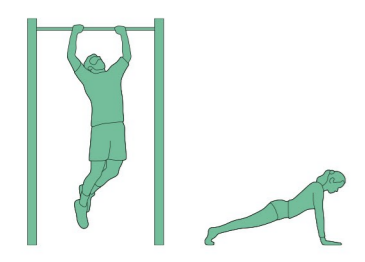


THE BODY

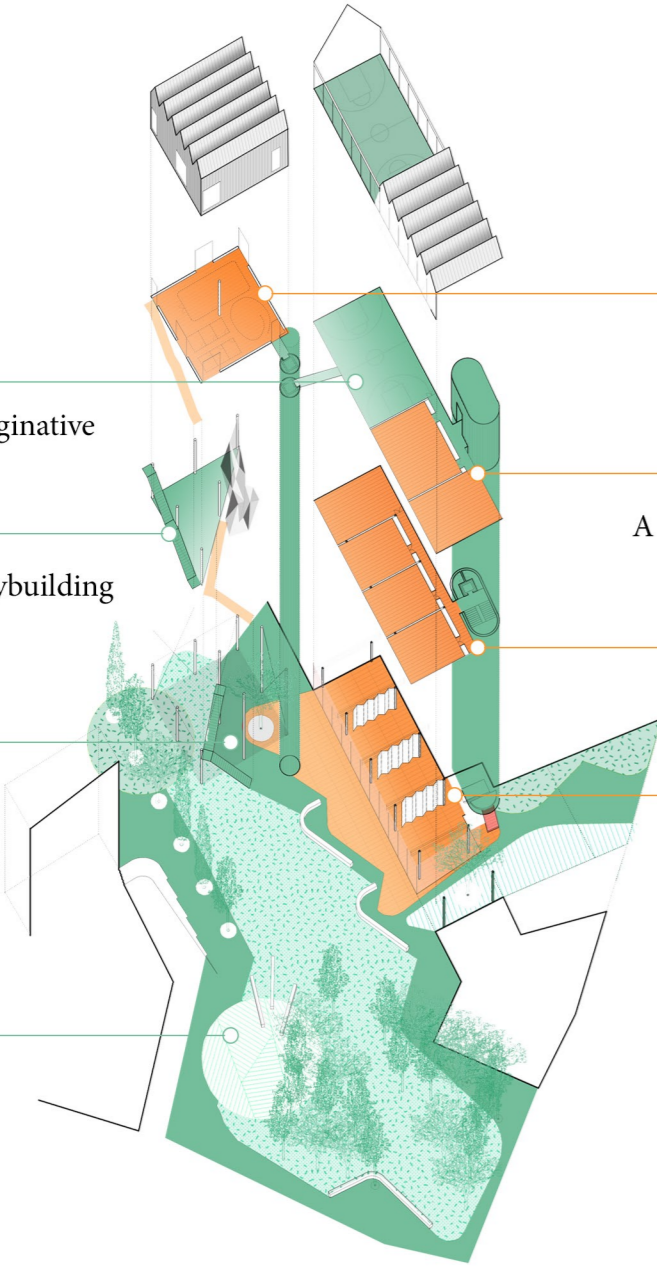


THE ARENA
An informal court for imaginative sport arrangements.

MUSCLE TRIANGLE
An open platform for bodybuilding and calisthenics.

PLAYGROUND
Fun for all population segments.

THE CARPET
For a daily dose of yoga, zumba, and aerobics.



STUDIOS
Music, media, and other forms of urban culture

WORKSHOP
A shared spot for fabrication and digital crafts

CLASSROOMS
To learn and share

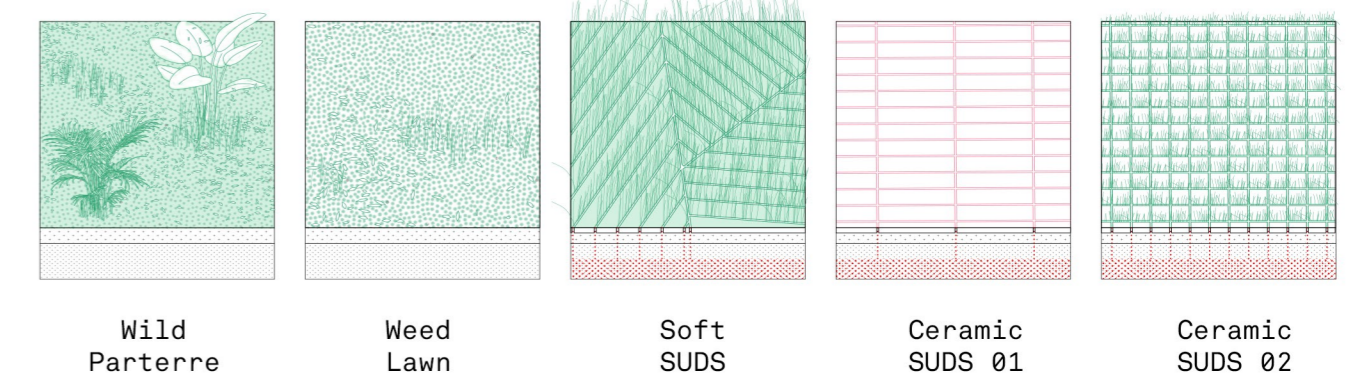
THE GARAGE
A creative hub that can be opened to public space or become an auditorium

THE SOUL

Fitness Urbanity

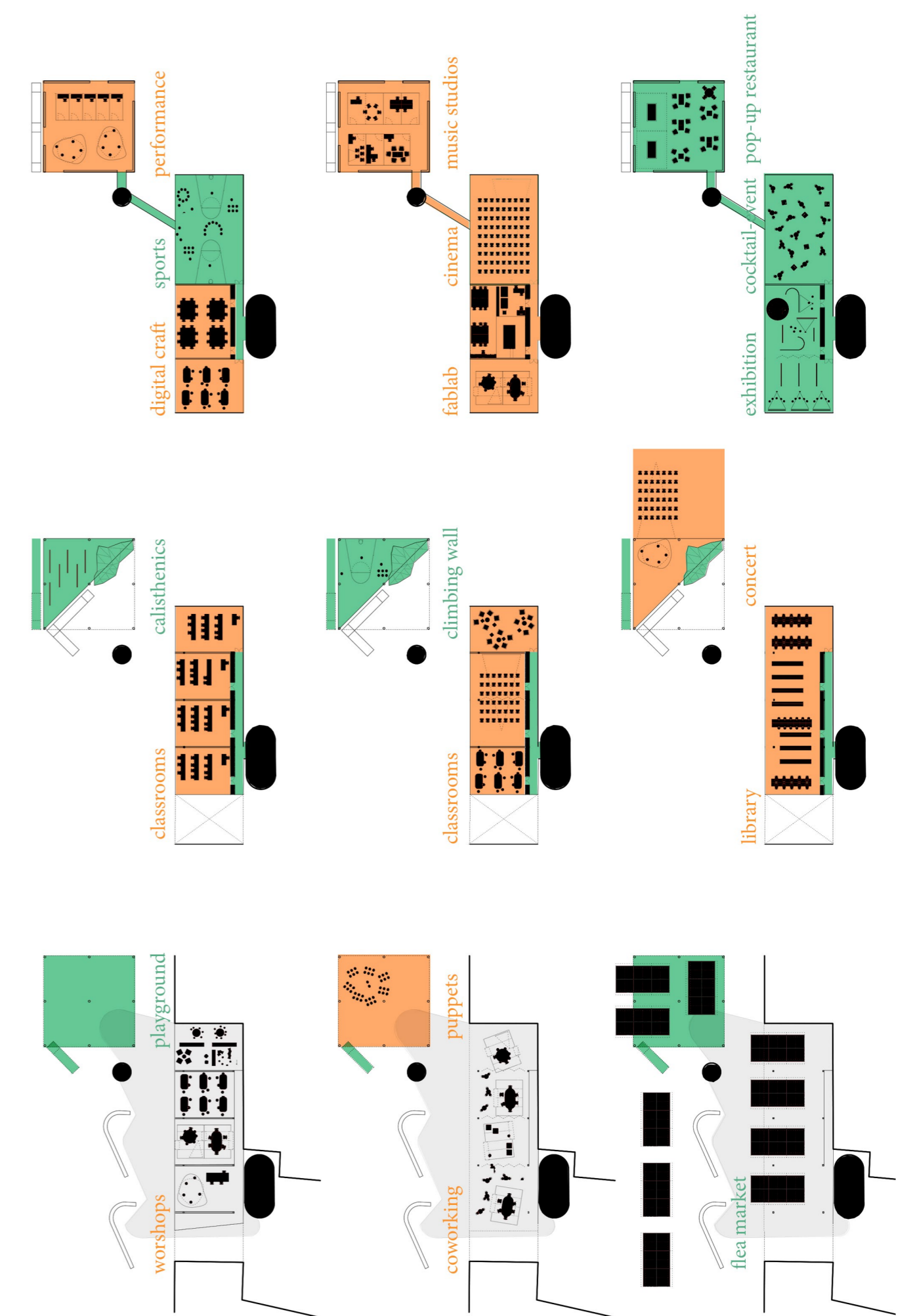
Generally, fitness is defined as the act of shaping the body through training and workout. If we think of it from an urban and architectural perspective, however, fitness invites us to consider the ways in which we engage the cities and buildings that we use on an everyday basis. **How are the structures that shape our bodies?** To what extent do they contribute to enjoyable routines? How do they influence our physical and mental health?

In an area booming with spaces that focus on the mind (art galleries, studios, workshops, etc.) the intervention focuses on the body: **50% of the proposed cubic meters are devoted to sports, leisure, play, seduction.**



Plan

A possible future for the core of Carabanchel, where the public and private lots around the project area are developed following the guidelines implemented in the proposal. The scheme presents the same built area already planned by the municipality; however, this area is organized in a way that fosters porosity and enhances the vacant lots as the main platform of public space. An expanded version of Plaza de Almodóvar, taking on a presence that makes it recognizable from a metropolitan perspective.



No Plan

The new built structures are not designed to accommodate specific functions, but to produce a diverse set of spatial conditions: interior, exterior, covered, open, high, low, opened to the exterior, secluded, lit from above, lit laterally, rectangular, square, triangular. As shown in the diagrams above, these spaces can be engaged to develop an equally diverse set of activities.



C. Eduardo Morales

Carabanchel Supervoid

C. Cucillo