PRESS RELEASE

XX/ June 2020

**Reducing noise and vibration in gyms**

**Reebok CrossFit Box uses g-fit Shock Absorb vibration protection solution**

**Buers (AT), Zurich (CH): in order to avoid disturbing the neighbours with disturbing noise and to protect the structure of the building from damage to the floor, the Reebok CrossFit gym in Zurich installed a new type of vibration protection at the start of 2020. According to the owner, an elastic high-tech material from Getzner called g-fit Shock Absorb has a huge damping effect on vibrations caused by falling weights and dumbbells.**

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

Falling training weights can cause loud noise disruption and can also damage the floor. This can become problematic for gym or CrossFit Box managers. Reebok CrossFit Box in Zurich, one of the most well-known and popular gyms in Switzerland, has equipped its 220 m2 free weights area with the high-tech [g-fit Shock Absorb](https://www.getzner.com/de/anwendungen/bau/bauakustik/fitness-studios/g-fit-impact-shock-absorb) elastomer from vibration protection specialist Getzner Werkstoffe. "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 gym in any way we like and for as long as we like without disturbing our neighbours. The retrospective installation was also very easy – everything was done within a few hours," explains Eric Diaw, co-owner of Reebok CrossFit Zurich.

**Peaceful coexistence in multipurpose buildings**

Reebok CrossFit Box in Zurich is housed in a multifunctional building in the Industriequartier district. Even though the gym is in the basement of the building, vibrations caused primarily by weights being dropped are transmitted to the floors above, where they manifest as disturbing noise. The gym owners were on the lookout 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 g-fit Shock Absorb from Getzner was the chosen solution: "The special mats are highly effective, durable and maintenance-free for decades. They reduce the transmission of structure-borne noise to adjoining living areas, thus providing efficient protection against noise and vibrations," emphasises Helmut Bertsch, project manager at Getzner.

**Value retention of the building structure**

Measurements prove that, in addition to improvements in acoustics and vibration isolation, the mats reduce the impact force on the supporting layer by up to 75 percent. This is particularly relevant for rental properties with existing floor coverings, as properties that were used as gyms almost always needed new flooring in the weights area after being used for this purpose. "The g-fit bearings help retain the value of the building, because there is less strain on the building structure," emphasises Eric Diaw, co-owner of Reebok CrossFit Zurich.

**Fast, uncomplicated, retrospective installation**

The vibrations generated from the huge forces exerted during the impact of training weights on sports floors can be reduced in two ways: by decoupling the floor with a floating screed or with damping materials. In the case of Reebok CrossFit Zurich, retrospective installation of a floating screed was not possible. This solution would have required significant conversion work, would have incurred high costs and would have required the gym to close for a long period of time. Not least for this reason, g-fit Shock Absorb (Advanced) was chosen instead. The entire installation took

just one day. "As no additional substructures are required for g-fit Shock Absorb, the retrofitting work is easy. The customer decides whether they wish to carry out the installation themselves or commission Getzner. The low installation heights mean that it can also be installed easily during renovation works. What's more, the elastic mats significantly reduce the risk of injury to athletes as a result of weights springing back," explains Sebastian Wiederin, product manager at Getzner.

**Project facts, CrossFit Box Zurich**

Location: Multifunctional building in Zurich-West

Client: Reebok CrossFit Zurich

Noise/vibration protection: 220 m2 g-fit Shock Absorb®

Effect: Up to 75 percent less force exerted on the support structure, less noise, value retention of the building structure

Conversion time: 1 day

Implementation: 2020

**Further references in the fitness sector**

— GIGAFIT, Paris (FR) 2018

— Goldman Sachs, Bangalore (IN) 2018

— Basic Fit, Paris (FR) 2018

— John Reed, Dresden (DE) 2018

— City Walk Gym phase 1 and 2, Dubai (AE) 2018

— Magic Fit, Heilbronn (DE) 2018

— Sculptur and Function, Deutsch-Wagram (AT) 2018

— Mc Fit, Wroclaw (PL) 2018

— FitInn, Vienna (AT) 2018

— High 5, Berlin (DE) 2018

— City Fit, Warsaw (PL) 2017

— CrossFit Dijon, Dijon (FR) 2017

***Suggested tweet: Reebok CrossFit Box Zurich combats noise and damage with innovative g-fit Shock Absorb® noise and vibration protection solution***

**Image 1:** Bearing of the 220 m2 free weights area

**Image caption 1:** The highly effective noise and vibration protection solution can also be retrospectively installed quickly and enables peaceful coexistence with neighbours.

**Image rights 1:** Getzner Werkstoffe, may be published free of charge.

**Image 2:** Eric Diaw and team during the installation

**Image caption 2:** Gyms can decide whether to install the mats themselves or commission the services of Getzner.

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**Image 3:** Close-up of weight on mat

**Image caption 3:** The damping effect of g-fit Shock Absorb mats reduces the impact force on the supporting layer by up to 75 percent.

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**Getzner Werkstoffe GmbH**

[Getzner Werkstoffe](https://www.getzner.com/de) is the leading specialist in the field of [vibration isolation and protection](https://www.youtube.com/watch?v=iogTUmxLcl4). Its solutions are based on the products [Sylomer®](https://www.getzner.com/de/produkte/sylomer), [Sylodyn®](https://www.getzner.com/de/produkte/sylodyn), [Sylodamp®](https://www.getzner.com/de/produkte/sylodamp) and [Isotop®](https://www.getzner.com/de/produkte/isotop), all of which were developed and manufactured at Getzner's own facility. They are used in the railway, construction and industry sectors to reduce vibrations and noise, improve the service life of bedded components and thereby minimise the need for maintenance and repairs on tracks, vehicles, structures and machines. The company was founded in 1969 as a subsidiary of Getzner, Mutter & Cie.

Getzner markets its vibration protection solutions around the world. Alongside its locations in Buers and in Germany, Getzner also has offices in China, France, India, Japan, Jordan and the USA. Its tightly-knit distribution network in Europe is complemented by its distribution partners in the USA, South America and the Far East. Partners in a total of 40 countries around the world distribute Getzner products to every location. By reducing noise and vibrations, Getzner is making a valuable contribution towards enhancing quality of life in both the home and work environment.

**Facts and figures – 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: Beijing, Kunshan (CN), Munich, Berlin, Stuttgart (DE), Lyon (FR),   
 Pune (IN), Amman (JO), Tokyo (JP), Charlotte, Decatur (US)

Ratio of exports: 93 percent

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