

CORPS EN ÉQUILIBRE



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feat. FYSIK

Training is often described as a way to change the body, but over time it becomes a way to change something less visible. The objects used for training become instruments through which discipline, patience and attention slowly shape the person who uses them.



The Discipline of Repetition

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At the beginning, training is only effort. The body resists, movements feel unfamiliar, and repetition seems like a purely physical exercise. Then something changes slowly. The movement becomes more precise, the rhythm becomes more regular, and training becomes less about strength and more about consistency. What changes first is not the body, but the relationship with effort. Repetition has a strange effect on the mind. The same movement performed many times removes distraction and leaves only attention and breathing. Time becomes measurable through sets, pauses and small improvements that are almost invisible from one day to the next. Training becomes a form of discipline that gradually extends beyond the gym and influences the way a person works, thinks and persists in difficult situations.

The equipment designed by Fysik reflects this idea of training as a long process. Dumbbells and weights are turned from solid wood and combined with steel cores, so that the objects have both warmth and weight, something soft to the eye and heavy in the hand. Leather grips change over time, becoming smoother and darker, while wooden surfaces slowly record use through small marks and variations in colour. Wall bars are fixed to the wall like architectural elements, rings hang from leather straps and remain suspended in space even when not in use, and benches are built with the same attention normally given to furniture.

These objects do not disappear after training; they remain in the room and slowly become part of the space and part of a daily routine. Training, in this sense, becomes a way of designing oneself through repetition. The body changes, posture changes, endurance changes, but more importantly the way a person approaches difficulty changes. Over time, effort stops being something to avoid and becomes something to work with, something that shapes not only the body but also patience, discipline and the ability to continue even when progress is slow.

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