL) 2018
- FitInn, Vienna (AT) 2018
- High 5, Berlin (DE) 2018
- City Fit, Warsaw (PL) 2017
- CrossFit Dijon, Dijon (FRA) 2017

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