

New Exerciser Program Guide

More people are looking to take preventative measures and see exercise as part of their general wellness routine



YOUR PARTNER IN FITNESS TECHNOLOGY

The FitLinxx System is proven to support the most growing population of health seekers by reducing their anxiety of going to the gym. With FitLinxx, you can attract these prospective members – erasing gym intimidation.

Staff-created personalized workout programs eliminate the need for members to remember exercises. The digital workout card displays their information, making it feel as if a trainer is with them every step of the way.

FitLinxx reduces the intimidation of strength machines by guiding users through exercises and automatically tracking their workouts. This boosts confidence, ensures safety, and promotes exercise adherence.

Automated monitoring tools deliver constant supervision making staff more efficient providing regular, individualized feedback and hand-holding support to members on their ongoing progress to keep them engaged.

About ActiveLinxx

The FitLinxx System can help you enhance the connection between your gym members and fitness staff. It is a smart workout tracking technology that improves member engagement, helps staff better assist members, and gives members the support and motivation to reach their health and fitness goals.