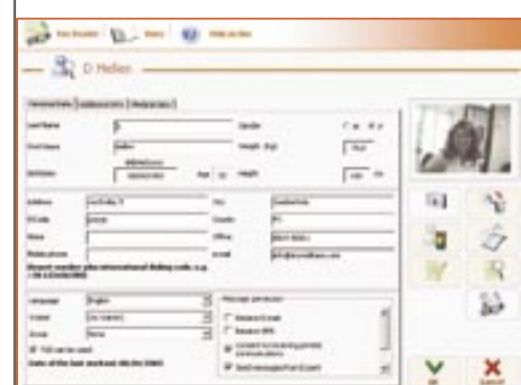


## Software



### PERSONAL DATA

Photos, trainer allocation, demographics and customisable fields are available for collecting data on habits, medical history, goals and marketing preferences.

It's possible to monitor client health data, for example their suitability for physical exercise or other special information. The training indications supplied by medical staff are also registered and managed by authorized personnel, while protecting customer privacy.



### FUNCTIONAL TESTS AND MEASUREMENTS

Aerobic tests, maximal strength and body composition are just part of the programmable tests that can be managed with the TGS Key in order to keep customers within safe parameters.

Test results are stored in the Wellness System to be compared with club and other benchmarks.

Utilising test results, the system helps instructors tailor the training program based on the users' fitness level.

Using measurements of various physiological parameters, for example weight, pressure, etc., staff can obtain an overall view of client lifestyles and how these are evolving over time. The information obtained is helpful for providing more suitable services, motivating customers and winning the loyalty of visitors to the club. Measurements can be entered by staff or by the customers themselves, and can also be registered directly using compatible measuring instruments.



### TRAINING PROGRAM

Wellness System helps instructors in creating new training programs with an easy to use visual interface for choosing machines and exercises.

An intelligent workload setter suggests training limits based on functional test results and sets an active reminder for review of the training program. Instructor's knowledge can be used to make a library of pre-configured training programs that can be easily recalled for a club member, adapting workloads according to their functional tests results. Wellness System has auto progression which recalculates workloads after each training sessions in order to help instructors keep programs at an optimal level.

This opens wide new fields for instructors because now they can concentrate much more on customer support instead of routine clerical work.

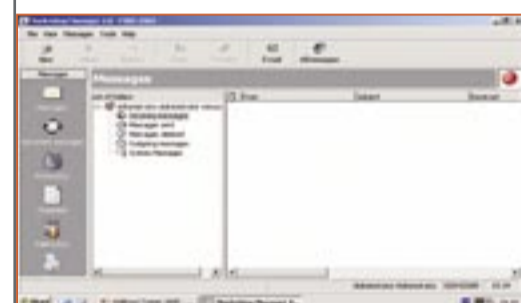


### RESULTS AND REPORTS

The Wellness System is able to provide club management with data on a full set of reports to monitor and manage members, control club and equipment usage and monitor staff actions. Operators can decide which information and reports they need to manage their facility and retain members, identify training needs, plan staffing levels and reduce employee turnover.

Club members can review their progress using Wellness Expert™ which presents information collected during their training session in a graphical display.

Club staff can run reports on their members' results highlighting improvements in performance and consistency of training, enabling staff to identify members who are at risk of dropping-out while they are still attending the club.



### MESSAGES AND SURVEYS

Wellness System enables club staff to maintain a constant dialogue with their members both inside the club using the Wellness Expert™ and outside the club via email. The collected information can be converted quickly and easily into advertising campaigns in the form of personalized Email and SMS messages. Instructors can use this feature as an effective marketing tool to send relevant club information, auto reminders/programme renewal dates and promotional events to members. Questionnaires and surveys are available for determining customer preferences, interests, and many other types of information. These can be prepared and managed quickly, simply and effectively. Clients can answer the Wellness Expert's questions either directly or on pre-printed forms. Statistics are available at any time, updated with the results of the surveys.



## A total service for supporting customers

- **BUSINESS SUPPORT:** Specialists integrate Wellness System into your business objectives to support your operation.
- **EDUCATION:** Wellness System trainers provide comprehensive and on-going training for staff and management.
- **INSTALLATION:** The Wellness System will be fully fitted into your club by a professional team.
- **MAINTENANCE:** Technogym Service provides total peace of mind and continuous reliability. Dedicated hotline support and the on-line extranet service facility, provides support 24 hours a day, 7 days a week.

## Hardware



### TGS KEY

Unlike many other systems, the Wellness System is designed as a flexible, wireless system.

The waterproof and impact-resistant TGS key enables data to be stored and transferred without wiring each piece of equipment.

The TGS Key:

- welcomes the member to the selected equipment and automatically starts the exercise at the correct settings;
- precisely guides users through each exercise in their training session;
- records training results and downloads them to a club's central computer;
- pilots and tracks functional tests;
- provides a talking point between members and potential members.



### WELLNESS MATE™

This user interface makes strength training easier and more motivating.

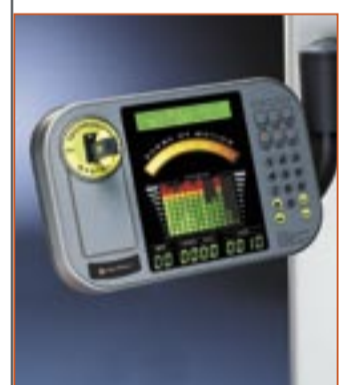
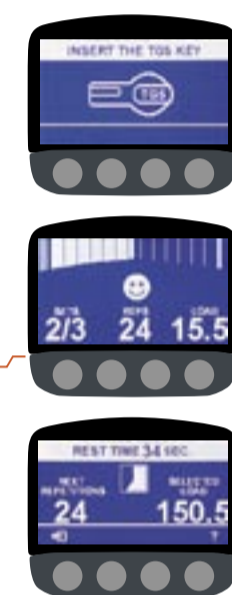
It's the "need to have" tool to perform strength tests and to run effective training programs.

Inserting the TGS key, the Wellness Mate™ remembers the equipment settings for the user, loads to be set, series and repetitions to be done.

Icons give constant feedback on the user performance and help respecting the right ROM (Range Of Motion) and resting time between two sessions.

All the activities done are recorded on the TGS Key and then stored inside the Wellness System database.

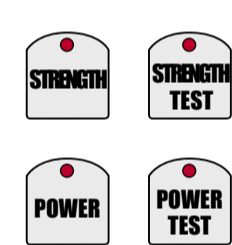
At the end of each exercise, the Wellness Mate™ shows the next training activity to the user according to his/her workout program.



### POWER CONTROL

The Power Control user interface makes strength training easier and more motivating. The display panel allows users to check the set exercise and interactively guides and corrects them through every movement.

On completion of the exercise set, the Power Control interface flags up the next exercise on the training program.



### CARDIO UPGRADE KIT

The Cardio Upgrade Kit brings the full functionality of the system to Technogym cardio equipment. It lets the machine start automatically by inserting the TGS Key and allows the execution of effective workouts and tests.

Calories, heart rate, performance index, distance, duration are automatically collected by the TGS Key.

It's an ideal way for facilities to benefit from the full Wellness System without needing to replace equipment.



### FEEDBACK POINT

The Feedback Point is an easy-to-use information point within the gym.

Users can check their training programs, add or modify exercises and record every exercise done on equipment that doesn't interface with the Wellness System, such as free weights and stretching.

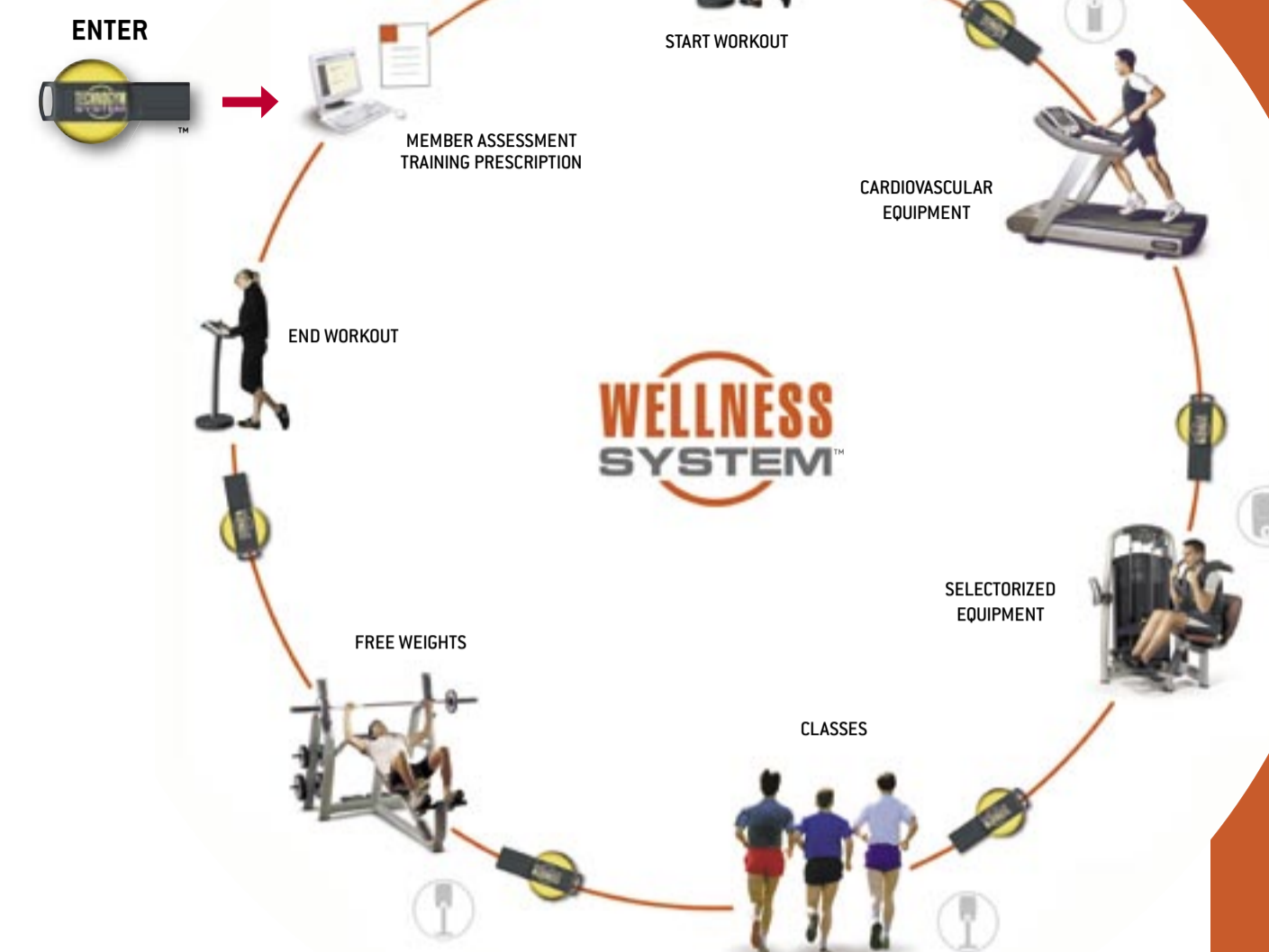
Putting a Feedback Point by a studio door is an ideal way to track class activities in the club. Members simply insert their TGS Key on entering to provide club management with accurate information on attendance, while members can view data such as the number of calories burned in classes using the Wellness Expert™ kiosk.



### TRAINER POINT

The Trainer Point is the basic interface between the Wellness System computer and the TGS Key allowing club staff to initialize and read the TGS Keys.

It is also an effective and rapid way to log into the Wellness System software.

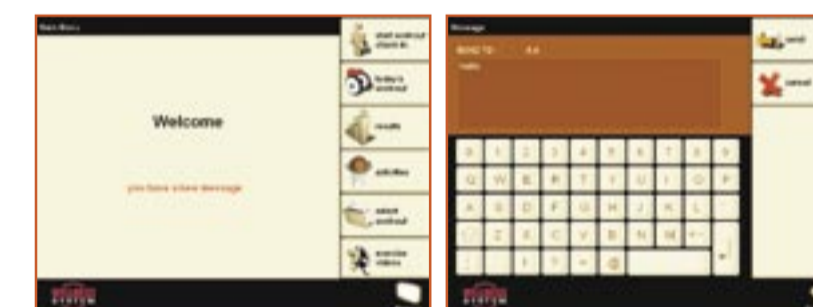


- Ease of use.
- Evidence-based results.
- Proactive focus on customers.
- Highlights club usage and extensive management reports.
- Customers satisfaction.



### WELLNESS EXPERT™

The Wellness System's interactive kiosk has a touch screen that is simple for club members to use.



By inserting their TGS Key into the key reader of the kiosk, users access their training program information, messages from both instructors and other club members and can also update training results.



Video clips of correct exercise techniques are available for all the equipment and non-equipment based exercises (even stretching activities).

At the end of the workout session, members insert the key into the kiosk to download their results.

Graphics and images explain performance and compare them with specific fitness achievement targets. Also at the member's fingertips are precise results from their workout: calories burned, distance covered, weight lifted and other information. The kiosk is also the hub from where customers can send messages to trainers and other members of the club and measure their own data, for example weight and blood pressure, or respond to surveys.

