

**MARKANT**  
health & productivity

# Hybrid Apod

## Activity Based Working



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health & productivity

**Healthy employees are more productive and longer employable. Markants office solutions are ideal for an Activity Based Working environment. People are challenged and motivated to stand and move more during their workday.**

That active workstyle makes office workers not only more productive but also healthier and happier. Interests of as well employers and employees are served with the Markant office solutions.

Markant makes it easier to transform from traditional working to a healthy workstyle. We make it simple and appealing to switch between sitting, standing and walking and thus reduce the number of sitting hours on an average workday.

Scientific research proves that a dynamic work ethos has a positive impact on certain severe health issues. Markant makes your investment in office furniture also an investment in health, productivity, creativity and happiness.





## Dynamic working is a necessity

Starting at breakfast, office workers often sit more than 10 hours a day at dinner, in the car or public transportation. Humans seem to love sitting at work, home and on the couch watching Netflix.

During non-work related hours we tend to sit for 85% of our awake time. Prolonged sitting has become a part of our modern lifestyle. The negative consequences of this behaviour become more apparent: It became the most severe threat to our health!

### Risks of a sitting lifestyle

Sedentary behaviour (sitting lifestyle) leads to a significantly higher risk of Obesity, Diabetes type II, heart diseases and certain cancers. This is Markants main drive to stimulate a healthy lifestyle at work.

Alternate between sitting and standing and a short walk every half hour is the best way to become more healthy, productive and positive in life.





## Collaboration

Collaboration between employees from different areas and timezones require new office solutions. Informal areas within the office stimulate and facilitate meetings, creativity and the exchange of new ideas. Flex Workers will be stimulated to spend more time at the office.

Certain tasks require more privacy. To create enclosed workspaces in an open plan office Markant developed the Apod series. Apod offers an acoustic workplace for 1-6 people to work away from their desk. No longer bordering or being bordered by co-workers.





## Apod series

**Markant offers the Apod in four sizes, each with their own specific benefits.**

With Apod series Markant creates acoustic privacy in open plan offices. Workers are able to focus when necessary and talk privately when needed. With a range of accessories, you can customise the Apod to your needs. The Apod is ideal for concentration and communication related tasks. The Apod is fast to install and easy to be moved.



Apod S



Apod M



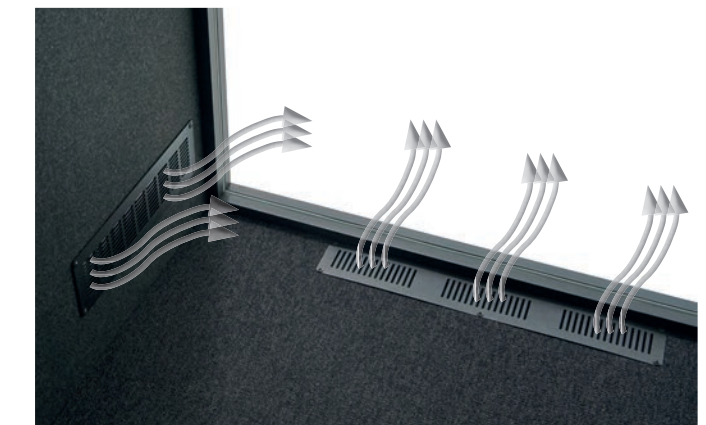
Apod L / XL



## Ventilation is priority number one

Most pods in use do not offer sufficient ventilation in the new offert quietness. After 10 minutes the door of such pods are kept open by its user resulting in good ventilation at cost of acoustics. A healthy climate was our top priority while designing the Apod series.

The inlet of air is the most important part of a ventilation system. Without proper air inlets, no ventilation system can function satisfactorily. The low-pressure ventilation systems keep the airflow going and to make sure you will not get distracted by the noise of ventilators. There are ventilation inlets through multiple sides and also through the floor. Even if you place multiple Apods next to each other the airflow is guaranteed.



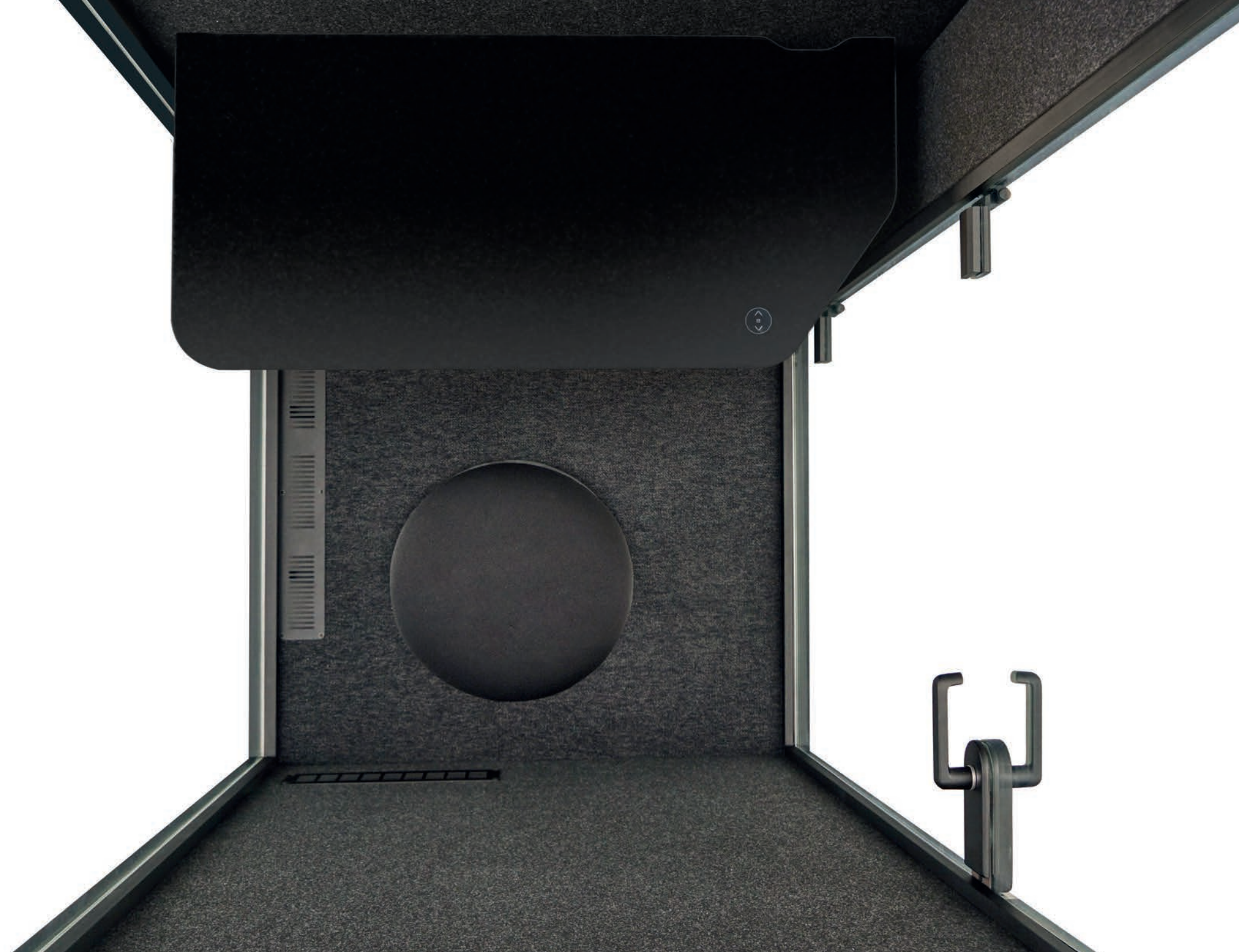


## I do not recognise my own voice

We made sure that sound in the Apod has an optimal reverberation time related to its size and volume. You will be able to crystal clear hear yourself and others speak. Too much reverberation time creates an echo and with too little reverberation speaking will feel uncomfortable and unnatural. Reverberation time is defined as the time for the sound to die away to a level of 60 decibels below its original level.

The essential reduction of sound is realised by the use of specific resonators that reduce sound pressure levels evenly through the full spectrum of frequencies of noise. Felt covering these resonators reduce high frequency noise.

Apod uses 5 mm glass + 1,5 mm PVA Polyvinyl acoustic layer compressed to 0,8mm under 6 bar in a professional autoclave. For the doors this glass is also tempered for safety. This 20% extra weight of glass compared to most pods realise an additional noise reduction.



## Need power?

We have created an infrastructure inside the Apod to easily add additional equipment that supports your specific activity. Standard a fixed height table is mounted to the wall than can be upgraded to a sit and stand table. The wall is already prepared to attach a television mount to.

A Wieland GST-18 connector is used inside to safely connect an optional power outlet module to.

The Apod is built completely with the best European materials without gas emissions. All materials used are fire retardant.

The integrated Philips LED lights with motion detection supply you with sufficient light (250 lux on the table).

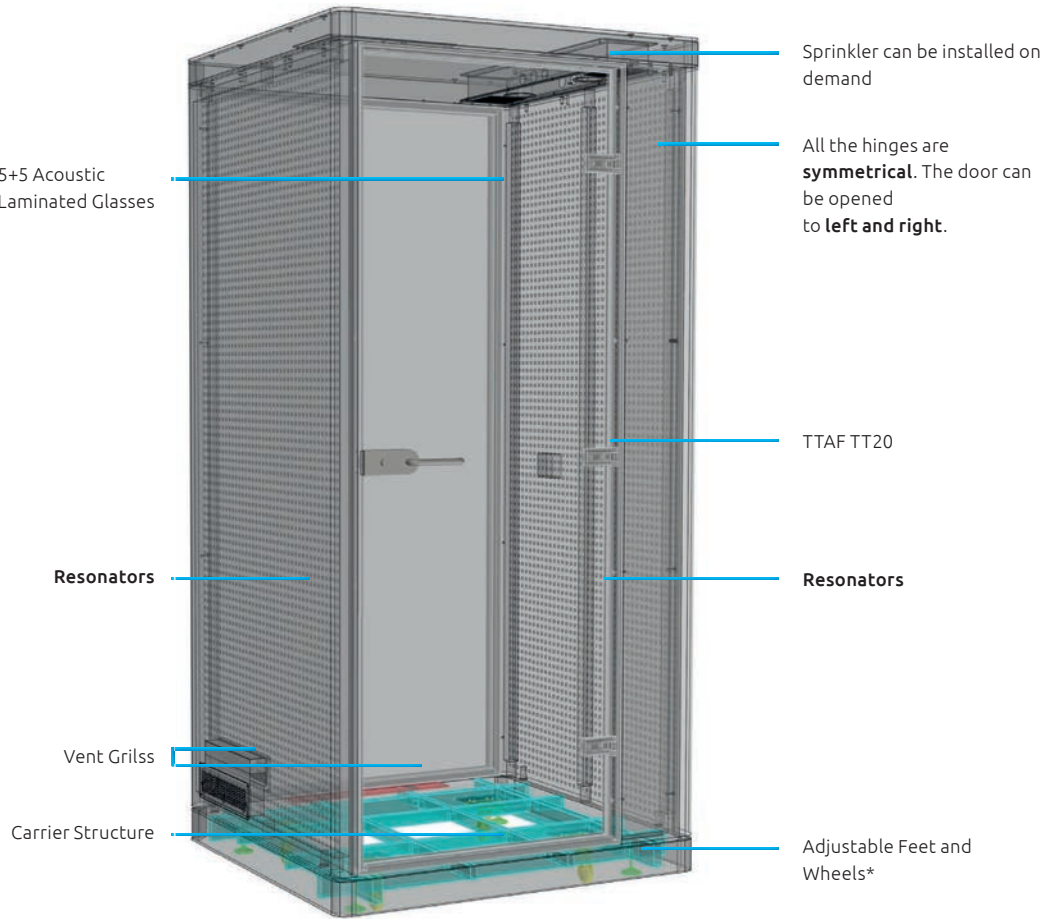




Fixed or flexible?

The Apod is designed to anticipate the ever-changing office environment. The Apod Small and Medium have wheels. Just lower the four adjustment feet in the floor and start moving the Apod S or M to a new location over an even floor. One person can easily do that job.

Once you have the Apod on the right location you will need power for lights, equipment and ventilation. This is also thought well through. The Apod has a power connection on the top for power from the ceiling as well as close to the bottom for power from the floor or the wall to reduce cable clutter.





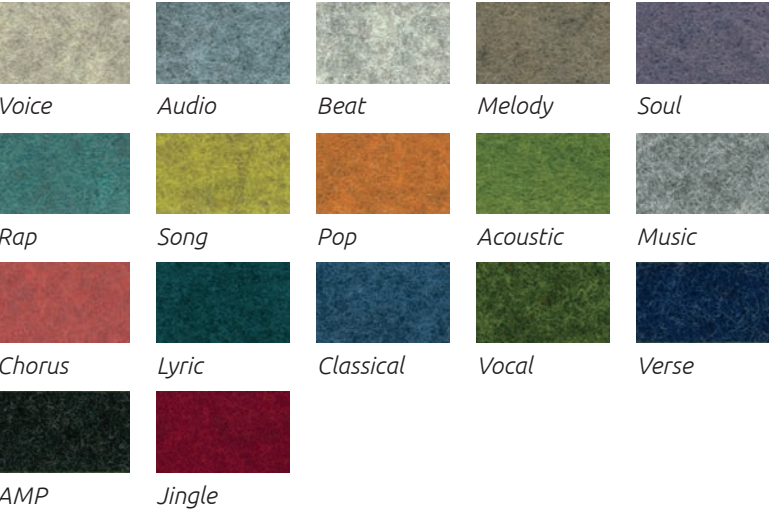
Outer colors



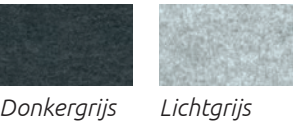
Ceiling and table colors



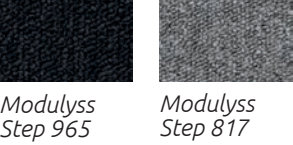
Inner fabric options



Inner colors



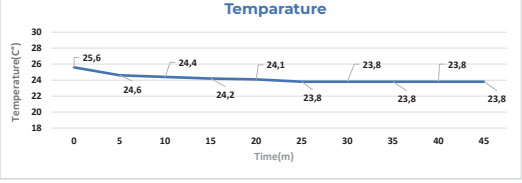
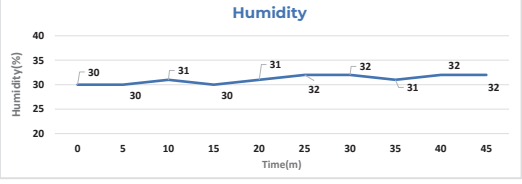
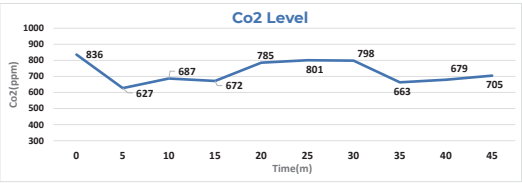
Carpet colors



Hybrid Apod S



**Air Flow**  
3-Units Super Silent Fans - 8,6 dB (Acoustical Noise)  
70,8 liter/s | Total - 254,8 m3/h

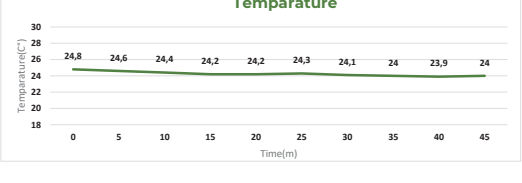
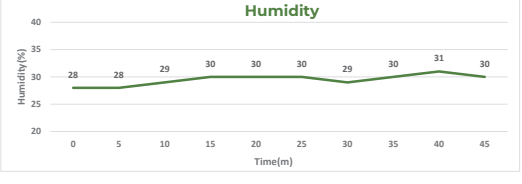
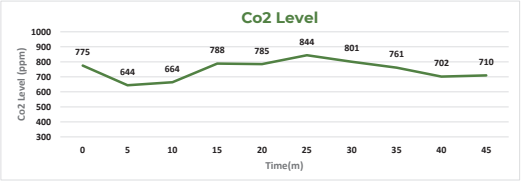


**Properties**  
Inner Dimensions 980 x 880 x 2090 mm  
Packaging Dim. 560 x 2260 x 1160 mm  
Door Dimensions 766 x 204 mm  
Freepass Distance 742 mm  
Lights Philips 3,5 W x2  
Weight 315 Kg  
Gross Weight 378 Kg  
Installation Height 260 cm (min)  
Lux on Table 250 Lux

Hybrid Apod M



**Air Flow**  
3-Units Super Silent Fans - 8,6 dB (Acoustical Noise)  
70,8 liter/s | Total - 254,8 m3/h

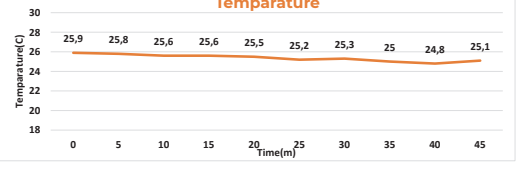
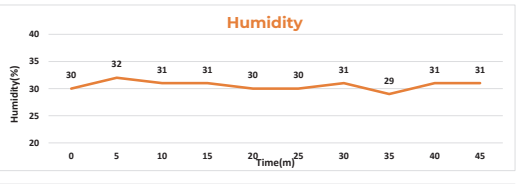
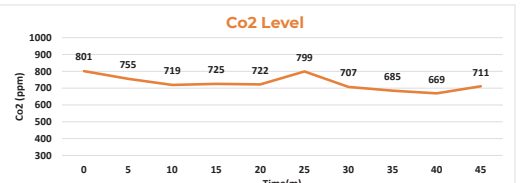


**Properties**  
Inner Dimensions 1680 x 1080 x 2090 mm  
Packaging Dim. 800 x 1280 x 2260 mm  
Door Dimensions 766 x 204 mm  
Freepass Distance 742 mm  
Lights Philips 5,5 W x4  
Weight 480 Kg  
Gross Weight 546 Kg  
Installation Height 260 cm (min)  
Lux on Table 250-300 Lux

Hybrid Apod L



**Air Flow**  
3-Units Super Silent Fans - 8,6 dB (Acoustical Noise)  
94,4 liter/s | Total - 339,8 m3/h



**Properties**  
Inner Dimensions 2280 x 1080 x 2090 mm  
Packaging Dim. 800 x 2360 x 1600 mm  
Door Dimensions 766 x 204 mm  
Freepass Distance 742 mm  
Lights Philips 7 W x4  
Weight 565 Kg  
Gross Weight 642 Kg  
Installation Height 260 cm (min)  
Lux on Table 250-300 Lux



# MARKANT

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BS-EN 527-1  
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