



## INTRODUCING GYM-CAP:

The modular training solution suitable for the world's most challenging environments

### THE FIRST EVER GYM-CAP IS ROLLED OUT IN MOGADISHU, OFFERING MODULAR PHYSICAL TRAINING SOLUTIONS WITH HIGH-QUALITY EQUIPMENT AND DESIGN

Enigma Alliance and Indigo Fitness are proud to announce the launch of GymCap, a modular gym solution suitable for any terrain, anywhere in the world. A container gym unit built to ISO standards, GymCap is easily transported and quick to assemble, providing high-quality physical training solutions ideal for challenging environments.

The idea for GymCap came from a team with a background in the military, security and humanitarian industries, who have hands-on experience of living and working in remote countries. They believed that in these stress-heavy environments, health and wellbeing is crucial for those working there, but in high-risk areas freedom of movement isn't always possible.

The solution was a high-end, cost-effective, modular gym that ticked all of the needs for such environments: easy to assemble and

maintain, functional, resilient and safe, and designed by experts who understand the needs of the end user and combined it with a comfortable and appealing aesthetic. And so GymCap was born.

The location for the GymCap launch put our product to the test. On the 8th of September 2017, the first GymCap was unveiled to a crowd of 50 guests at Chelsea Village, a secure accommodation camp in the Mogadishu International Airport zone. Guests included members of government, the UN, British, American and other military, as well as private companies.

The GymCap arrived on Somali shores two days prior to the launch, taking only 48 hours for the structure and equipment to be assembled from the containers. Thanks to the modular design, the gym can be easily dismantled and moved to another location as required.



From right: Enigma Alliance COO Daniel Stewart, Lamii Kromah from OCHA, and members of the Somali government.

'The response was phenomenal,' said Daniel Stewart, COO of Enigma Alliance, who cut the ribbon to officially open the gym. 'Guests were amazed that we had managed to bring in a gym of such calibre into Mogadishu, and set it up ourselves.'

'Delivering the first GymCap was made possible thanks to the team effort in the UK and in Mogadishu,' said Rob Coleman, CEO of Indigo Fitness, the British design and manufacturing company that brought GymCap to life. 'We'll await guest feedback but feel very confident GymCap will be well received.'

The purpose of GymCap in Somalia is twofold. The first is to provide health and wellbeing facilities to the guests at Chelsea Village, the majority of whom work in the humanitarian and development communities. Chelsea Village hosts up to 180 guests and recognises that maintaining fitness is a challenge but an

essential part of guests' health and wellbeing. An added benefit is that a quality gym area can become a social hub in a secure camp compound such as this.

The second is to empower local communities to develop their own health and wellbeing industry through bringing this product to market. 'I wanted to show clients and the Somali community how easy it is to install mobile plug-and-play fitness facilities at reasonable cost into organisations like this,' says Daniel Stewart. 'Our hope is to help lead the way in technology and education of local Somalis in the sports and fitness arena.'

GymCap is an excellent health and wellbeing solution for communities working in countries such as Somalia, including the military, police as well as humanitarian and development agencies. GymCap can be designed to clients' needs, and can be as elaborate or as simplistic as required. It can also operate with solar power or be plugged into the mains, as required.

Phase two of GymCap will offer online personal training including rehabilitation and dietary programmes.



## THE TEAM BEHIND GYM CAP

Indigo Fitness design and manufacture GymCap and entered a joint venture partnership with Chelsea Group company Enigma Alliance to provide complete modular physical training solutions, based around a high-quality training approach and equipment.



### INDIGO FITNESS

GymCap was created by Indigo Fitness, an approved UK MOD Physical Training Equipment Contractor. The company has years of experience providing training solutions to the UK and US military as well as working with premier league football clubs, premier league rugby clubs and elite sporting organisations within the UK and across Europe. With expert in-house engineering capabilities and design skills, the company has detailed knowledge of how to provide optimum support for physical training and health and wellbeing for those working in extreme environments such as Somalia.



### ENIGMA ALLIANCE

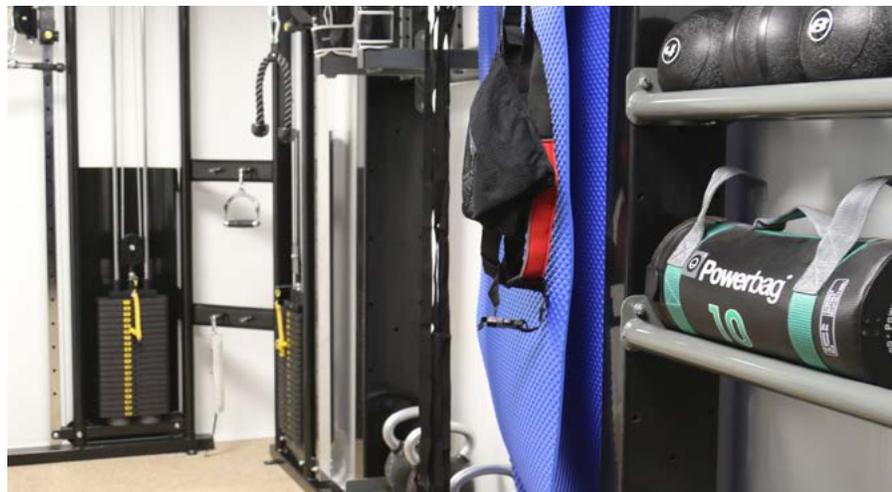
The company behind Chelsea Village, the secure accommodation camp in the MIA, Enigma Alliance specialises in Smart Site Services for challenging environments, offering portable housing (NapCap), camp building and management (COG), and water purifying solutions (WaterCap). They are proud to now offer clients professional, modular gym solutions with GymCap.

## WHAT YOU'LL FIND IN A GYM CAP

**CONTAINER ONE:** A cardio equipment unit with the latest low-maintenance, self-powered treadmill, rower, air bike and cross trainers pre-installed.

**CONTAINER TWO:** Includes fitted small equipment, storage and weight-pulley system.

A broad spectrum of small equipment is included that can be adjusted to suit customer requirements. A fully configured training rig links containers.



## 10 NEED TO KNOW FACTS ABOUT GYMCAP

1. Indigo Fitness, the designers and manufacturers of GymCap, is an approved UK MOD Physical Training Equipment Contractor.
2. GymCap is portable and can be deployed or packed in 48 hours using minimal tools and equipment.
3. GymCap is suitable for any terrain, anywhere in the world, providing a total training solution regardless of environment.
4. A modular platform GymCap can be expanded in size and functionality, from a simple gym through to gyms with oxygen chambers for high-intensity training.
5. Containers are fully insulated with heating, ventilation and air-conditioning (HVAC).
6. Energy-efficient LED lighting is installed to the interior and exterior canopies.
7. GymCap has a Duratrain flooring system, engineered for maximum durability and comfort. It is virtually indestructible, UV stable and ideal for intense, high-impact heavy-use environments.
8. Our tested and unique Canopy Roof System is a bolt-together system that requires no cranes of lifting equipment for assembly. It has been both wind and stress tested.
9. GymCap metalwork is fully galvanised and designed to provide a safe and enduring training facility in any environment.
10. GymCap's design principle is 'do no harm'. We consider everything possible to mitigate risk of injury within our training environment.



**ENIGMA ALLIANCE OFFERS THE FOLLOWING SERVICES THROUGH ITS SMART SITE SERVICES PORTFOLIO:**



Camp build and management



Modular accommodation



Modular water purifying systems



Modular gym and wellbeing solutions

**FOR MORE INFORMATION, PLEASE CONTACT ENIGMA ALLIANCE**

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