

PRESS RELEASE

For Immediate Release

TECHNOGYM BRINGS THE FUTURE OF PERFORMANCE TO INDONESIA SPORTS SUMMIT 2026

Technogym showcases its approach to performance, training and wellness through the Technogym Arena and Performance Lab at Indonesia Sports Summit 2026



Jakarta, 14 September 2026 – TECHNOGYM brought its approach to performance, training and wellness to **Indonesia Sports Summit 2026**, held from **11–13 September 2026** at **Jakarta Convention Center (JCC) Senayan, Jakarta**. Held in collaboration with the Ministry of Youth and Sports of the Republic of Indonesia (Kemenpora), the three-day event brought together people, ideas and innovations shaping the future of Indonesia's sports industry, with more than 30,000 visitors expected throughout the event.

For Technogym, the event was an opportunity to show how technology, data and expert guidance could make training more personal and purposeful. Through two dedicated spaces, the **Technogym Performance Lab** and **Technogym Arena**, visitors experienced different sides of the Technogym ecosystem, from understanding their physical condition and performance to moving, training and connecting with the wider sports community.

At the heart of the **Technogym Performance Lab** was a simple idea: **better performance starts with understanding your body**. Visitors experienced **Technogym Checkup** and **Biostrength REV**, giving them the opportunity to better understand their physical condition and capabilities before training. **Biostrength REV** combines research-based strength assessment with training technology to measure and monitor individual performance across strength, power, and range of motion. By combining objective physical assessments with data-driven training insights, the Performance Lab showcases how technology can help



individuals identify their strengths, uncover areas for improvement, and develop more personalized training strategies.

The **Technogym Arena** brought that understanding into movement through group fitness classes, athlete training and performance-focused activities. One of the highlights was a signature Workout With Jenn class led by **Jennifer Bachdim, Technogym Indonesia's Brand Ambassador**. The Performance Lab also welcomed a **former Indonesian Weightlifting Olympian**, who had the opportunity to experience the **Technogym Wellness Assessment** and gain a more comprehensive understanding of their physical condition and performance.

The future of sport is not only about performance, but also about how data and technology can help us better understand the individual and make training more effective. Through its presence at Indonesia Sports Summit 2026, Technogym demonstrated how technology can support athletes, fitness communities, and individuals with training that is more measurable, personalised, and purposeful, while contributing to the continued development of Indonesia's sports and wellness ecosystem.

The programme also featured a focus on running and athletic performance, with running assessment and strength training sessions designed to help participants better understand their movement and how it could support their performance.

In Indonesia, Technogym continues to support athletes, fitness communities, and individuals who are making movement part of their everyday lives. From performance training and running assessments to everyday fitness, the brand brings together technology, data, and expertise to help people train with greater insight and purpose. **By making physical performance more measurable and personalised, Technogym aims to help more people understand their capabilities and make informed choices about how they train and move.**

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About Technogym

Technogym is a world-leading brand in fitness, sport, and health, combining connected equipment, digital technology, training content, and services within one integrated ecosystem. Designed to deliver a personalized training experience across home, gym, and on-the-go environments, Technogym connects people with the tools and insights they need to train wherever they are.

More than **55 million people** train with Technogym across **85,000 wellness centres and 400,000 private homes in more than 100 countries**. As the **Official Supplier of the last ten Olympic Games**, Technogym is also the trusted training partner of leading athletes, sports teams, fitness professionals, and celebrities around the world.



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