



Workout with the FitLinxx System

The fitness tracking software with the tools to support, motivate and help you succeed!

- >> **Improve your workout with interactive coaching**
Instead of you learning about the equipment, the equipment learns about you
- >> **Develop positive exercise habits**
Safe and effective workouts: proper form, range of motion and resistance
- >> **Automatically record your workout data**
No need to carry a pencil or workout card
- >> **Track your data and manual log exercises on the website/app**
Stay connected anytime, anywhere
- >> **Improve your health**
A customized program is set up for you to ensure your success

ACTIVE LINXX
Be Fit, Stay Active!



ACTIVE LINXX

Home Settings Support Tutorial Logout

Strength

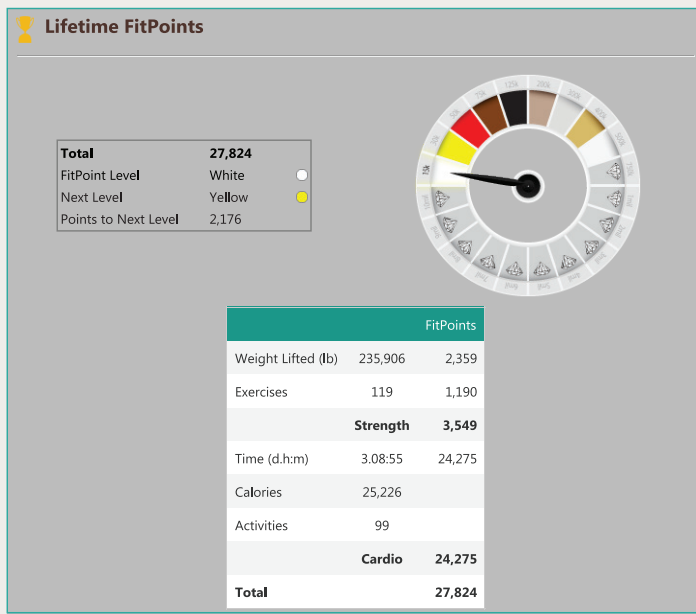
	Sun 09/24	Mon 09/25	Tue 09/26	Wed 09/27	Thu 09/28	Fri 09/29	Sat 09/30	Total
Weight (lb)	1,500	13,600	0	2,100	0	0	0	17,200
Stations	1	4	0	2	0	0	0	7
FitPoints	25	176	0	41	0	0	0	242

[Details](#)

Cardio

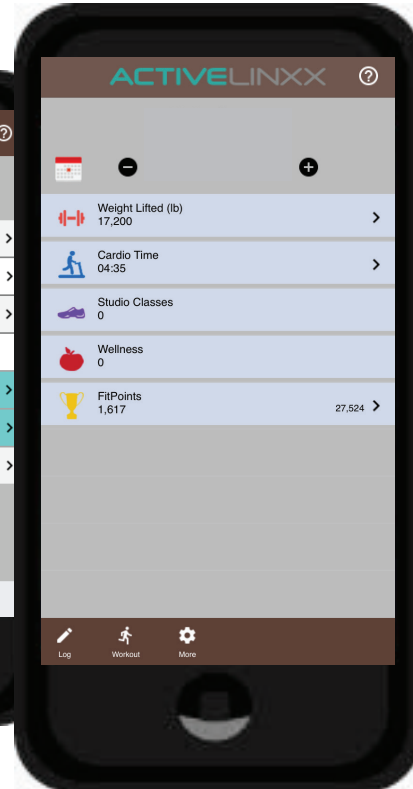
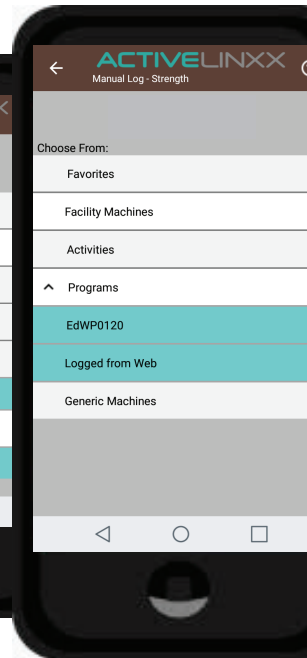
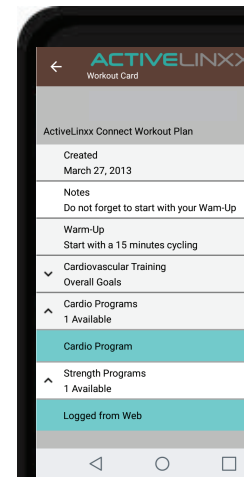
	Sun 09/24	Mon 09/25	Tue 09/26	Wed 09/27	Thu 09/28	Fri 09/29	Sat 09/30	Total
Time (h:m)	00:30	01:50	00:00	02:15	00:00	00:00	00:00	04:35
Calories	99	449	0	513	0	0	0	1,061
Activities	1	3	0	3	0	0	0	7
FitPoints	150	550	0	675	0	0	0	1,375

[Details](#)



The ActiveLinxx Website and App

Connect to the FitLinxx System and track your workout online



- ◇ Stay active with manual log of exercises
- ◇ Review your personalized Workout Plan
- ◇ Track your monthly progress with graphed reports of your workout history
- ◇ Message your fitness instructor
- ◇ Compare your Standings with the entire FitLinxx community
- ◇ Keep count on earned lifetime FitPoints