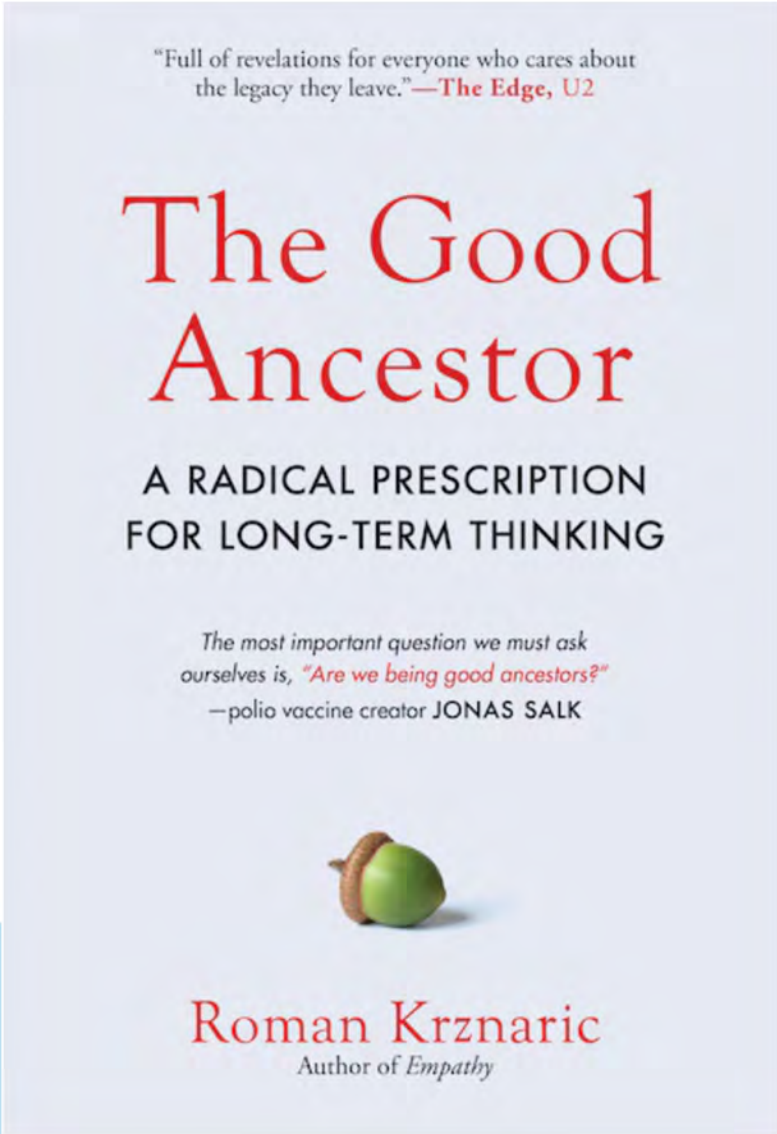
XINCHEN WU

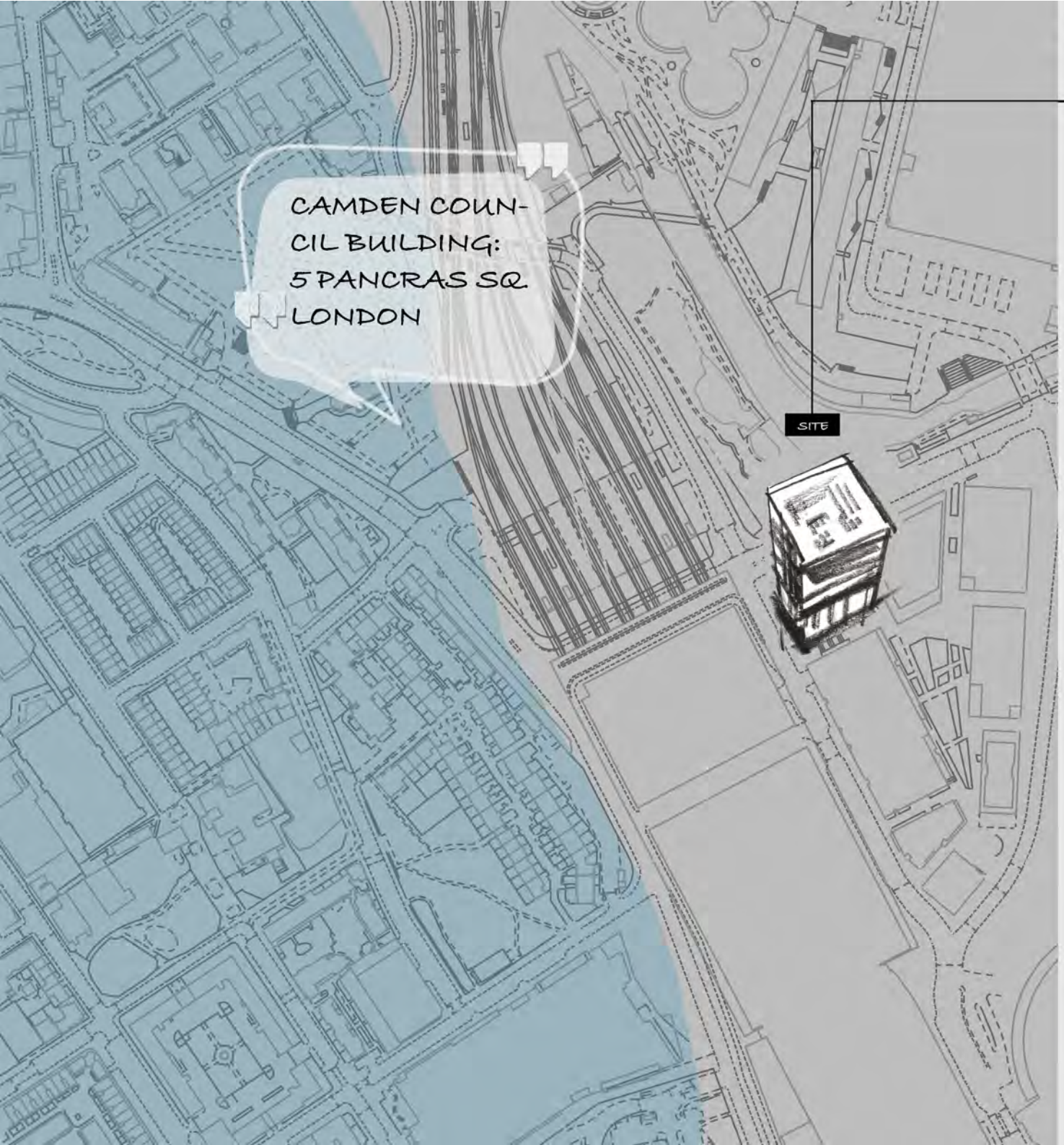
TETRAATHLON SPACE FITNESS CENTER
RCA ID Y2

COVID IS AN
UNINVITED
GUEST

HE INSPIRED ME TO THINK ABOUT A NEW FORM OF EXERCISES THAT ACTIVATES OUR UNDISCOVERED PROTENTIALS.



FOCUS ON USER AGE BETWEEN 15-45



TRANSPORTATION

LONDON KING'S CROSS STATION

- 3 MINS WALKING DISTANCE
- EAST COAST MAIN LINE TO NORTH EAST ENGLAND AND SCOTLAND

LONDON KING'S CROSS ST. PANCRAS STATION

- RAILWAYS AND SUBWAYS

ST. PANCRAS LOCK

- CITY CANAL AND A HISTORICAL LOCK
- TOURIST CAN SEE THE BUILDING THROUGH BOATING

MOBIKE

- MORE THAN 30 MOBIKE SPOTS WITH IN 5 KM DISTANCE AROUND

POPULATION INTENSITY

GRANARY SQUARE

- PUBLIC SPACE FOR DANCING AND WATER FOUNTAIN

PANCRASE SQUARE

- LANDSCAPE PARK BETWEEN BUILDINGS
- RIGHT BESIDE THE BUILDING

RESIDENTIAL UNITS

- LARGE RESIDENTIAL UNITS ALONG MIDLAND RD

SCHOOLS

- SCHOOLS ARE BUILT NEAR RESIDENTIAL UNITS, FOR EXAMPLE, THE REGENT HIGH SCHOOL AND EDITH NEILLE ELEMENTARY SCHOOLS
- UNIVERSITIES INCLUDING CENTRAL SAINT MARTINS AND ROYAL VETERINARY COLLEGE

LONDON BIOSCIENCE INNOVATION CENTER

- OFFERING LABORATORY AND OFFICE SPACE FOR LIFE SCIENCE COMPANIES

TABLE TENNIS FLIGHT CLUB

SOMERS TOWN COMMUNITY SPORT CENTER

POPULATION TYPES

TOURIST & TRAVELLERS

- PASSENGERS TRAVELLING THROUGH THE TRAIN STATION WAS RECORDED AS 61,337 TO 98,579 DURING NORMAL WEEKDAYS

STUDENTS

- ELEMENTARY SCHOOL
- HIGH SCHOOL
- UNIVERSITY

ARTISTS

- ART COLLEGE – CSM
- GOOGLE BUILDING
- MARKET PLACES FOR ARTISTS TO SHARE THEIR WORK
- DRAMA/ THEATRE

ATHLETES

- HANDY SIDE SPORT PITCH (BADMINTON)
- SWIMMING
- RUNNER
- TENNIS

WORKING PEOPLE

- WITHIN OFFICE BUILDINGS
- HOSPITALS
- LAW FIRM
- SHOPS AND RESTAURANT
- CONSTRUCTION FIRM

RESIDENTS

- LARGE UNIT OF RESIDENTIAL BUILDINGS ARE IN NEARBY
- STUDENT ACCOMMODATIONS

CONTENTS

SPORT SHOPS

- NIKE CENTRAL
- SKATEBOARD SHOP
- DEPARTMENT SHOP

FITNESS

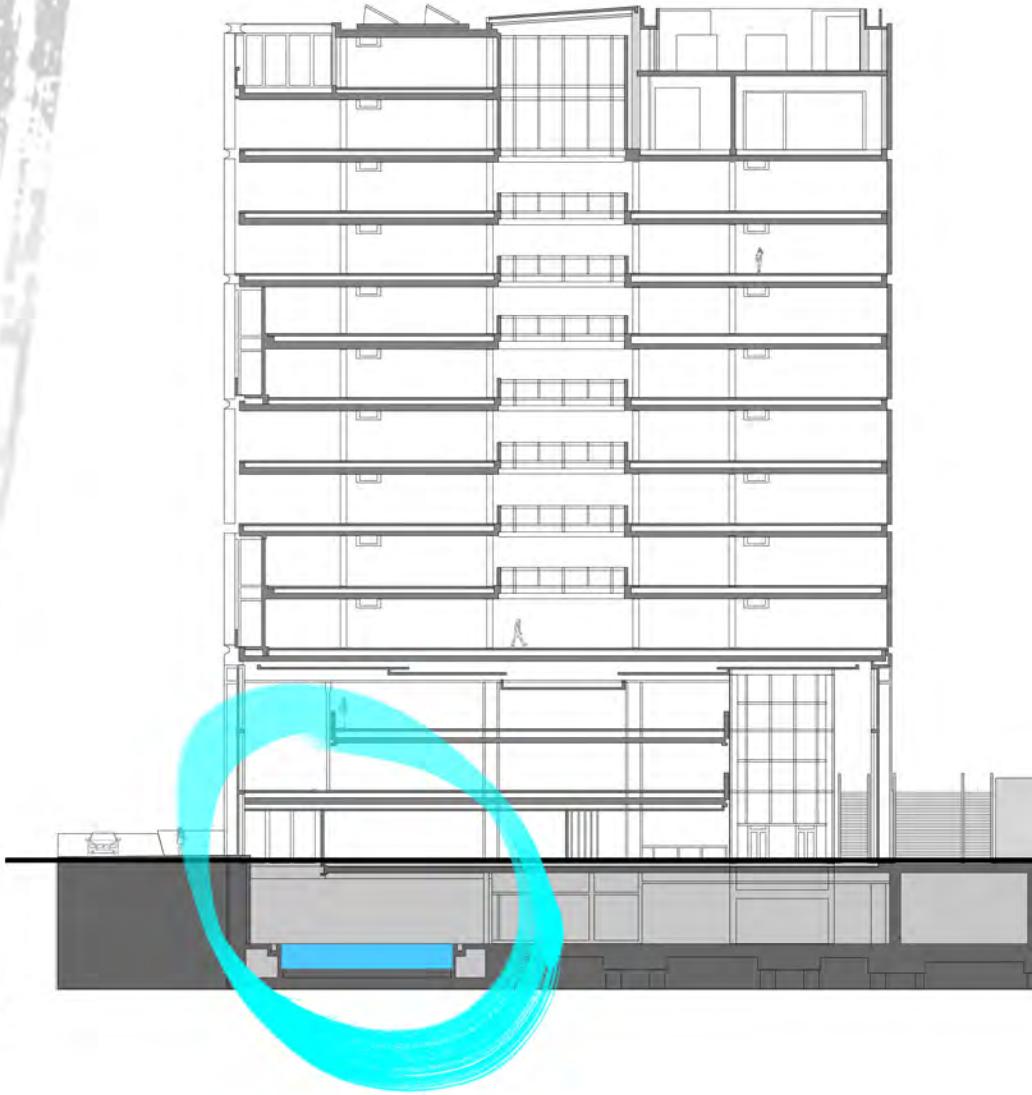
- FRAME
- POLYGON ROAD OPEN GYM
- COMMUNITY SPORT CENTER
- TABLE TENNIS CENTER
- BADMINTON CENTER

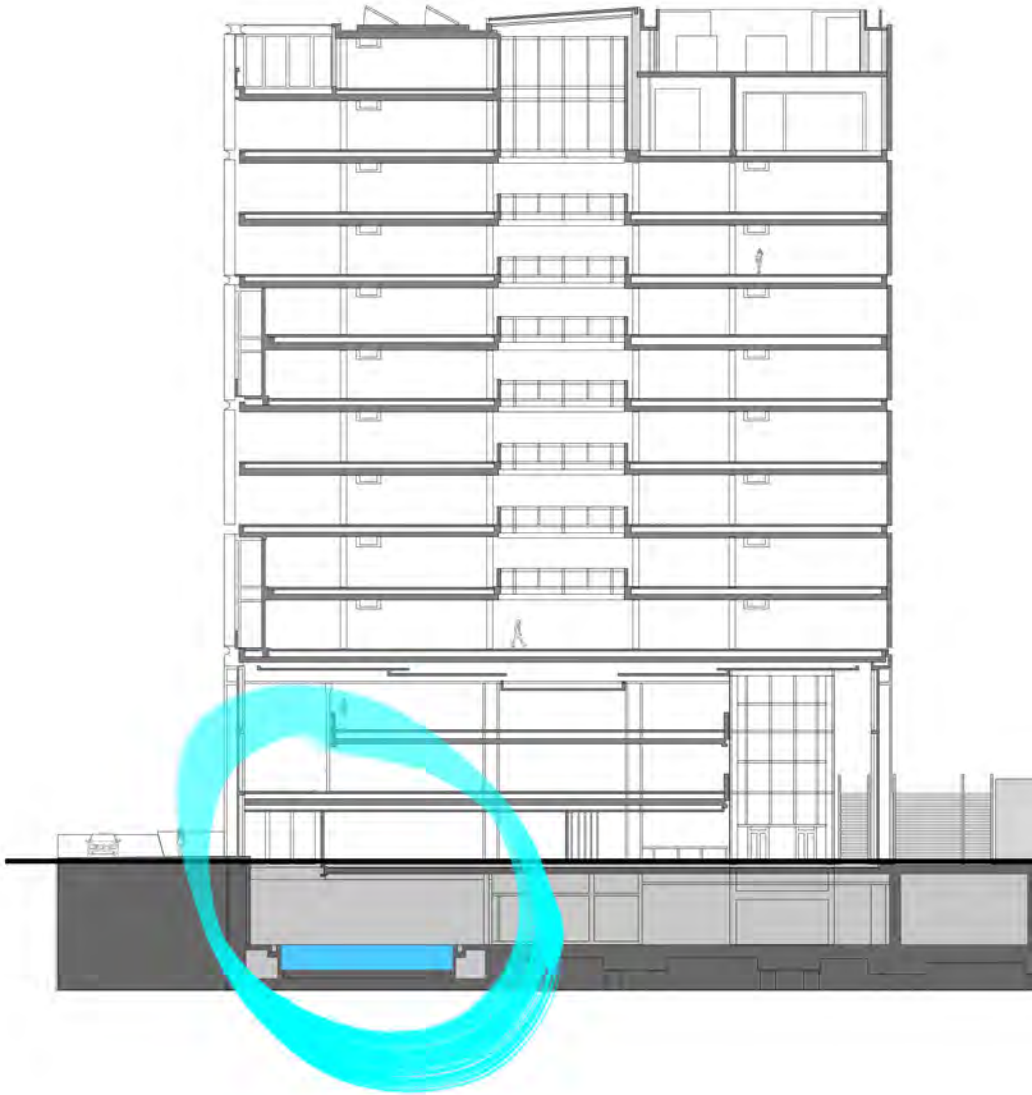
FAMILY CONTENTS

- THE HARRY POTTER SHOP
- PLATFORM THEATRE
- DRAMA CENTER LONDON
- GASHOLDER PARK
- LONDON CANAL MUSEUM
- THE BRITISH LIBRARY
- THE STORY GARDEN

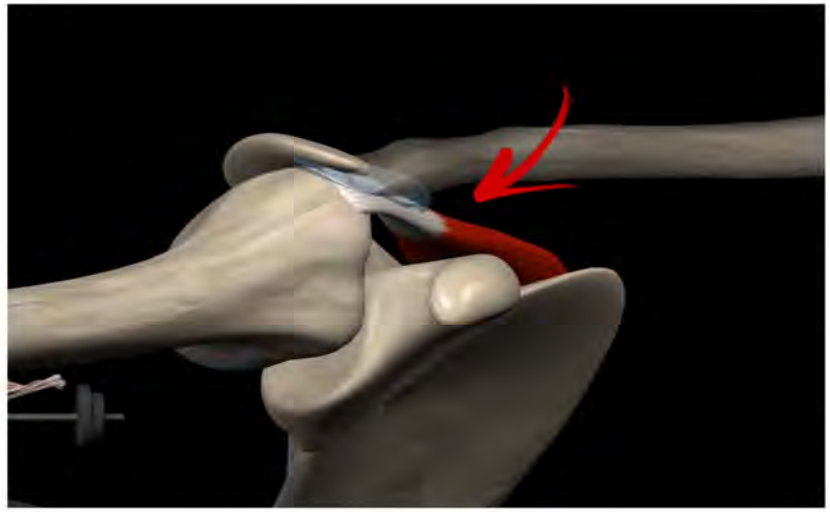
HEALTH SERVICES

- HAVERSTOCK HEALTHCARE
- BRITISH RED CROSS
- UNIVERSITY COLLEGE HOSPITAL: ELIZABETH GARRETT ANDERSON WING





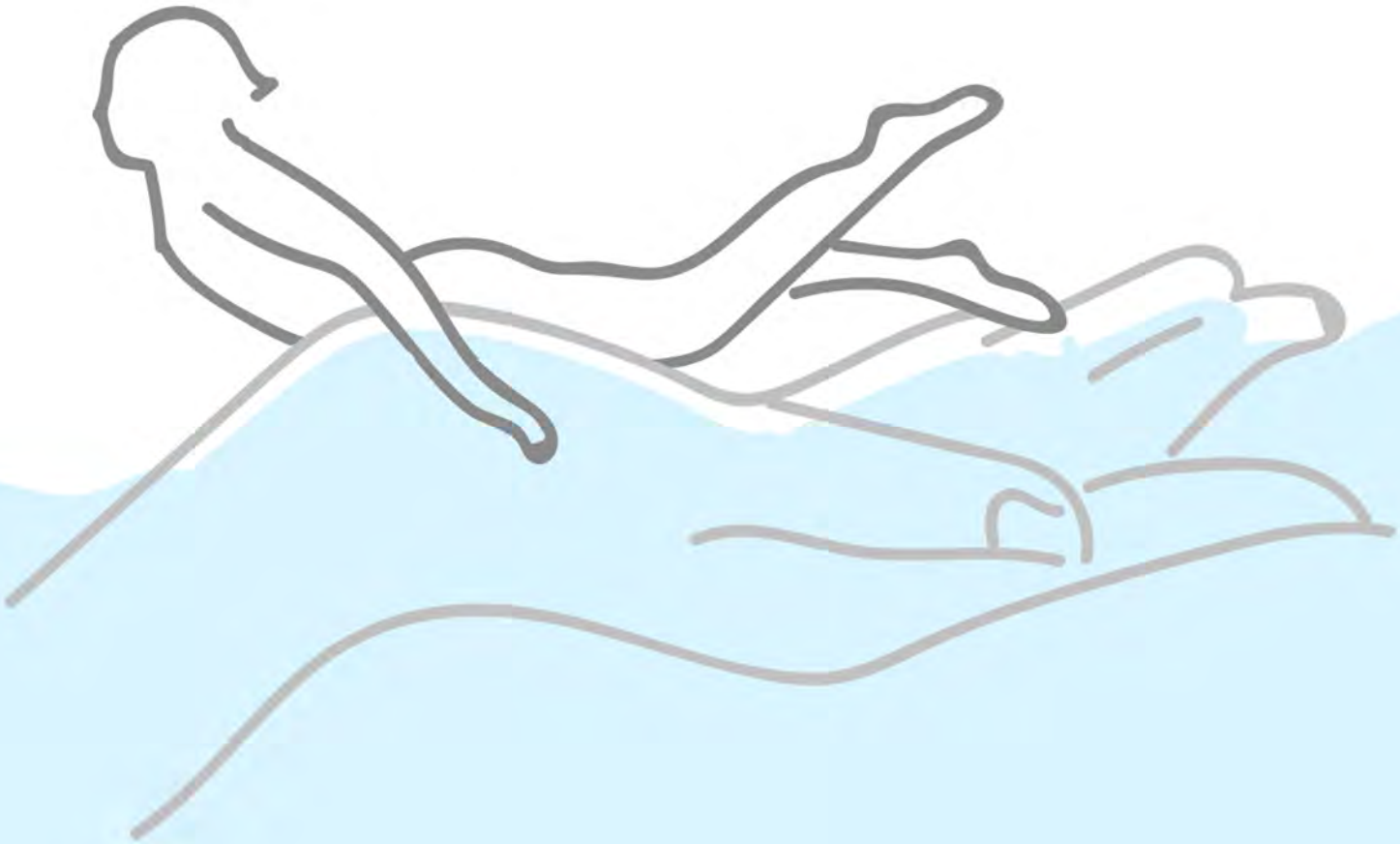
GRAVITY MULTIPLIES BODY WEIGHT ONTO ONE SPOT AND CAUSES DAMAGES.



RESEARCHING DOCUMENTARIES ABOUT SPACE SCIENCE AND ZERO GRAVITY TRAINING

2030

TETRAATHELON SPACE FITNESS CENTER

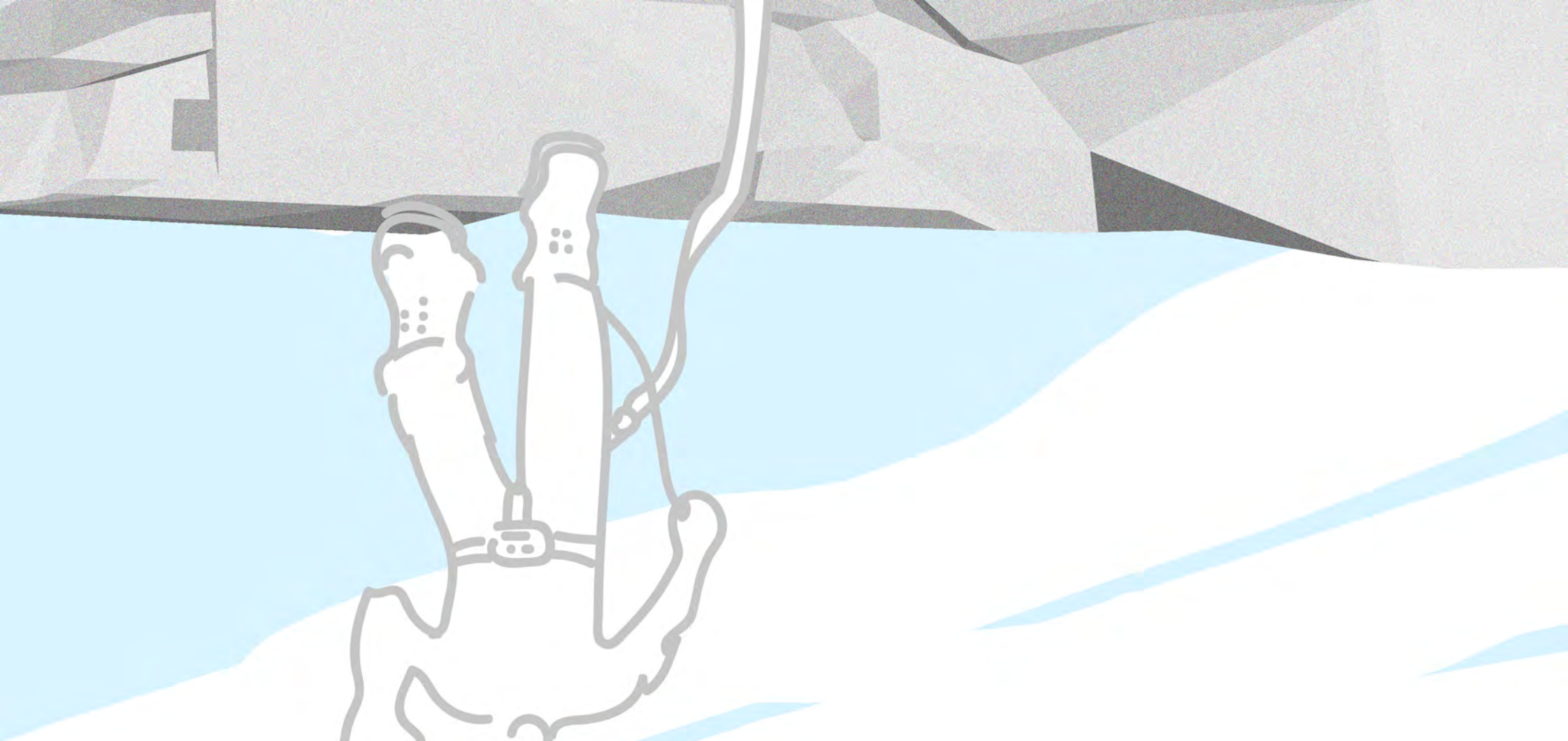


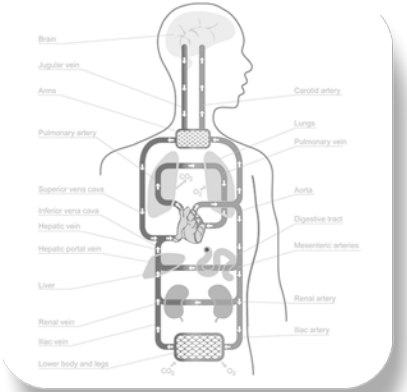
IN WATER TRAINING

WATER IS 12 TIMES AS DENSE AS AIR, ACTING AS AN INVISIBLE HAND HOLDING THE BODY, WITHOUT CAUSING DAMAGES TO LIGAMENTS, TENDONS, JOINTS AND MUSCLES.

ROCK CLIMBING

SIMILIAR TO A GECKO, CLIMBING ALLOWS US TO SPREAD BODY WEIGHT ONTO BOTH ARMS AND LEGS INSTEAD OF FOCUSING ON LEGS WHEN WALKING.





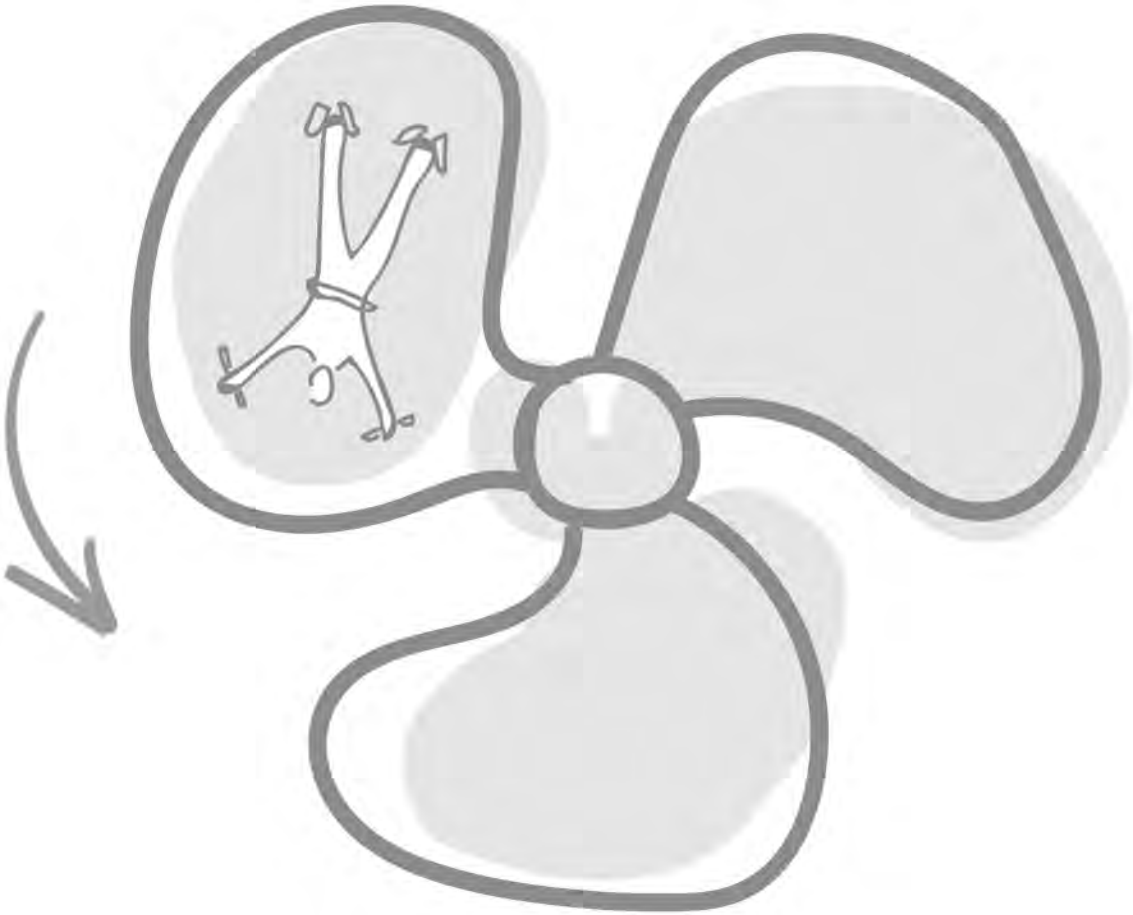
INVERSION WALKING

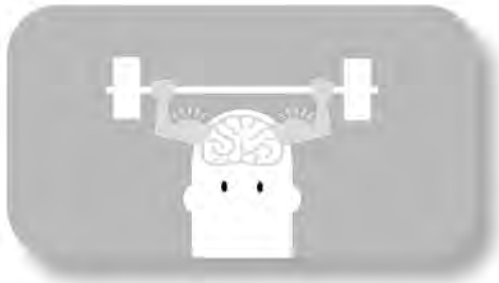
1. INCREASES BLOOD CIRCULATION TO ACTIVATE BRAIN ACTIVITIES

2. RELEASES BACK PAIN

3. CREATES MORE PROTECTIVE FLUID AROUND SPINAL DISCS

4. DECREASES INFLAMMATION

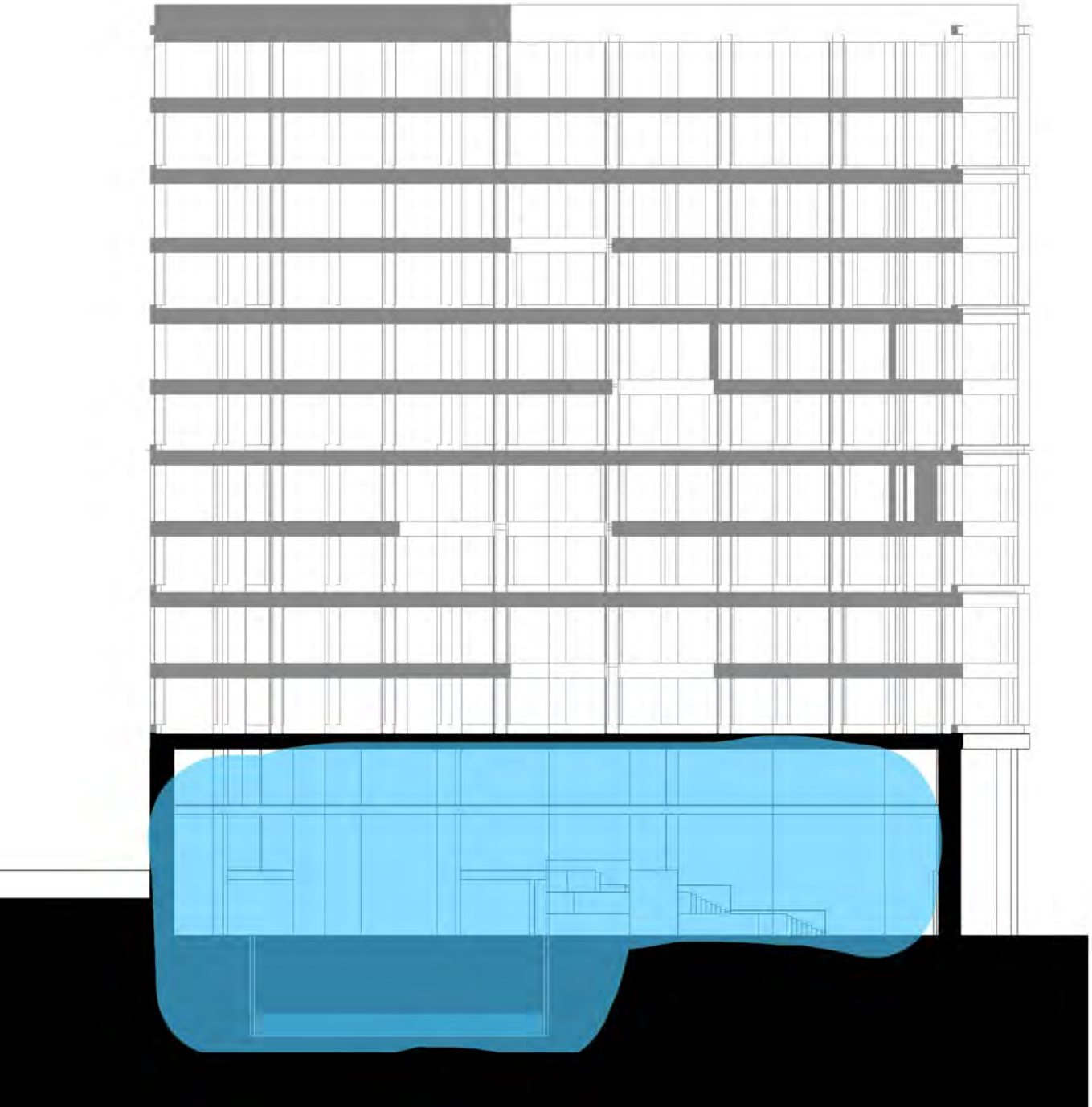




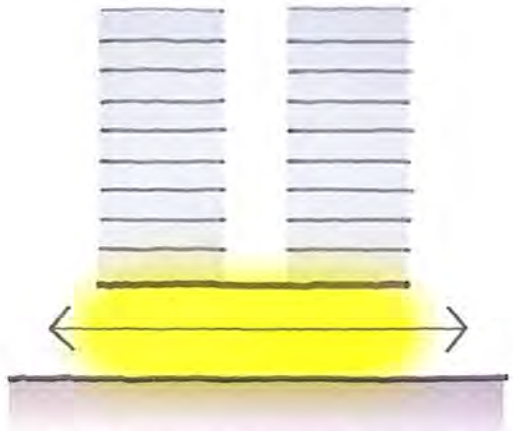
CARDIO & EQUILIBRIUM DUAL TRAINING

SPINNING MOTION IMPROVES OUR SPATIAL AWARENESS FROM PRO-PRIOCEPTION AND ALSO BUILDS ON NEW MUSCLE MEMORY.

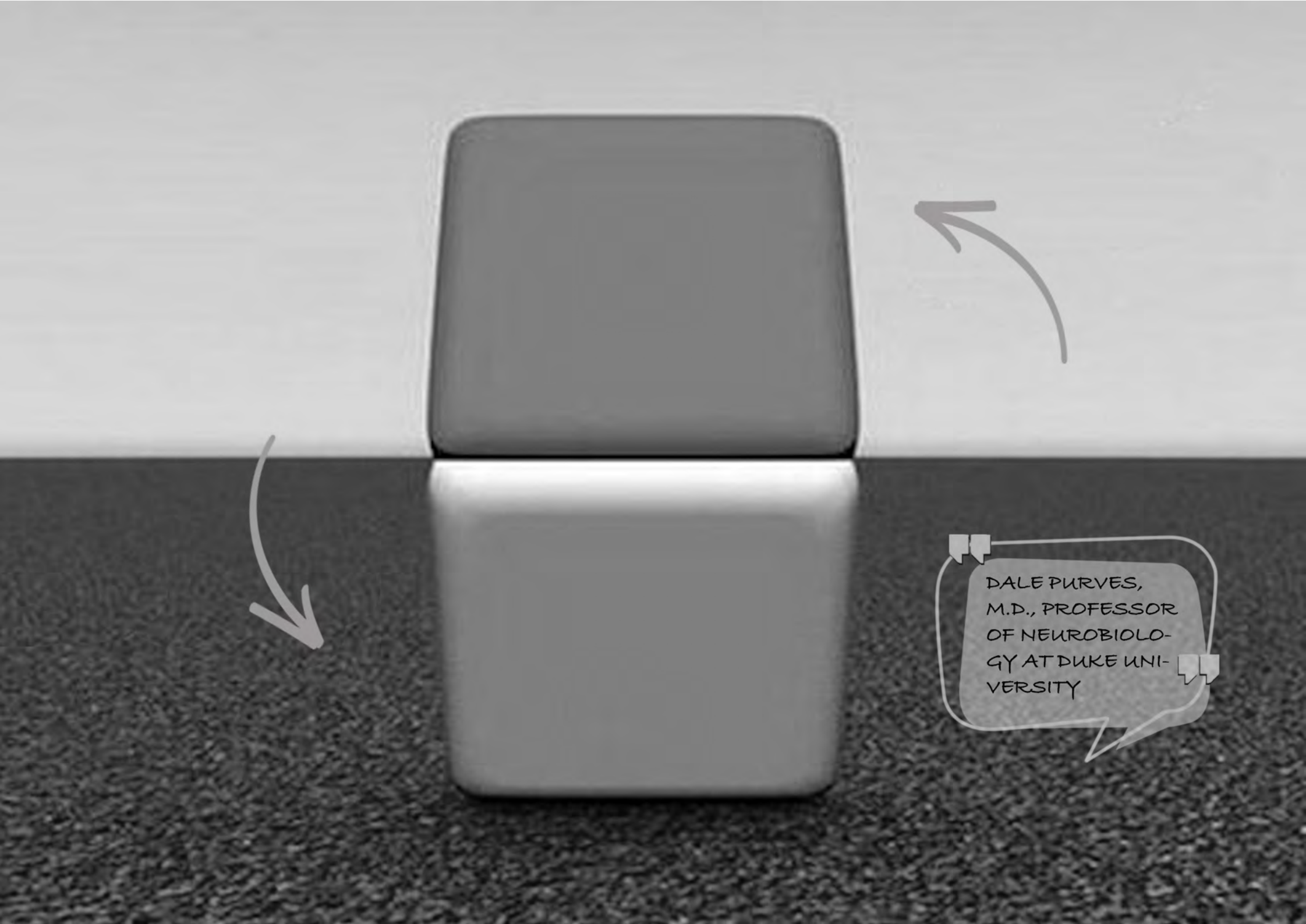
ZERO GRAVITY & PROPRIOCEPTION

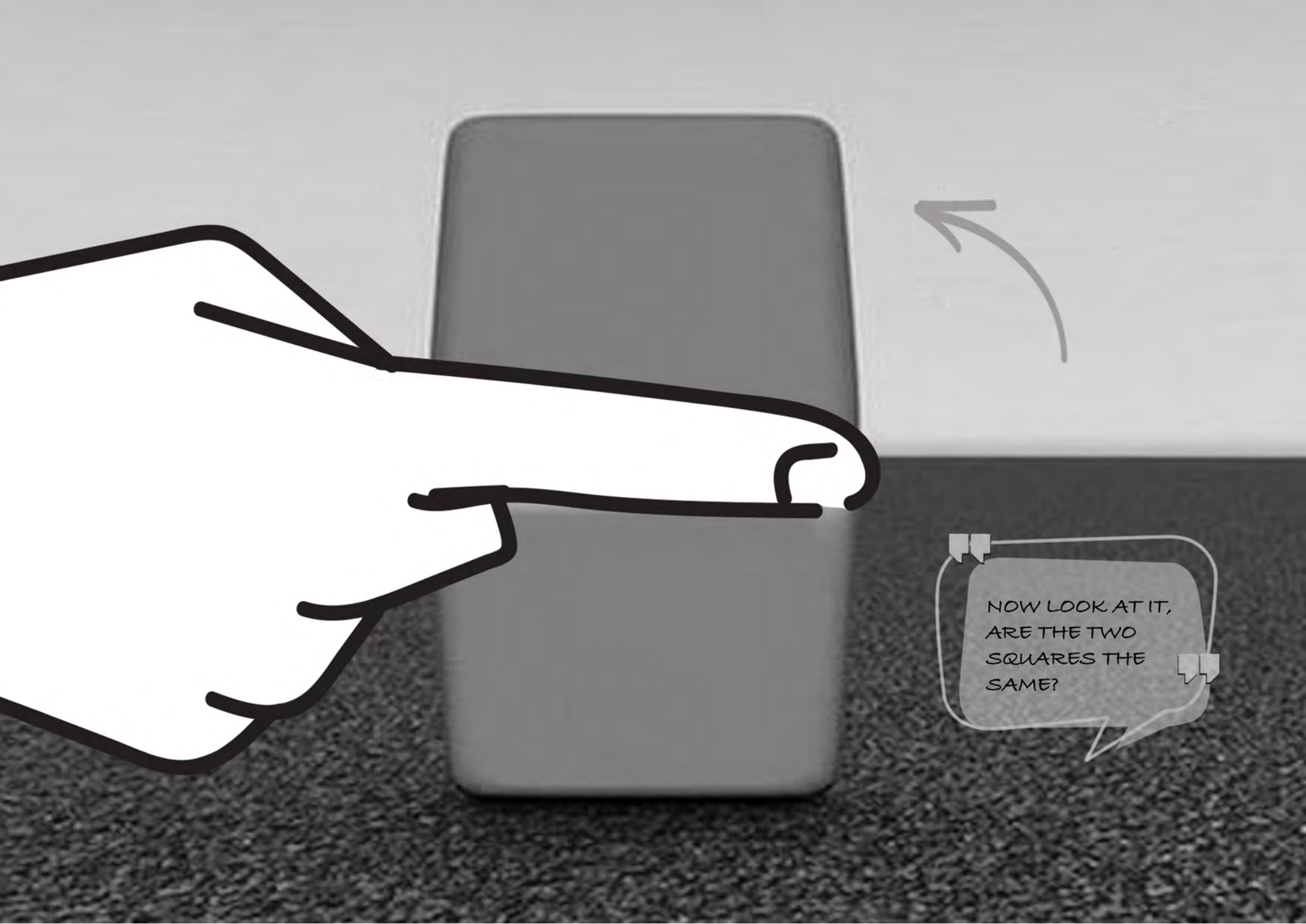


"TETRAATHLON FITNESS CENTER IS TAKING PLACE AT PORTION OF THE FIRST 3 FLOORS AND BASEMENT."



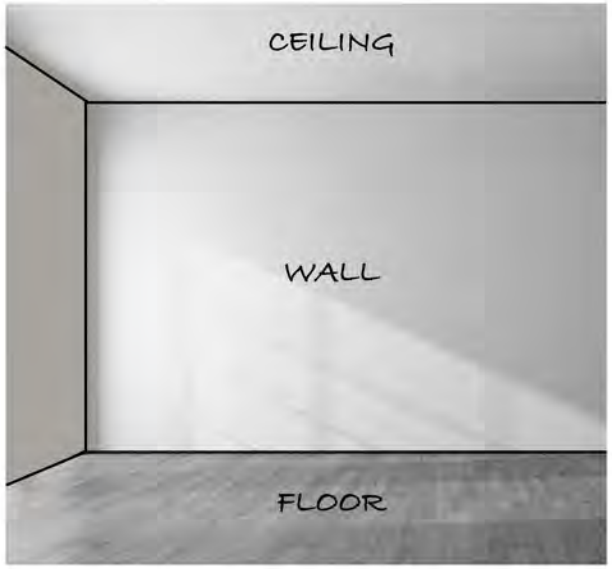
TRANSFER STRUCTURE


DALE PURVES, M.D., PROFESSOR OF NEUROBIOLOGY AT DUKE UNIVERSITY


NOW LOOK AT IT, ARE THE TWO SQUARES THE SAME?

1

BASIC UNDERSTANDING OF THE SPACE



FLOOR: A SURFACE OF A ROOM, ON WHICH ONE MAY WALK.

WALL:VERTICAL STRUCTURE THAT DIVIDED AN AREA OF LAND.

CEILING:THE UPPER INTERIOR SURFACE OF A ROOM.

2

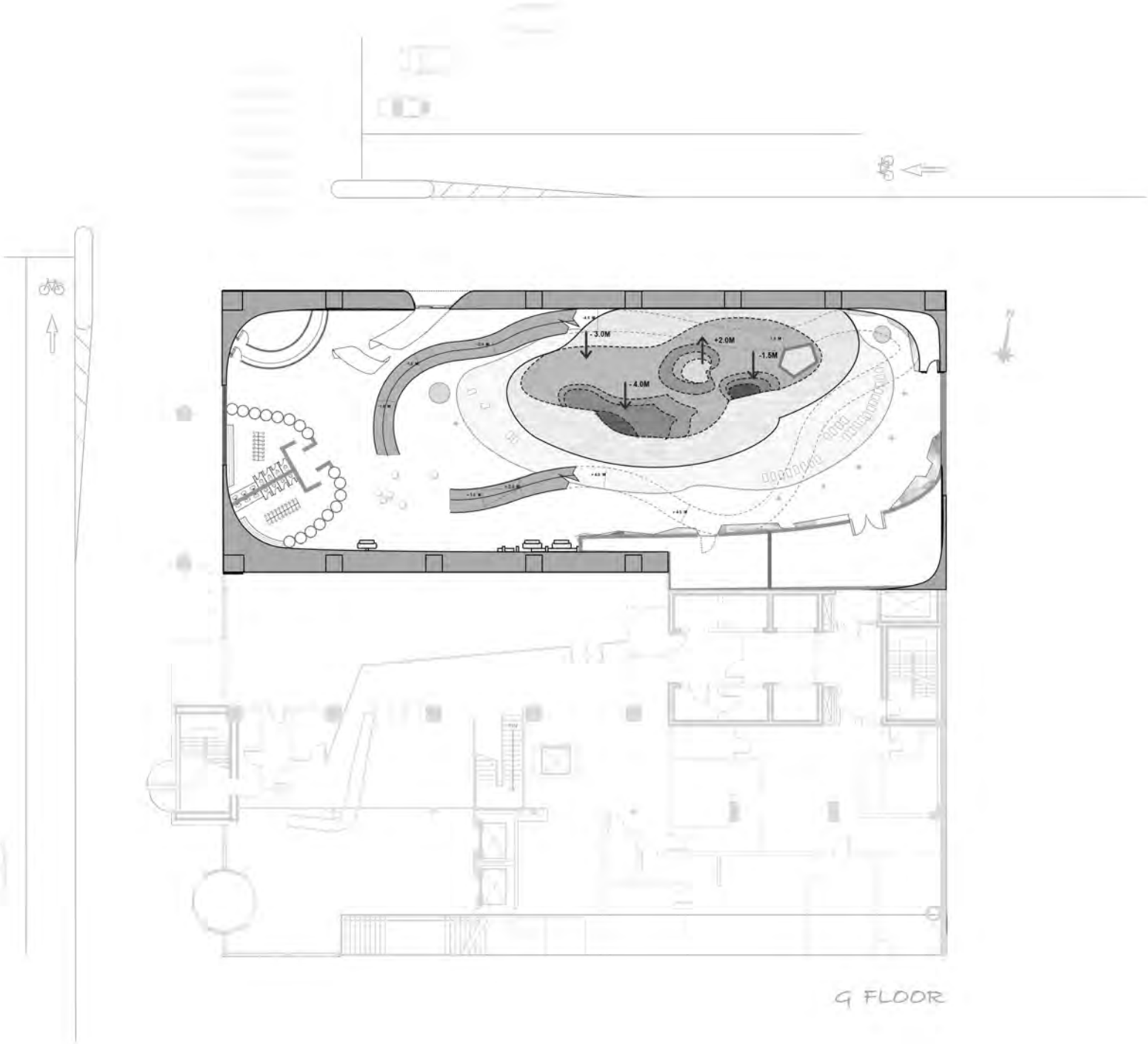
REMOVING EDGES

CURVING THE EDGES TO BLUR THE BOUNDARY BETWEEN TWO SURFACES.

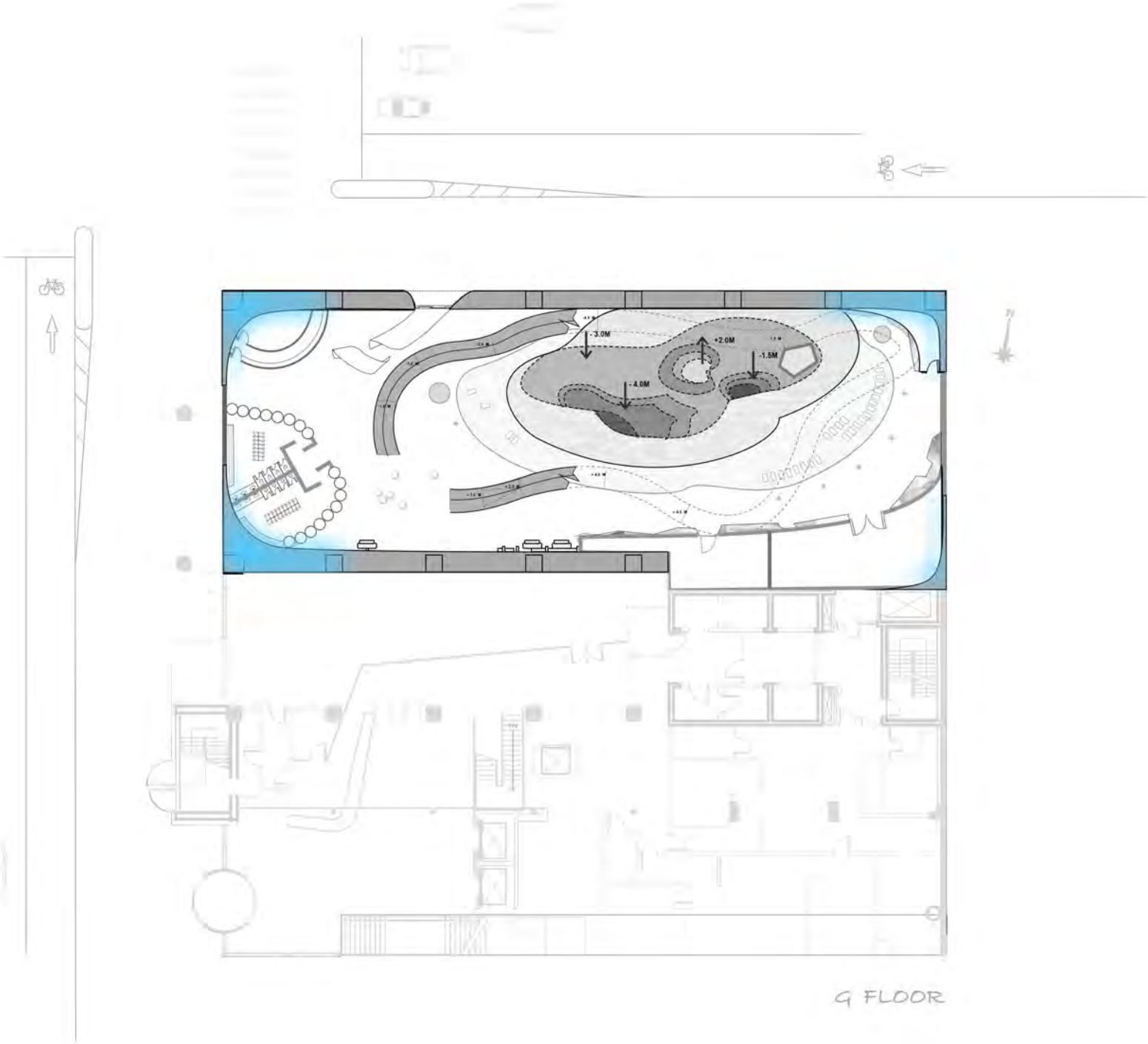
3

BORDERLESS ILLUSION

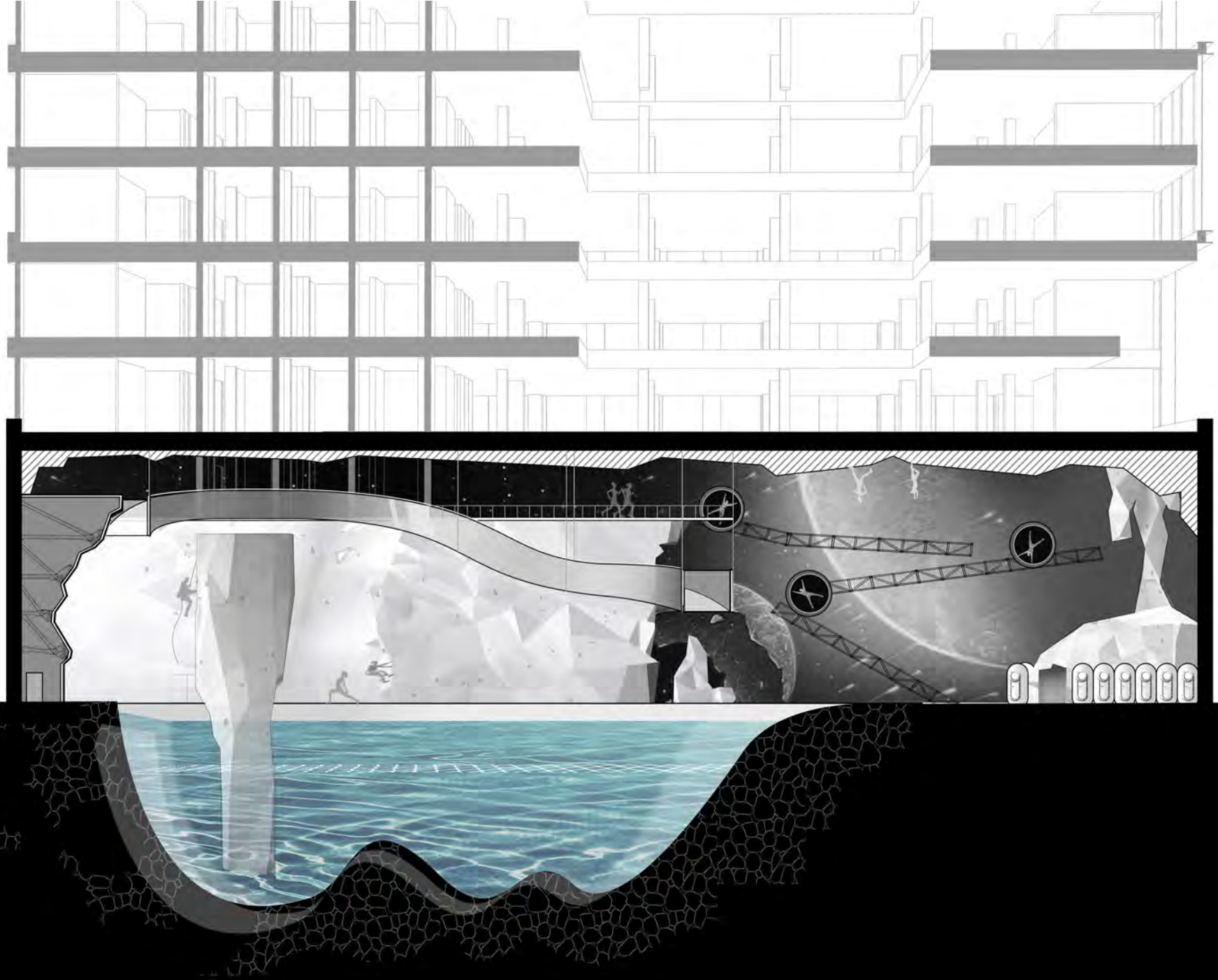
TRANSFORMATIONAL PROJECTION OF SPACE IMAGERY CREATES AN BORDERLESS ILLUSION, PROVIDING A NEW EXPERIENCE TO OUR PROPRIOCEPTION.



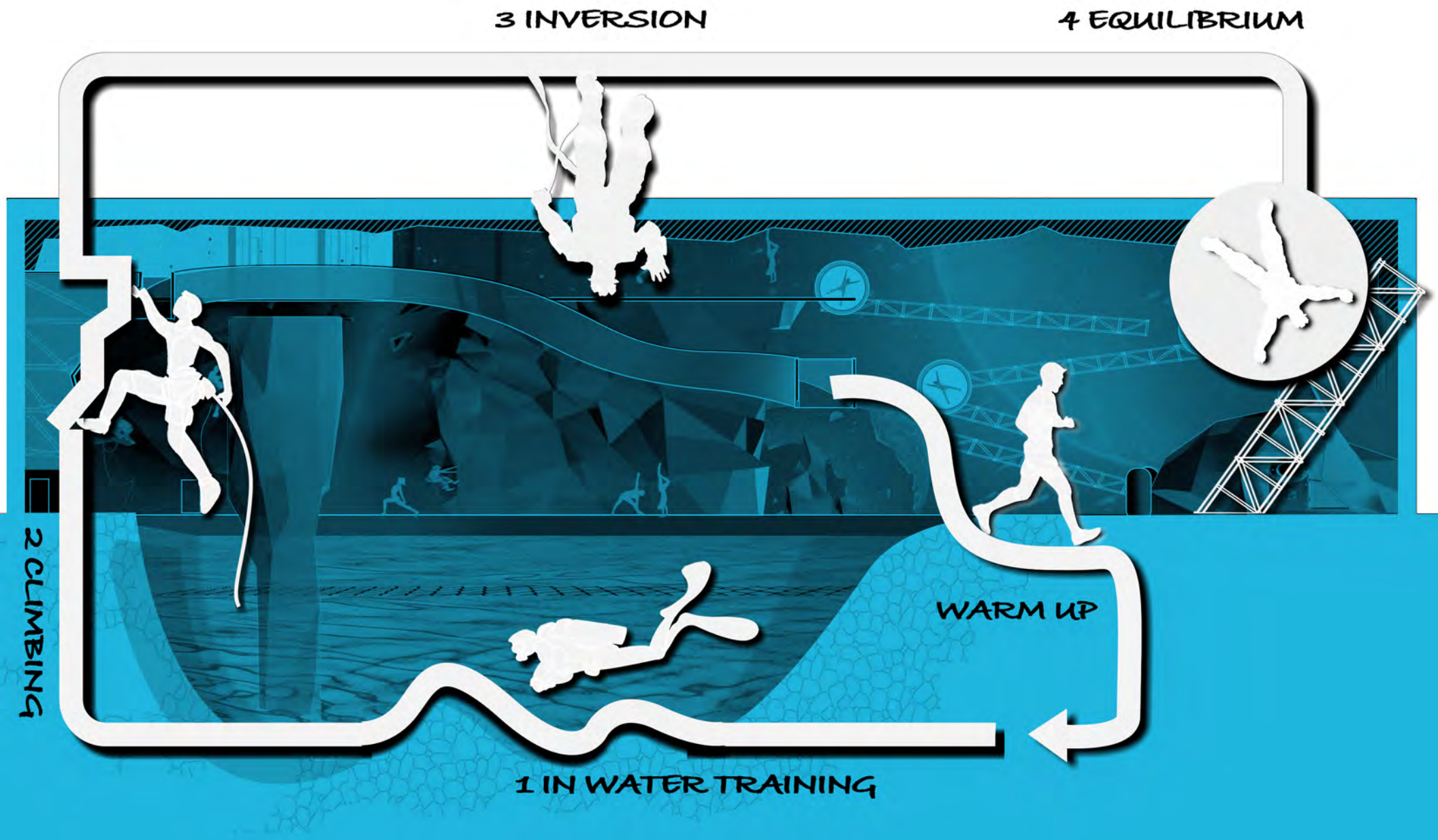
G FLOOR

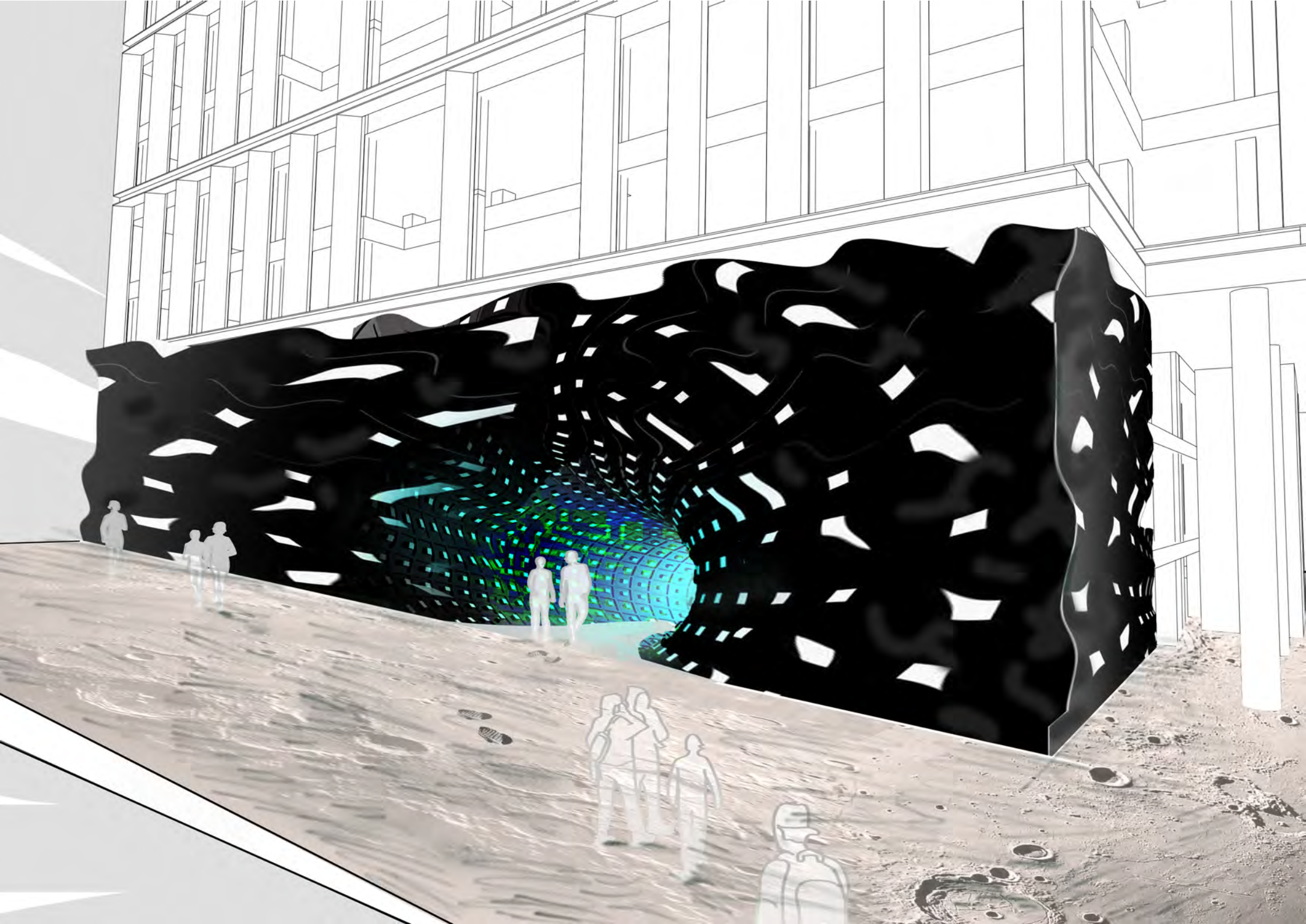


G FLOOR

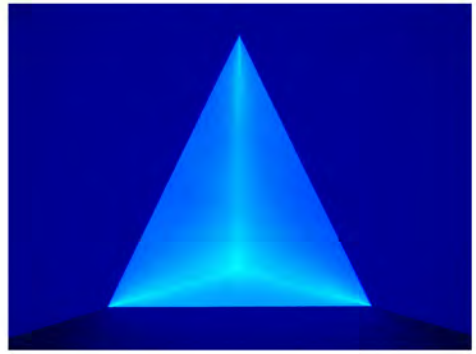


SECTION

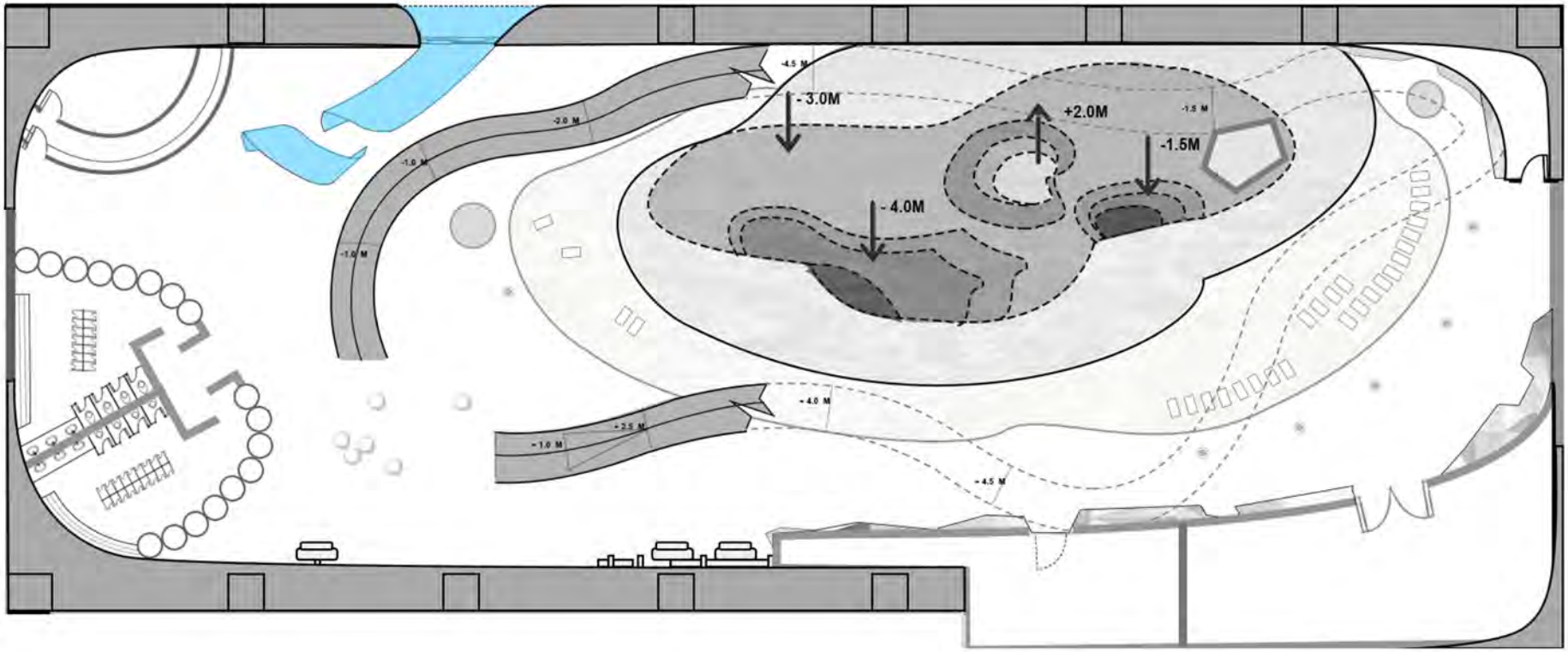

3 INVERSION
4 EQUILIBRIUM
2 CLIMBING
WARM UP
1 IN WATER TRAINING



VENTABLACK



LED LIGHT



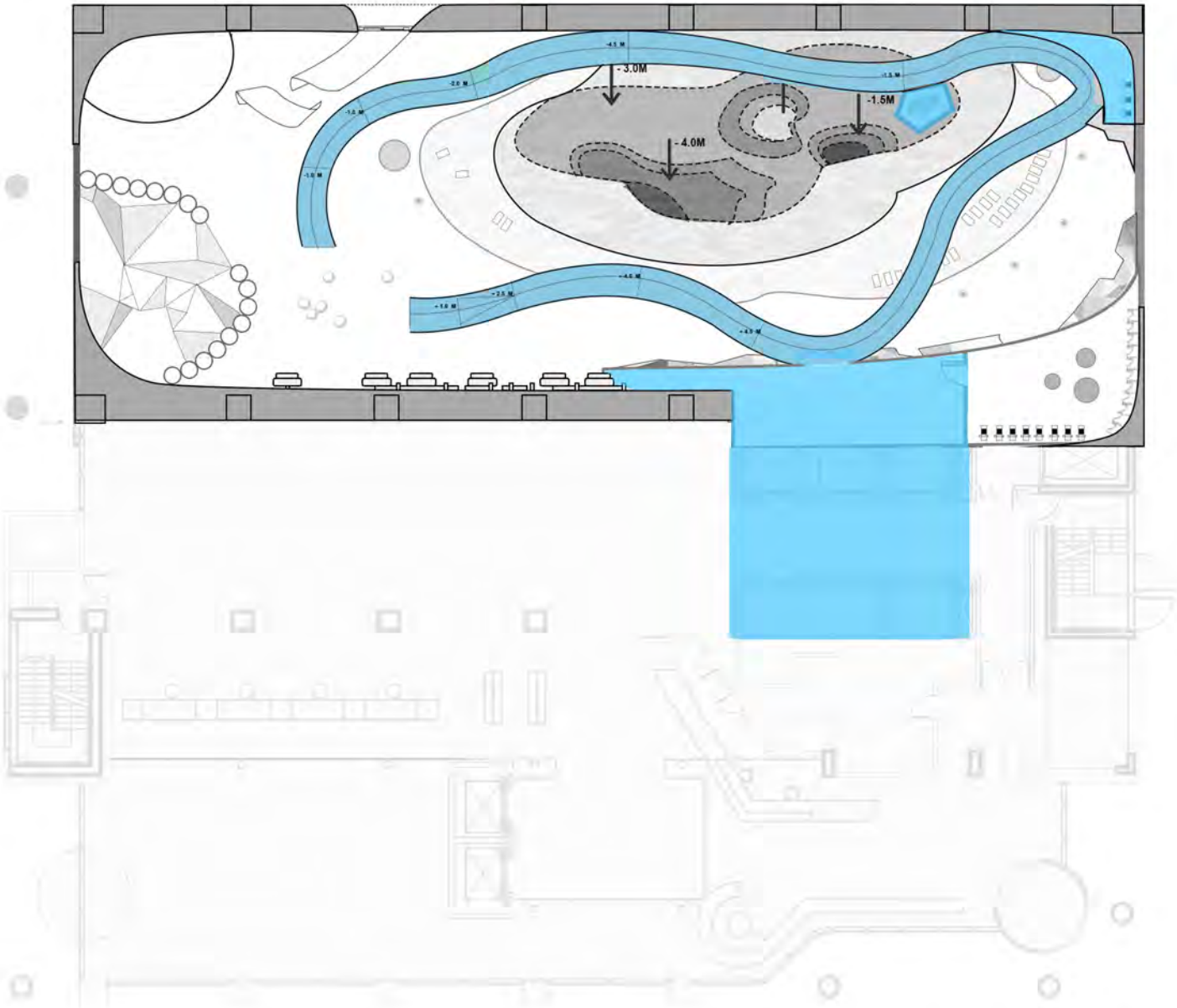
G FLOOR

AI SERVICES
MY WORKOUTS
PLAN WORKOUTS
Tuesday, August 25
TRANSFORM WEEK 1
DAY 3
103
CALORIES
83
AVG HR
BPM
12:19
DURATION
SUMMARY
CARDIO
VELOCITY
Exercise Name
Set
Reps
Lbs
I WANT TO SCAN MY BODY AS WELL

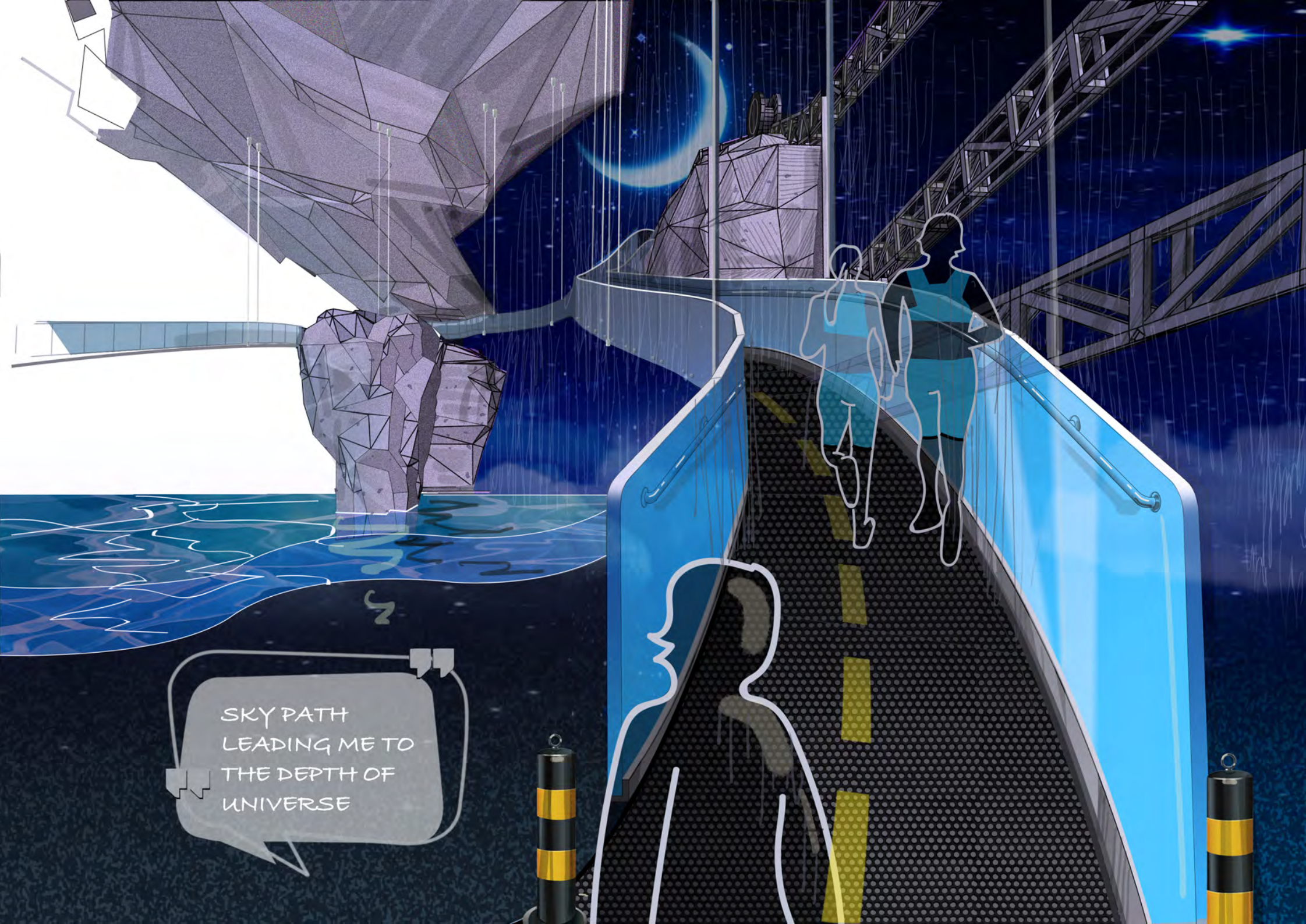
UNISEX MULTI-FUNCTIONAL REFLECTIVE OUTFIT HAS ERGONOMIC SEAM CONSTRUCION TO ENHANCE DUABILITY AND CONNECT KEY MUSCLE GROUPS

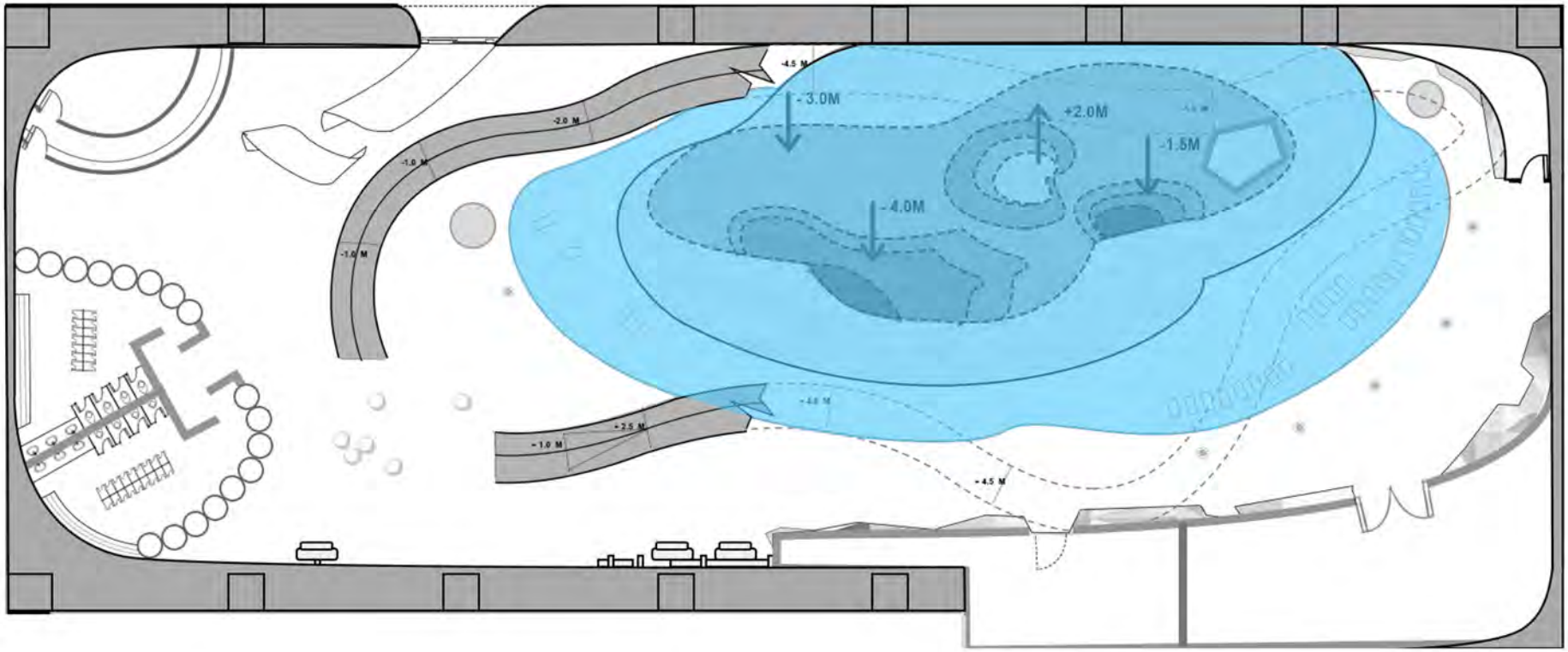
PERSONAL QR CODE

1.NAME
2.EMGERGENCY CONTACT
3.BASIC HEALTH DATA

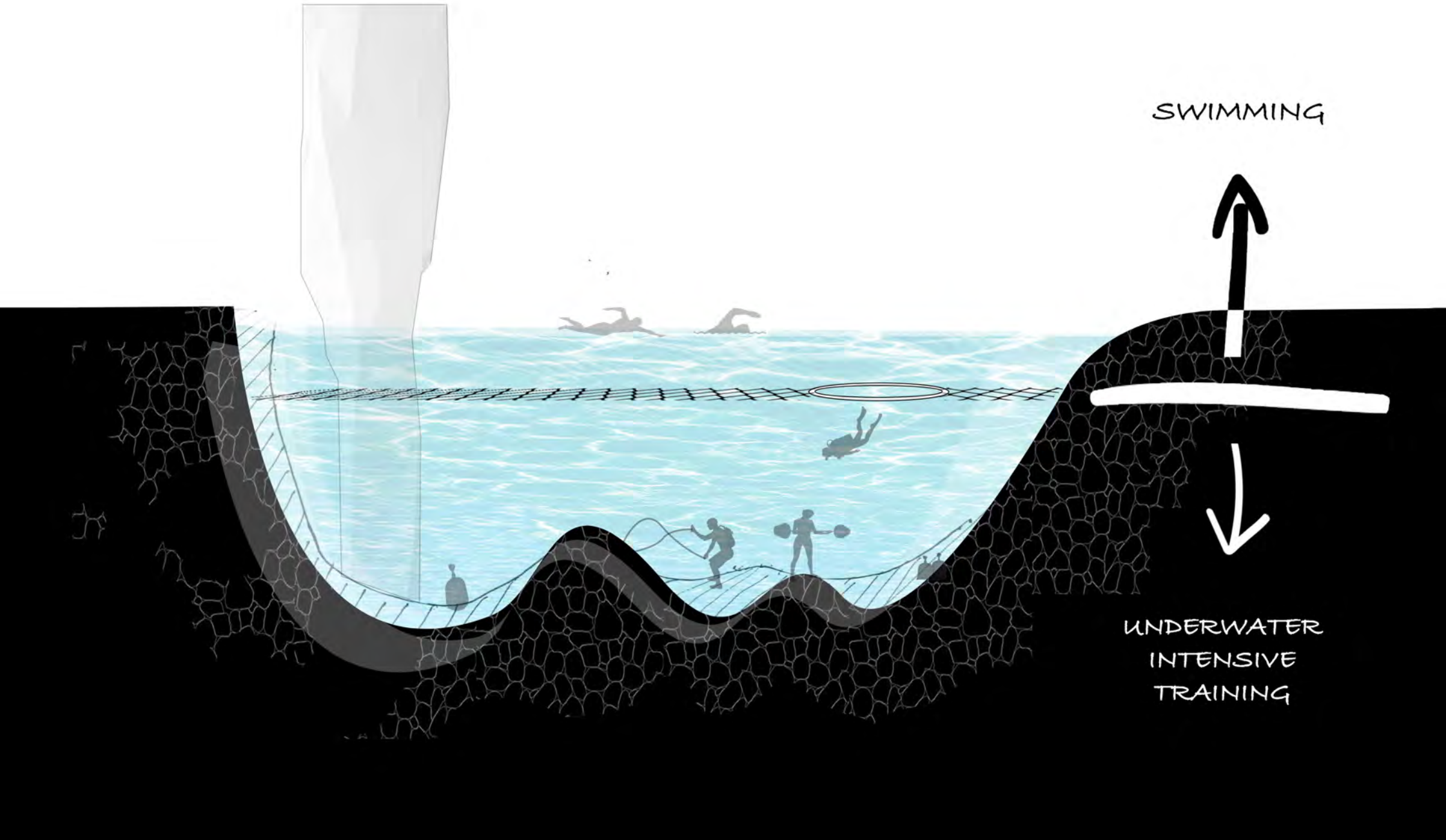


2ND FLOOR

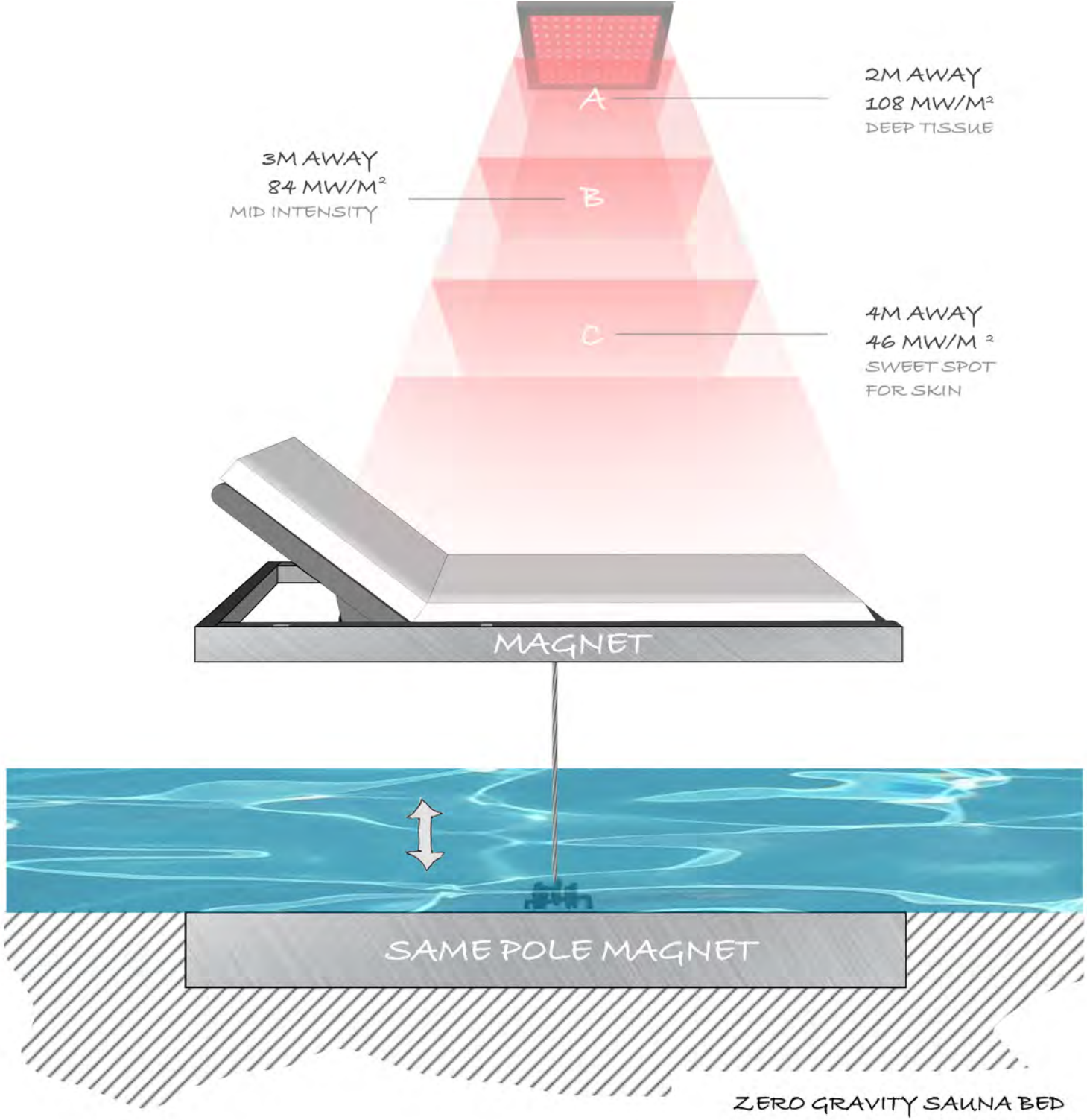

SKY PATH
LEADING ME TO
THE DEPTH OF
UNIVERSE

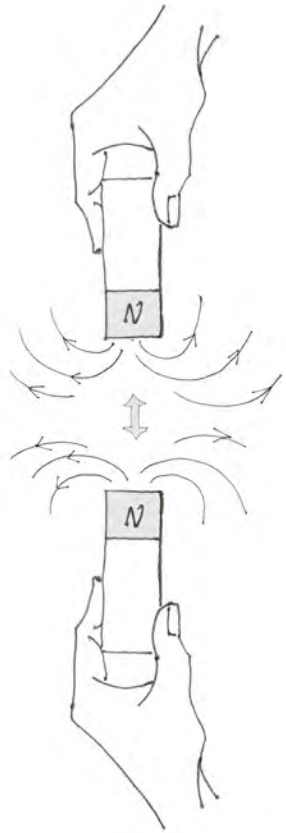


G FLOOR

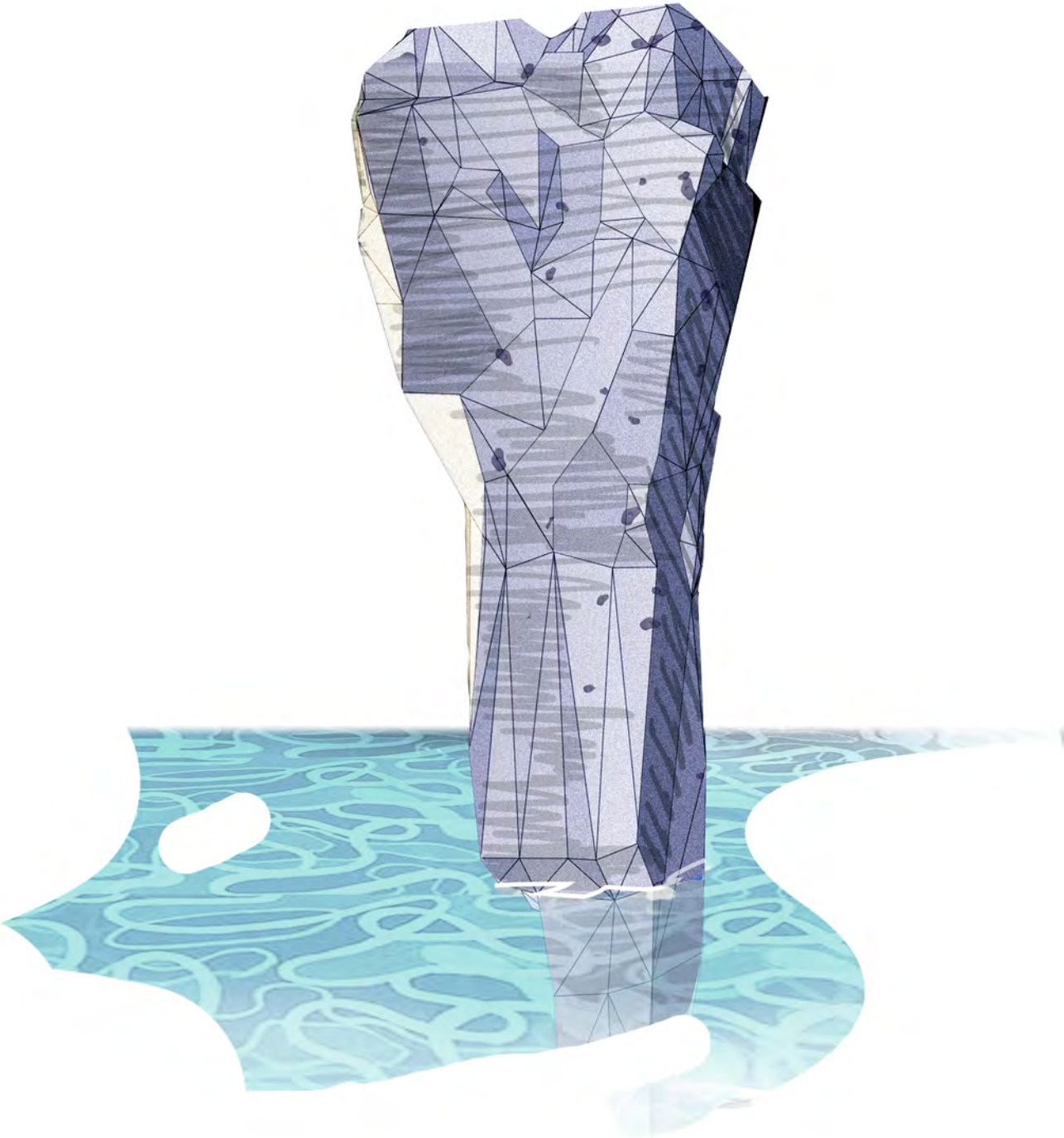

SWIMMING
UNDERWATER
INTENSIVE
TRAINING

WHY THE BED IS SUSPEND-ED ABOVE THE WATER?

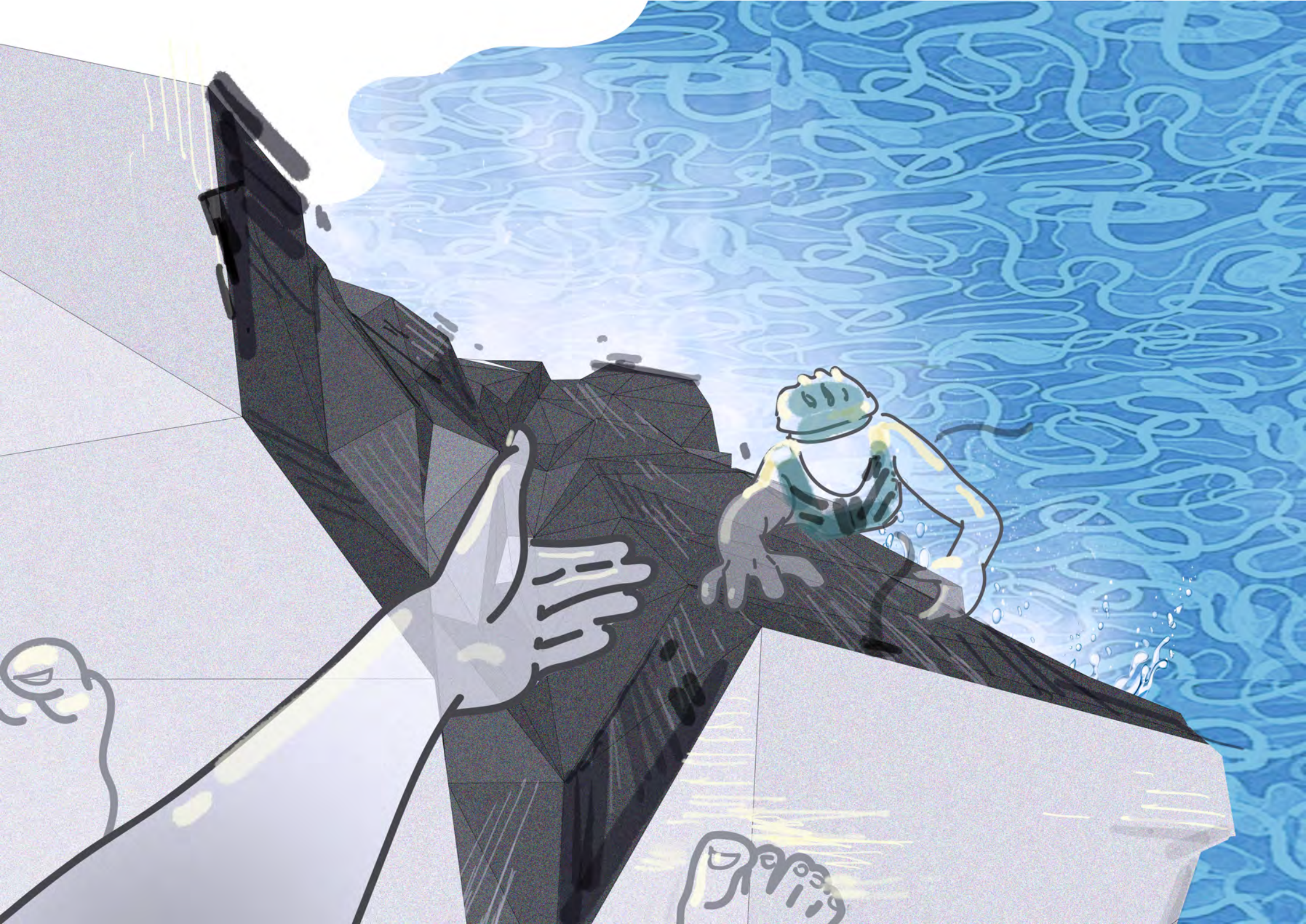


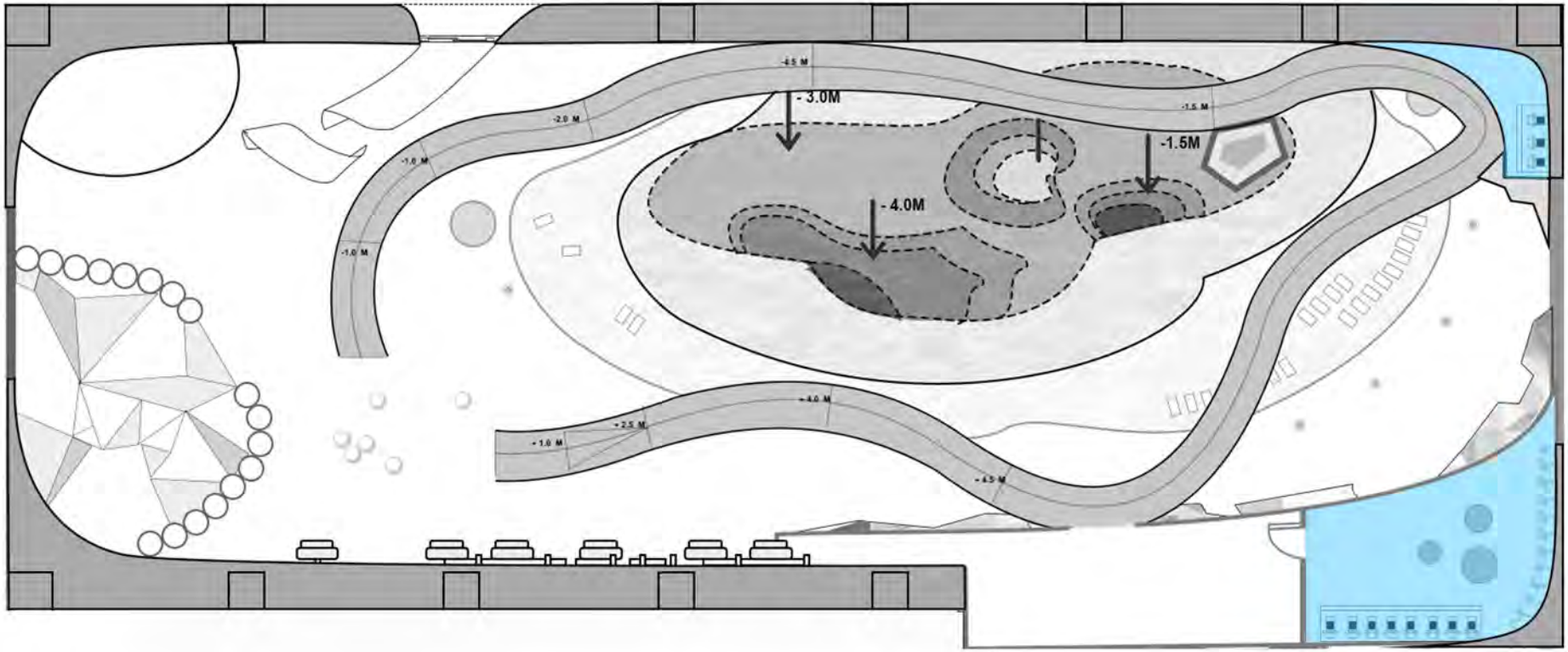


$$d = 2\left[\frac{1}{2}a_z\left(\frac{t_1}{2}\right)^2 + a_z\left(\frac{t_1}{2}\right)\left(\frac{t_2}{2}\right)\right]$$



ALMOST AT THE TOP.
LET ME GUESS WHICH TEAM WILL WIN...

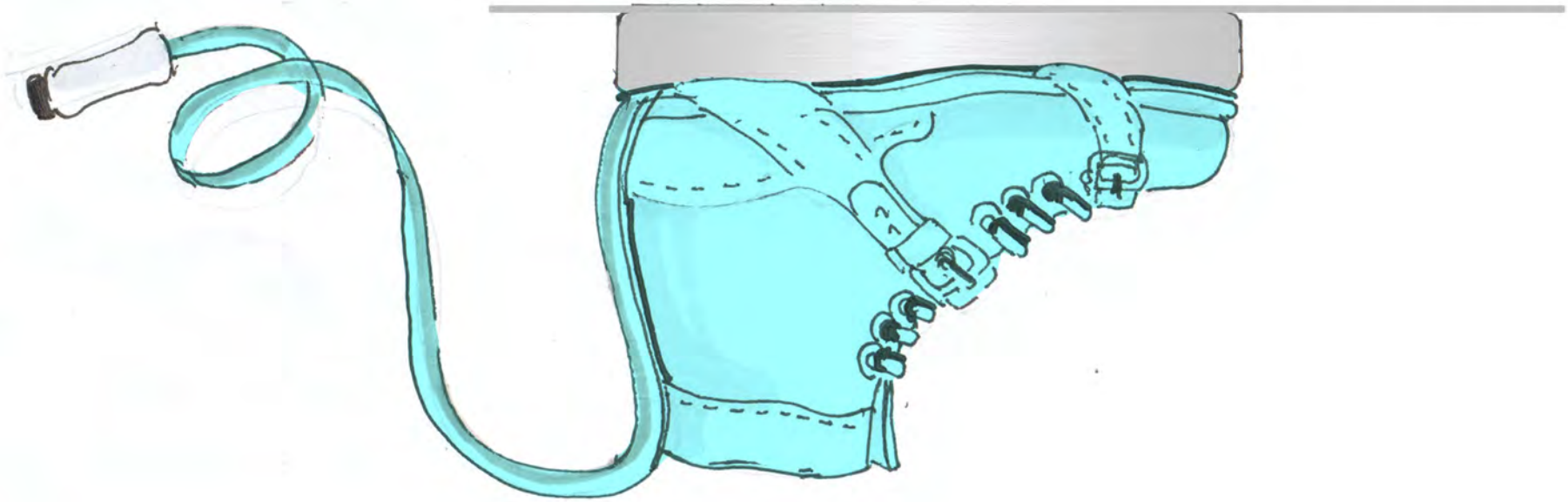


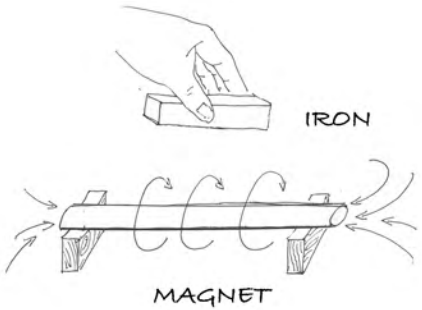


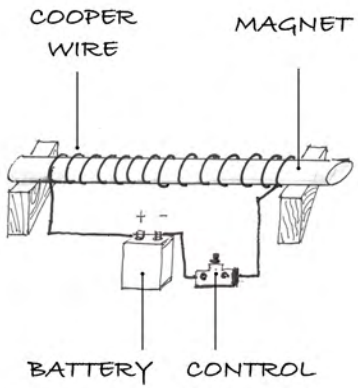
2ND FLOOR

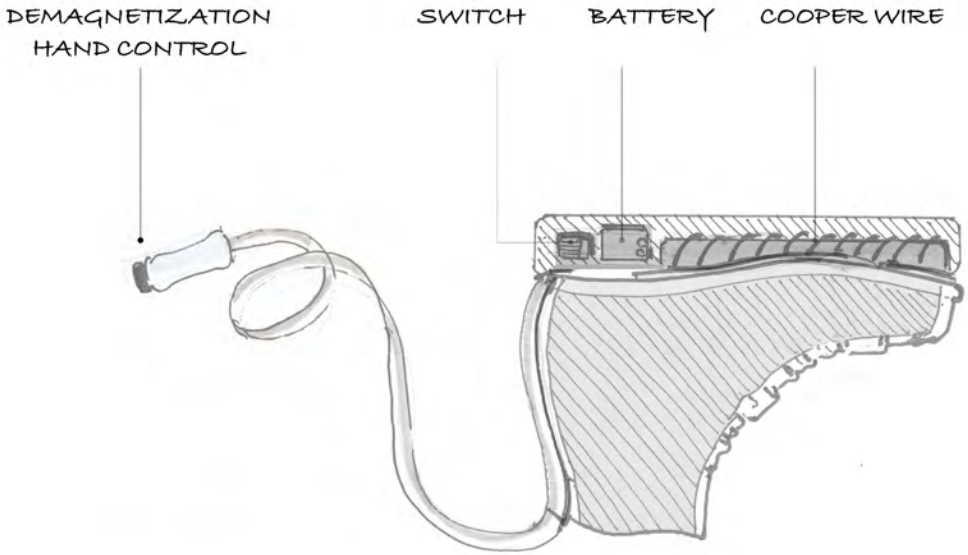
IRON CEILING

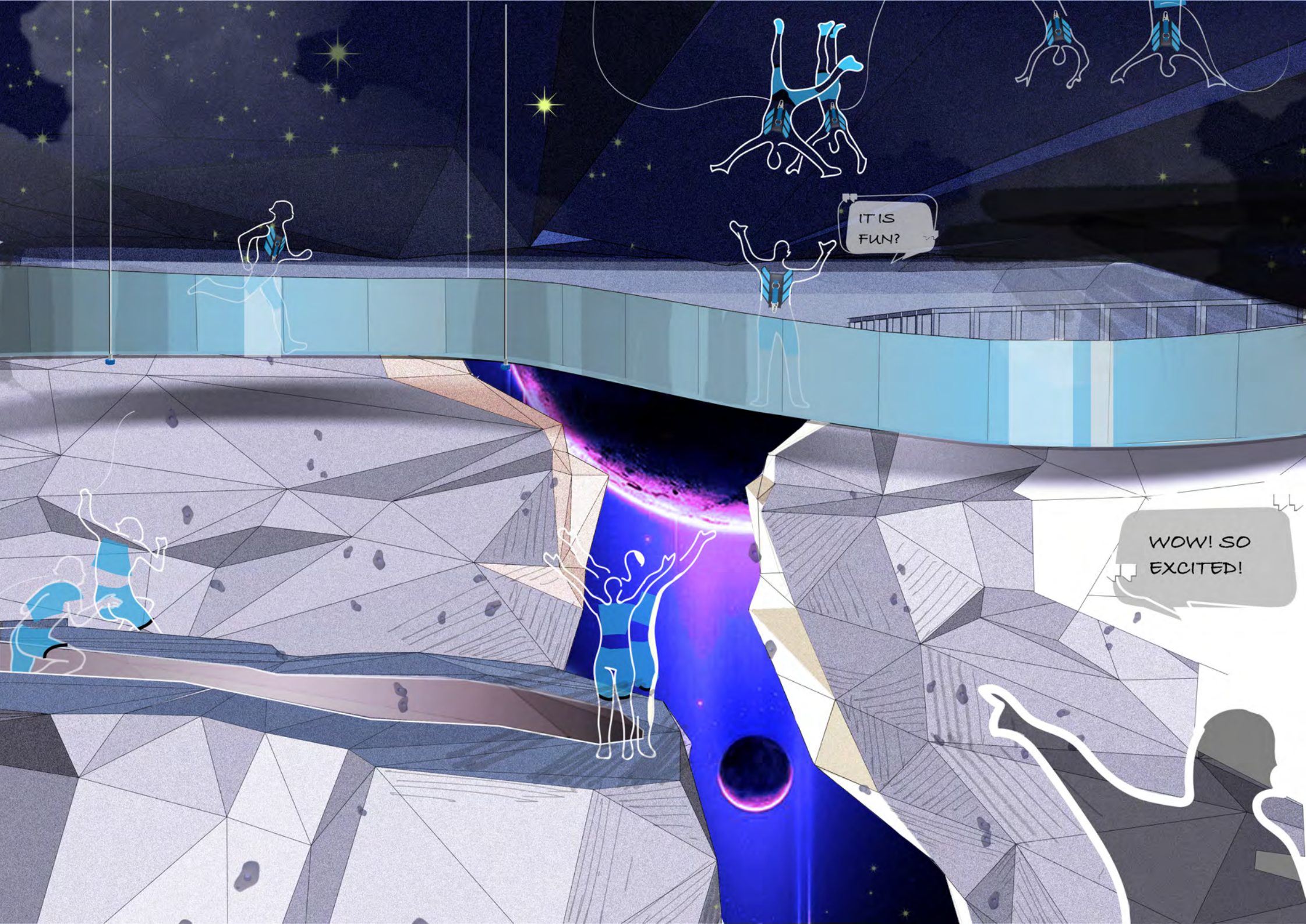
MAGNETIC INVERSION BOOT

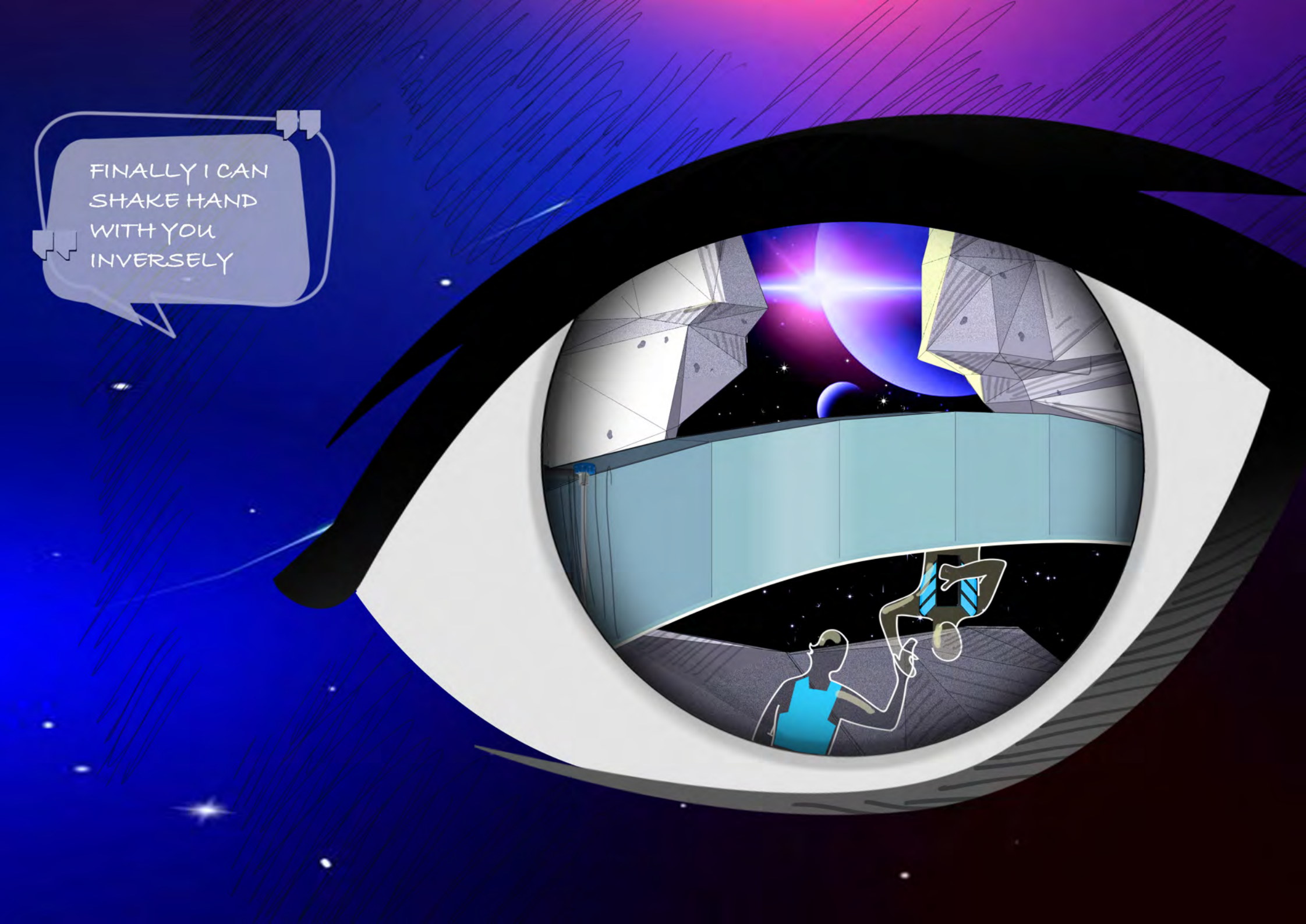


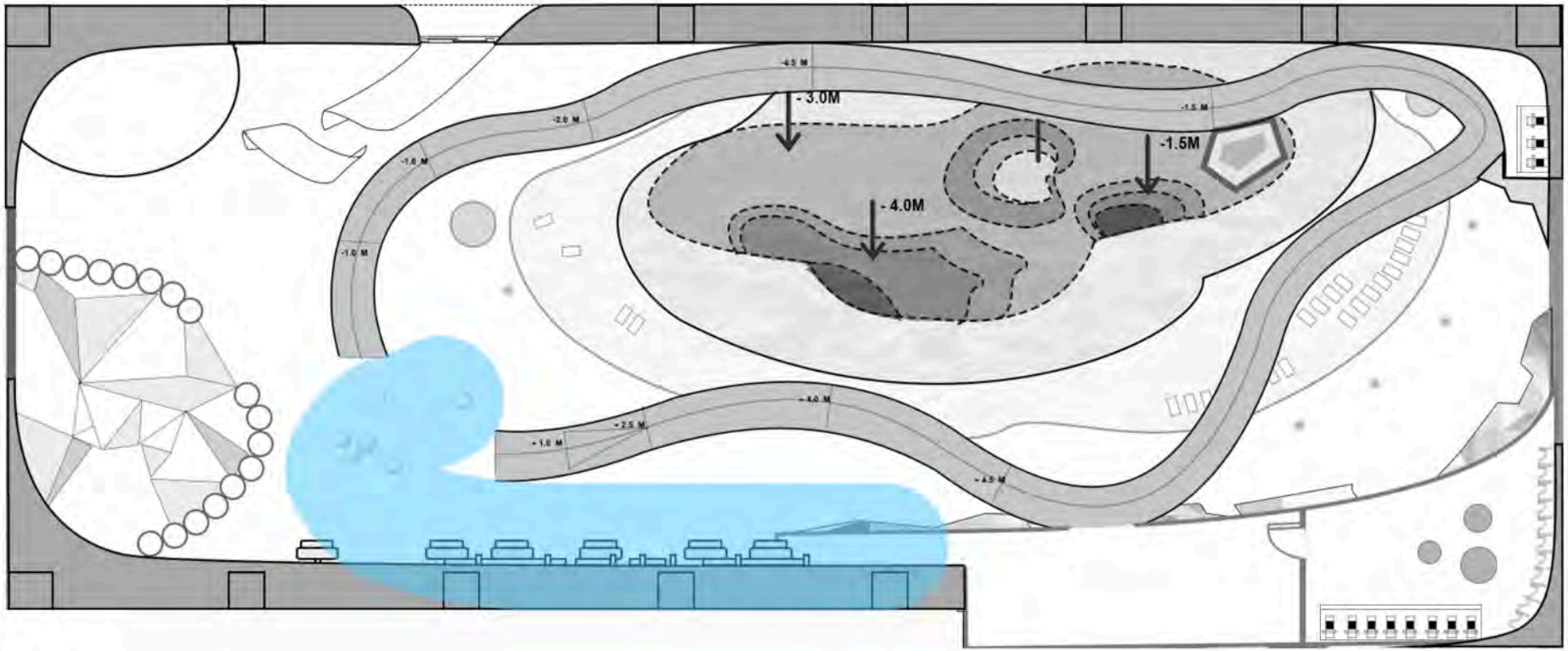




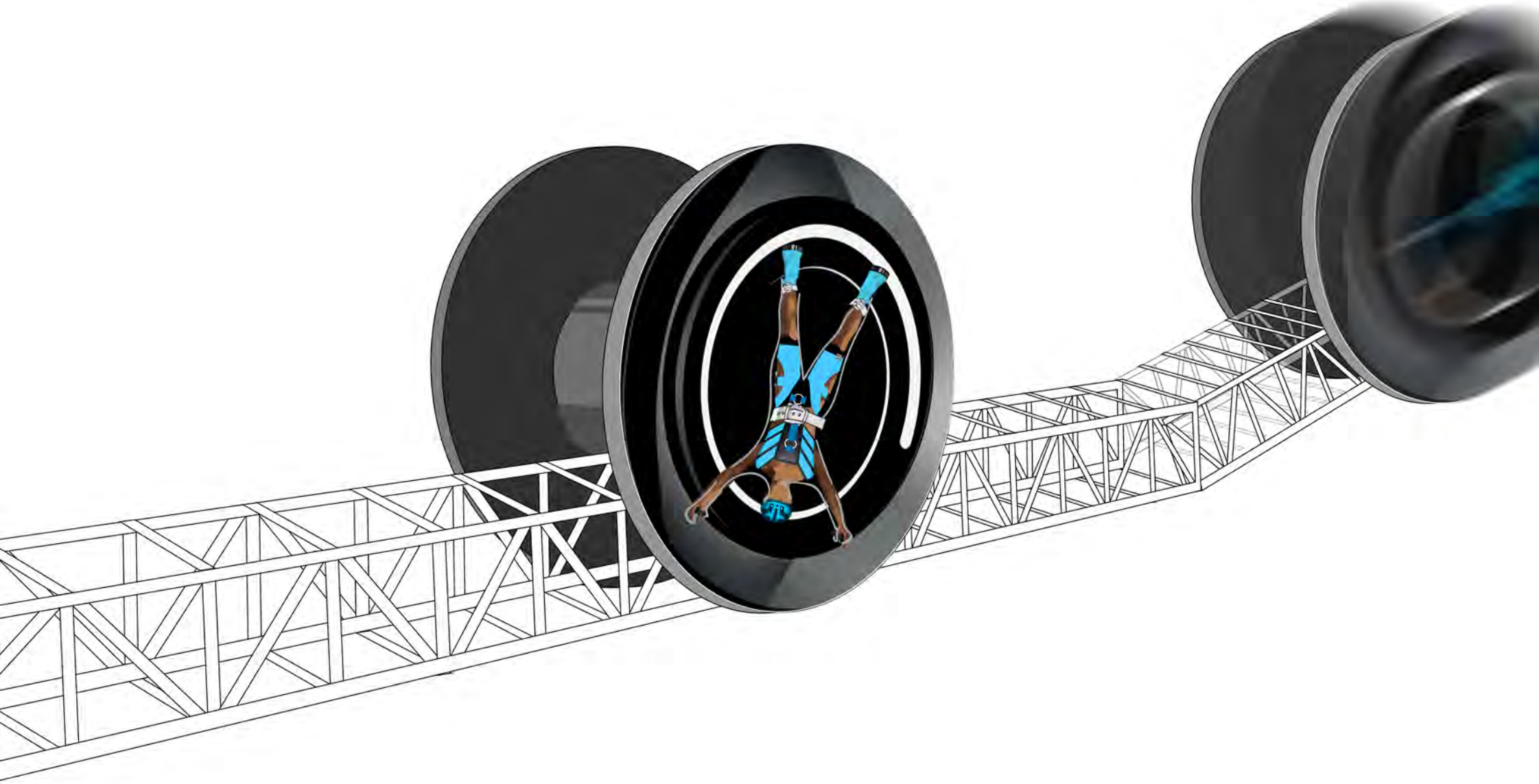


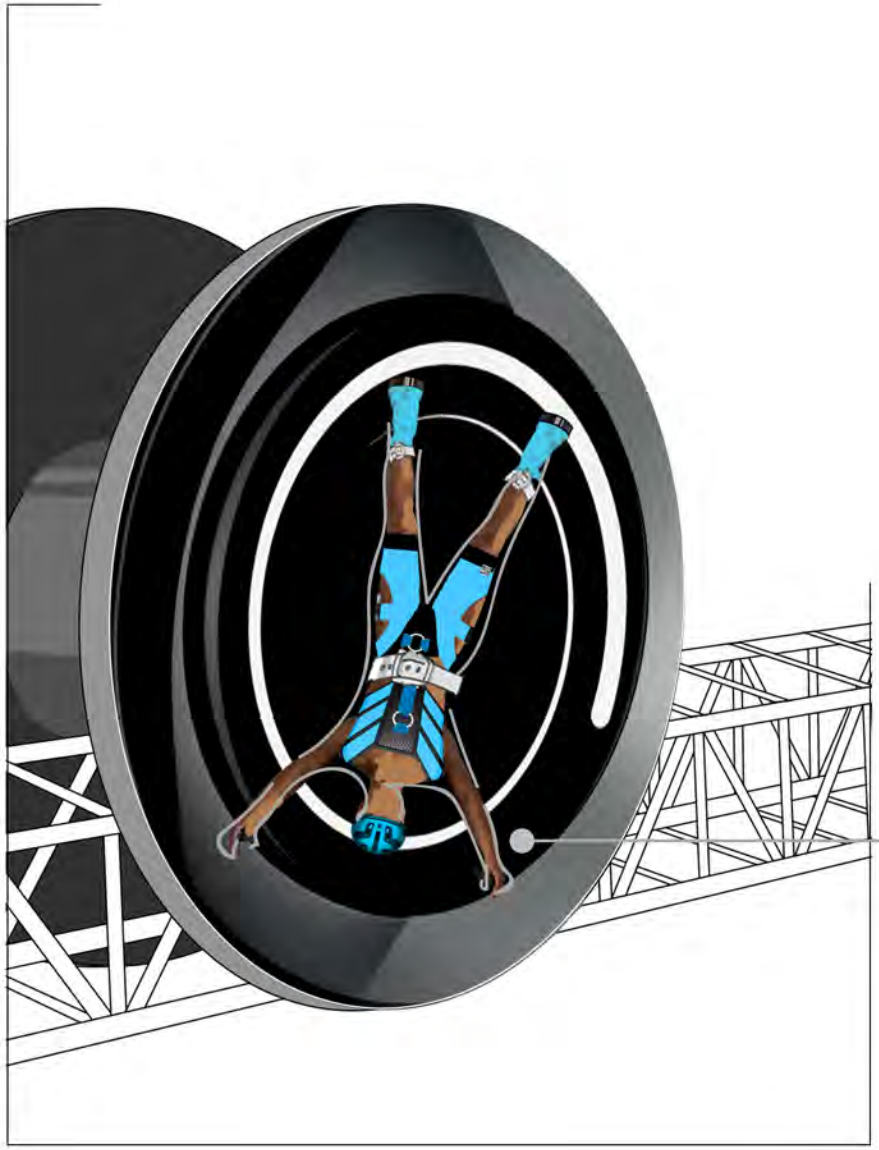

IT IS FUN?
WOW! SO EXCITED!

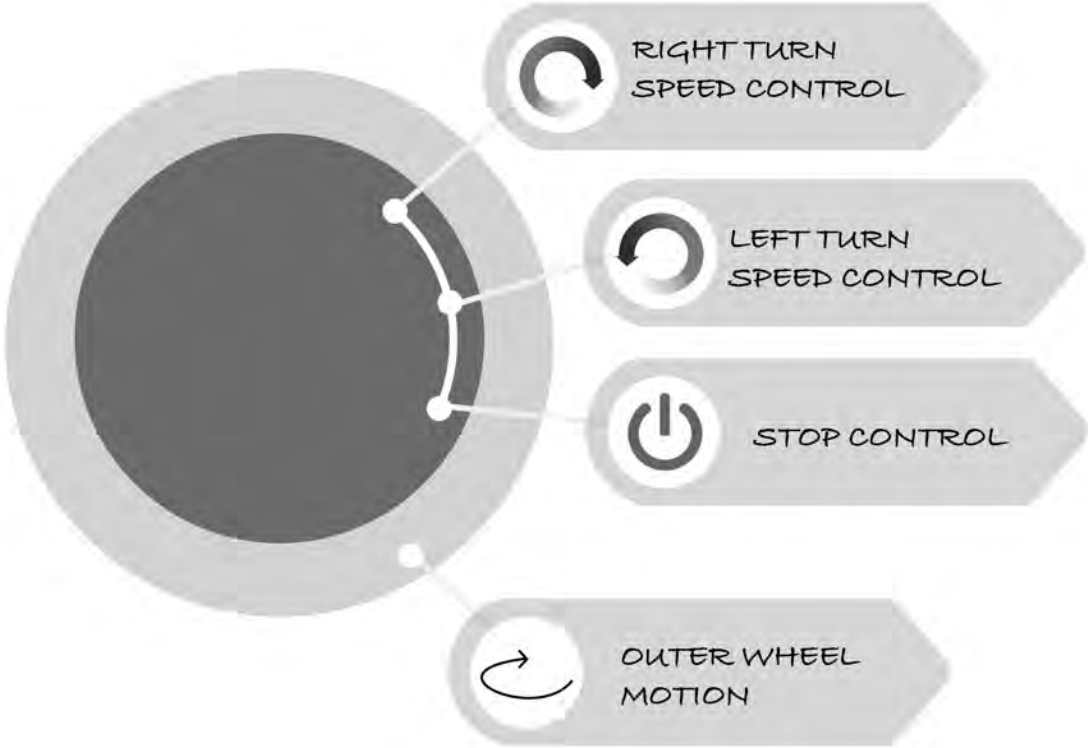

FINALLY I CAN SHAKE HAND WITH YOU INVERSELY



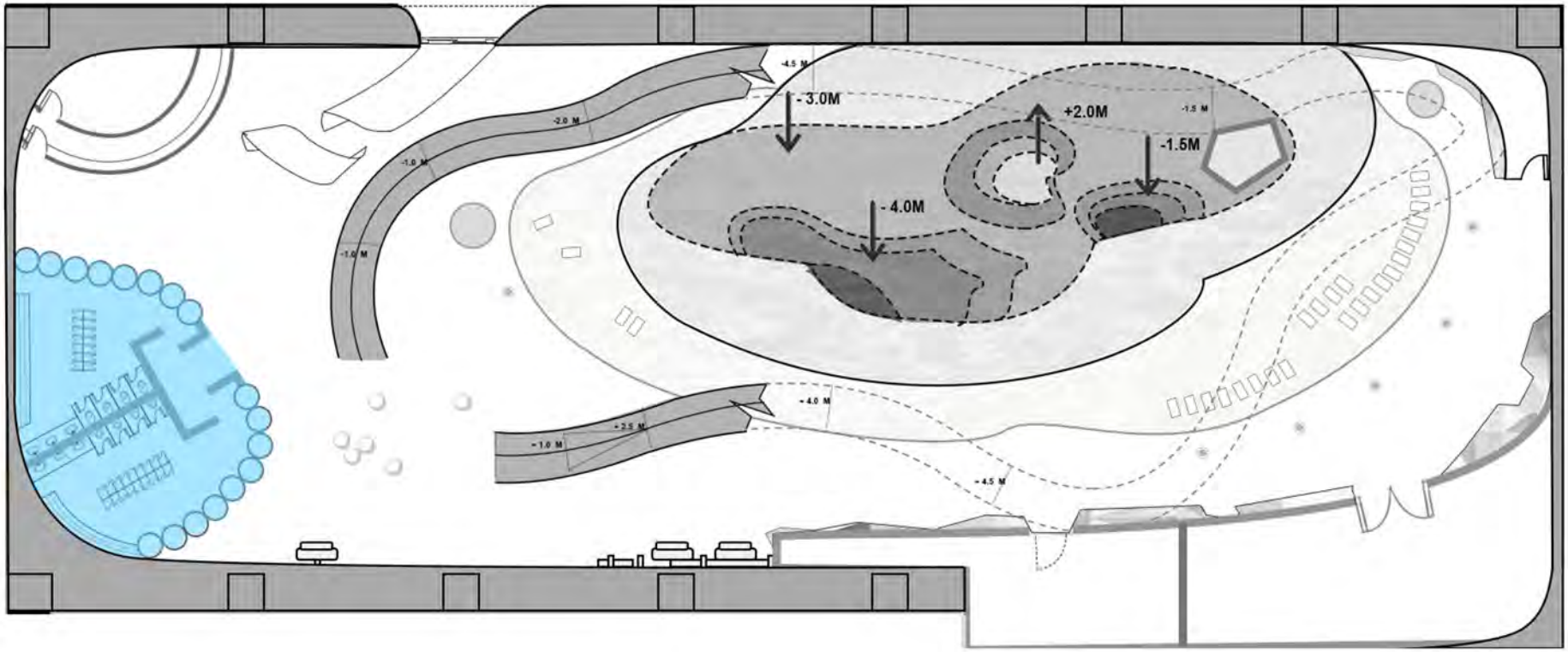
2ND FLOOR



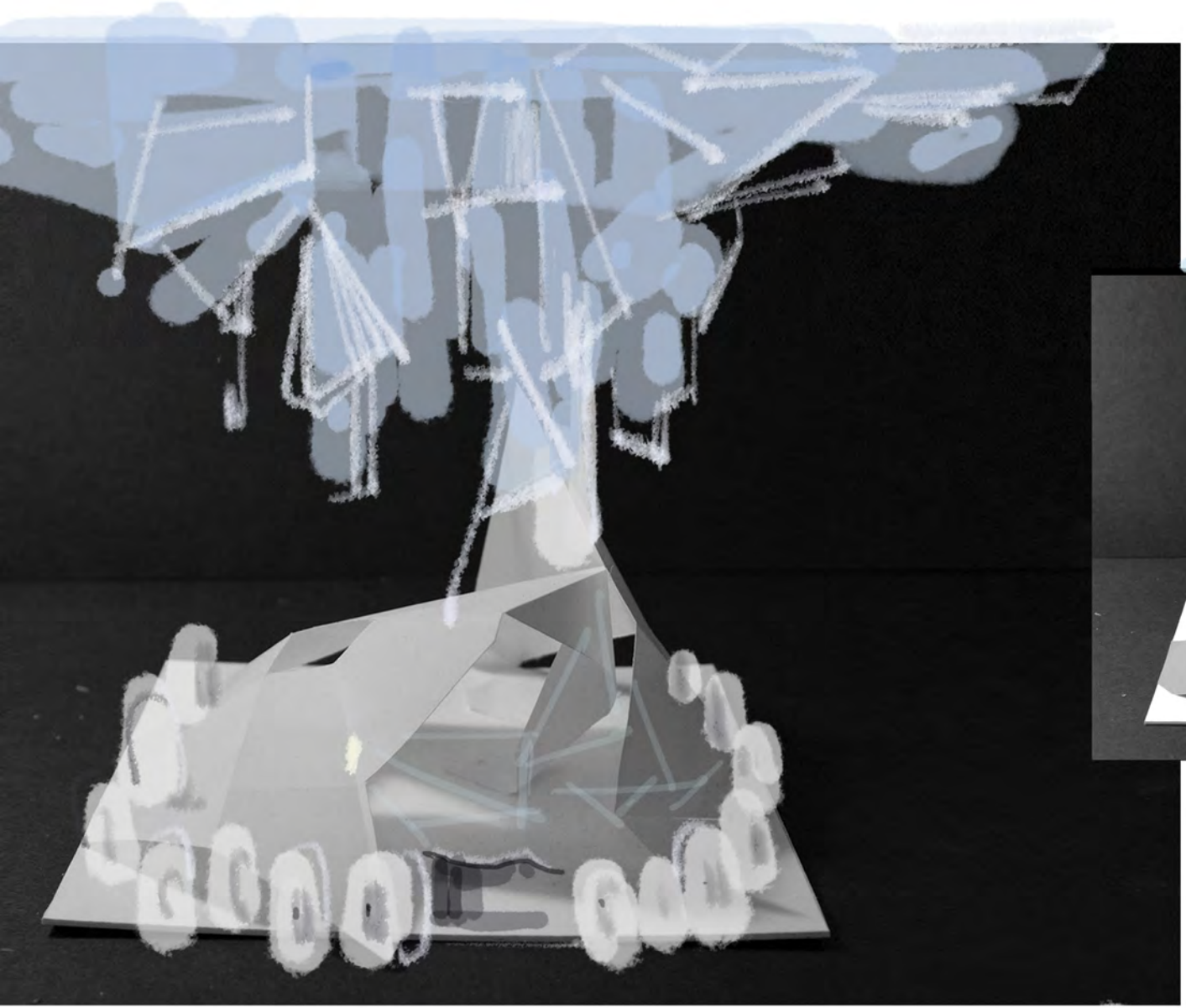


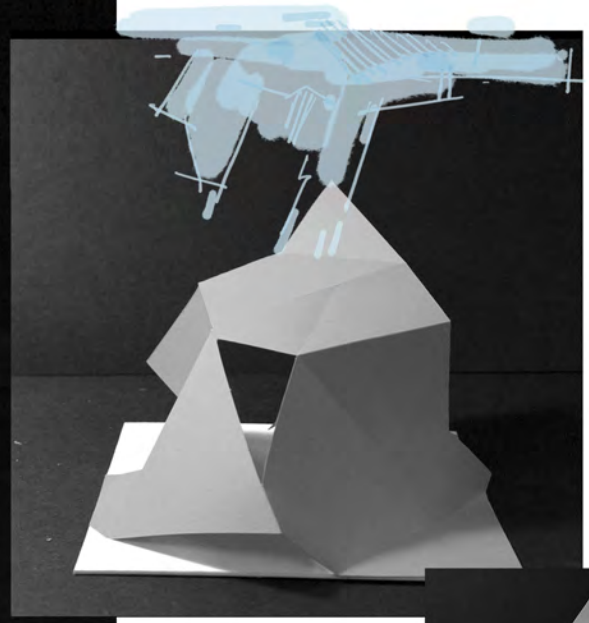


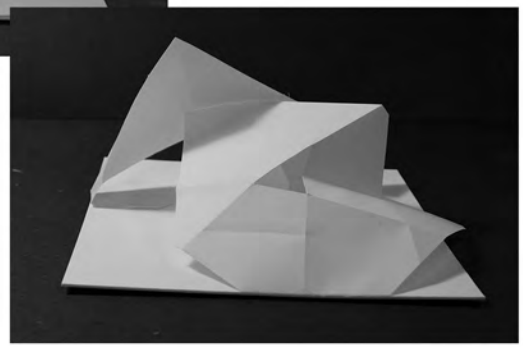
HANDHOLD CONTROL

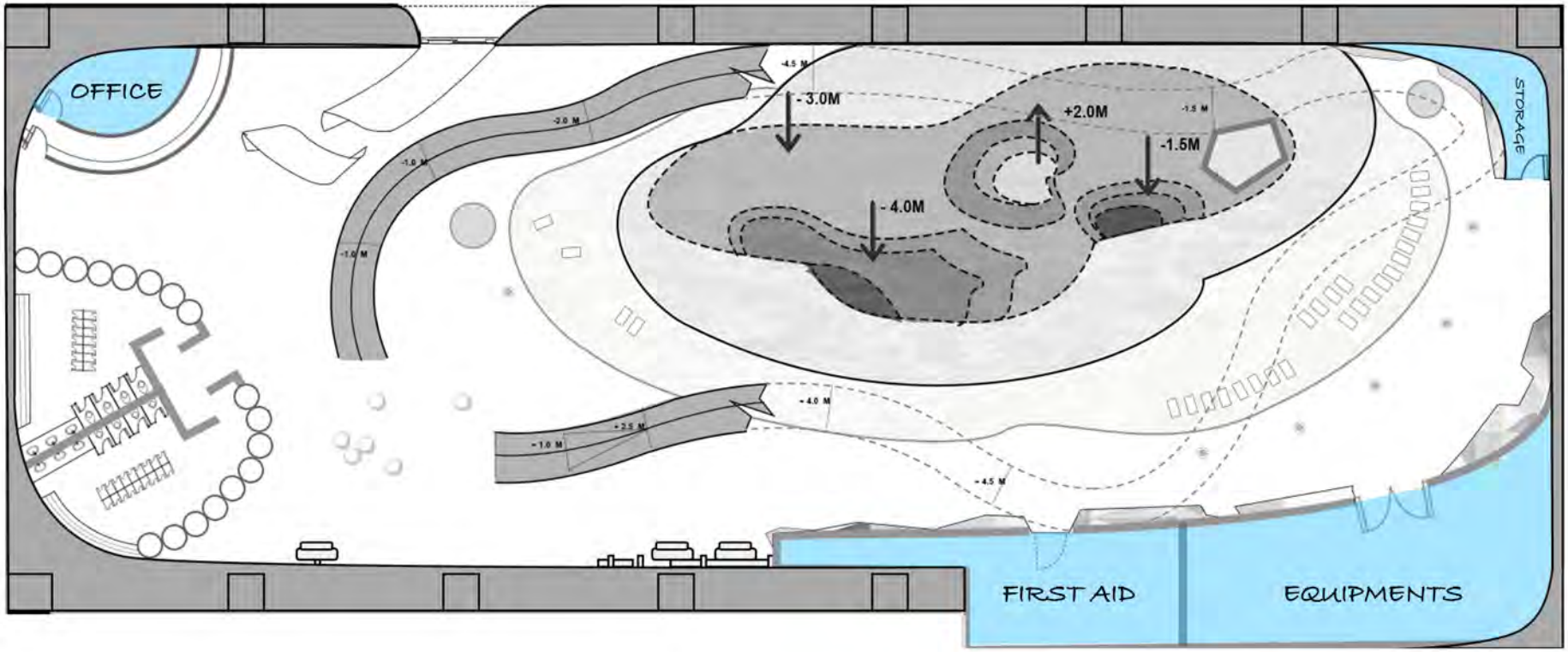


G FLOOR









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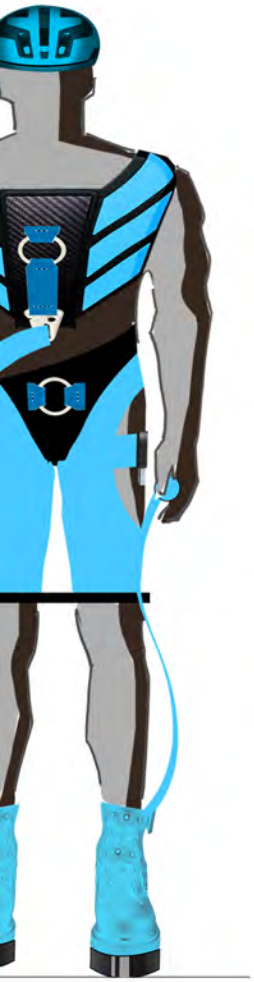
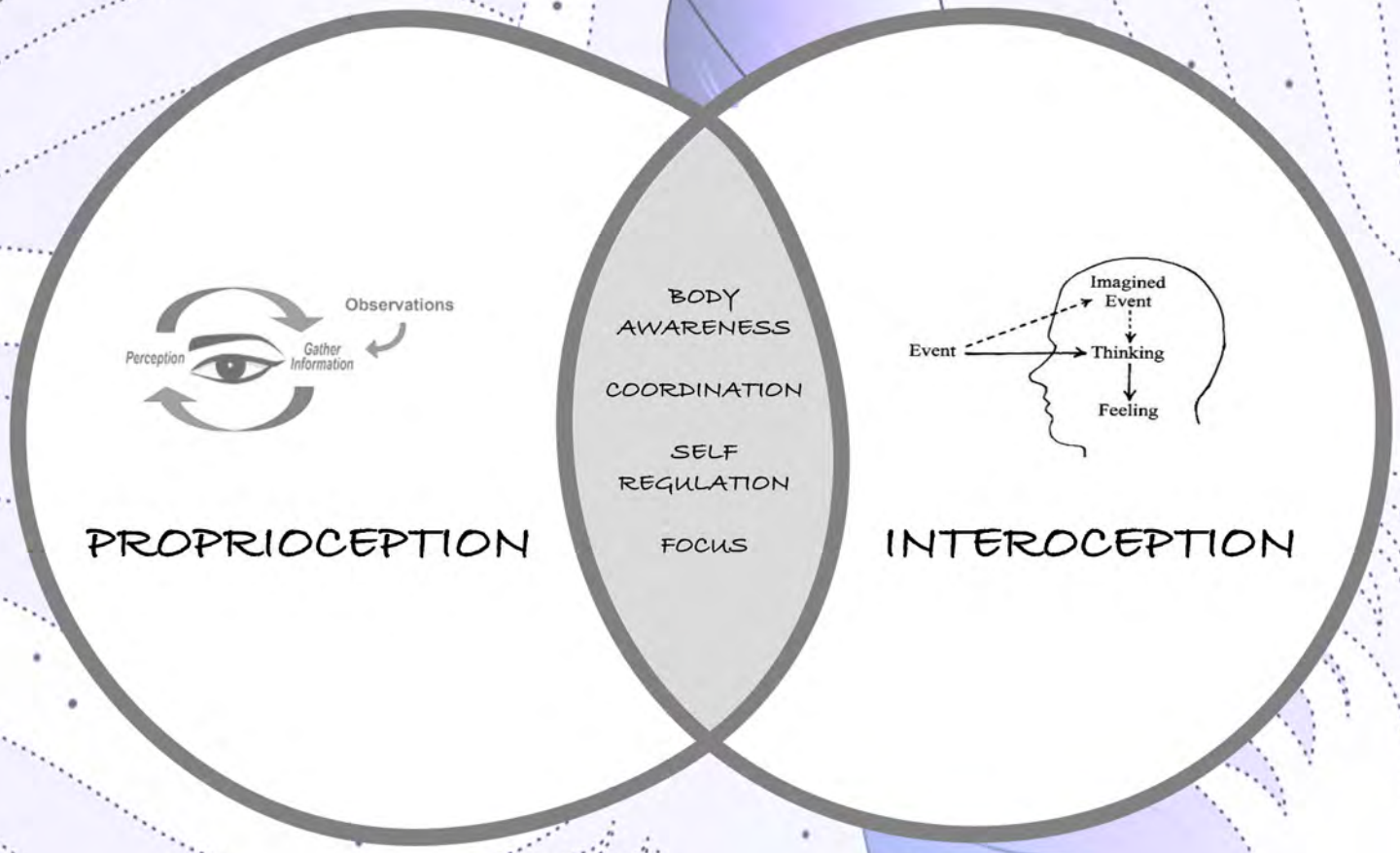
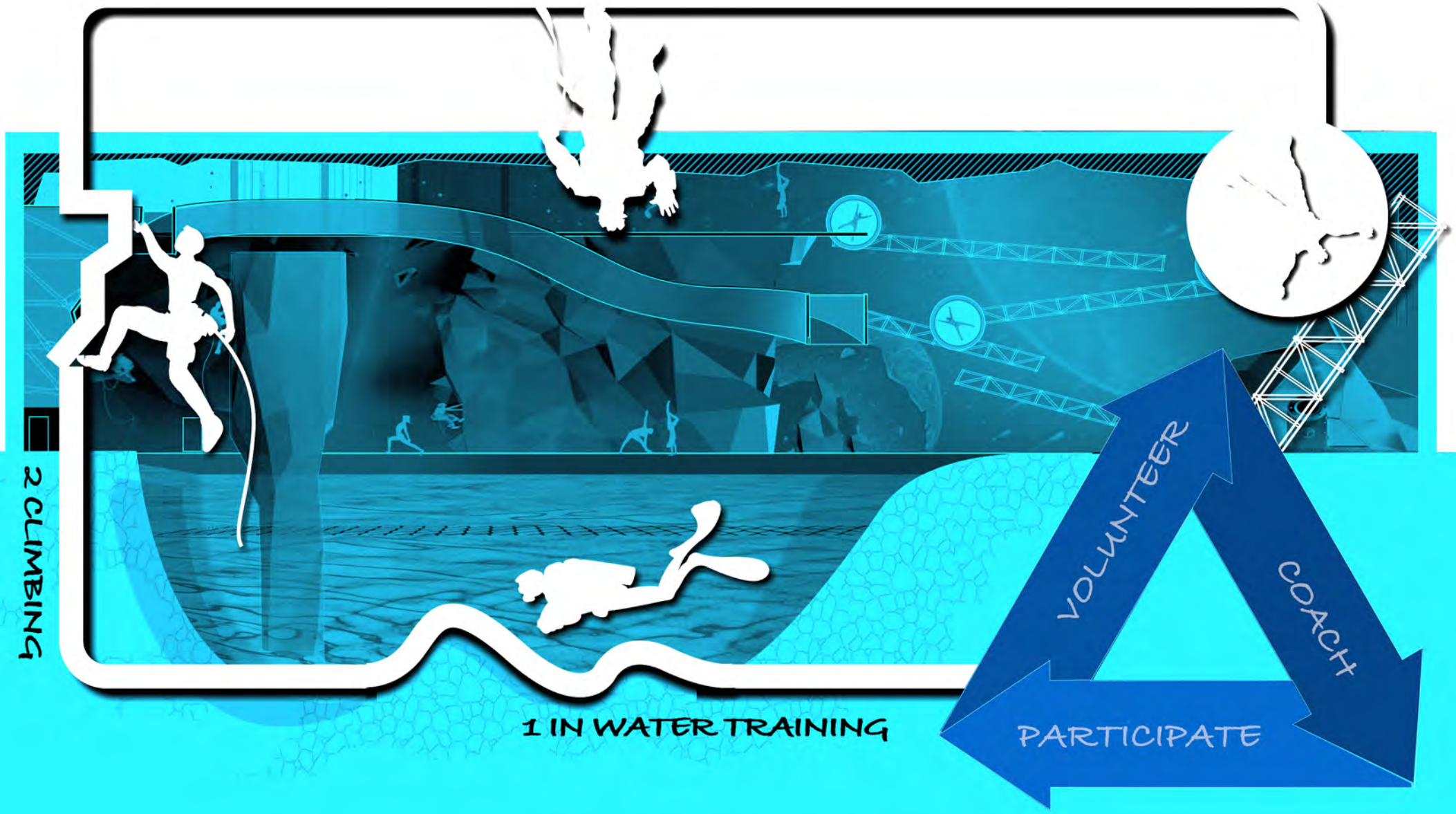


QUALITIES OF TETRAATHLETES




2 CLIMBING
1 IN WATER TRAINING
VOLUNTEER
COACH
PARTICIPATE