

# KINEO

WORK & STRETCH POD



## RESEARCH

- Research
- WSMD
- Current Problems
- Current Solutions
- User Journey Map
- Insights
- Problem Statement
- Design Criteria

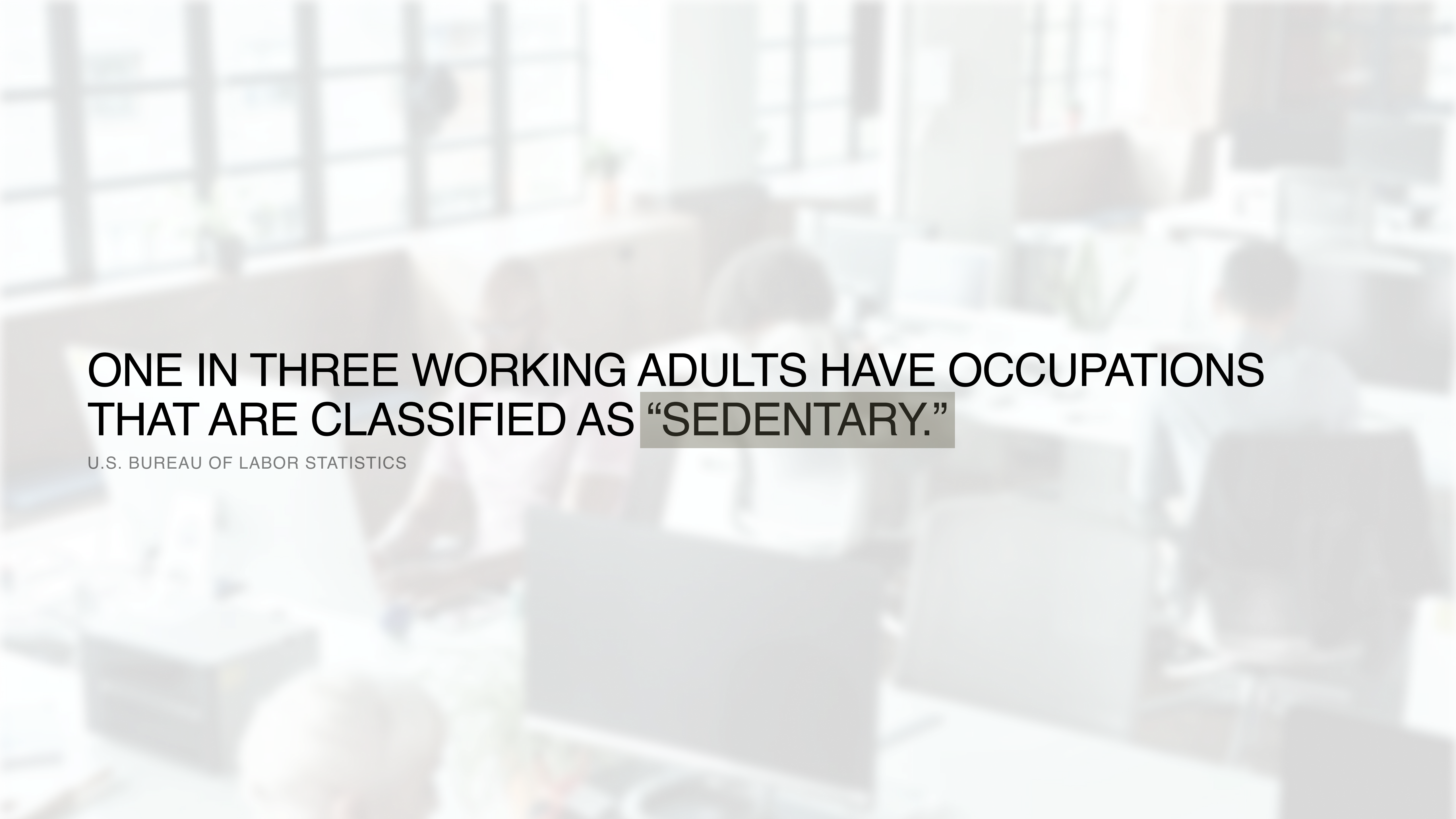
## DESIGN & DEFINE

- Concept Exploration
- Concept Selection
- Why Office Space?
- Why Work Pod?
- User Experience Spectrum
- Refined Concept
- Proof of Concept
- Form Exploration
- Concept Iteration
- 3D Visualization
- Detail Exploration
- CMF
- Style Exploartion

## FINAL

- Overview
- Stretch Guide Components
- Work Station Components
- Chair & Handle
- Control Panel
- Stretch Machine Panel & UI
- Chair & Table In Use
- Stretch Machine & Bar In Use
- Pod Material & Dimensions
- Rail Inner Components
- Prototype
- Animation
- In Contextual

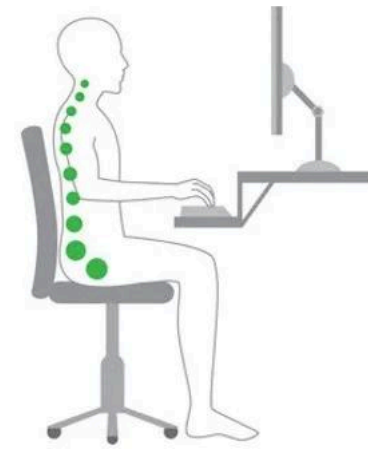
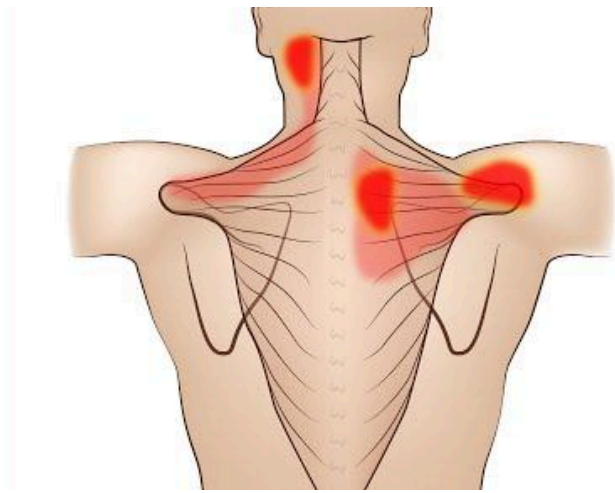




**ONE IN THREE WORKING ADULTS HAVE OCCUPATIONS  
THAT ARE CLASSIFIED AS “SEDENTARY.”**

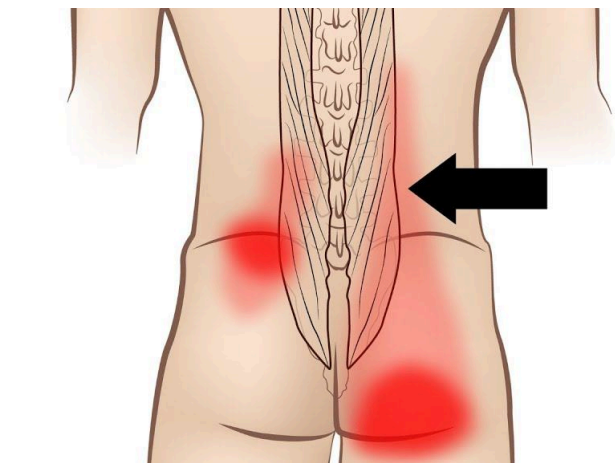
U.S. BUREAU OF LABOR STATISTICS

# WORK-RELATED MUSCULOSKELETAL DISORDERS



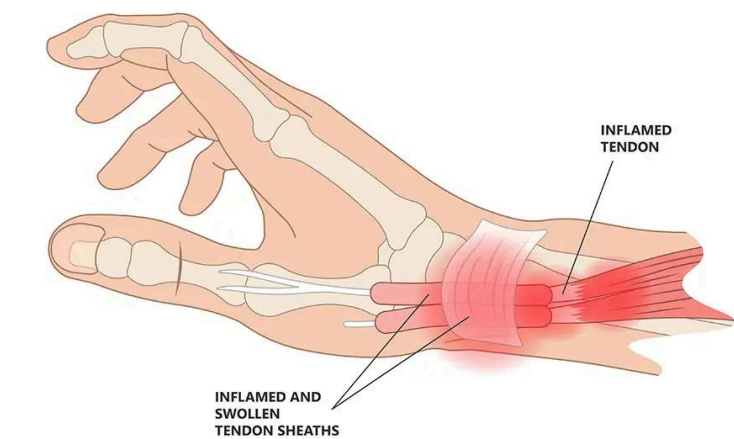
## NECK + SHOULDER

Static postures and lack of movement



## LOWER BACK

Long-term bad posture



## HAND + WRIST

Typing and mouse use

### NEGATIVE EFFECTS:

- Tension headaches
- Muscle stiffness
- Reduced mobility

### RECOVERY METHODS:

- Active breaks
- Targeted stretching
- Stress-reduction

# CURRENT PROBLEMS

## INTERVIEW TESTIMONIALS

*“I get into a groove and sometimes **don’t notice if I haven’t moved** in hours.”*

*“Stretching would probably help my pain, but I don’t dedicate my time to do it.”*

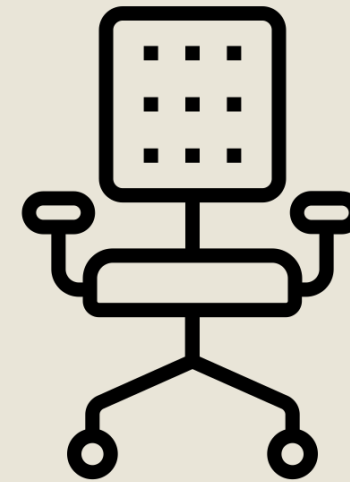
# CURRENT SOLUTIONS

## INTERVIEW TESTIMONIALS



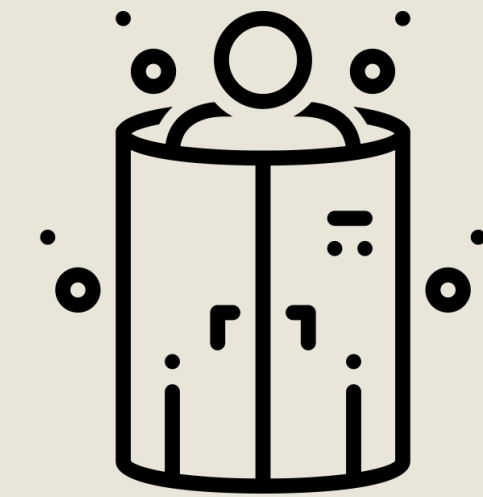
### MASSAGES

*"Massages help my pain for a few days, but **the pain always comes back.**"*



### ERGONOMIC PRODUCTS

*"Everyone has a standing desk, but that doesn't solve everything. if I stand, **then my feet also hurt.**"*

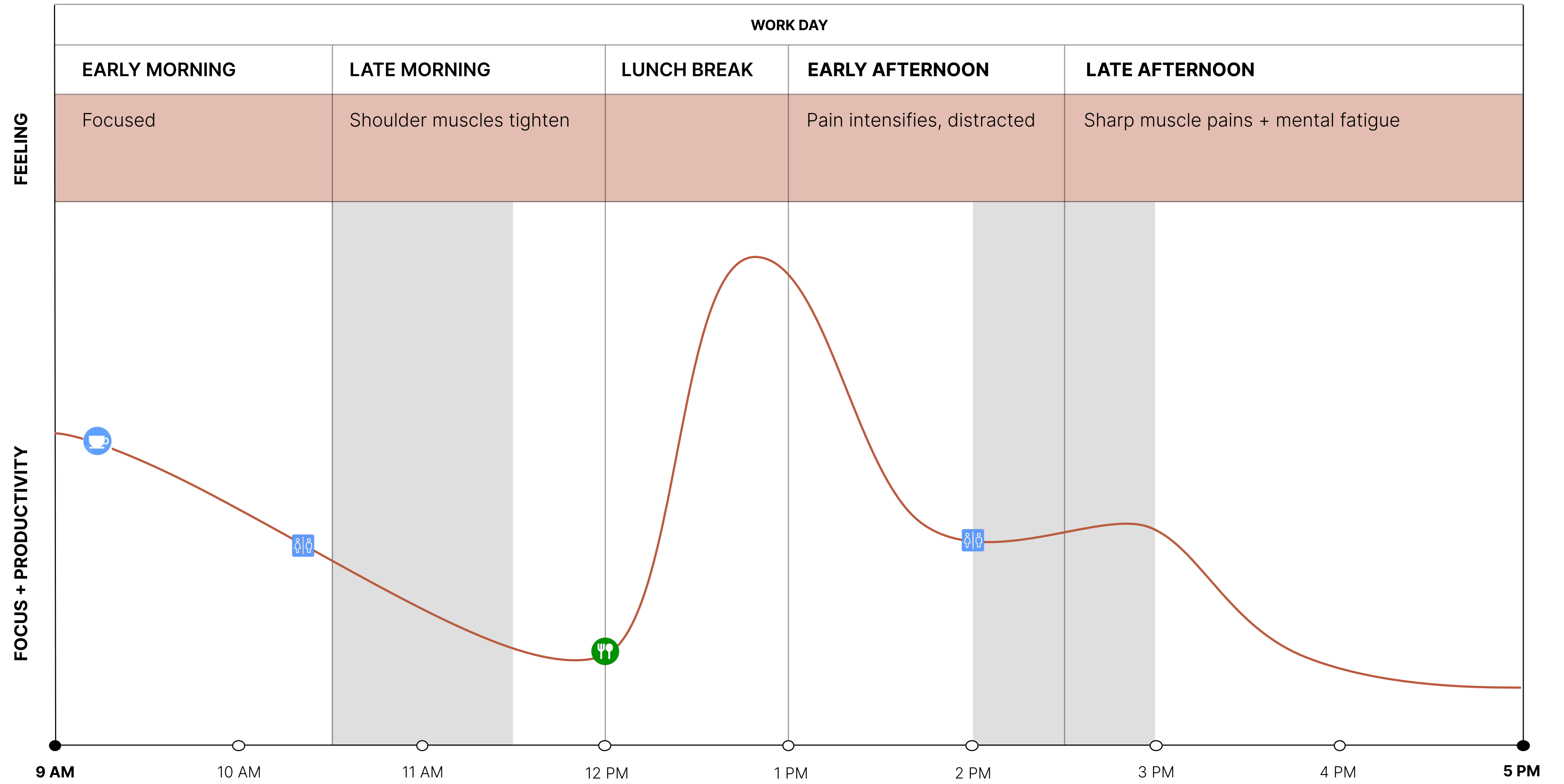


### CRYOTHERAPY

*"Google offers fancy amenities like cryotherapy, but I hardly use them. **I didn't find cryo helpful.**"*

CURRENT SOLUTIONS PROVIDE TEMPORARY RELIEF, BUT DON'T PROMOTE LONG-TERM RECOVERY.

# FOCUS + PRODUCTIVITY THROUGHOUT THE WORK DAY



# INSIGHTS



Office workers struggle with pain and fatigue due to long sedentary work, ineffective amenities and accessibility, reducing focus and productivity. They need an easy, accessible way to relieve tension and stay physically well at work.

“Pain made me way less productive and more frustrated”  
— Andrew

“I tried the cryotherapy that was available but it really was ineffective to me”  
— Jacob

“I didn’t know we had a work gym, it was so far away”  
— Margaret

“Convenience matters more than features.”  
— Jacob

“It is really hard to focus when my back starts hurting a lot”  
— Corey

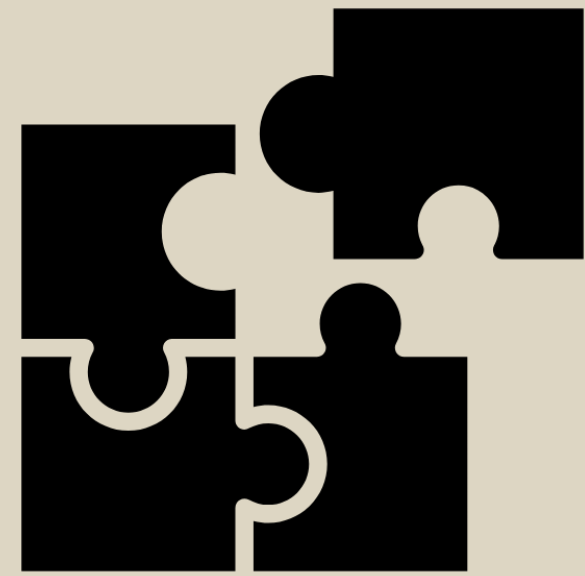
“The office gym was really limited, and had less equipment than my gym”  
— Aaron

“If it’s inconvenient, I just won’t do it.”  
— Corey



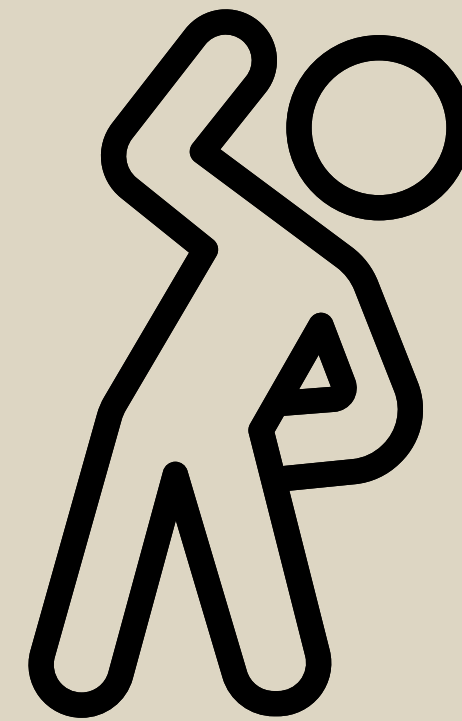
HOW MIGHT WE...

Design a **convenient** workplace recovery solution that encourages office workers to take time to **relieve pain** and maintain physical wellbeing and productivity throughout the day?



## **INTEGRATION**

The solution is accessible and easily integrates into the work day



## **MUSCLE RELIEF**

The solution provides effective muscle relief techniques for the user



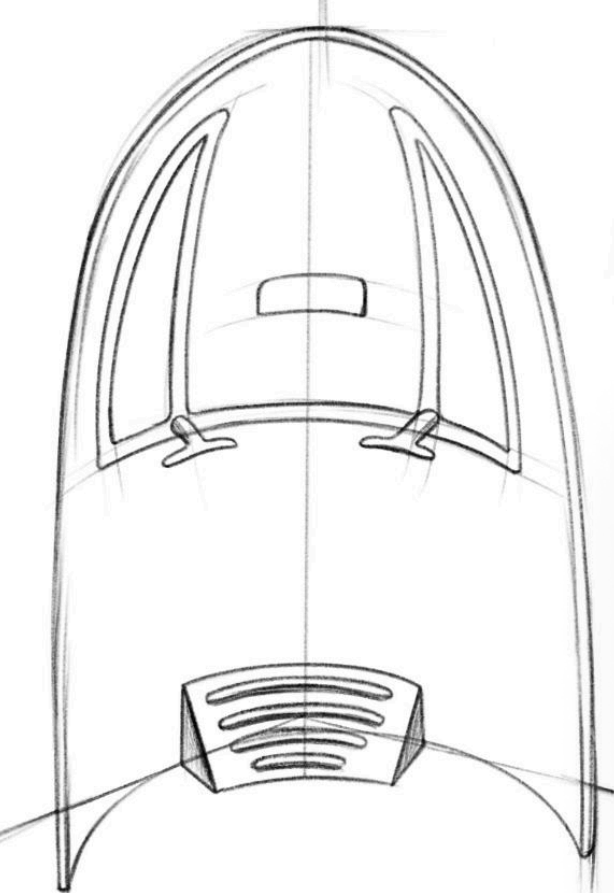
## **MENTAL BREAKS**

The solution allows for the user to mentally and physically take a break

# CONCEPT EXPLORATION




Stretching corner with guided rails



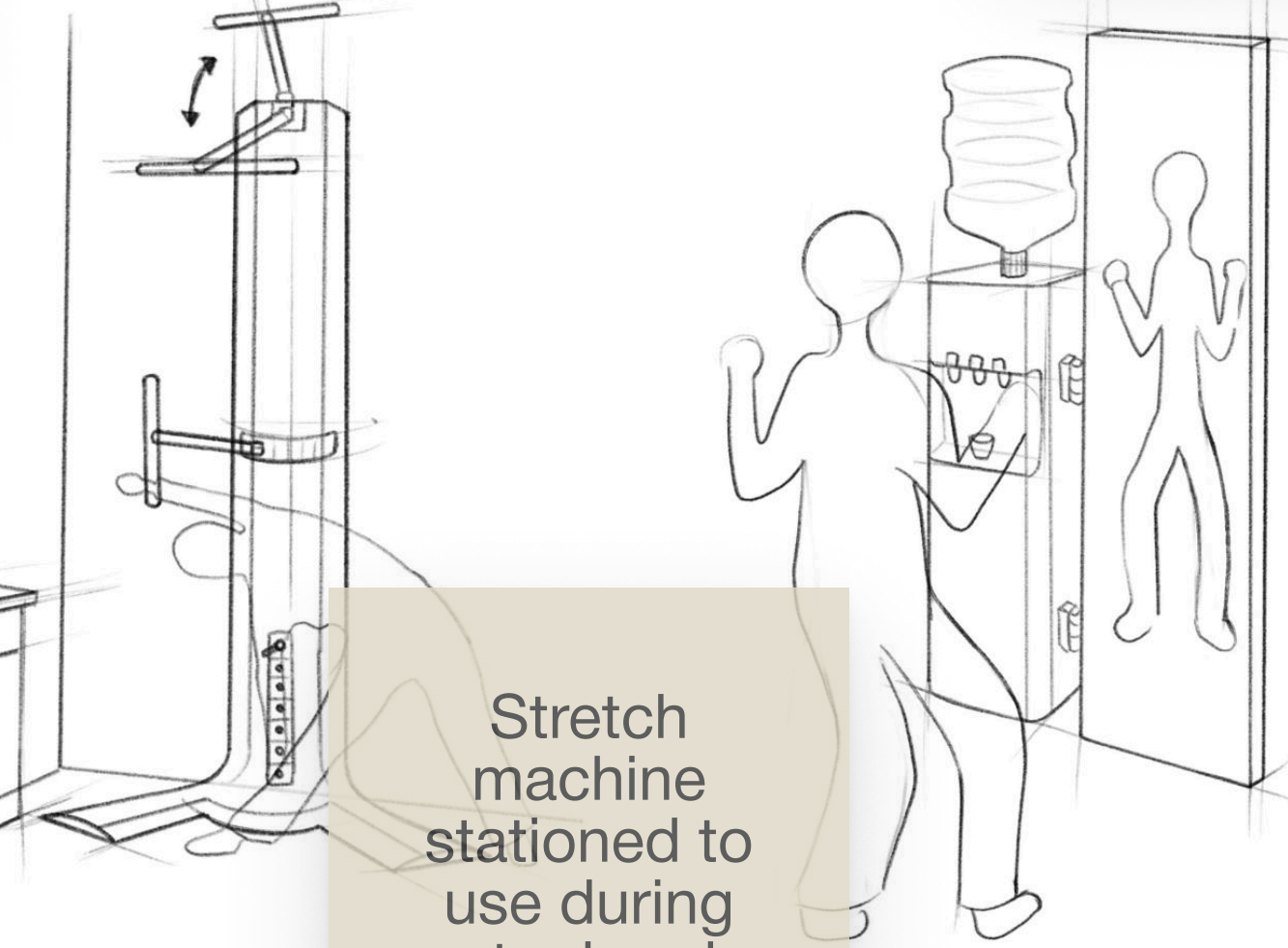
Closed space for hanging and back decompression



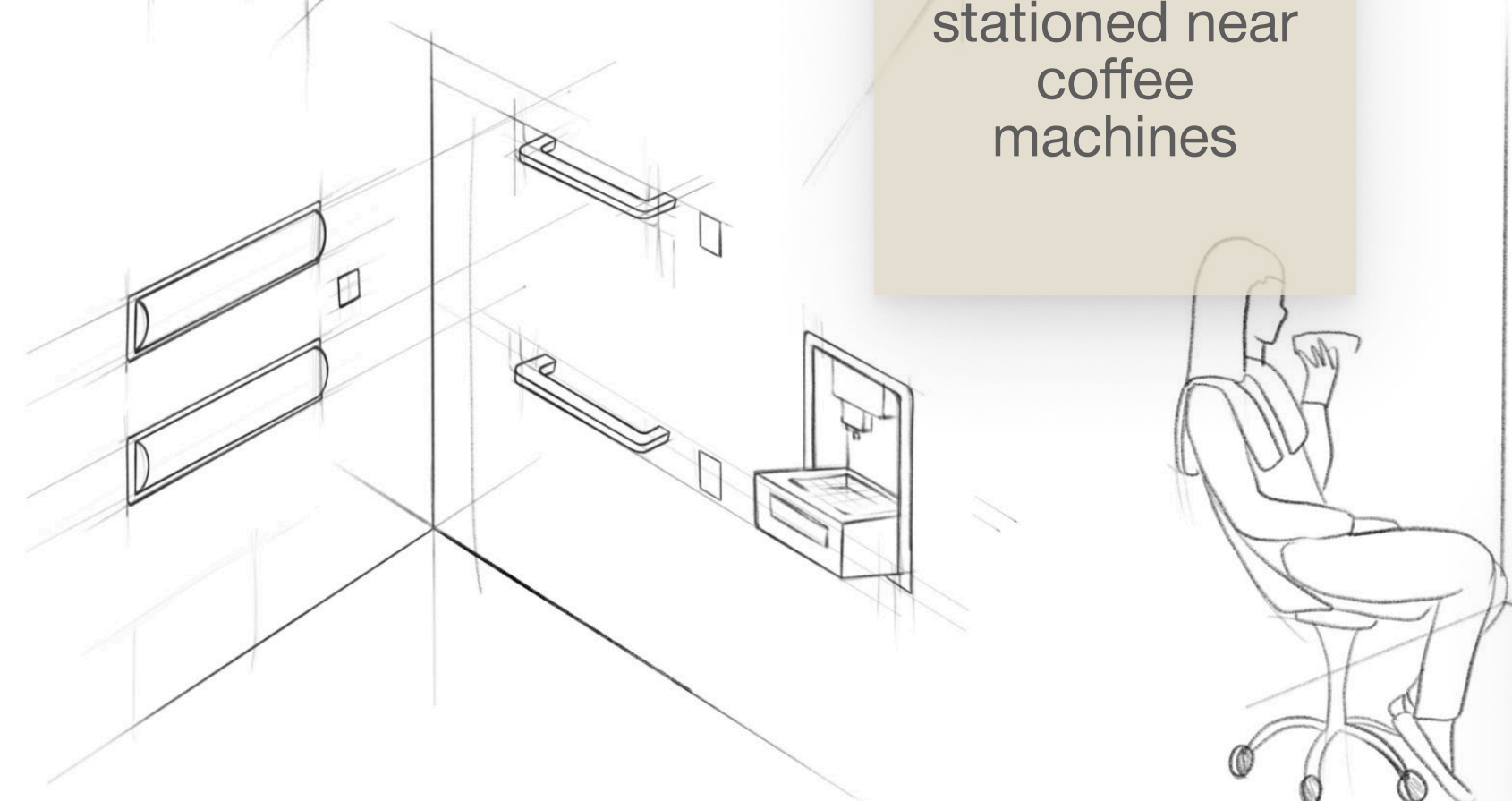
Wall Massage station near coffee machines



Posture adjusting chair

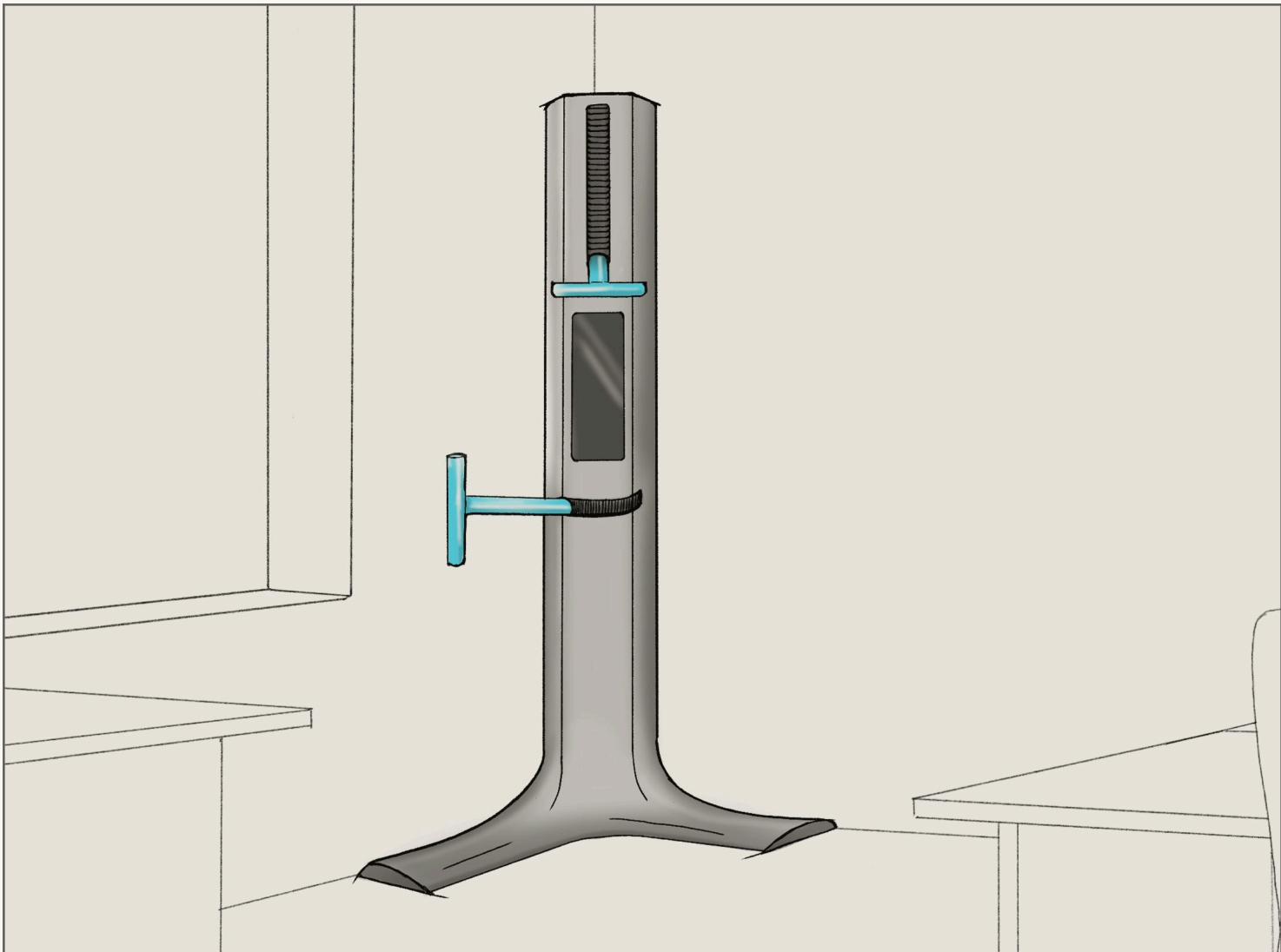


Stretch machine stationed to use during water breaks



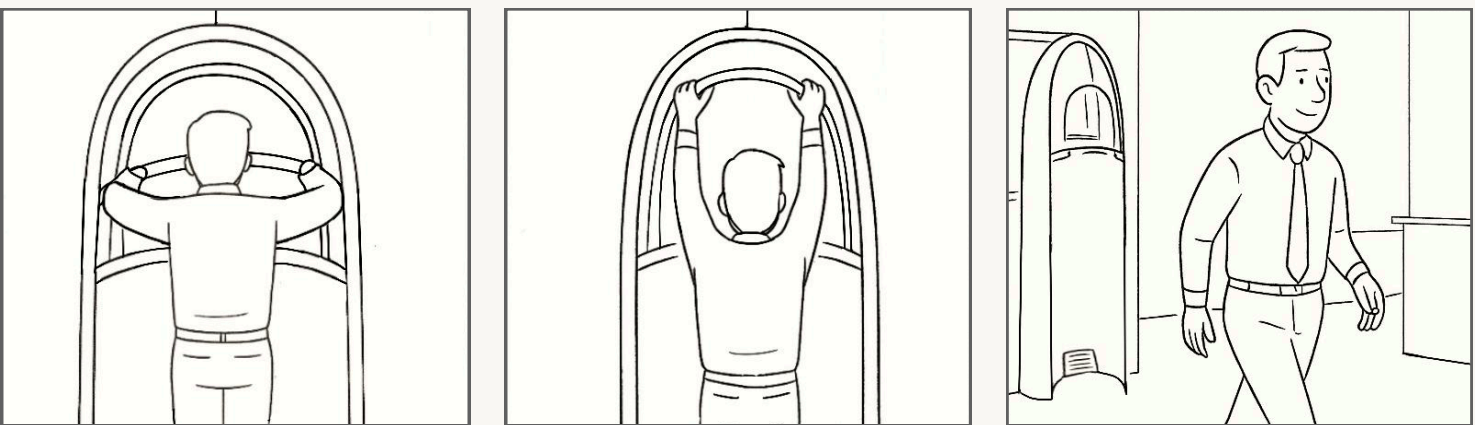
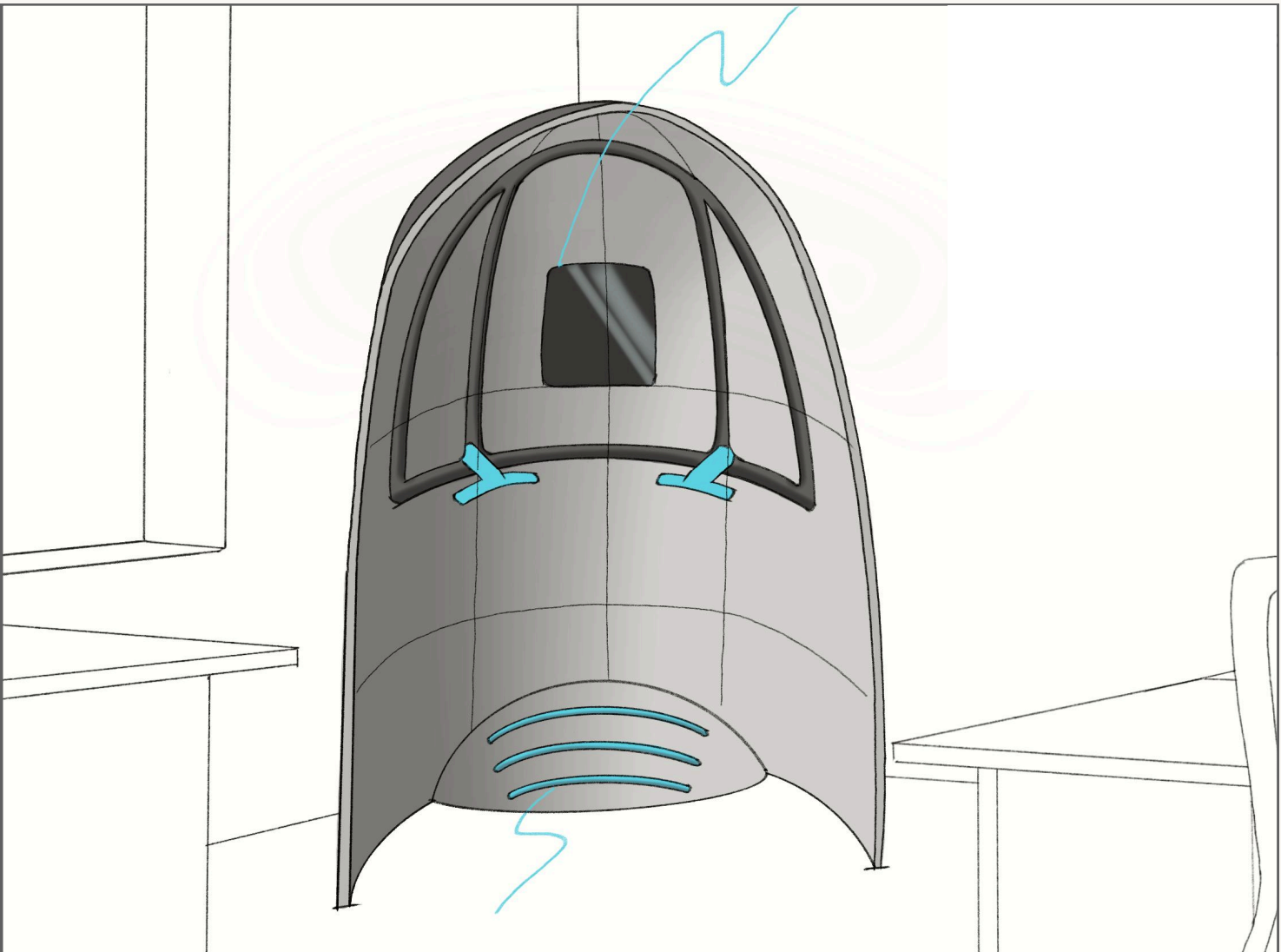
Massage tools in a break room

# CONCEPT SELECTION



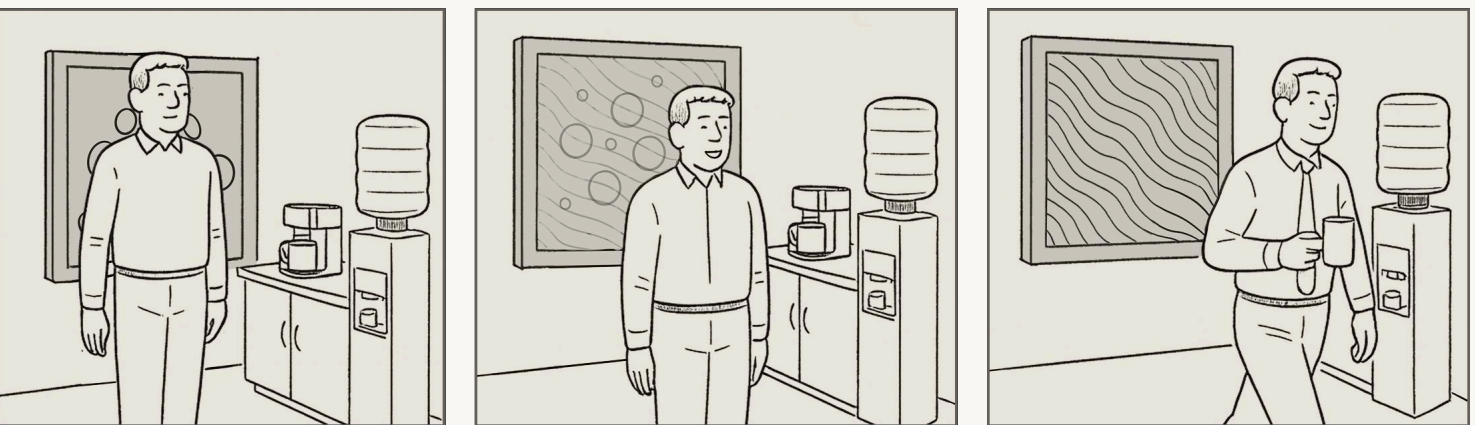
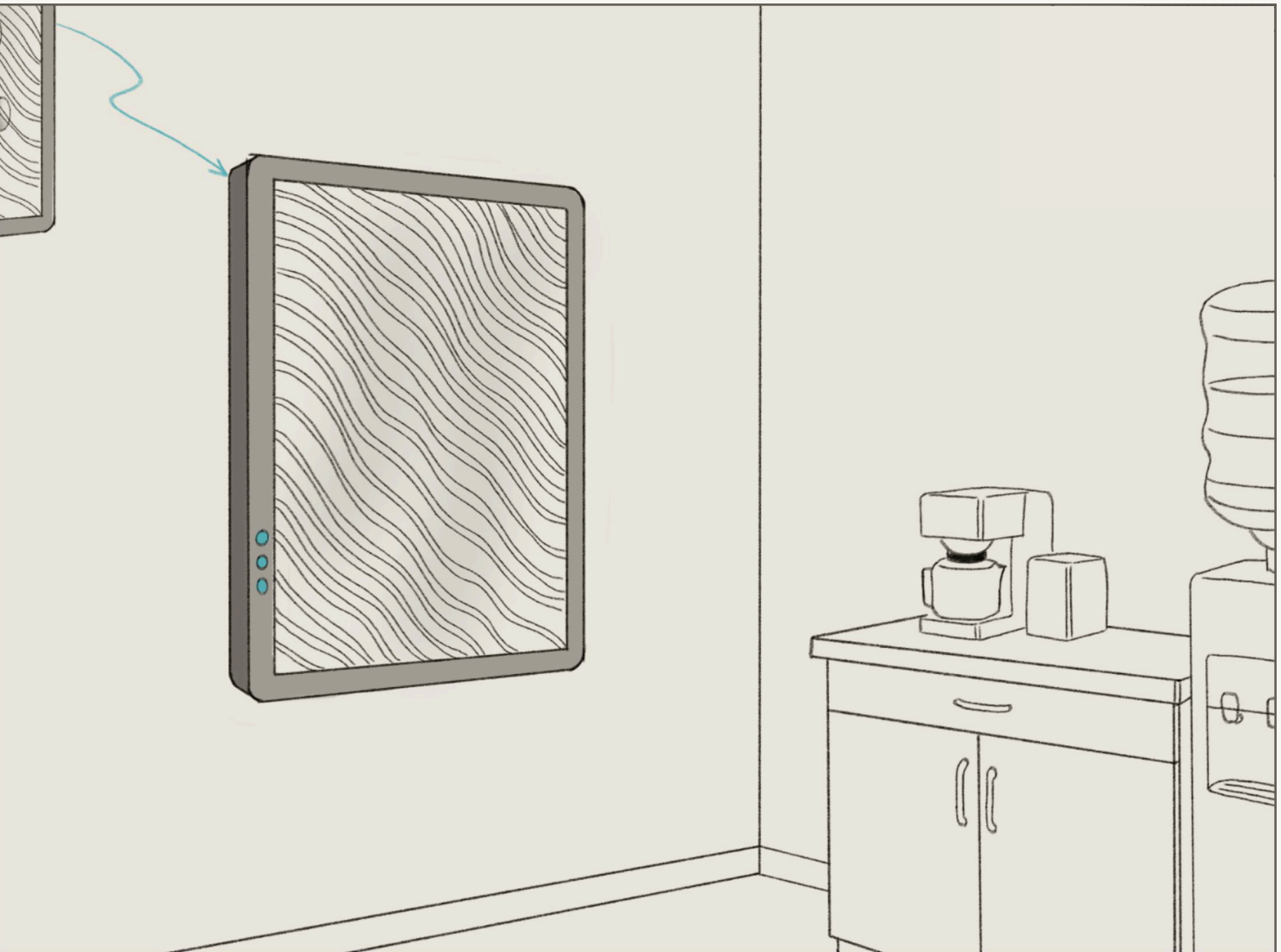
## STRETCH MACHINE

In office corner, provides screen feedback and metrics, form is similar to Precor equipment.



## STRETCH OPEN POD

In office corner, provides screen feedback and metrics Pod style, similar to other pods on the market.



## WALL MASSAGE

In office break room, more privacy; No screen feedback; Is minimal, blends into the background like wall art.



WHY OFFICE SPACE?

Wellness only works when it's **accessible.**

A modern office interior with desks, chairs, and a yellow stretch pod. The scene is dimly lit, with the primary light source being the yellow pod. The office has a clean, minimalist aesthetic with exposed ceiling beams and industrial-style lighting. In the foreground, there are two ergonomic office chairs at a desk. In the background, another yellow pod is visible, along with a potted plant and a whiteboard.

## WHY STRETCH PODS?

Companies already offer **quiet rooms** and **zoom pods**, so it feels like a natural evolution of workplace wellness.

# USER EXPERIENCE SPECTRUM



## Passive Less Tech

Meditation Pod

- Completely passive
- For breathing, relaxation



Stretch Pod

- Muscle relief
- Improves long term pain
- Wellness tracking

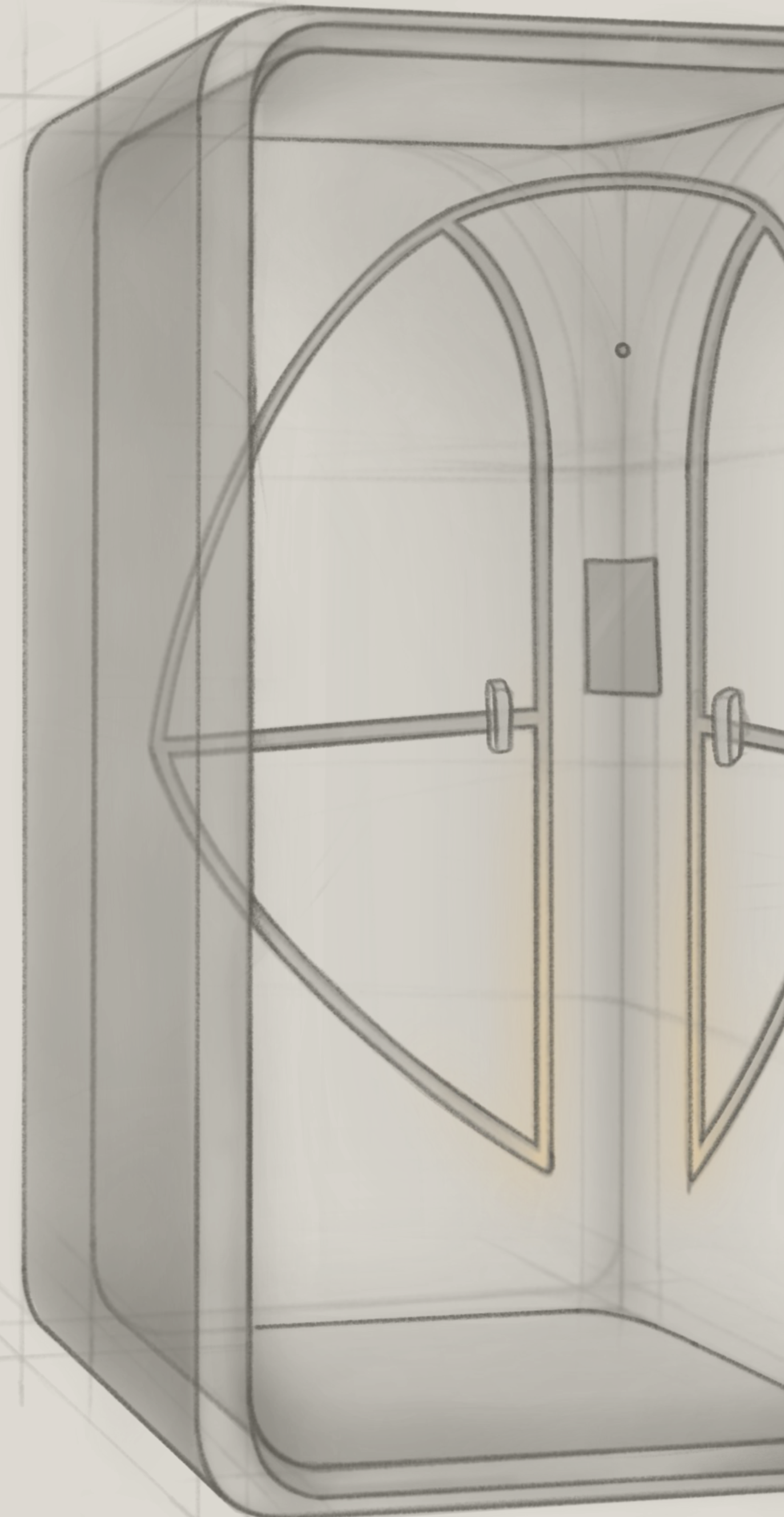


## Involved More Tech

Workout Pod

- Active muscle involvement
- Tracking health metrics

**REFINED CONCEPT**  
**OFFICE POD**  
**WORK & STRETCH**



# PROOF OF CONCEPT

## STRETCH MACHINE RAILS



Hanging for Lower Back



Arms Stretch

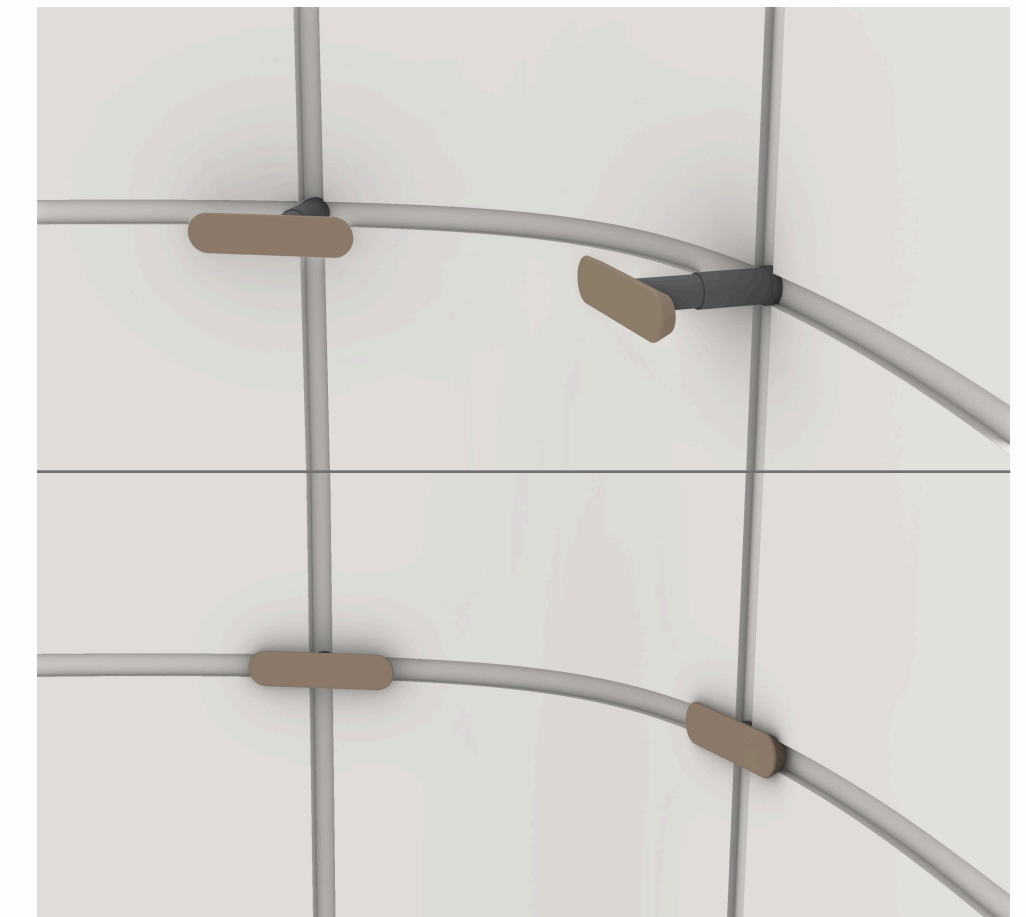


Back Stretch



Shoulder Stretch

# INTERIOR LAYOUT EXPLORATION



## RETRACTING HANDLES

Unobstructive when not in use and maintains visual simplicity. Accommodates varying heights.

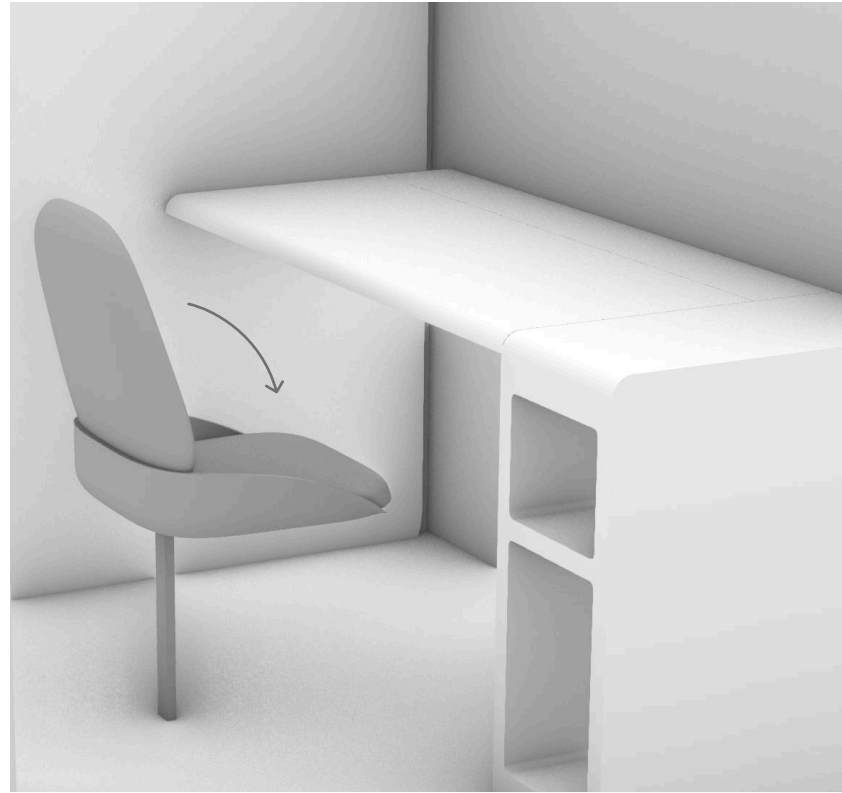


## HEIGHT ADJUSTMENT

Table changes height to match height of user.

# INTERIOR LAYOUT

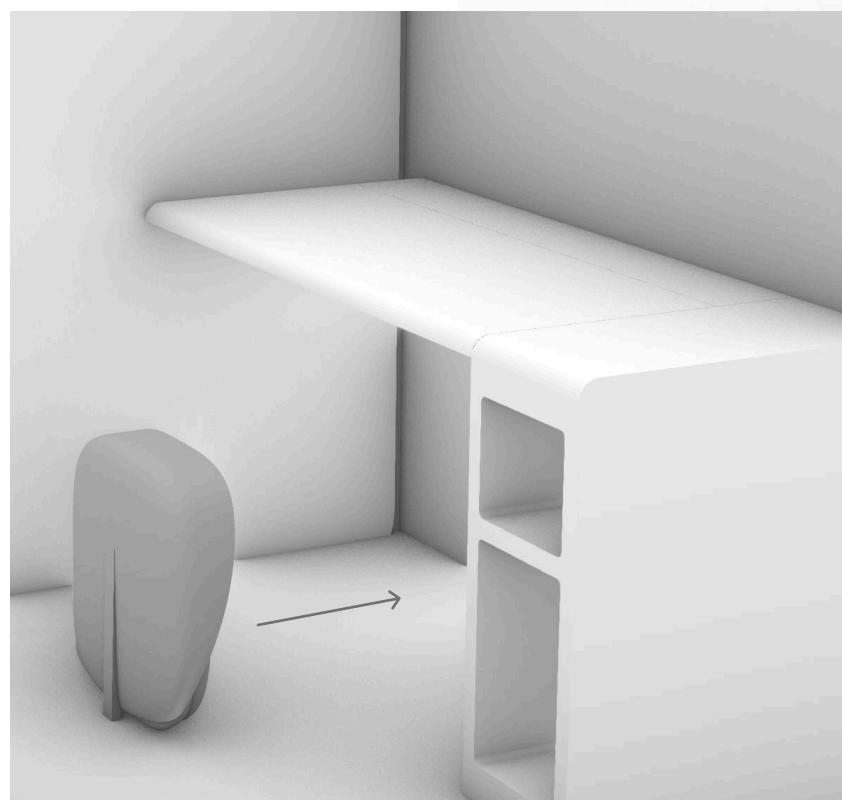
## WORK AREA



1. Fold back rest down



2. Fold Seat Down



3. Slide under table

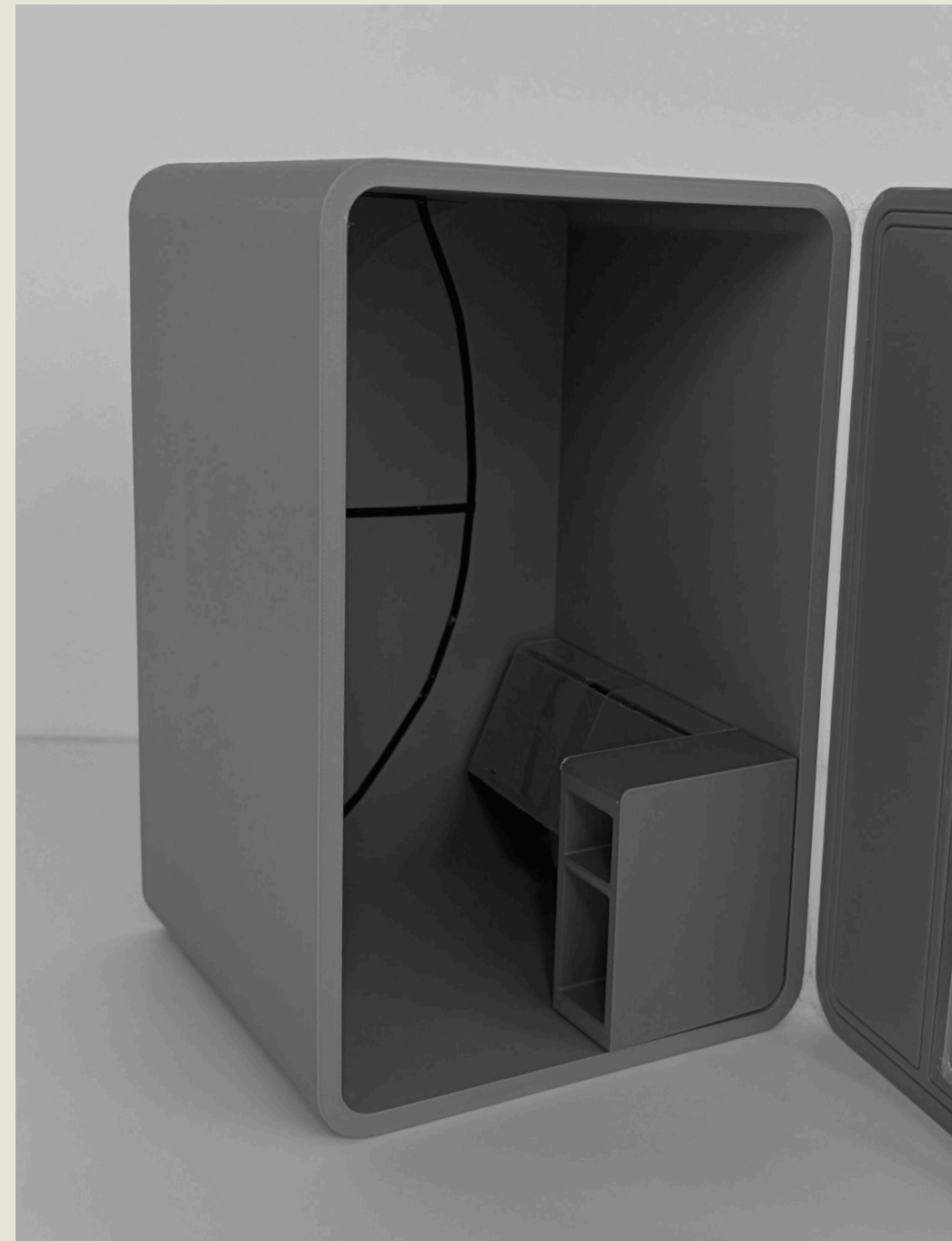
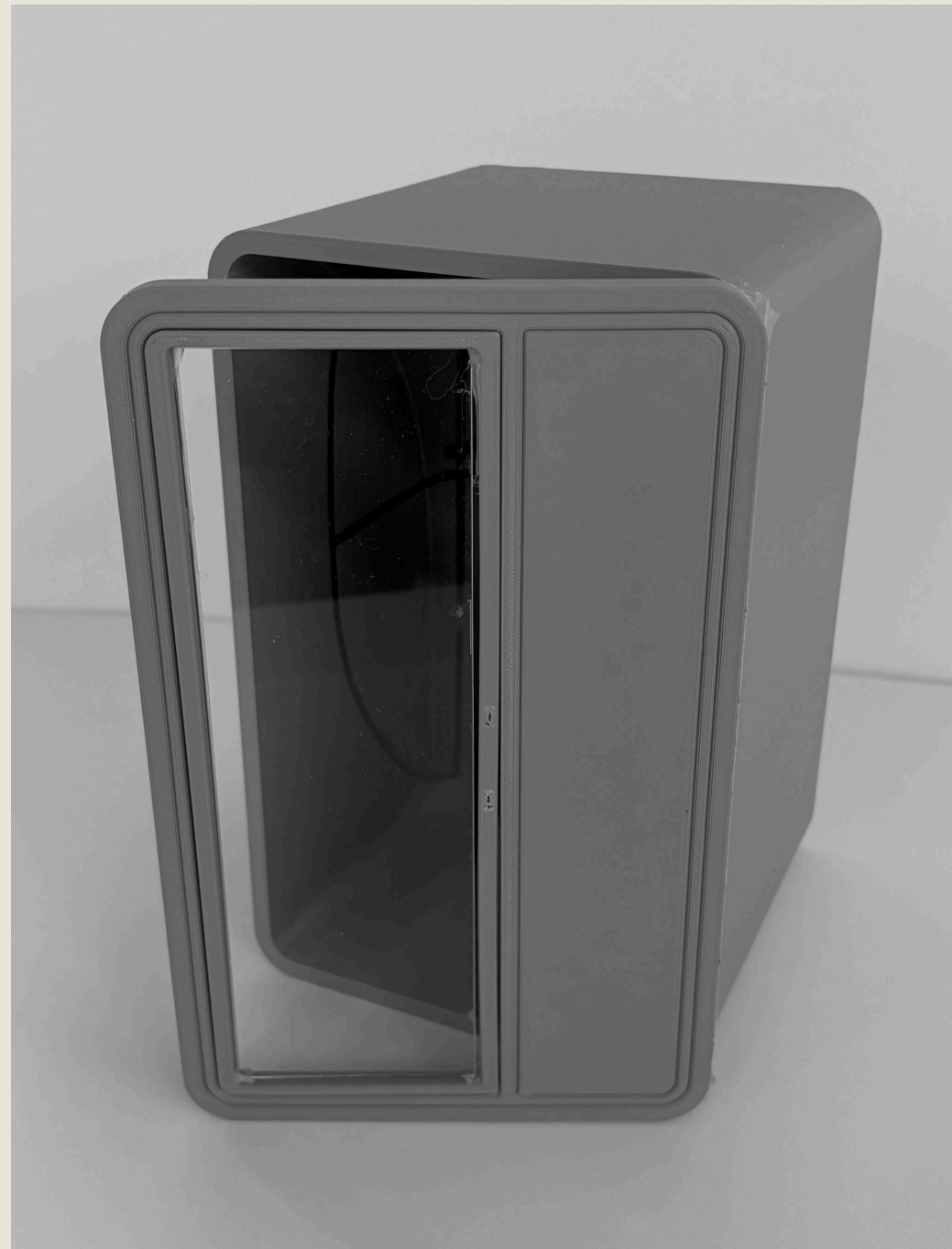


4. Fold table down



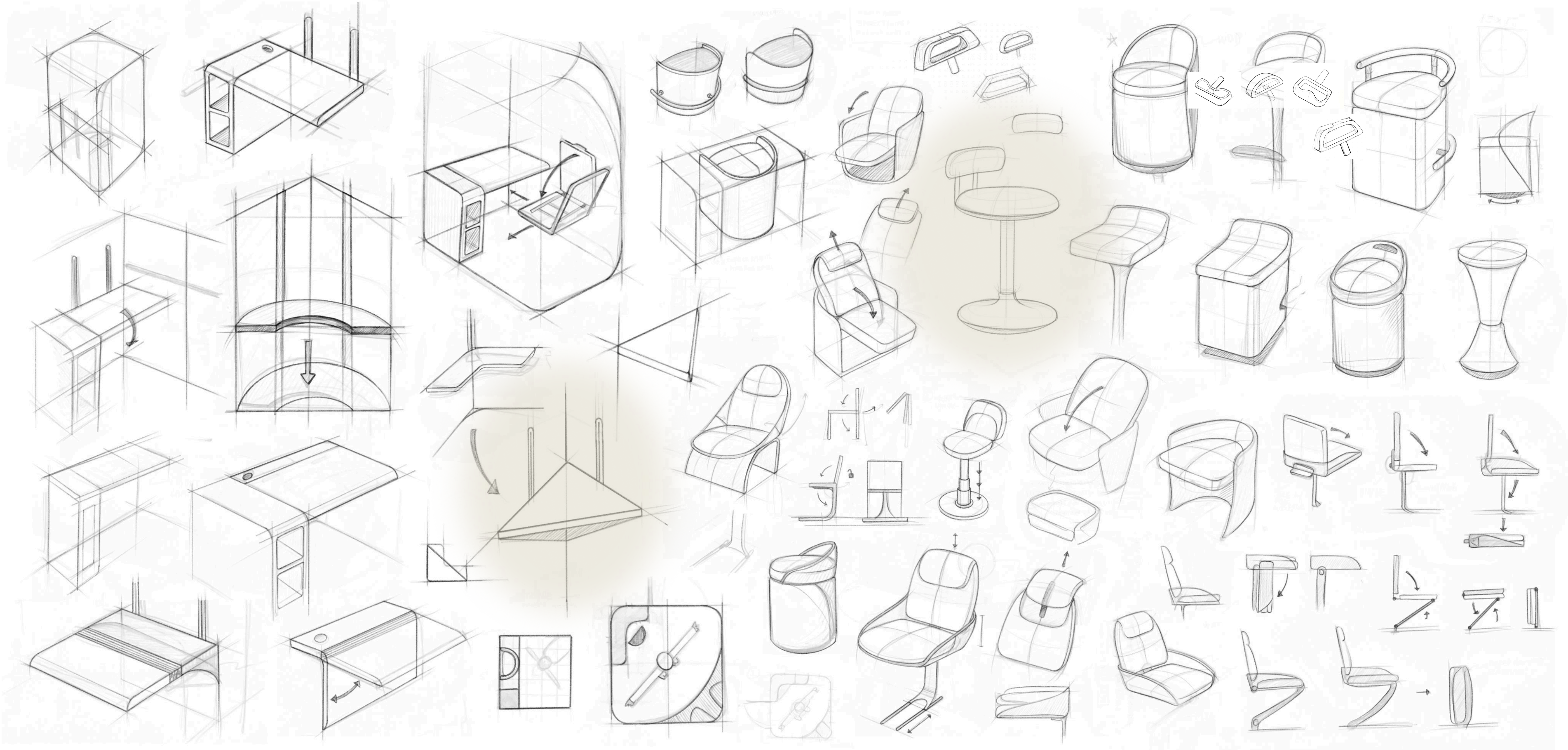
# 3D VISUALIZATION

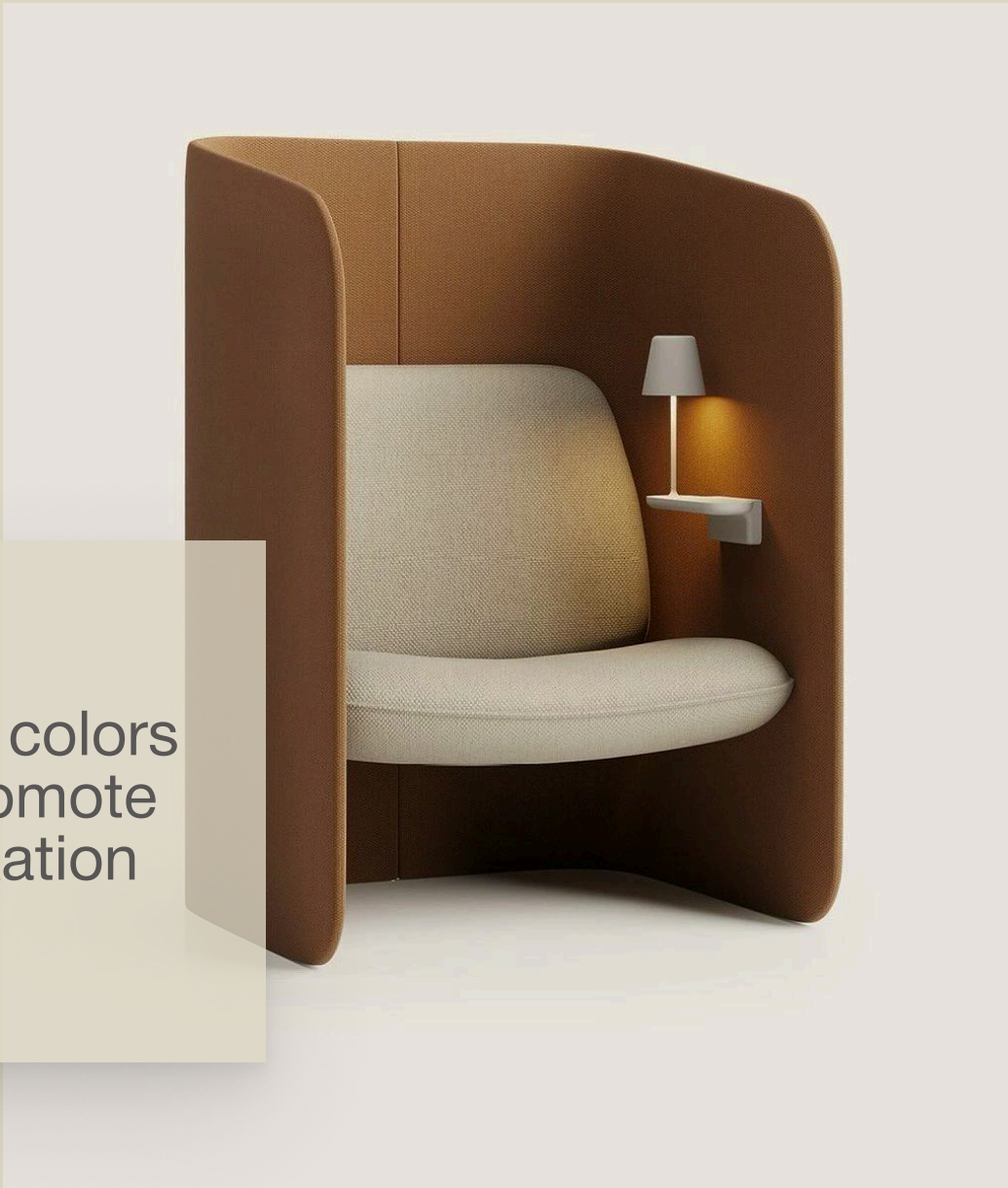
## POD + HANDLES



# DETAIL EXPLORATION

## TABLE + CHAIR





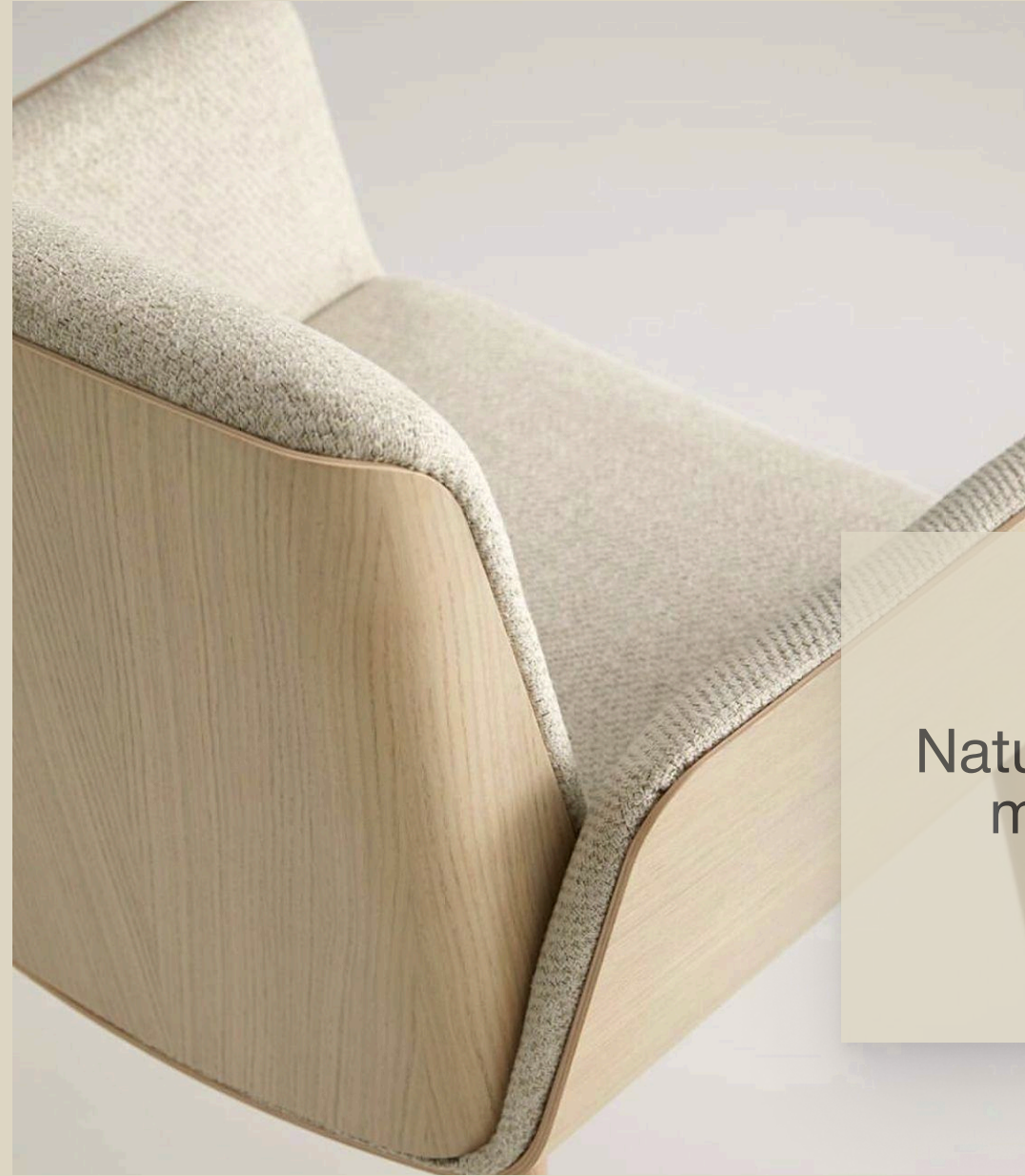
Warm colors to promote relaxation



Matte metal for sanitation



Neutral tones blend with existing office colors



Natural wood material



# STYLE EXPLORATION

## FORM + CMF



ANGULAR

ROUNDED



WORK ONLY

RELAXATION



CALM

FUN



DARKER

LIGHTER



# KINEO

WORK & STRETCH POD

# KINEO STRETCH GUIDE

STRETCH MACHINE RAILS

---

GUIDANCE SCREEN

---

BIOMETRIC FEEDBACK HANDLES

---

MANUAL STRETCHING BAR

---

LOWER BODY STRETCHING BARS

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DIFFUSED DESK LAMP

ENVIRONMENT CONTROL PANEL

HEIGHT-ADJUSTABLE DESK

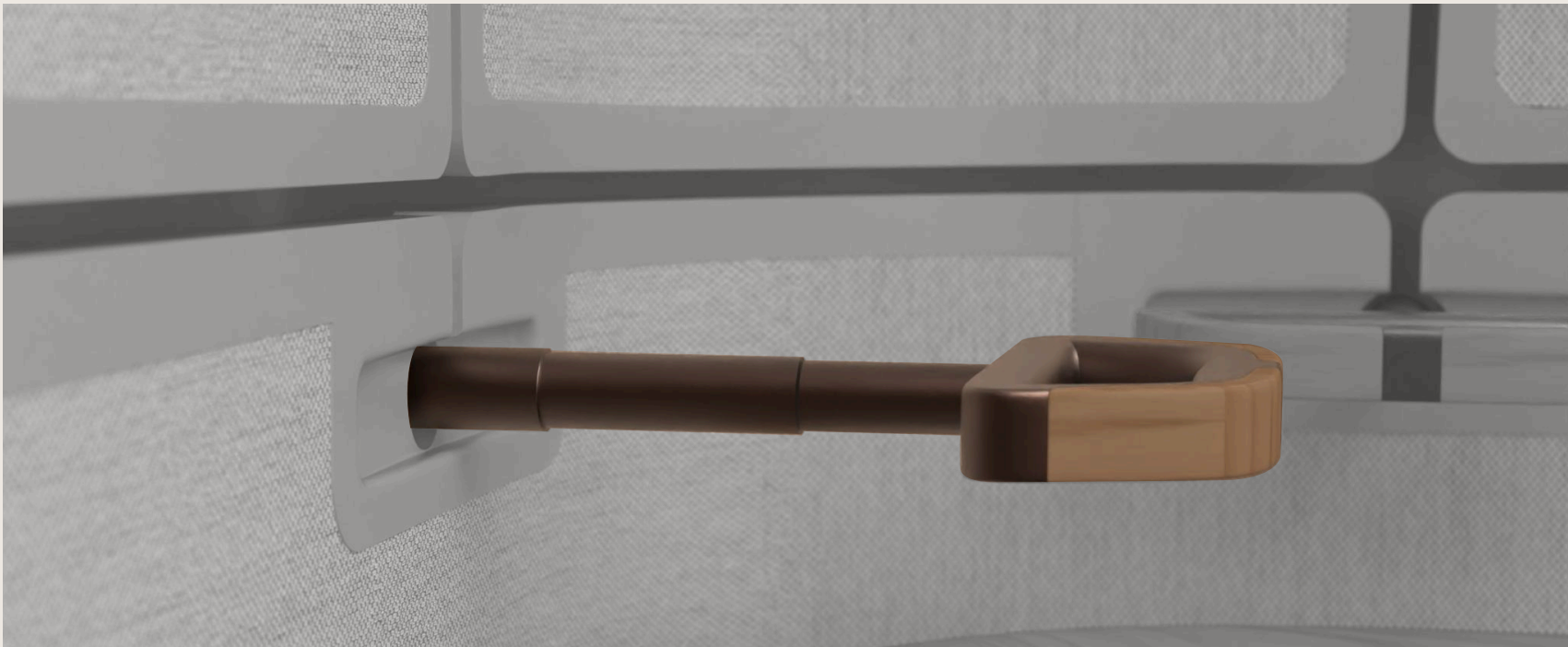
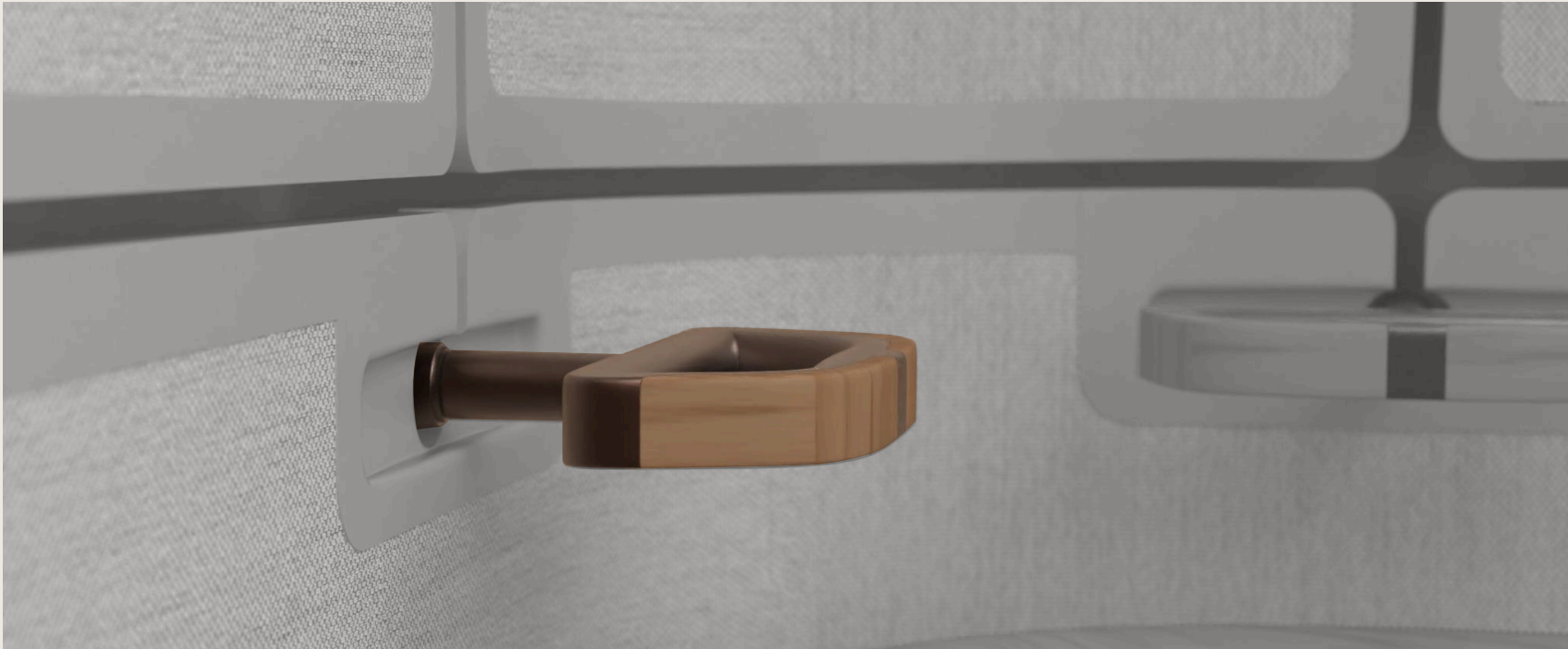
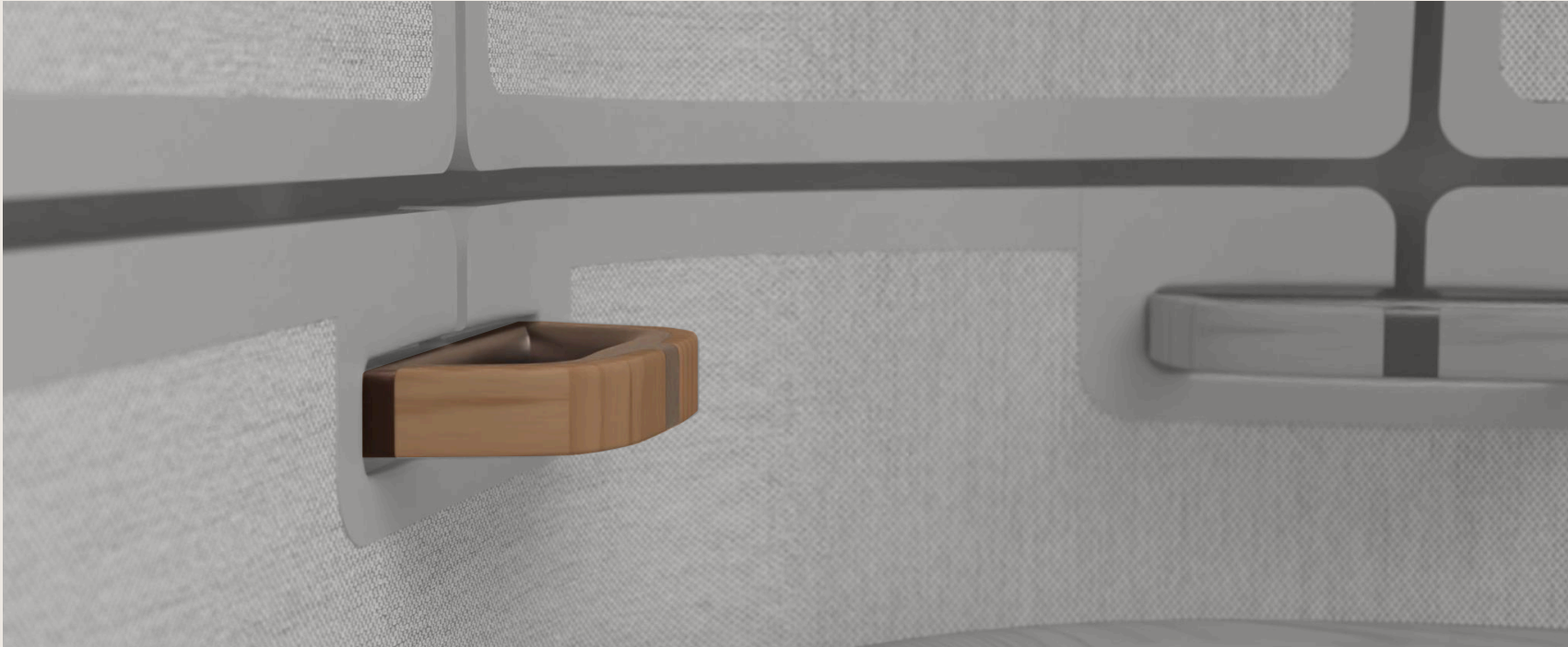
ACTIVE WOBBLE CHAIR

# KINEO WORK STATION

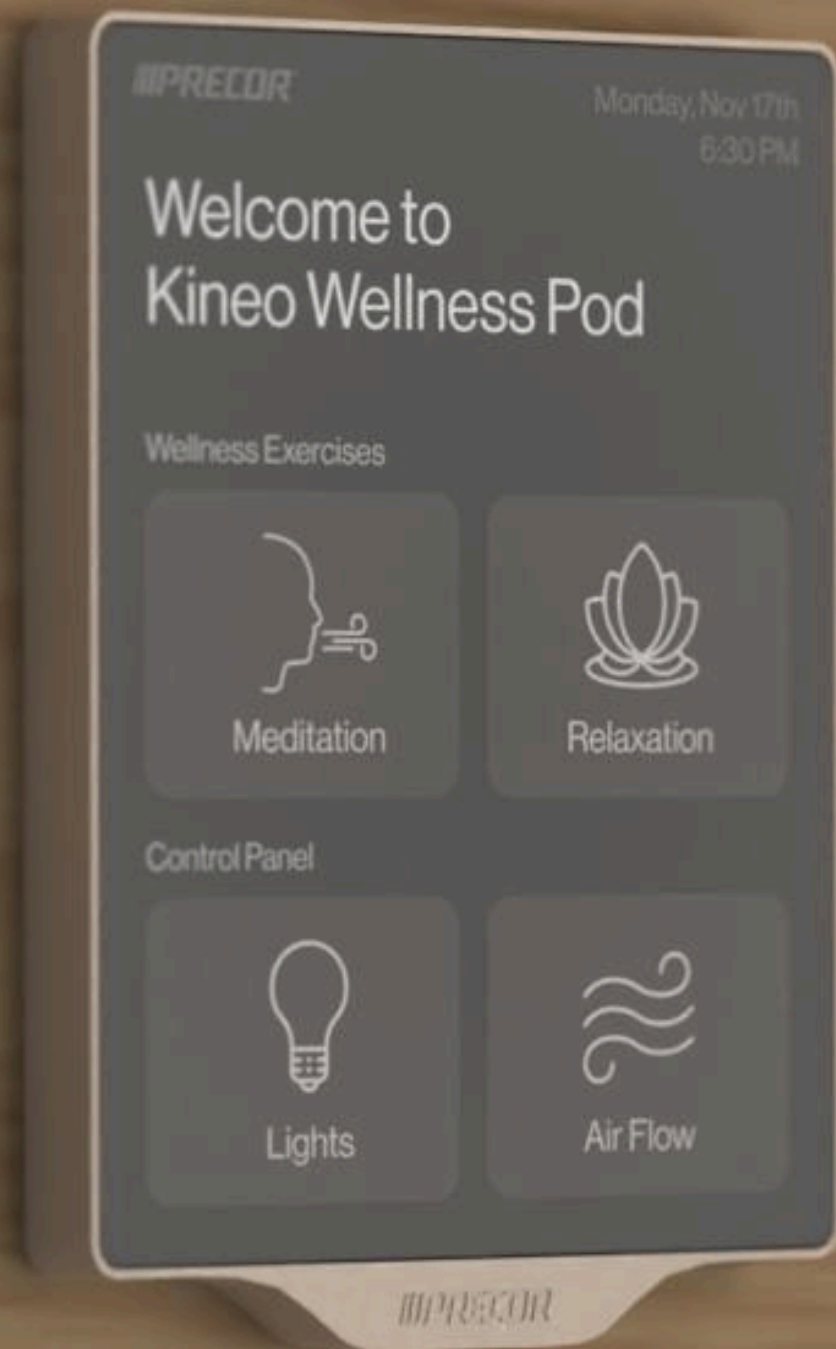
# DETAILS



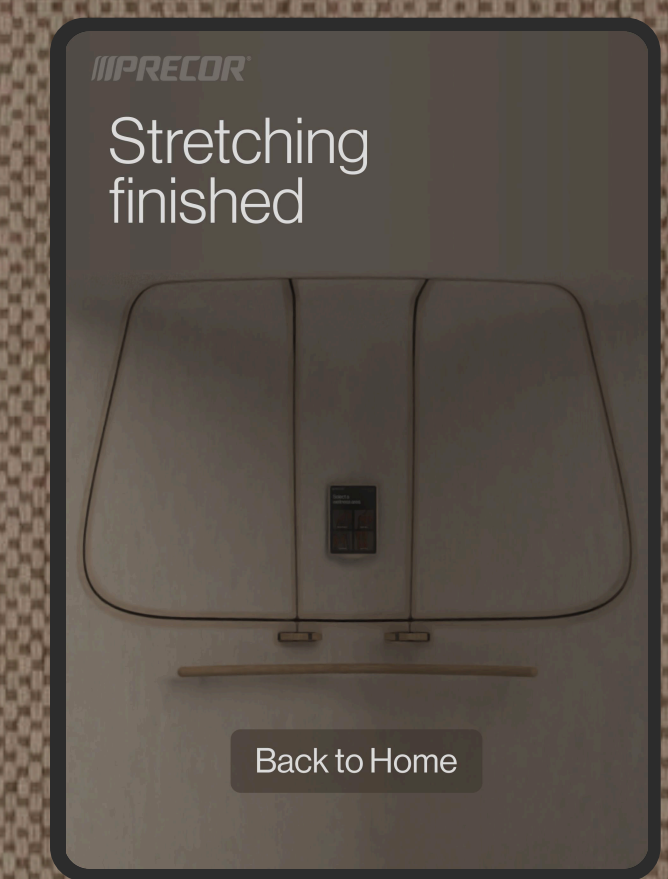
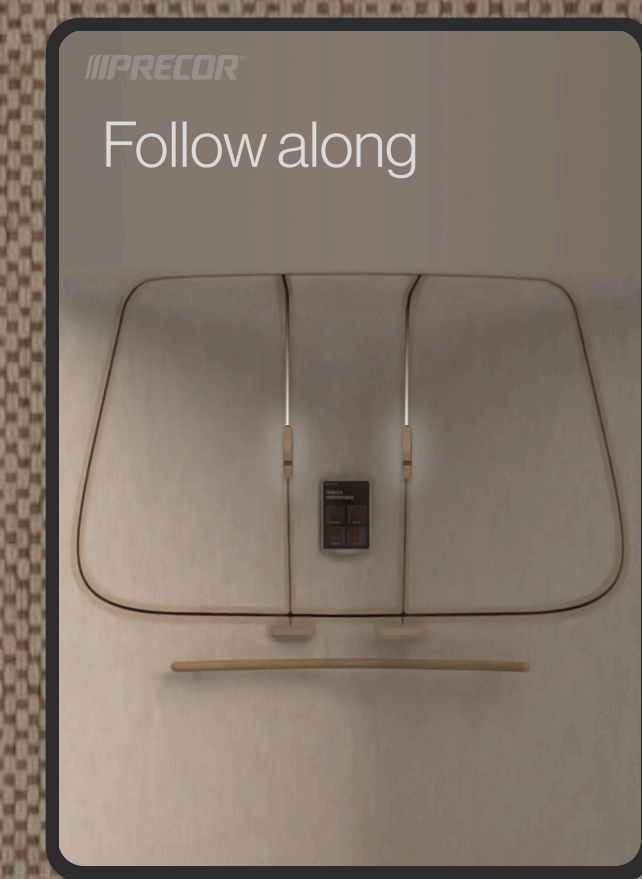
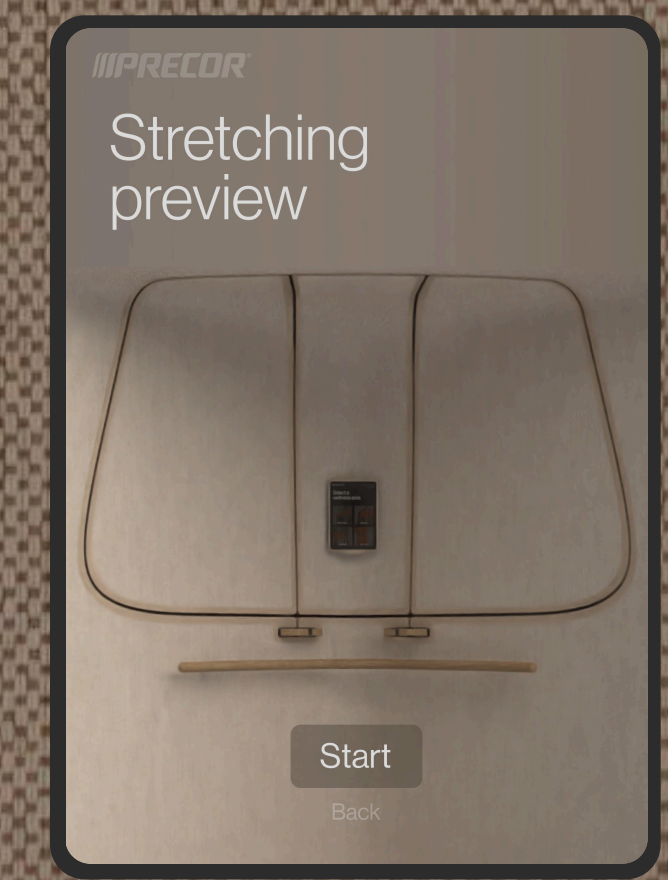
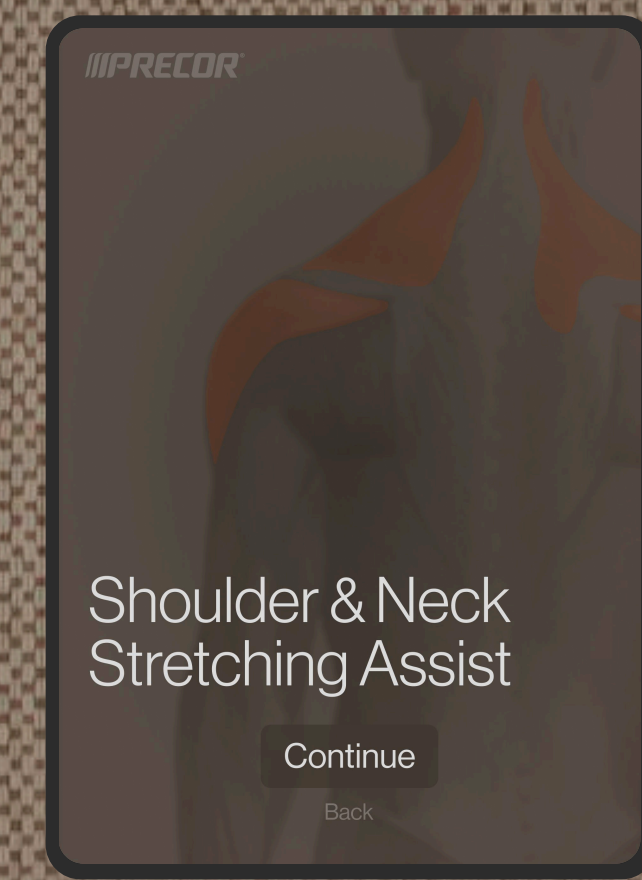
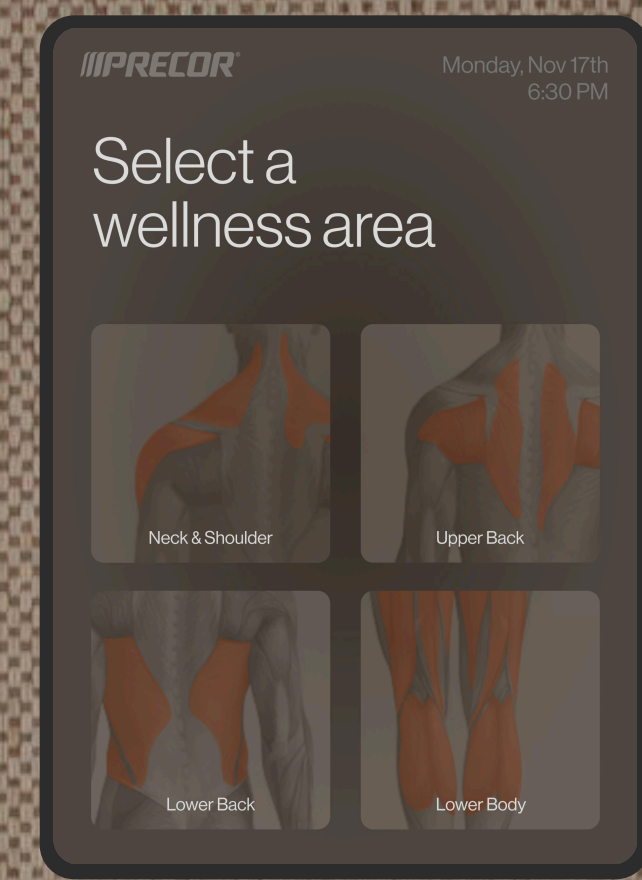
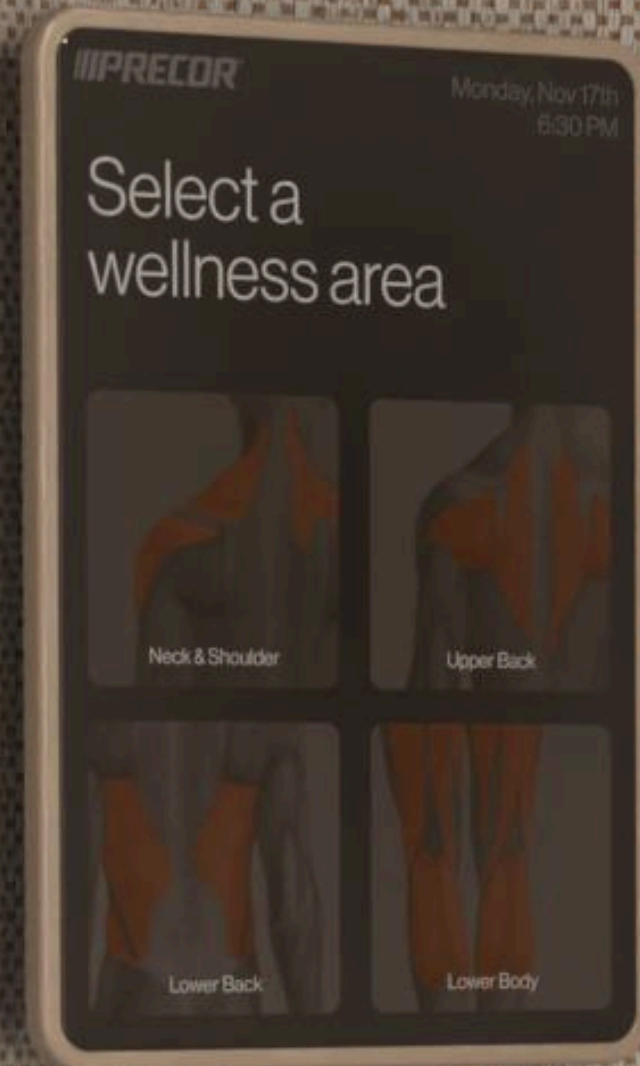
ACTIVE CHAIR



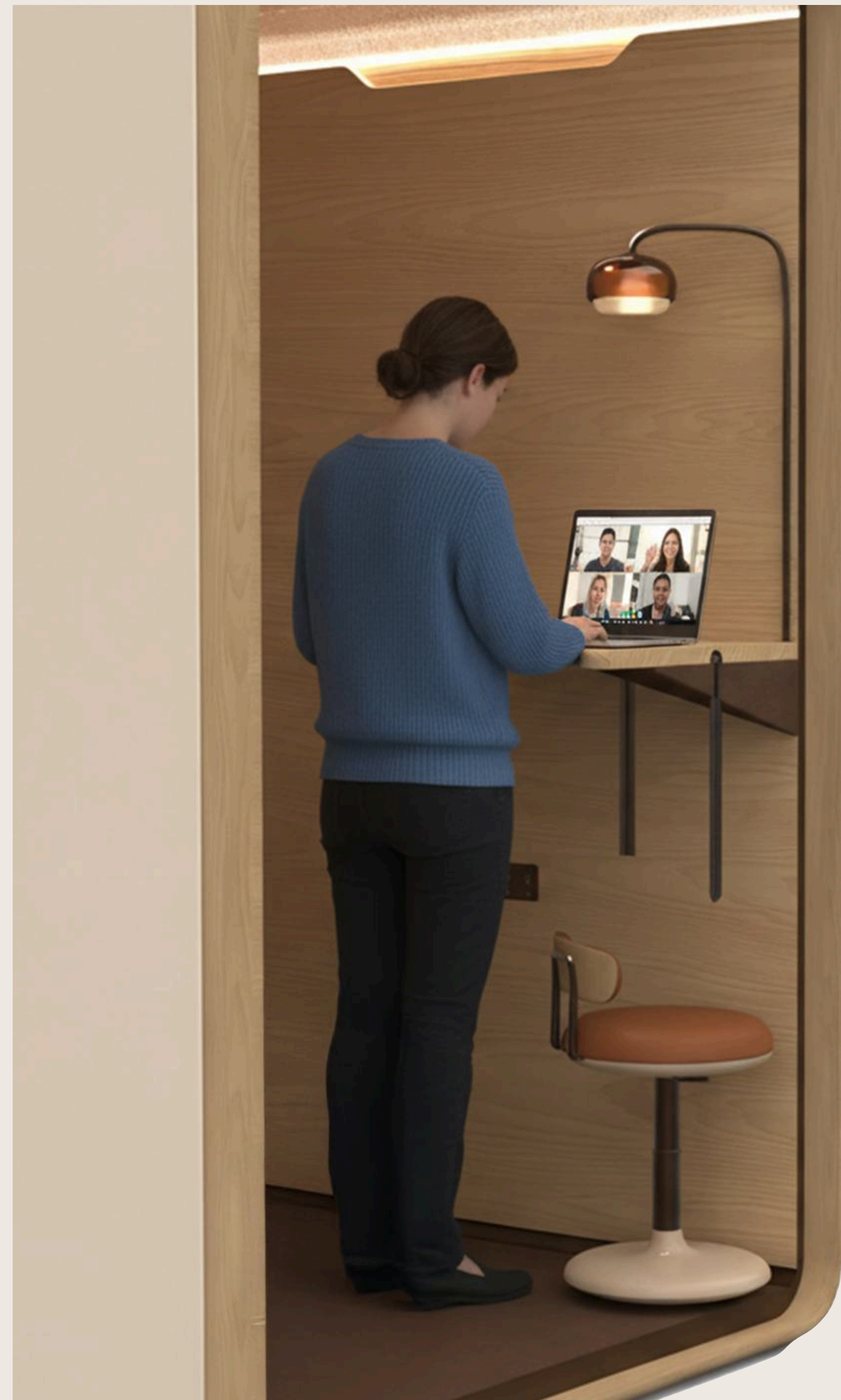
TELESCOPING HANDLES



KINEO  
CONTROL PANEL



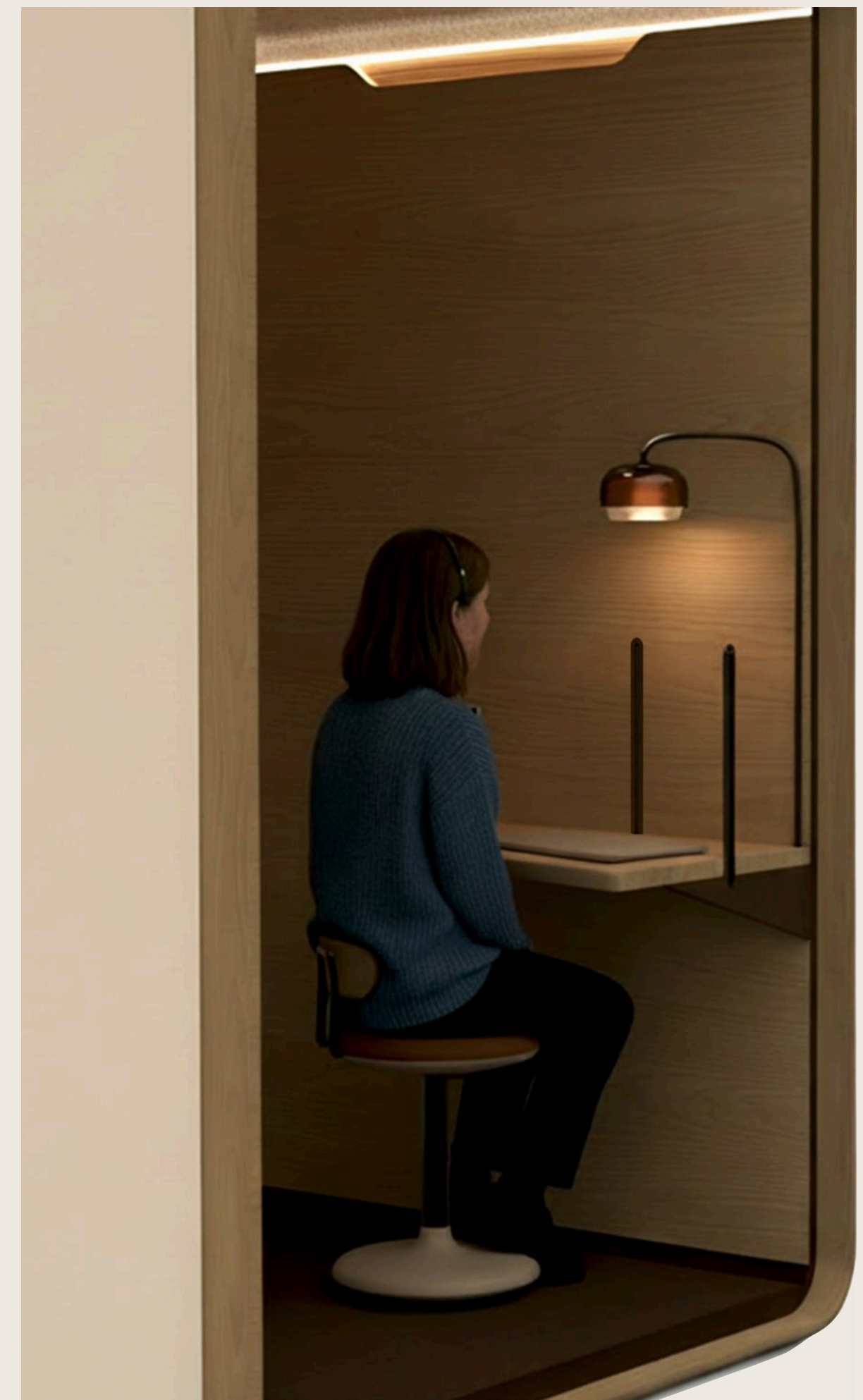
# KINEO STRETCH MACHINE PANEL + UI



STANDING DESK



SITTING DESK



MEDITATION MODE



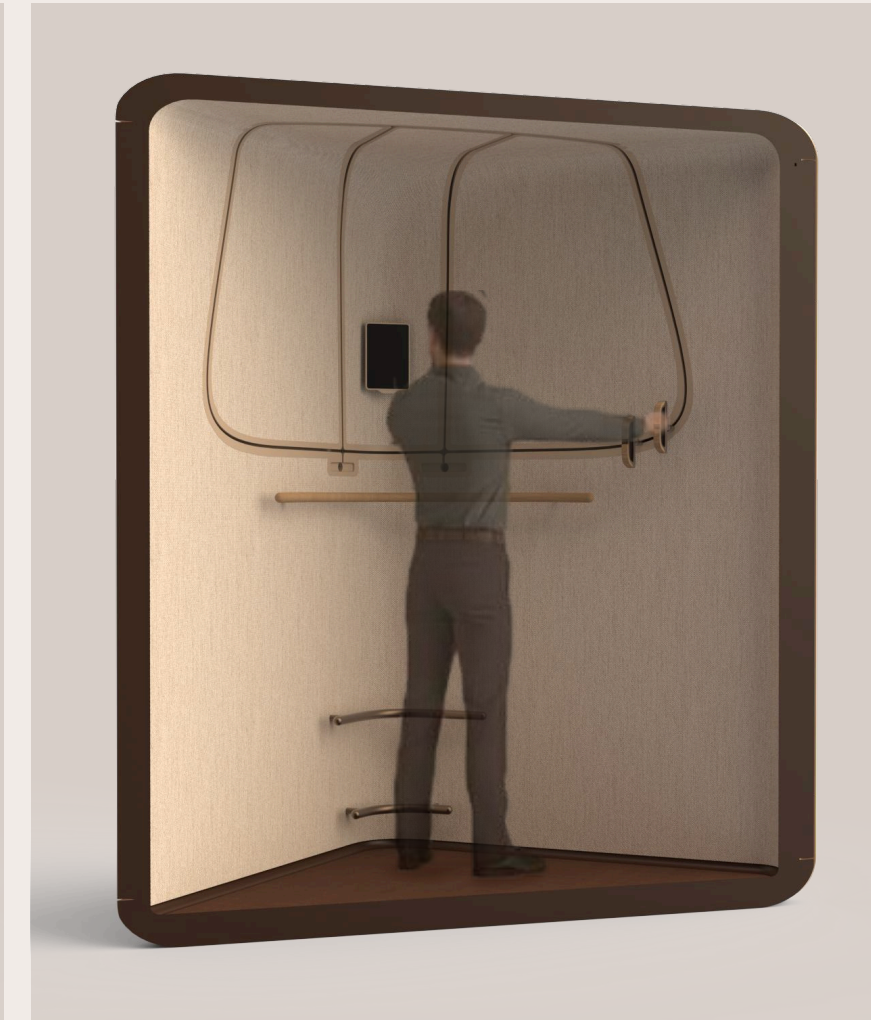
**Stretching Preview**  
Starting Position



**Hanging**  
Back Decompression



**Arms Wide Out**  
Shoulder & Back Stretch



**Twisting Body**  
Back Stretch



**Hanging**  
Back Decompression  
*(Different User Height)*



**Arms Wide Out**  
Shoulder & Back Stretch  
*(Different User Height)*

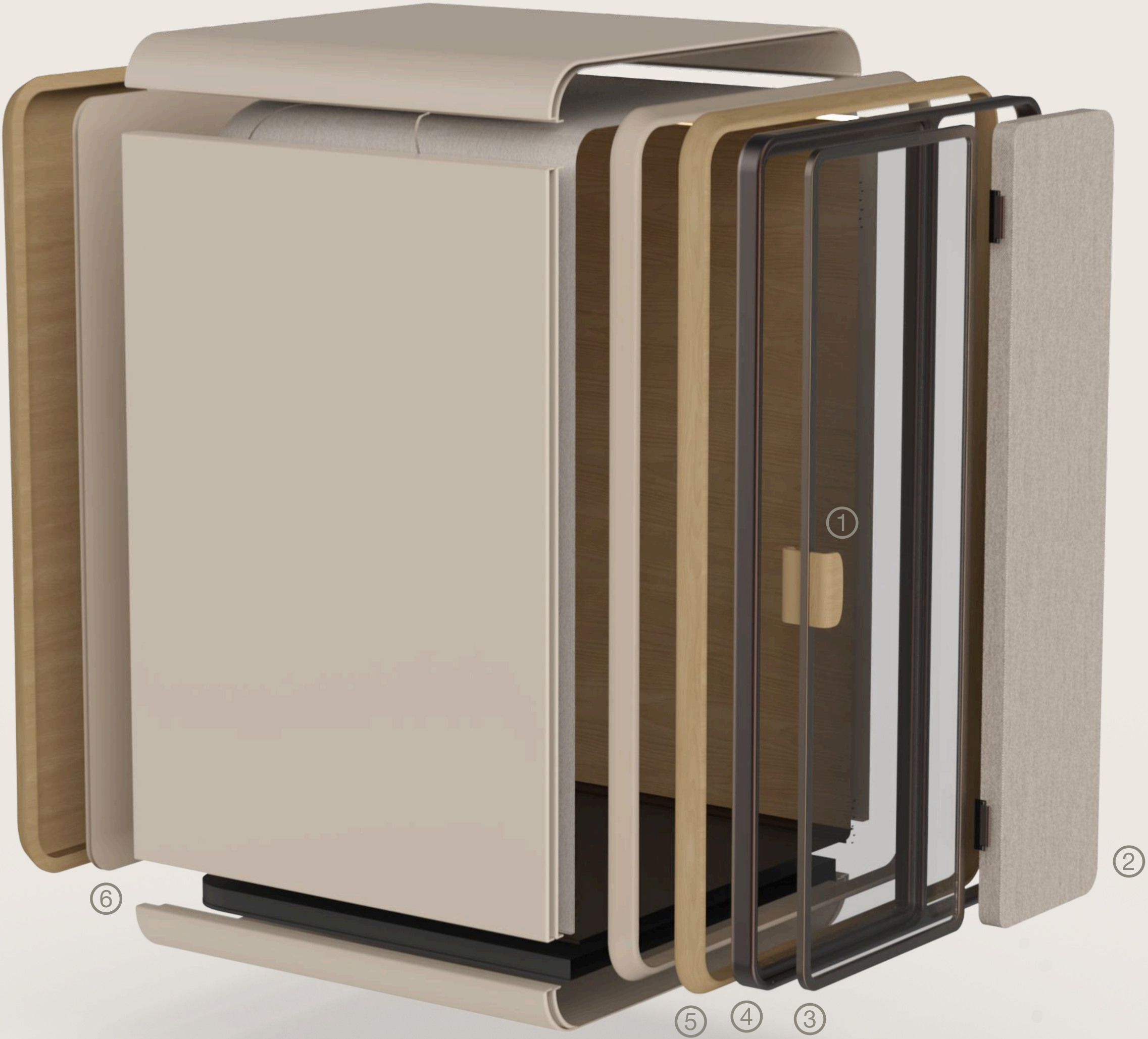


**Lower Bar Leg Raise**  
Calf Stretch



**Middle Bar Leg Raise**  
Thigh Stretch

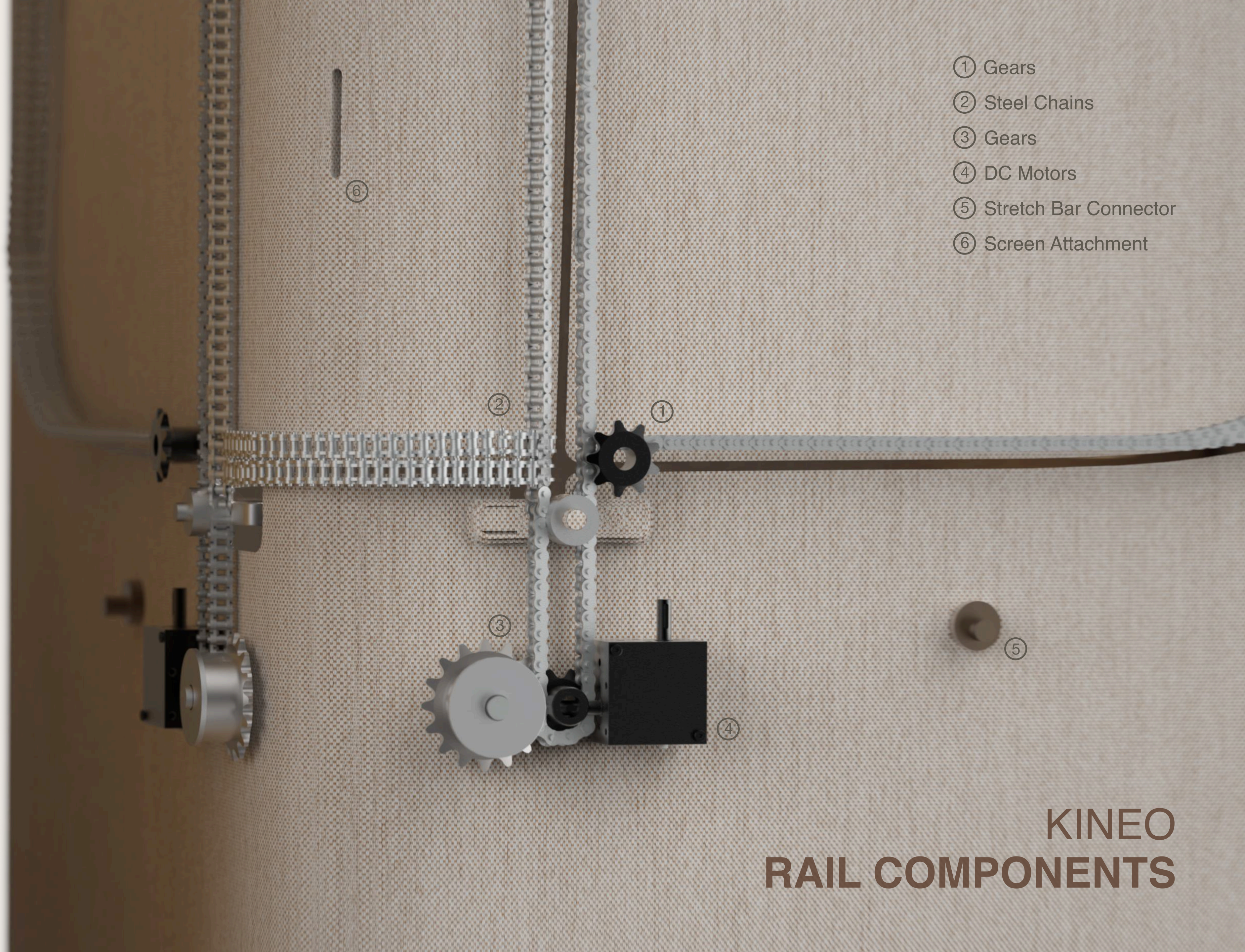
# KINEO POD MATERIALS + DIMENSIONS



- ① Wood Handle
- ② Upholstered Fabric
- ③ Steel Frame
- ④ Steel Frame
- ⑤ Wood Frame
- ⑥ Painted Aluminum



- ① Gears
- ② Steel Chains
- ③ Gears
- ④ DC Motors
- ⑤ Stretch Bar Connector
- ⑥ Screen Attachment



# KINEO RAIL COMPONENTS

# PROTOTYPE



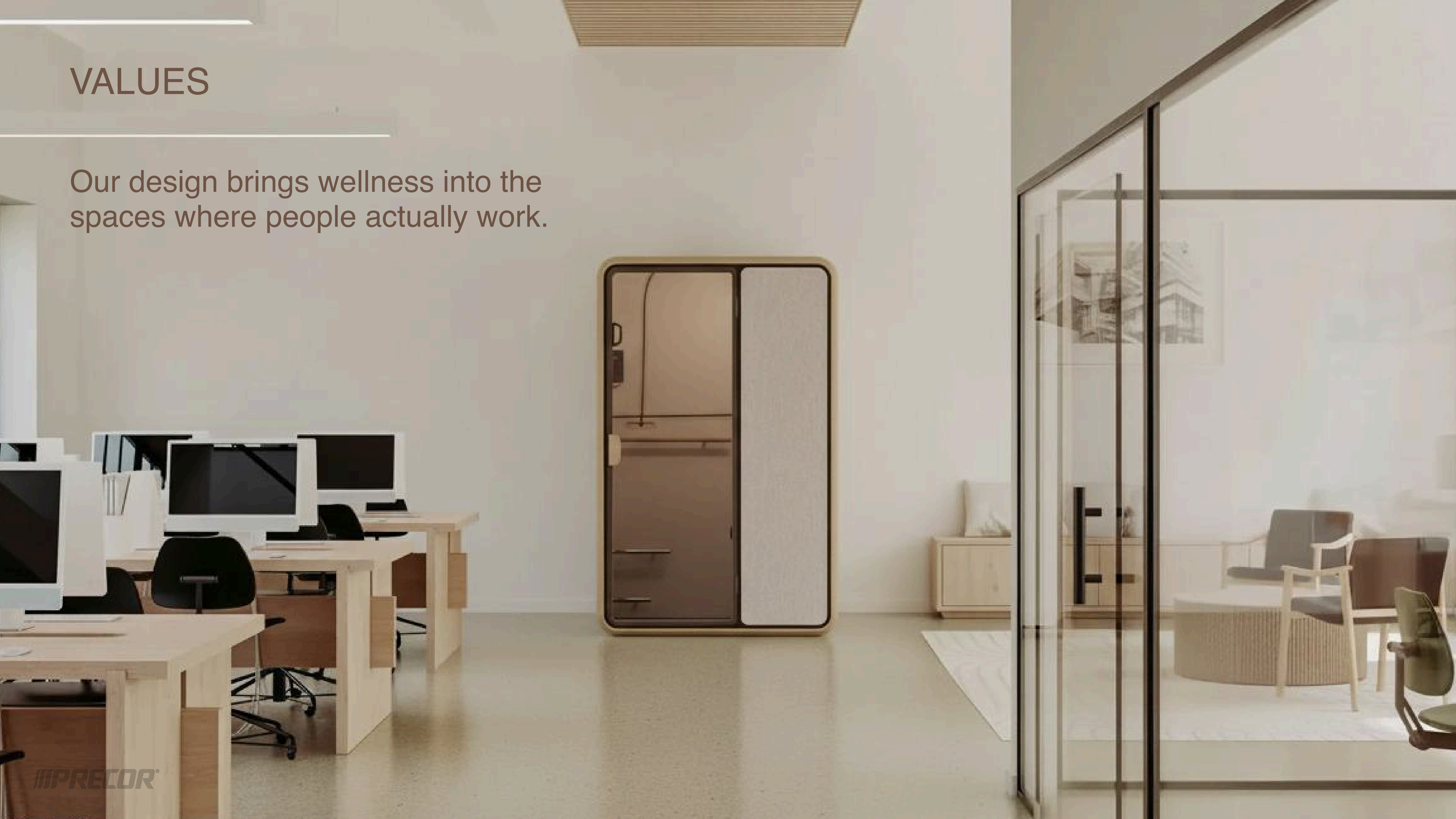


<https://youtu.be/wuklG9CAyXM>

# VALUES

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Our design brings wellness into the spaces where people actually work.



THANK YOU

**PRECOR**

**PRECOR**