

Our formats for professional sport



Anton Bernard, former captain of Hockey Club Bolzano Foxes and of the Italian Men's National Hockey Team.

Recovery Lab

The best support for the team.

A format designed to **adjust to different contexts and spaces inside the performance centre**. It can be installed in an area entirely dedicated to recovery or included in the spaces dedicated to training. It does not require structural works and has low management costs, while offering everything that sport professionals need.

Its effectiveness is ensured not only by a careful designing of spaces and by cutting-edge equipment, but most importantly by the definition of **programs of use that blend in perfectly in athletes' training schedules**, contributing to the improvement of performance.

The format relies on:

FINNISH SAUNA



Sport Sauna

INFRARED THERAPY



Sport Infrared Cabin

COLD THERAPY



Zerobody Cryo or Ice Bath

DRY FLOAT THERAPY



Zerobody Dry Float personal

Layout Small

LAYOUT
36 m²

MANAGEMENT
OF FLOWS

2 x Zerobody Dry Float personal xl

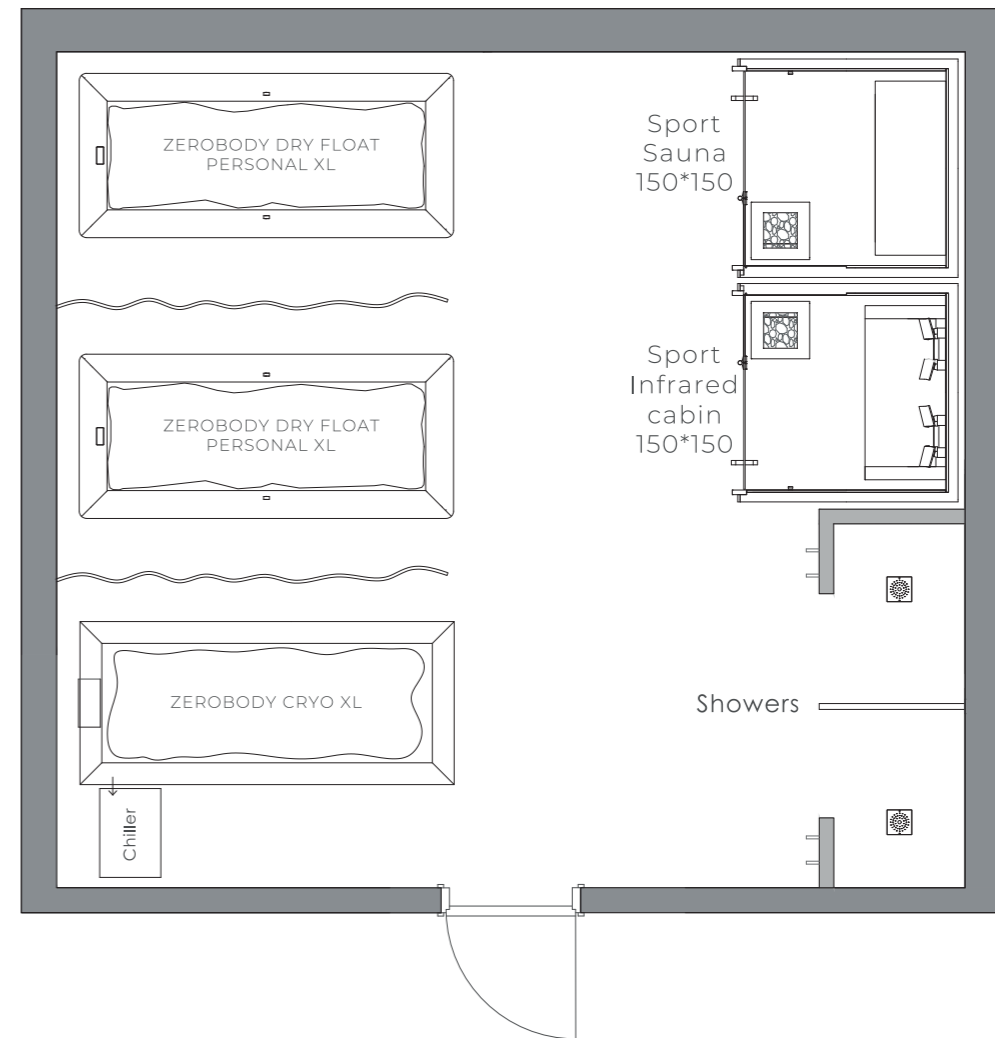
1 x Zerobody Cryo xl

Sport Sauna 150 x 150 cm (for 2 people)

Sport Infrared Cabin 150 x 150 cm (for 2 people)

Warm-Up: 10 pax / 60'

Recovery: 8 pax / 60'



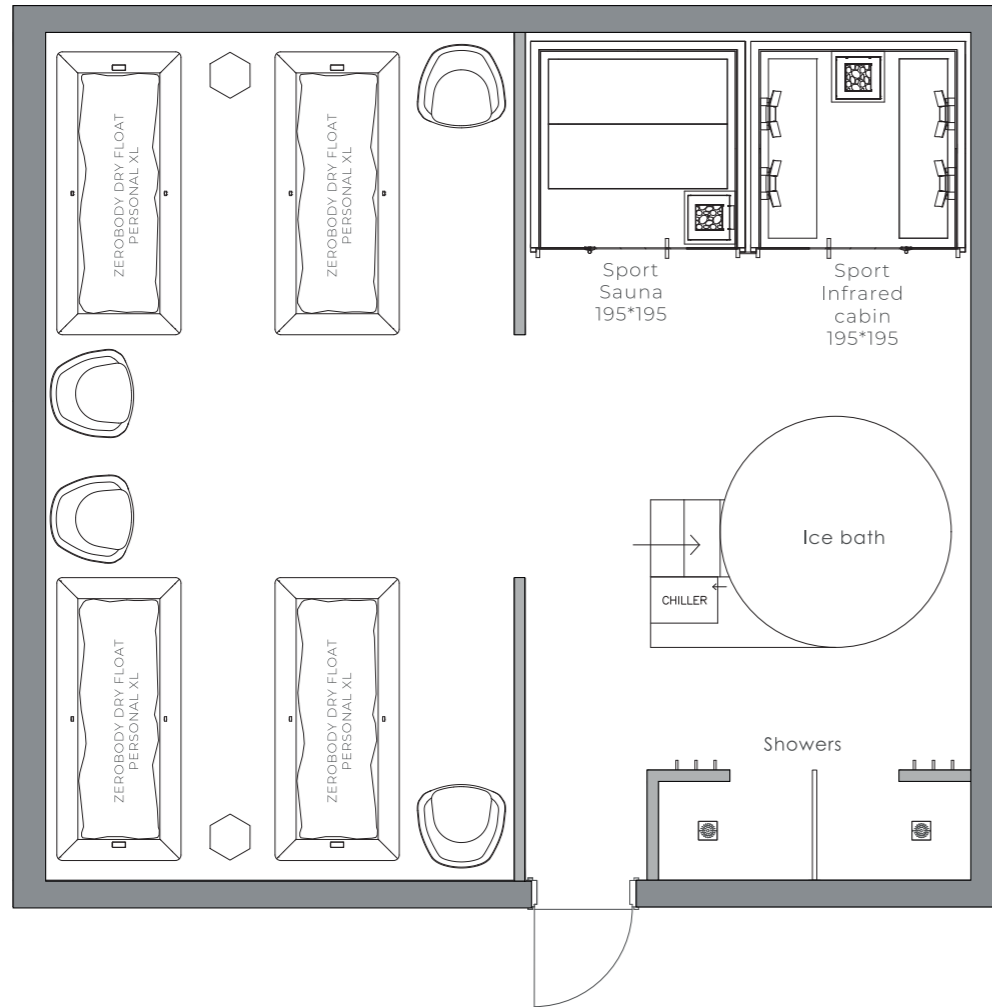
Layout Medium

LAYOUT
60 m²

MANAGEMENT OF FLOWS

- 4 x Zerobody Dry Float personal xl
- 1 x Ice Bath pro (for 4 people)
- Sport Sauna 195 x 195 cm (for 4 people)
- Sport Infrared Cabin 195 x 195 cm (for 4 people)

- Warm-Up:** 20 pax / 60'
- Recupero:** 20 pax / 60'



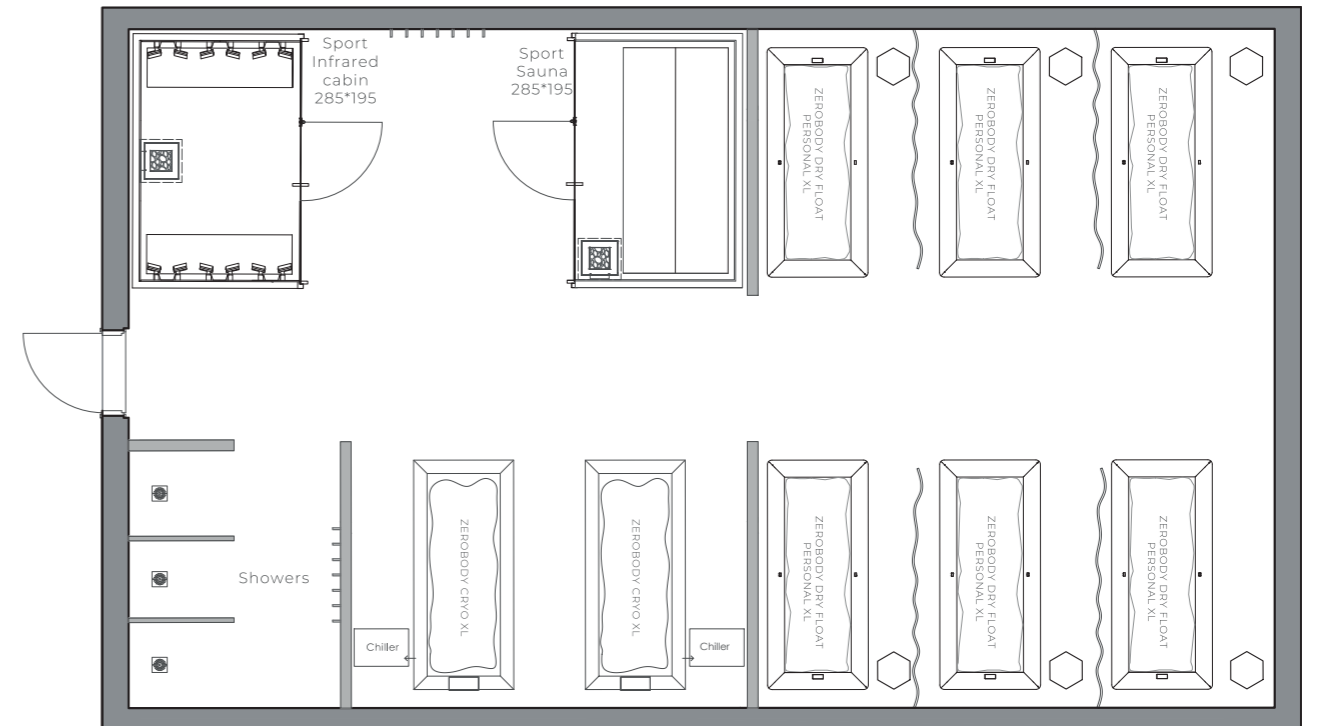
Layout Large

LAYOUT
98 m²

MANAGEMENT OF FLOWS

- 6 x Zerobody Dry Float personal xl
- 3 x Zerobody Cryo xl
- Sport Sauna 285 x 195 cm (for 6 people)
- Sport Infrared Cabin 285 x 195 cm (for 6 people)

- Warm-Up:** 30 pax / 60'
- Recovery:** 30 pax / 60'



Recovery Room

The best support for every athlete.

A format designed to allow athletes to benefit from the best technologies for recovery even at home and make the most of the training and sport performance programs at all times.

Its effectiveness is ensured by cutting-edge equipment, and by programs of use that are combined with the different training phases, contributing to the improvement of performance.

The format relies on:

<p>FINNISH SAUNA</p> 	<p>+</p>	<p>INFRARED THERAPY</p> 	<p>+</p>	<p>COLD THERAPY</p> 	<p>+</p>	<p>DRY FLOAT THERAPY</p> 
<p>Sport Infrared Cabin*</p>				<p>Zerobody Cryo or Ice Bath</p>		<p>Zerobody Dry Float pro</p>

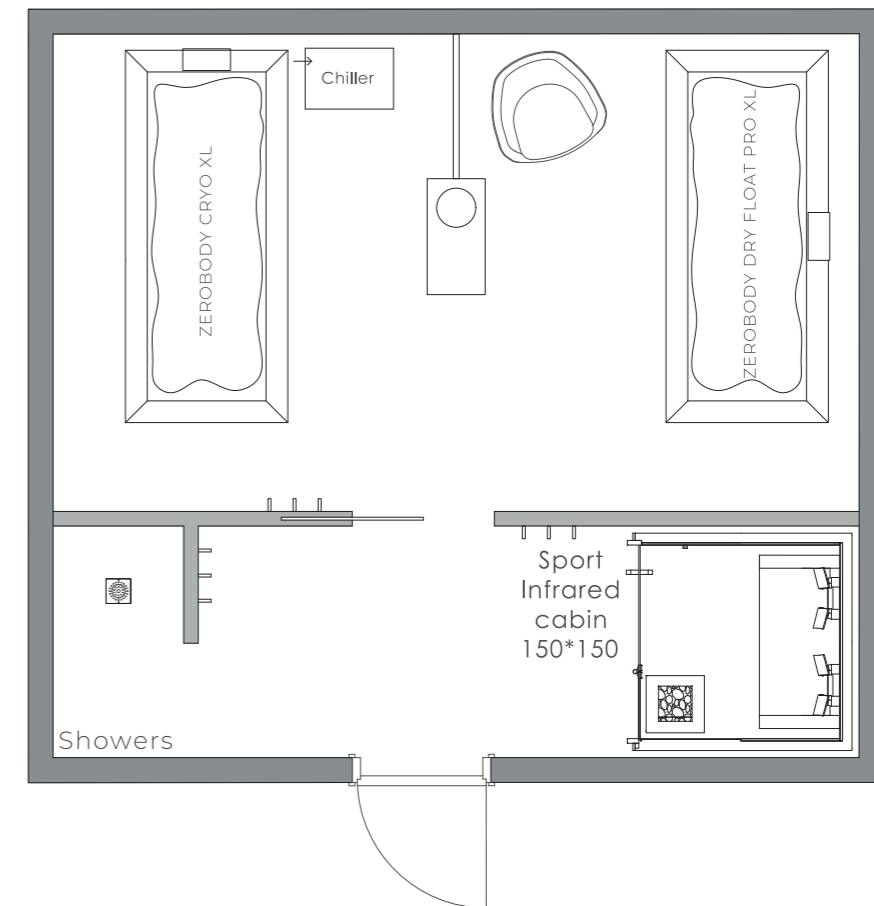
Layout A

LAYOUT
28 m²

1 x Zerobody Dry Float pro xl

1 x Zerobody Cryo xl

Sport Infrared Cabin* 150 x 150 cm (for 2 people)



***SPORT INFRARED CABIN**

Thanks to the electric stove, Sport Infrared Cabin becomes a Finnish sauna with a simple switch. This makes it the ideal solution at home, where athletes can choose the best type of heat on the basis of each day's programs of use.



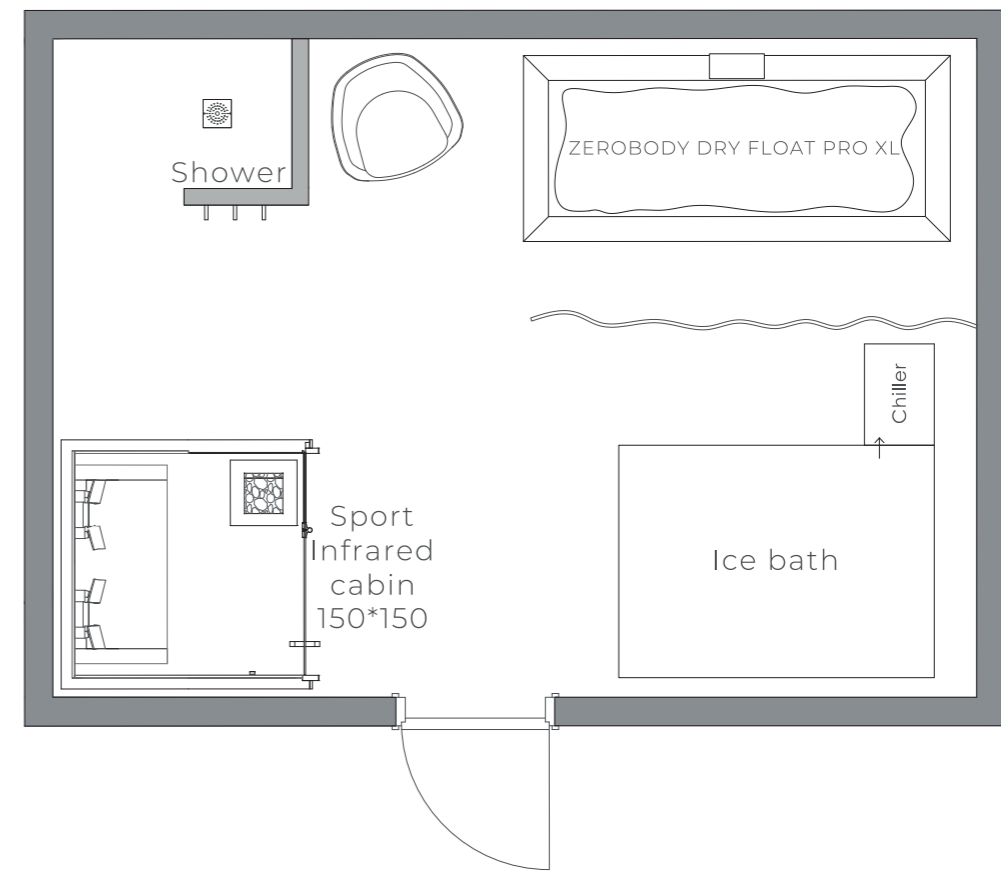
Layout B

LAYOUT
22 m²

1 x Zerobody Dry Float pro xl

1 x Ice Bath personal (per 2 persone)

Sport Infrared Cabin* 150 x 150 cm (for 2 people)



*SPORT INFRARED CABIN

Thanks to the electric stove, Sport Infrared Cabin becomes a Finnish sauna with a simple switch. This makes it the ideal solution at home, where athletes can choose the best type of heat on the basis of each day's programs of use.

Method



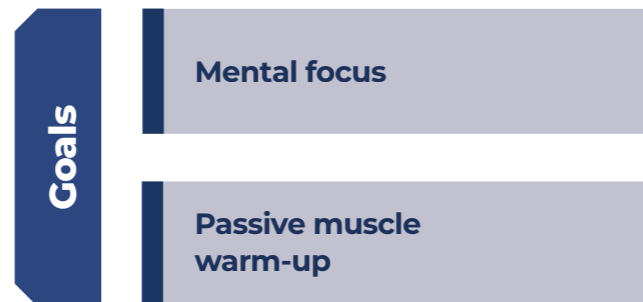
Gianni Moscon, Italian talent of Road Racing Cyclism.

Our programs

Recovery Lab and Recovery Station become part of athletes' daily life in three fundamental moments: warm-up, recovery and on rest days, with targeted **programs for full psycho-physical recovery and performance improvement**. Each program is functional to the specific needs of athletes, completing their training schedule perfectly.

The phase before the physical effort is critical to prepare the body and reduce the risk of injury.

1 Warm-Up



PROGRAM

DRY FLOAT THERAPY



Zerobody Dry Float



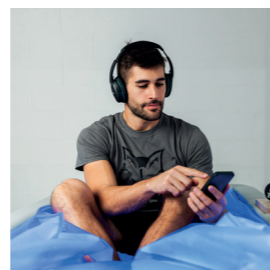
INFRARED THERAPY



Sport Infrared Cabin



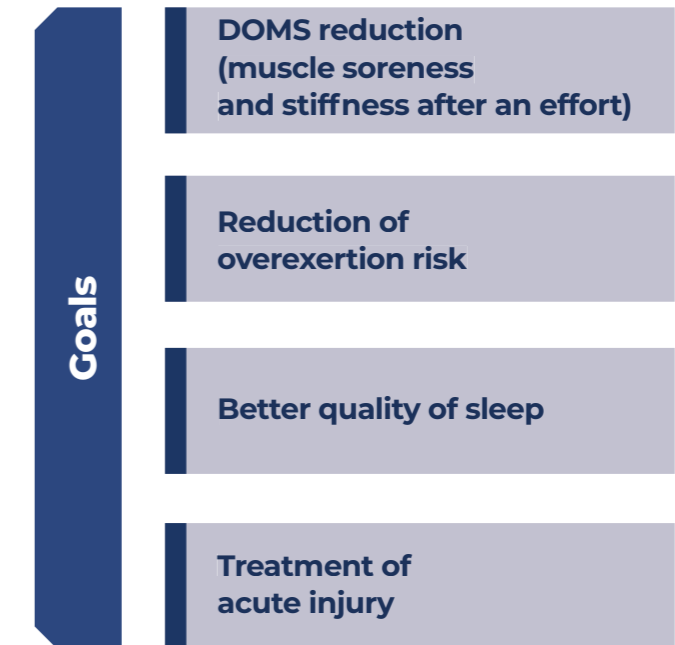
BRAIN TRAINING



Mindfulness or Breathing techniques

The phase after the workout aims to ensure full recovery and top performance at all times.

2 Recovery



PROGRAM

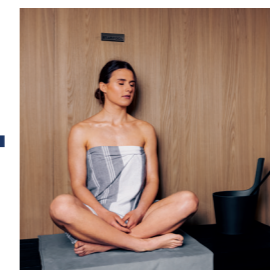
COLD THERAPY



Zerobody Cryo or Ice Bath



FINNISH SAUNA



Sport Sauna



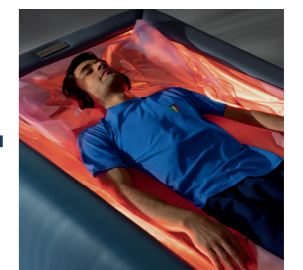
INFRARED THERAPY



Sport Infrared Cabin



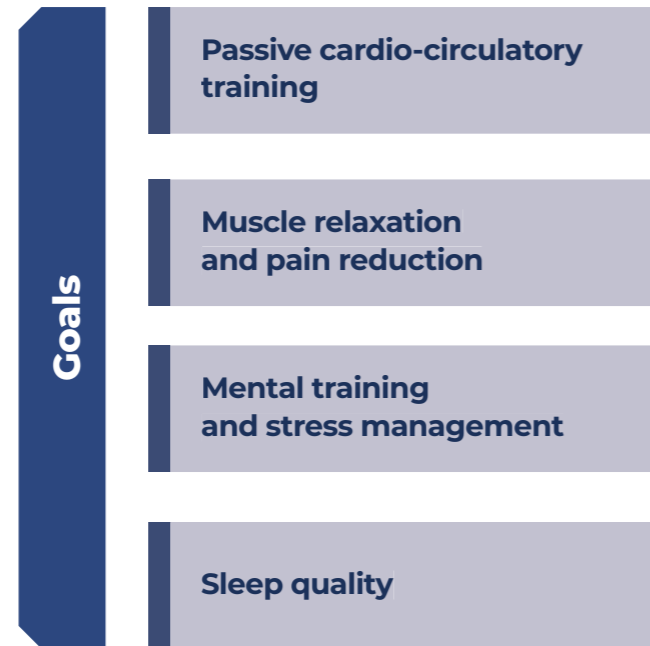
DRY FLOAT THERAPY



Zerobody Dry Float

On rest days, athletes can follow a program aimed at preventive care and psycho-physical resilience

3 Rest day

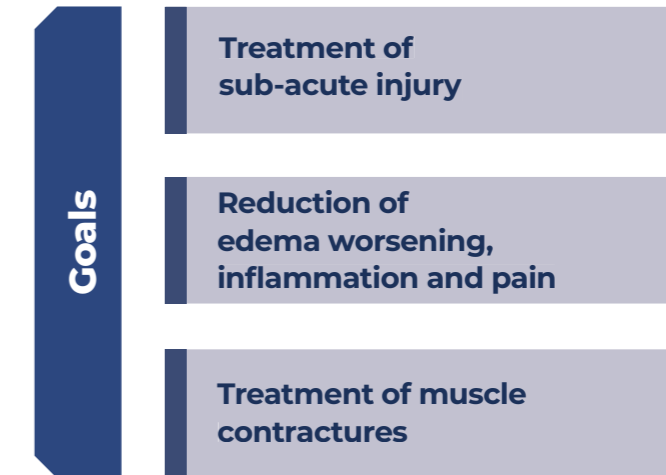


PROGRAM



In case of injury, when it is not possible to train or it is necessary to follow a treatment and recovery program, the technologies that come with our Recovery Lab help professional athletes to get back to their feet as soon as possible.

4 Injury management



PROGRAM



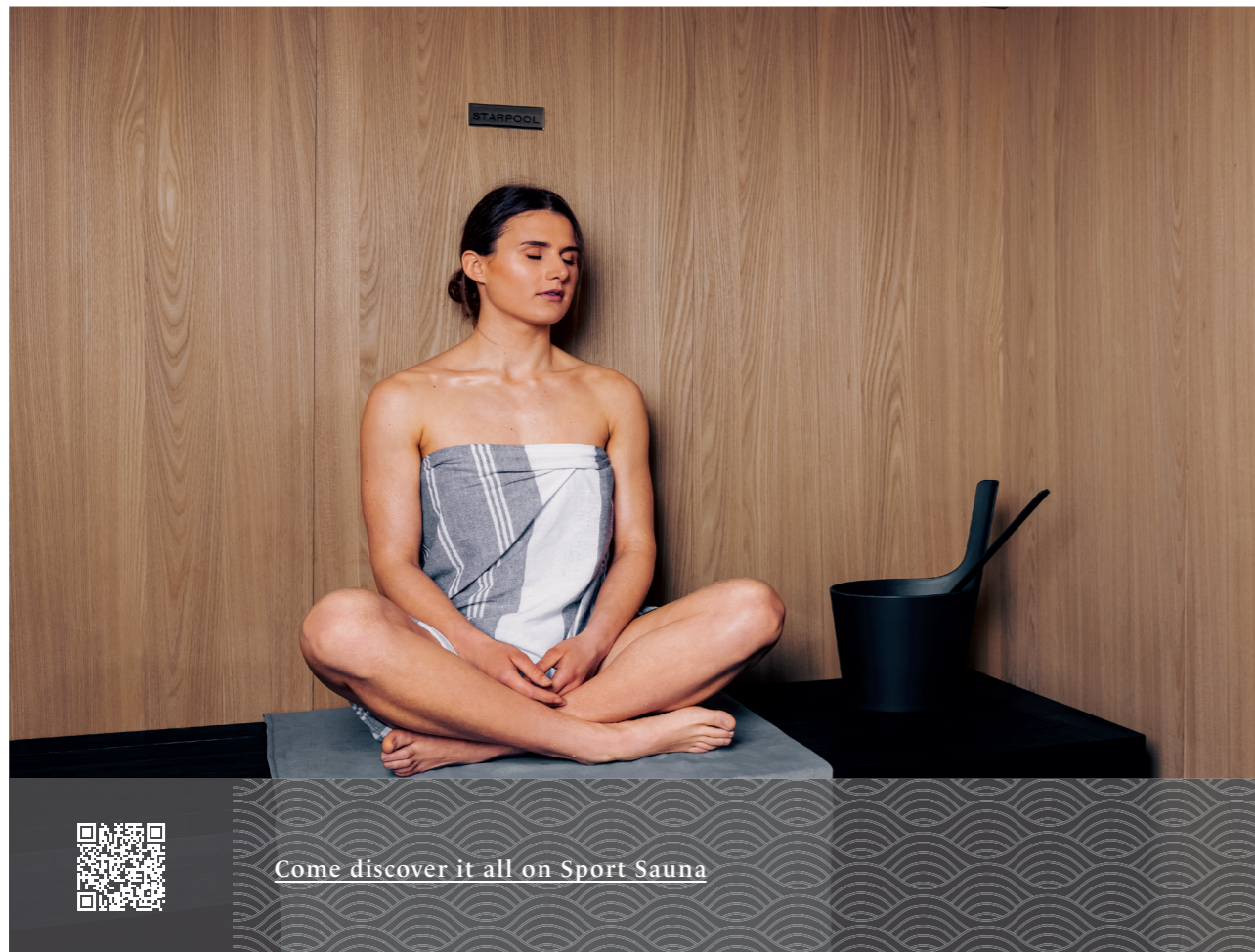
Our products



Sport Sauna

The Finnish sauna, thanks to its **dry and intense heat**, maximizes the effectiveness of training programs and contributes to raising sport performance to top levels.

Sport Sauna combines the quality and innovation of our products with an **ergonomic and functional design**, developed to become integral part of the areas dedicated to recovery.

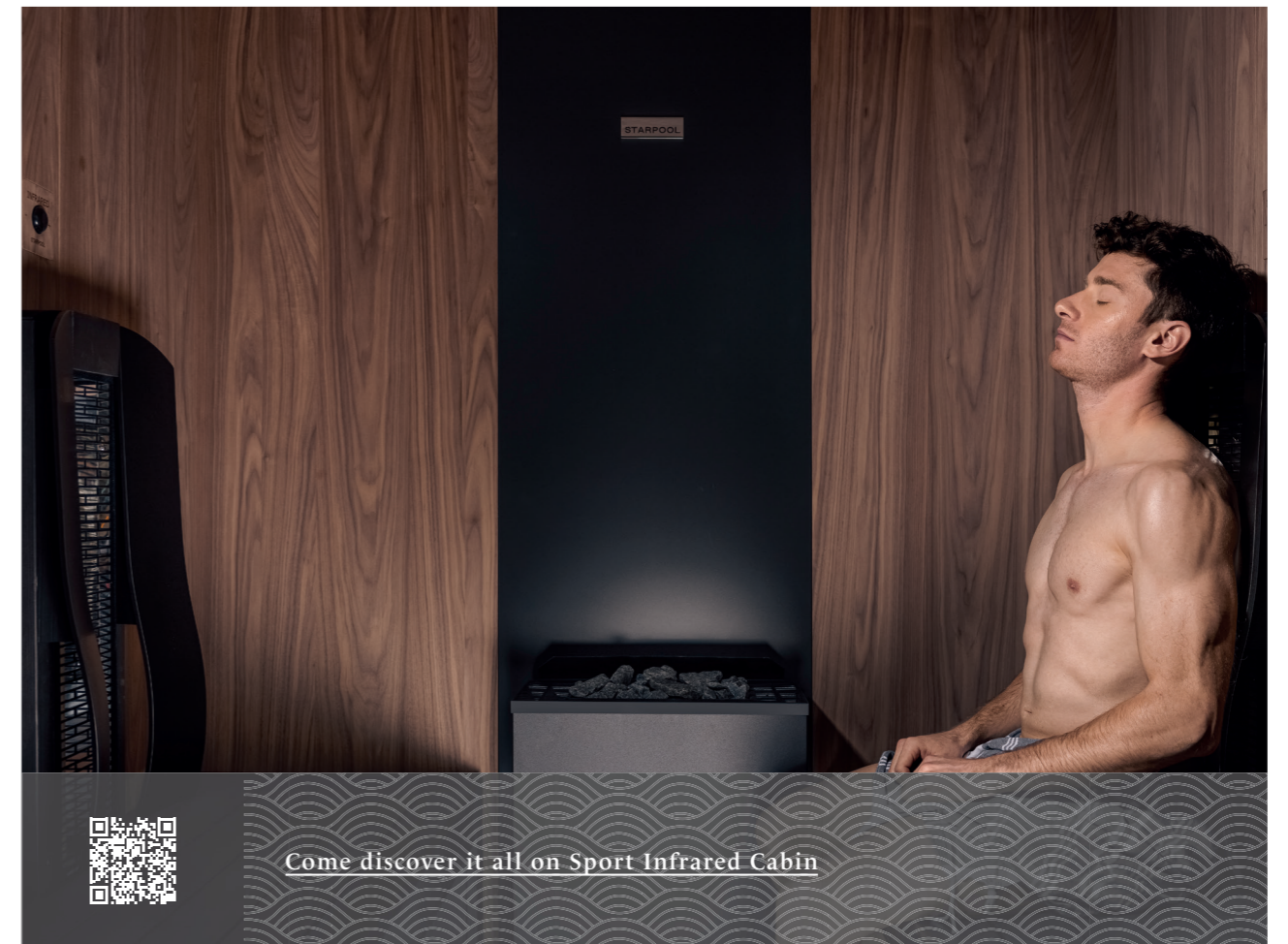


Sport Infrared Cabin

A cosy and functional environment that **makes the most of the regenerating power of infra-red rays**, and that can quickly transform into a **Finnish sauna**.

The ergonomic seat, which transfers deep heat thanks to the special lamps installed on the backrest, makes this the ideal solution to complete training and performance programs with the **Infrared Therapy**. Thanks to the electric stove, this cabin can also easily be transformed into a Finnish sauna, characterised by a regenerating, **dry and intense** type of heat.

Sport Infrared Cabin is the result of our experience in the world of Wellness, to bring all the **benefits of heat to the world of sports** with functionality and versatility.



Zerobody Cryo

Zerobody Cryo is the Starpool revolution in the world of Cold Therapy. Innovative in its simplicity, safety and accessibility, it features a **patented membrane that wraps the body entirely without the need to get wet**, at a functioning temperature of 4-6°C in a safe and non-invasive environment.

A less intense solution that brings the same benefits as cryotherapy and immersion in icy water.



Come discover it all on Zerobody Cryo

Ice Bath

Ice Bath is a simple and versatile solution to enjoy actual baths in icy water and have all the benefits of the cold therapy. Ideal for athletic recovery for professional sports and gyms, **it is available in two versions: pro**, a 4-seater pool designed for the recovery areas that are used simultaneously by groups of athletes; and **personal**, a 2-seater pool that is perfect for individual use.

Through the touch-screen display, you can regulate water temperature from +4°C to +38°C, making Ice Bath a perfect solution for hot baths and Kneipp Therapy too. A practical button also allows for the fast and daily activation of the **systems of water recirculation and ozone disinfection**.



Come discover it all on Ice Bath

Zerobody Dry Float

Zerobody Dry Float is a one-of-a-kind system that **allows body and mind to recover their energy** easily and effectively by reproducing the effects of zero gravity. The body floats over 400 litres of warm water, without the need to get undressed or wet. It is a technological innovation that produces a positive impact on stress, muscle and joint pain, sleep, focus, and psycho-physical recovery.

Zerobody Dry Float is available in two versions: **pro**, ideal for exclusive use, thanks to the software that allows to customise the session; and **personal**, perfect for an independent use in a Recovery Class designed for significant clients' flow.



Dorothea Wierer, Biathlon world champion.

Our services



Services

Consulting, Training, Engineering and Technical Support are the four pillars sustaining our whole work.

Together, and thanks to the people who are part of our reality, we develop **ambitious projects** based on our clients' real needs, **supporting and accompanying them every step of the way.**

We'll support you in each phase, starting from the project, in order to help you make the most of our products and show you their full potential.

Being your **Wellness partner** pushes us to always **do our very best**, to develop **effective and functional areas dedicated to recovery** and to the improvement of athletes' psycho-physical performance.



Discover more about our services



CONSULTING

Our professionals are **by your side in every phase of your project** to help you make the most of every product you choose. They will support you **from the original idea to the final realisation**, helping you to identify the best solution in terms of **sustainability, management, function and design.**



TRAINING

Our Scientific Research Department is available to **configure products and programs of use in the best possible way**, and to share specific guidelines. Our **support** is always **tailored** on each specific case and contributes to defining the alternation and duration of the sessions, according to the desired benefits and to the characteristics of each sport.



ENGINEERING

We shape and create any request, even the most unique, and we provide all the useful information to create any desired wellness solution. **We provide for careful monitoring and guaranteed high quality in all production processes.** Our R&D department works constantly to provide the technical documentation required to realise every project.



TECHNICAL SUPPORT

We provide **fast and constant technical support service, covering the hardware and software as well**, thanks to our specialised technicians who give assistance to our clients in the shortest possible time, ensuring **prompt, inexpensive action** to prevent anomalies and malfunctions.

References

STARPOOL



Anton Bernard, former captain of Hockey Club Bolzano Foxes and of the Italian Men's National Hockey Team.

Our Ambassadors



Francesco Cuzzolin
HEAD OF PERFORMANCE, OLIMPIA MILANO BASKET

"Cold has positive effects on physical, cognitive and emotional stress and it is also useful before physical activity, as it quickly activates the nervous system. For our athletes, we chose Starpool and the innovative Zerobody Cryo, adding the benefits of floatation, which promote relaxation and blood flow, to those of the cold therapy. This solution is much more effective than the traditional cold plunge."



Steve Tashjian
HIGH-PERFORMANCE CONSULTANT, EX HEAD OF PERFORMANCE OF THE USA MEN'S NATIONAL FOOTBALL TEAM

"Zerobody Dry Float was a fundamental element in our Recovery Lab during the FIFA World Cup in Qatar. With it, we were able to improve muscle recovery, the response of the central nervous system and the quality of sleep, reducing the activity of the sympathetic nervous system. I'd recommend it to any sport team or athlete, without the hint of a doubt!"



Elliot Williams
FUNCTIONAL PERFORMANCE DIRECTOR, SAN FRANCISCO 49ERS

"We started with one [Zerobody Dry Float], but our guys loved it so much that we ended up buying another three. If you are looking for an effective solution for recovery that all athletes will want to use, I strongly recommend Zerobody and Starpool's solutions for sports!"



Evan Neal
TACKLE, ALABAMA CRIMSON TIDE

"Man, it feels amazing! As far as training goes, it takes pressure off my back. Zerobody Dry Float is really good for recovery, in my opinion. I like to come in here after trainings and take a couple minutes and relax. This relieves a lot of strain and pressure off my back. I'm really grateful that we have these."



Jeff Allen
ASSOCIATE ATHLETIC DIRECTOR, ALABAMA CRIMSON TIDE

"We were incredibly strategic with how we planned what we wanted to go into our Sports Science Center when it comes to recovery. We wanted things that no doubt would have physiological benefits for our athletes, something that we knew would help them. It would have been really easy, I think, for us just to build a room full of nap beds, and that would have been OK. But we wanted to raise the bar and do something unique, and I think we've done that. I'm really excited about the opportunity to use Zerobody Dry Float."



Sebastian Aho
CAPTAIN, CAROLINA HURRICANES

"We've been the first professional sport team to have a Zerobody Dry Float by Starpool installed in our facility. We use Zerobody Dry Float for many purposes, from muscle recovery to the treatment of a number of injuries, like concussions, neck and back injuries, and troubles connected to joints. The possibility to bring the body back to a state of calm and deep relaxation is a great way to recover from the strain that our sport requires."



Jaylon Smith
DEFENSE, DALLAS COWBOYS

"As a NFL professional athlete and entrepreneur, I'm always on the move. My days are so hectic that I can rarely rest as I should. I love Zerobody Dry Float because it relaxes my mind and regenerates my body in just 30 minutes!"



Dorothea Wierer
WORLD BIATHLON CHAMPION

"The benefits of Finnish sauna, Infrared Therapy, cold reactions and Zerobody Dry Float have a very important role, and - thanks to the Recovery Station developed with Starpool - I can enjoy them when and how I want, being able to integrate recovery in my athletic and personal schedule in complete privacy".



Denise Herrmann-Wick
GOLD MEDAL AT THE BIATHLON WORLD CHAMPIONSHIP

"As a biathlete and an Olympic champion, I train for about 1,000 hours a year. With such an intense pace, recovery is key for top performance at all times. That's why I chose Starpool: I can regenerate my mind and recover perfectly after races and training sessions, thanks to the appropriate combination of sauna and Dry Float Therapy."



Federico Pellegrino
OLYMPIC MEDAL - CROSS-COUNTRY SKIING

"Cross-country skiing is a discipline that requires great commitment and constant travel. After an exhausting training or a long trip, being able to recover mental and physical energy in a fast and effective way is fundamental for me. That's why I've chosen Starpool!"



Fabian Tait
DEFENDER, FOOTBALL CLUB SÜDTIROL

"Zerobody Dry Float is so useful to me! Especially so if I have very close matches during the week, or during periods of maximum load training. It allows me to recover better and faster."



Anton Bernard
FORMER CAPTAIN OF HOCKEY CLUB BOLZANO FOXES

"Using Zerobody Dry Float in combination with the Finnish sauna and the Infrared Therapy by Starpool helps me recover fast after training and matches, and to prepare for athletic challenges in the best possible way. With Starpool, we found a valuable ally for both our physical and mental preparation."



Christian Thuile
MEDICAL PARTNER OF HOCKEY CLUB BOLZANO FOXES

"The combination of technologies such as Zerobody Dry Float, combined with cryotherapy, sauna and infrared therapy, allows us to constantly monitor the parameters of our players and act on their regenerative process. A Performance Center of this standing is undoubtedly an excellence for a renowned club such as our own: being successful on ice depends first and foremost on the players' health."



Fabio Diana
TEAM DOCTOR, AQUILA BASKET TRENTO

"The reduced perception of soreness and muscle stiffness in the sessions with Zerobody Dry Float improves the feeling of recovery and favours both relaxation and mood. We use the Dry Float Therapy also to improve the quality of sleep and the recovery caused by muscle relaxation after long trips or close together events. This is also helpful to facilitate the work of the physical therapist and massage therapist."



Stefano Migliorini
ITALIAN CROSSFIT CHAMPION

"In 2019 I suffered a bad injury right before the qualification round for the Games. Besides the pain, I had to deal with many negative emotions: fear, frustration, rage. I started a program of ideo-motor rehabilitation on Zerobody Dry Float, supported by my coach and a mental trainer. Even the medical staff was surprised by how much dry floatation, combined with visualisation techniques helped me move past the psychological trauma, and how much faster I recovered from my shoulder injury!"



Ernest Briganti
CO-OWNER & HEAD COACH, REEBOK CROSSFIT LAB

"We're really happy with the results achieved thanks to Zerobody Dry Float and the program of ideo-motor rehabilitation for Stefano Migliorini. The medical team that managed the check-ups could see that the shoulder was working during the mental training, and they were very satisfied of the post-op recovery time."



Kyle Jones
CO-FOUNDER OF iCRYO

"Zerobody Dry Float is an extraordinary solution for our franchising model. It is the only service that really offers a zen experience from a mental standpoint, while giving major physical benefits. Both the staff and the guests consider it an extremely valuable treatment."

Trusted by

PROFESSIONAL SPORT TEAMS AND ATHLETES

US NATIONAL FOOTBALL LEAGUE

- Los Angeles RAMS
- San Francisco 49ers
- Minnesota Vikings
- Cleveland Browns
- Carolina Panthers
- Alabama Crimson Tide

US MAJOR LEAGUE BASEBALL

- New York Mets
- San Francisco Giants
- Seattle Mariners
- Chicago Cubs
- Atlanta Braves

US NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

- Alabama Crimson Tide
- Clemson University
- Ohio State Buckeyes
- Rutgers University
- University of Florida
- University of Houston
- University of Nebraska
- University of North Dakota
- University of Oklahoma
- Winner Circle Athletics
- Texas Tech Red Raiders
- Wisconsin Badgers

HOCKEY LEAGUES

- Carolina Hurricanes - US
- Augsburger Panther - Germany
- Hockey Club Foxes - Italy
- Hockey Club Pustertal - Italy

SOCCER LEAGUES

- National Men's Soccer Team - US
- FC Südtirol - Italy

BASKET LEAGUES

- Cleveland Cavaliers - US
- Aquila Basket Trento - Italy
- Olimpia Milano Basket - Italy

VOLLEY LEAGUES

- Trentino Volley - Italy

PROFESSIONAL ATHLETES

- Federico Pellegrino
- Dorothea Wierer
- Denise Herrmann-Wick
- Stefano Migliorini
- Gianni Moscon



STARPOOL

wellness concept

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