

Powers Your FitLinxx System™

Workout with Experience
Exercise Safely and Securely
Improve Your Fitness Goals

MORE THAN AN EXERCISE TRACKER:

- An enhanced workout experience with a computerized, interactive monitoring system
- Automatic capture of exercise data while you workout
- Eliminates the guesswork with weight machines by displaying your programmed weight setting, seat position, counts your sets and repetitions, coaches you through the correct motion, and displays any recommended changes
- No cards, pens or keys to carry while working out

COACHING EXPERTISE:

- Get a customized exercise program created by an instructor based on your specific health and wellness goals, abilities and interests
- Provides support and motivation with instant on-screen feedback to develop positive exercise habits
- “Guided performance of proper lift speed and form ensures a safe and effective workout”
- Reports data to your instructor for continuous monitor of your progress
- Easy-to-use touchscreens that allow you to begin workouts quickly and keeps you working out

CONNECT WITH KNOWLEDGE:

- An interactive kiosk, app and website lets you easily track your workout and achievements
- Manually log any activity performed inside or outside the facility, at anytime from anywhere, to help reach your fitness goals
- View your workout history online in easy-to-read charts and graphs so you can workout smarter
- Earn FitPoints for exercising and compare your standing to other FitLinxx System users in your facility and around the world

