

**AnyFit**<sup>®</sup>

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**AnyFit**<sup>®</sup>

**AnyFit Gym**

Your Smart Health Community

## AnyFit Gym

AnyFit Gym is a brand-new smart health club. Through one-on-one personalized health management and digital training, it helps member users with different health status efficiently complete their training objectives under the targeted guidance of personal trainers.

AnyFit Gym is an innovative and intelligent community of health, which is competitive with clear professional orientation and targeted services, thus greatly improving the profitability of clubs.

AnyFit's unique one-stop solution establishes a perfect operation mode of one platform boasting all fitness programs and all connected equipment, available to all club members and platform users, enabling them to enjoy private health management service at affordable costs.

Get to know our brand, concepts and become a certified AnyFit Gym provider; it can instantly help your club with cutting-edge technology and best service competitiveness.

[www.anyfit.de](http://www.anyfit.de)



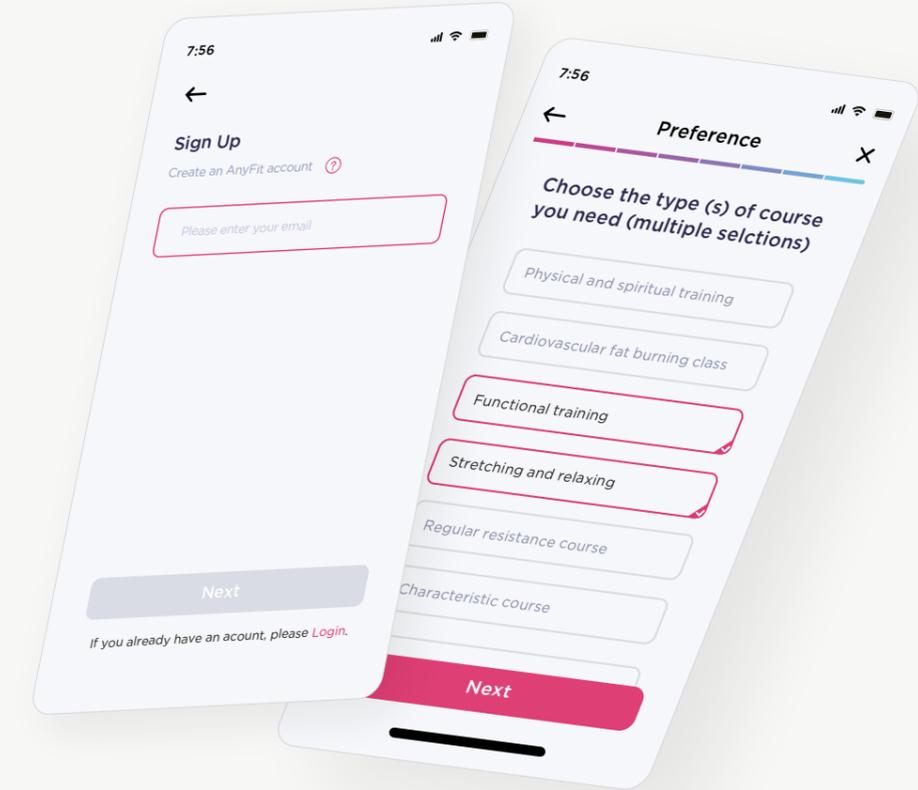
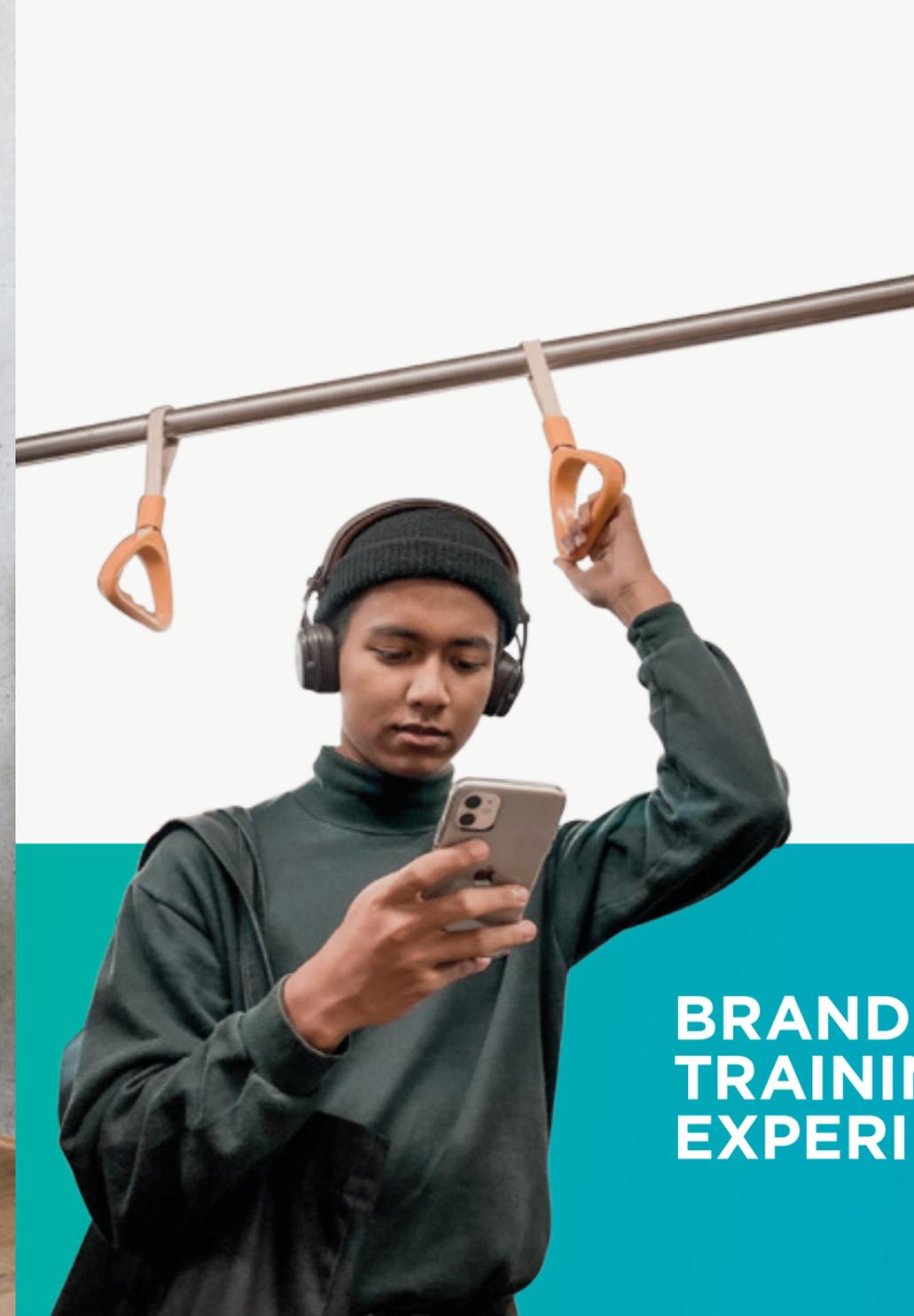
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## BRAND NEW TRAINING EXPERIENCE

### BECOME A MEMBER

Become an AnyFit member as the first step

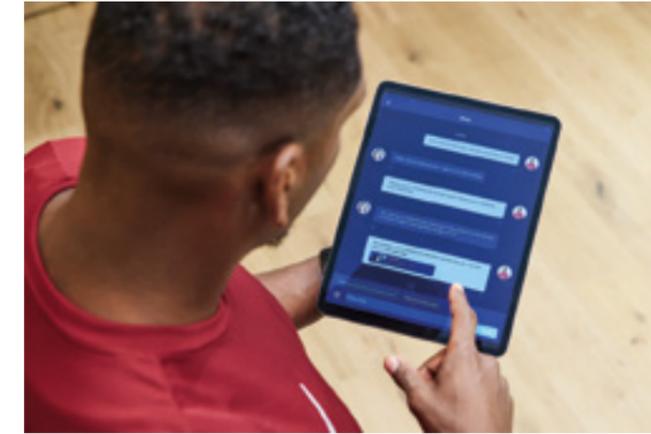
- By downloading the free AnyFit membership App, any user can register as a member of the AnyFit platform. AnyFit membership application can help you easily log into smart training equipment and programs.
- Complete healthy and personal preference files.

## CHOOSE A TRAINER/CLUB

- AI can assist users match yourself with the online personal trainers and easily find personal health service as well as the club which is suitable for specific users.
- Users can also search for AnyFit Gyms, join and obtain your membership online.

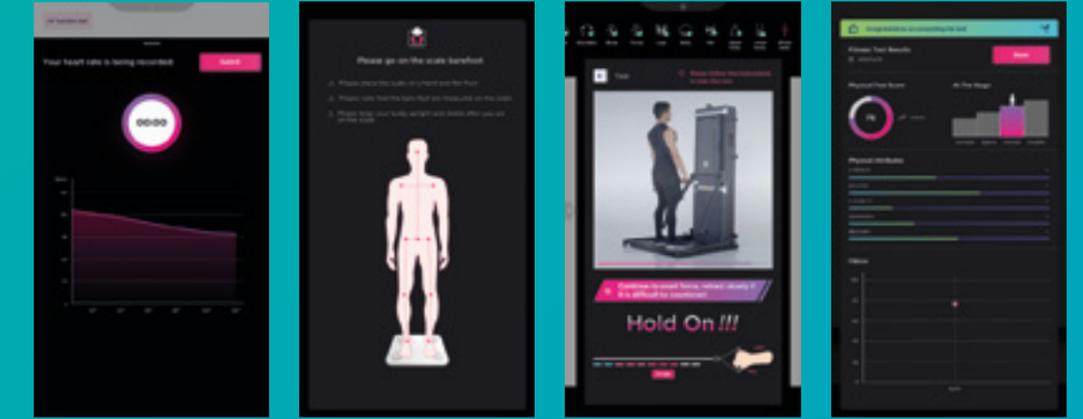


## COMPLETE THE TEST



### AnyFit Studio Test Diagrams

Use AnyFit's innovative Studio to conduct all-round physical tests to help members start new scientific trainings.



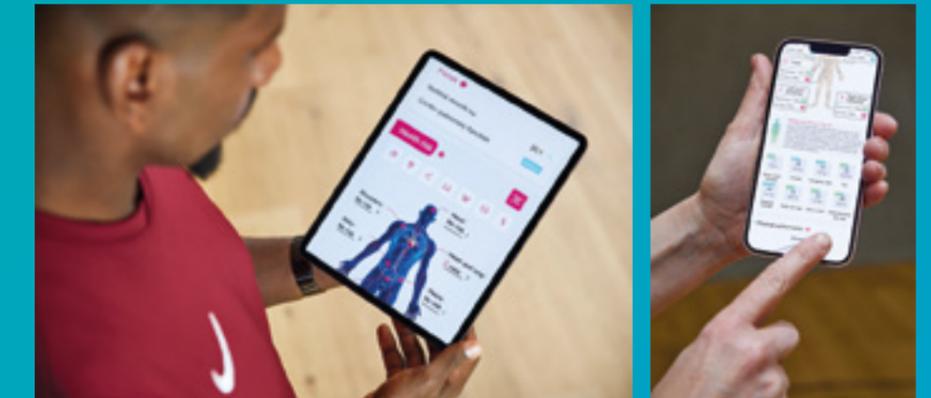
Heart lung capacity examination

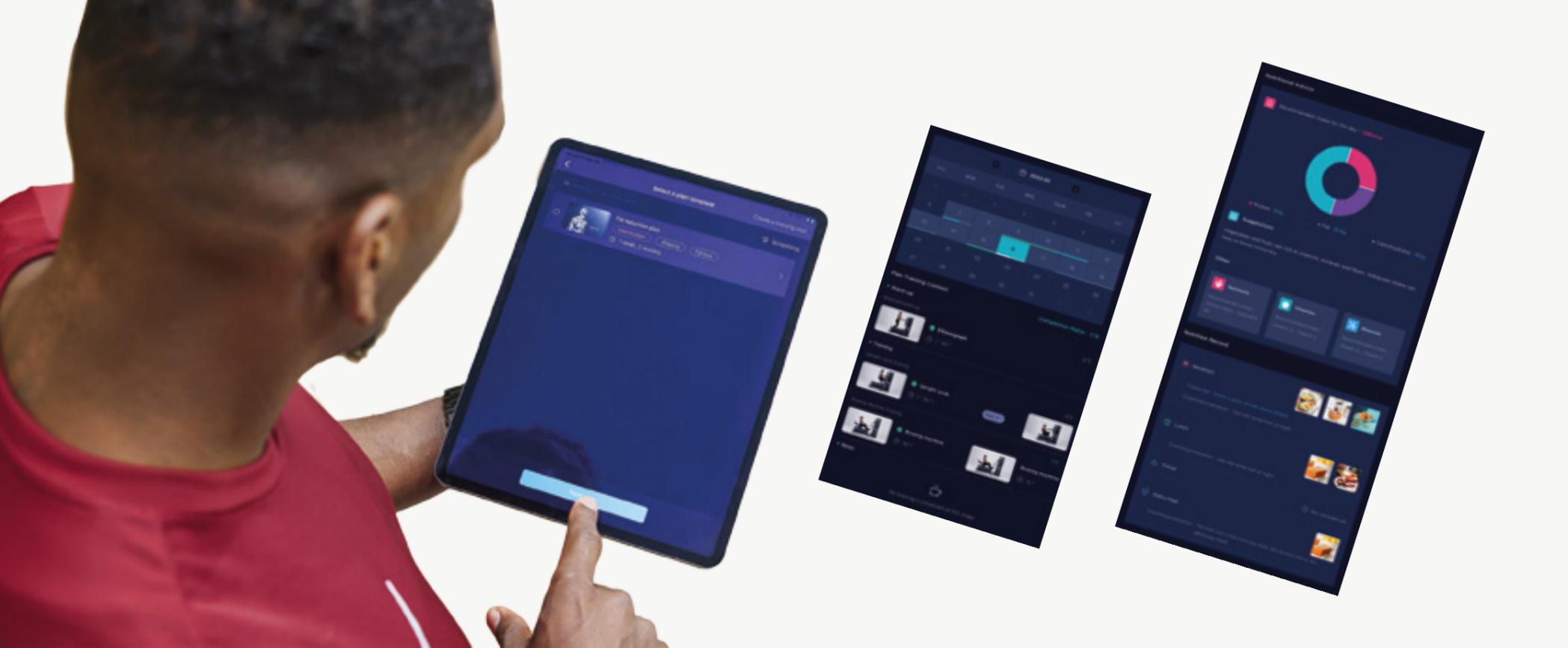
Body condition examination

IRM examination

Physical fitness test

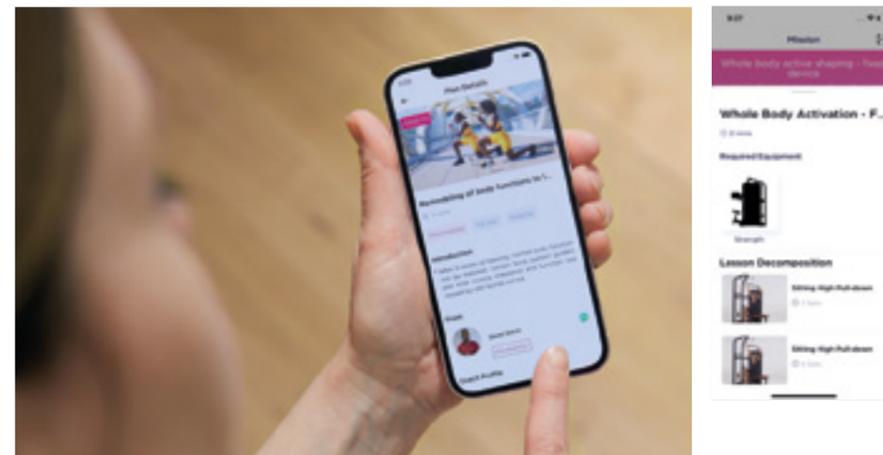
- Complete a comprehensive body assessment using AnyFit Studio under the guidance of a coach.
- AnyFit syncs the test results to members and coaches through the app.





## PERSONALIZED SERVICES

- Based on the comprehensive health data of members, the coach can complete the long-term training and nutrition plan for members efficiently.
- Members simply need to follow the instruction on the Mission interface to complete all the health training items of the day, pre-suggested by the coach.

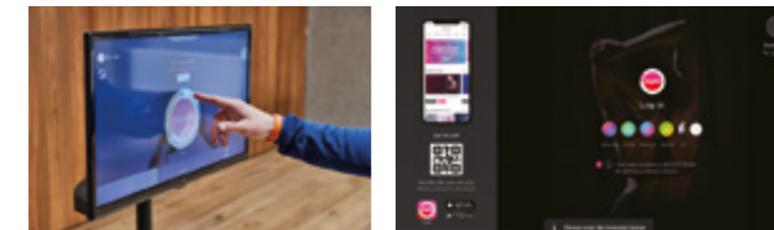


## SELF TRAINING



### Independent warm-up and relaxation training

- Follow the recommendations to start training programs.
- Complete professional training actions under the guidance of AI-generated courses and guidance.



# SELF TRAINING

## Independent aerobic training

- Follow the recommendations to start training programs.



# SELF TRAINING

## Independent aerobic training

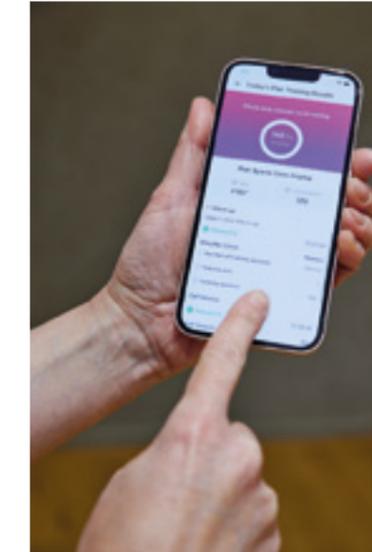
- Synchronous monitoring of heart rates for safety reasons.
- Data synchronization.



**Warning**



Your current heart rate is too fast and you are prone to exercise risks. It is recommended that you take appropriate rest!



Ready to start the next session course



Start The Next Session



## SELF TRAINING

### Independent aerobic training

- Members complete the training cycles of the AnyFit islands concept following the notifications of the system.
- A coach may provide guidance and assistance.

## SELF TRAINING

### Independent Strength Training

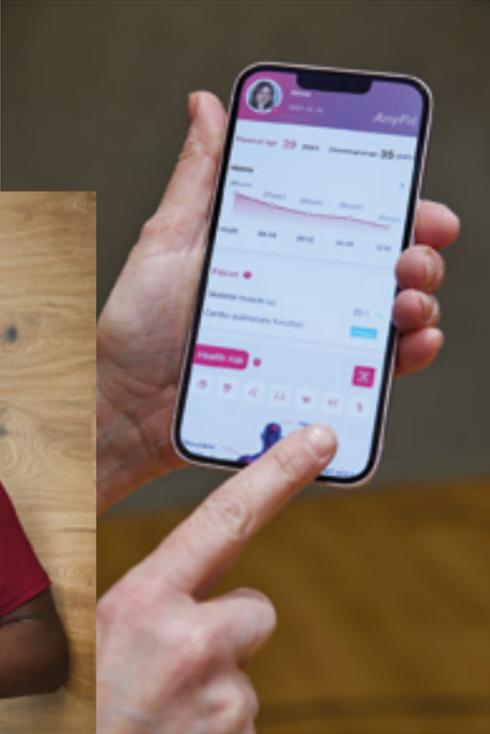
- Members complete the training cycles of the AnyFit islands concept following the notifications of the system.
- The field-seeking coach follows and offers guidance.



# PERIODIC TRAINING ANALYSIS

## Synchronous management of training data

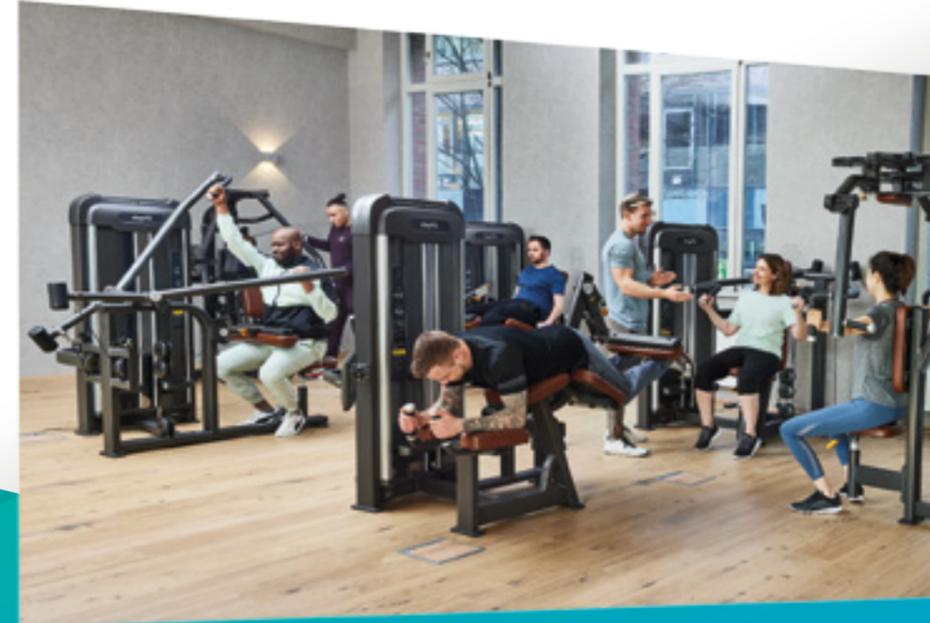
- All training data and training effect evaluation are synchronized to the member app and the coach app.
- Two-way real-time sharing of training details.
- All shared data are authorized by members and protected by the platform.



# PERIODIC TRAINING ANALYSIS

1. Health record and trouble detection.
2. Targeted conceptual medical fitness training.
  - Actionable exercises on equipments.
  - Designs for courses targeting at special function and results (to be defined).
3. Targeted courses and programs in action.
4. Milestone results of training programs.

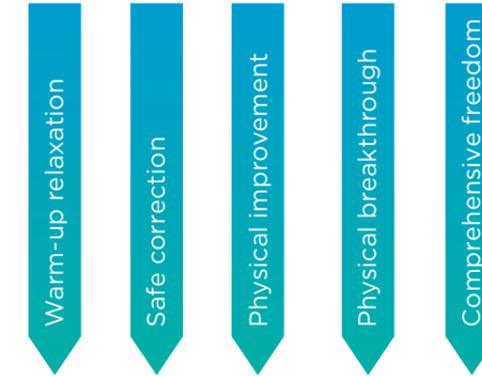




## ANYFIT ISLAND INTELLIGENT TRAINING SYSTEM

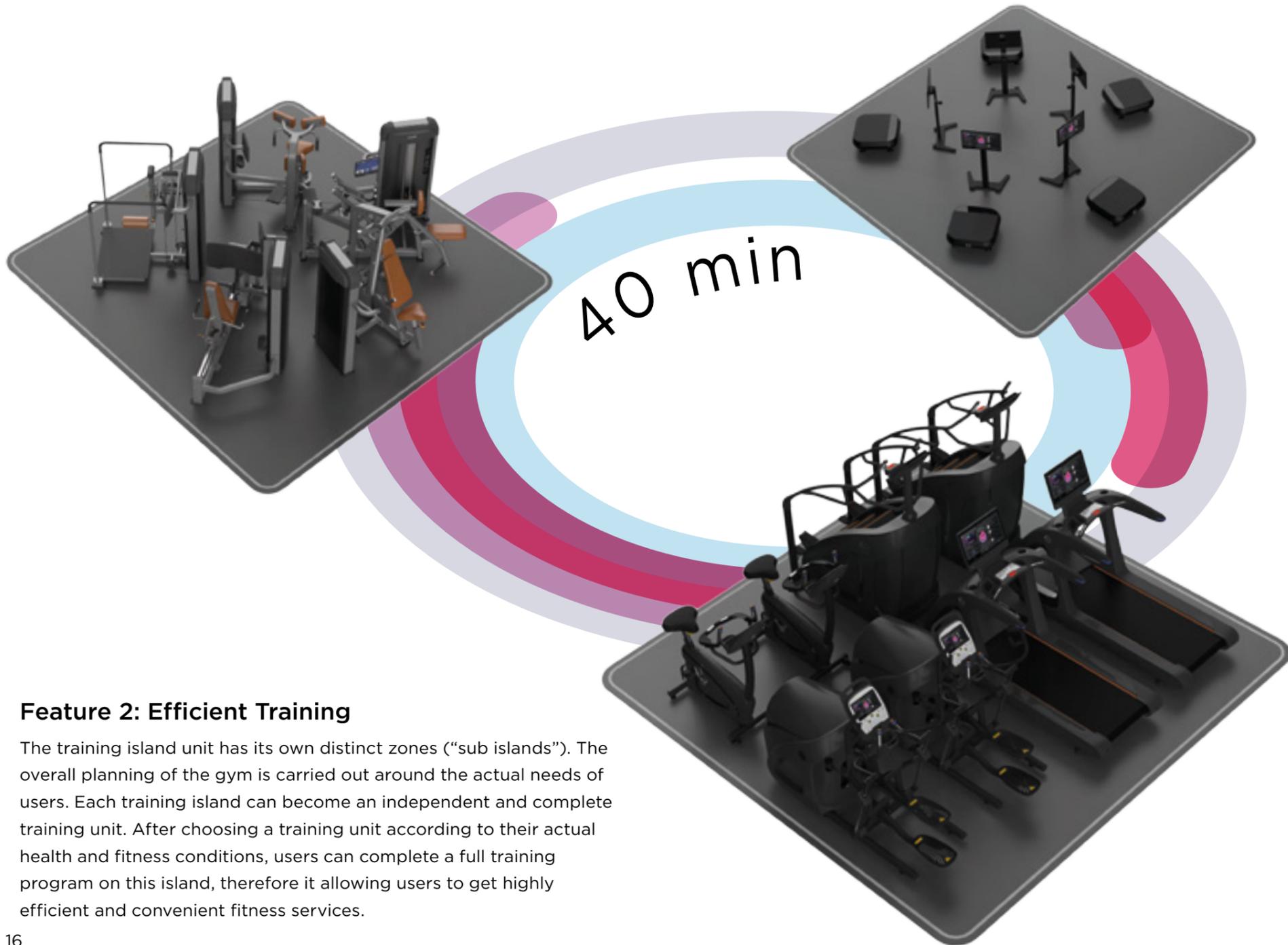
## DESIGN CONCEPT OF AnyFit TS HEALTH CYCLE TRAINING SYSTEM

The AnyFit training system is a medical and science-based fitness and training model which guides users and trainers to restore, optimize and enhance personal health and physis. Providing full-scale data documentation and real-time interactive monitoring, AnyFit TS health concept are intelligent and upgraded training services, regularly to give operators and trainers different health experiences.



### Feature 1: Precise and Scientific

Starting from the demands of personalized medical-science-based fitness training, AnyFit's islands concept provides tailored specific configuration and adaptations to different users and different physis, in accordance with the requirements of personalized programs; the training island adjustments are designed to help individuals achieve the iterative progress of periodic training, providing users with professional modules and functions.



## Feature 2: Efficient Training

The training island unit has its own distinct zones (“sub islands”). The overall planning of the gym is carried out around the actual needs of users. Each training island can become an independent and complete training unit. After choosing a training unit according to their actual health and fitness conditions, users can complete a full training program on this island, therefore it allowing users to get highly efficient and convenient fitness services.

# System To Improve “Sub-Healthy” Condition

## Warm-up Relaxation Island (No. 0)

As an integrated island of warm-up and relaxation, a good warm-up can activate the body, a good relaxation can promote body recovery, both of which are beneficial to training efficiency (this island can exist in other types of island training, which will not be described on subsequent pages).

## Body Correction Training Islands (No. 1)

This stage is mainly aimed at preventing the decline of various body functions due to work and life and other reasons. We solve problems which modern individuals often experience force disturbance, insufficient joint mobility, poor core stability, poor muscular endurance, decreased cardiopulmonary function, and poor neural coordination. Members at this stage are not suitable for regular resistance training directly.

## Physis Sublimation Training Islands (No. 2)

After a series of body correction training, users can develop enough competence to improve their health and physis in the next stage: establish basic strength quality-shape training foundation; establish good cardiorespiratory endurance-shape safety foundation; establish core training-shape efficient training foundation.

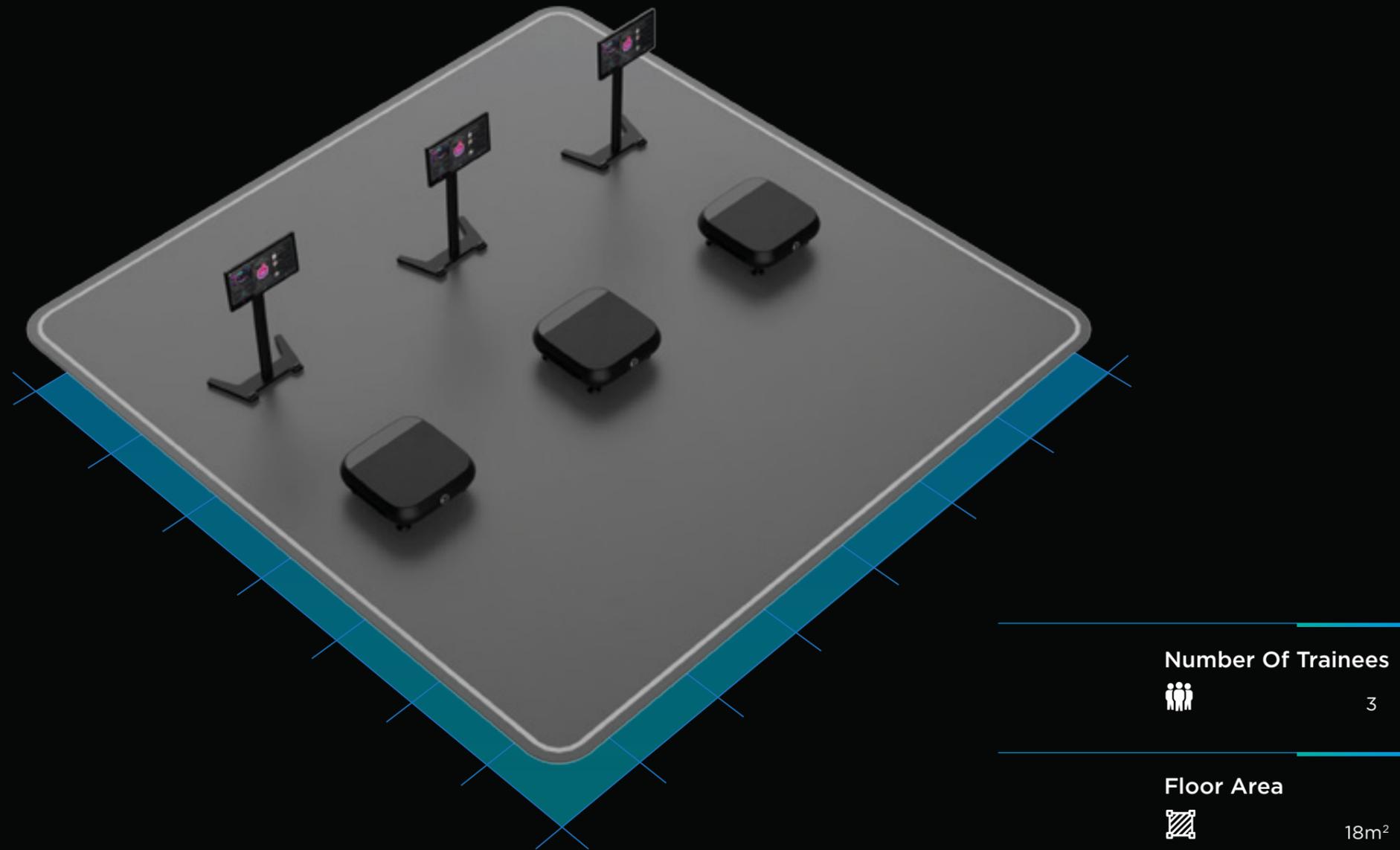
## Physis breakthrough Islands (No. 3)

At present, the physis of the member’s body-cardiopulmonary, muscle strength, muscle endurance, etc. have been well improved. The user will enter a higher stage to consolidate and stimulate the scale of physical fitness: speed training, balance training, special strength training, agility training, cardio & aerobic training, coordination training.

## Free-Style training Islands (No. 4)

This training island is flexibly configured for a specific club according to the real situation, providing free-style training space for trainers; the relevant equipment can be changed according to the situation. (this island can exist in other types of island training, and subsequent pages will not be repeated).

# Warm-up Relaxation Island (No.0)



# Warm-up Relaxation Island (0 Sub-Island)

## List of main training courses

- Aerobic warm-up.
- Fascia relaxation.
- Core activation.

## Introduction

As an integrated island of warm-up and relaxation, a good warm-up can activate the body, a good relaxation can promote body recovery, both of which are beneficial to training efficiency (this island can exist in other types of island training, which will not be described on subsequent pages).

## Training effect

Increase the extensibility and elasticity of the muscles, reduce the viscosity of the muscles; increase the mobility of the joints; activate the motor nerves and improve the sensitivity of the nervous system; speed up the blood circulation in the muscles and improve the efficiency of oxygen supply; prevent sports injuries and improve athletic performance.

### Warm-up Relaxation Island



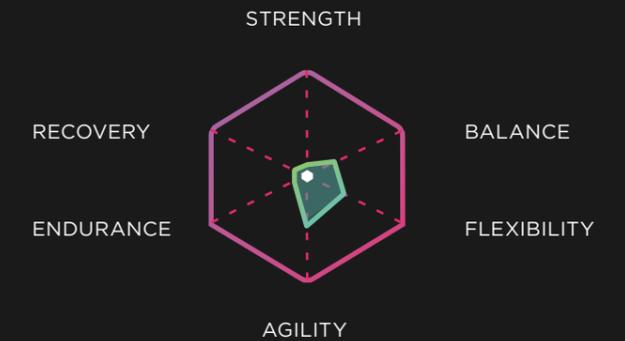
### Required Equipment



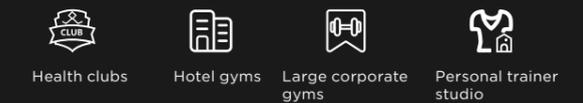
### Training Attributes



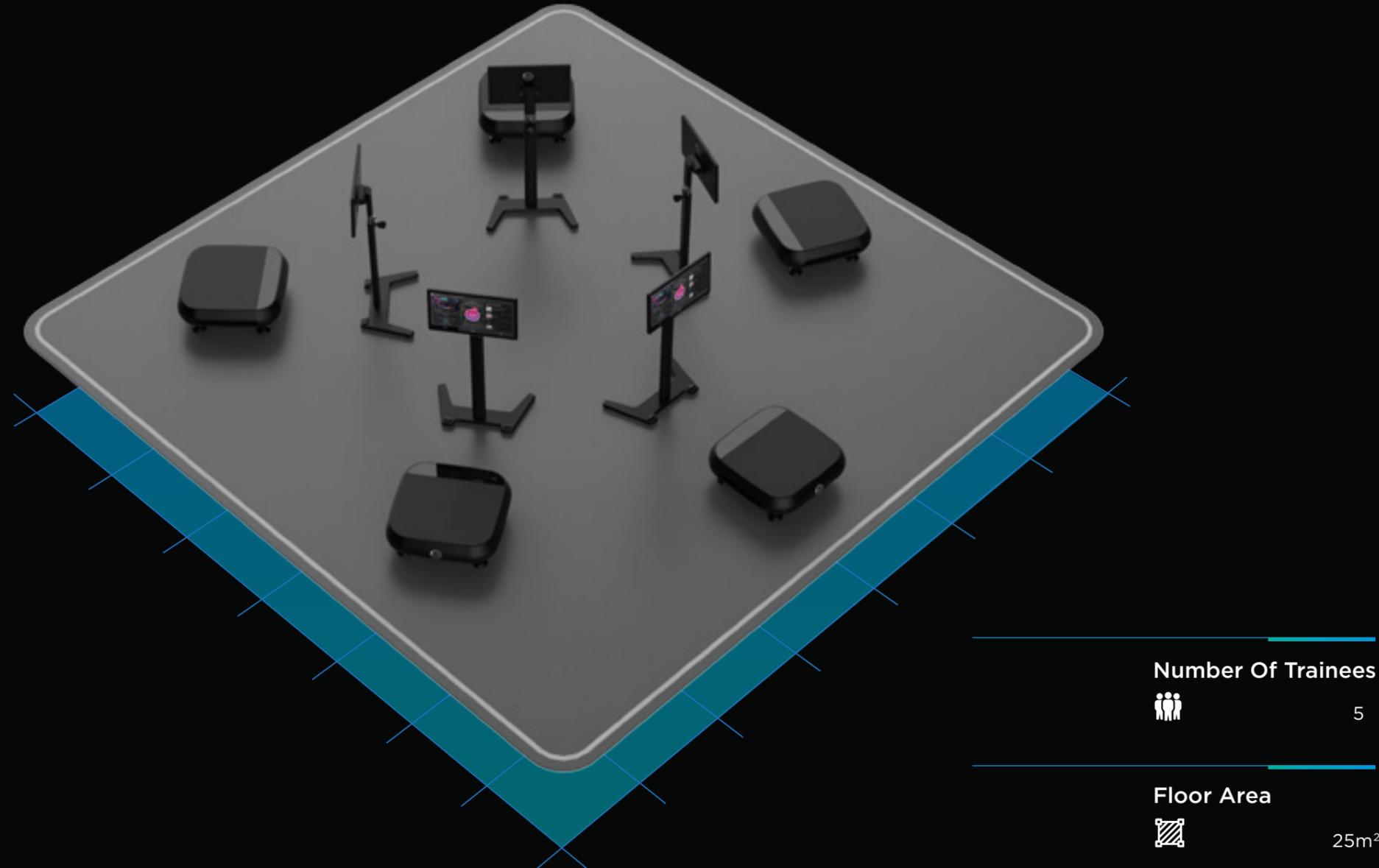
### For People



### Suitable venue channel type



# Body Correction Training Islands (No.1)



# Flexibility And Stability Island (1-1 Sub-Island)

## Introduction

Flexibility and stability island design concept: Due to long-term poor working and living habits, the stability and flexibility of the body are reduced in sub-healthy people, and the reduction in stability can easily lead to acute injuries to customers, and the reduction of flexibility can easily lead to chronic injuries to customers. Therefore, in the early stage of fitness, it is necessary to restore the flexibility and stability of customers through targeted flexible and stable training, and after the customer's physical flexibility and stability reach the requirements, they can enter the establishment of the next stage of exercise mode.

## List of main training courses

Stability training courses (including joint stabilization, core stability courses), flexibility training courses, stretching courses).

## Training effect

Flexibility and stability construction; exercise mode correction; cardiorespiratory capacity recovery and improvement.

## Flexibility and stability island



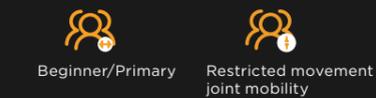
## Required Equipment



## Training Attributes



## For People



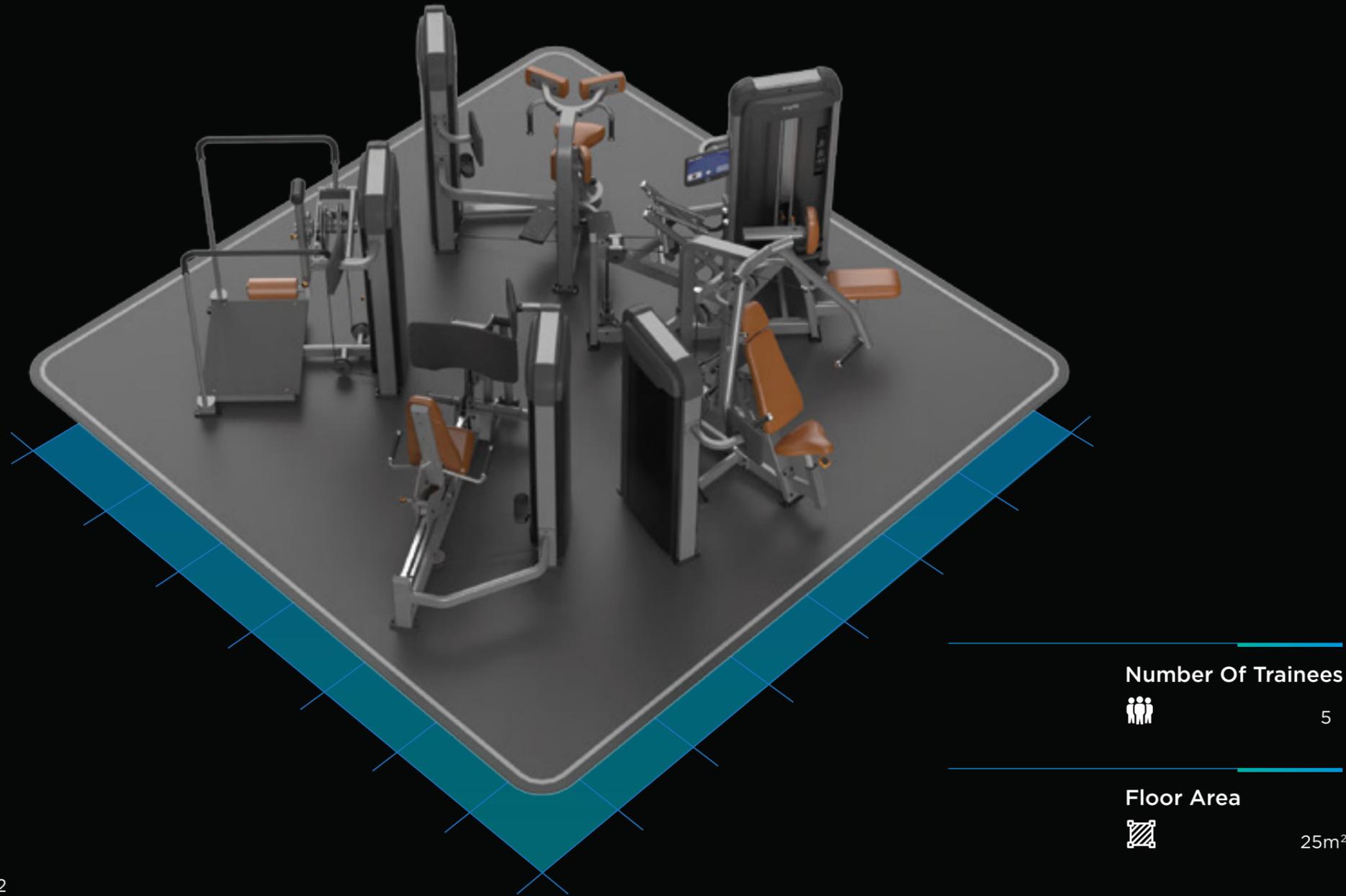
## STRENGTH



## Suitable venue channel type



# Body Correction Training Islands (No.1)



# Sport Mode Island (1-2 Sub-Islands)

## Introduction

After the user has established good stability and flexibility, it is necessary to further establish the correct movement mode. By cultivating the correct exercise mode of the user through the fixed equipment, unnecessary injuries in the exercise can be effectively avoided, and the exercise efficiency can be improved.

## List of main training courses

Functional training courses (including, pushing, pulling, spinning, single leg, squat course system).

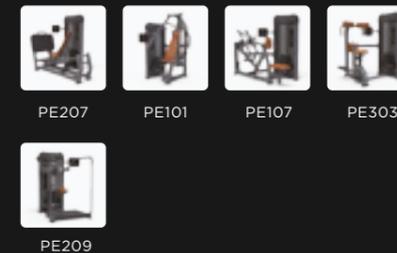
## Training effect

Establish the correct movement patterns (including push, pull, spin, one-legged, squat, etc.) to improve training effectiveness.

## Sport Mode Island



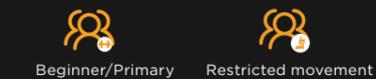
## Required Equipment



## Training Attributes



## For People



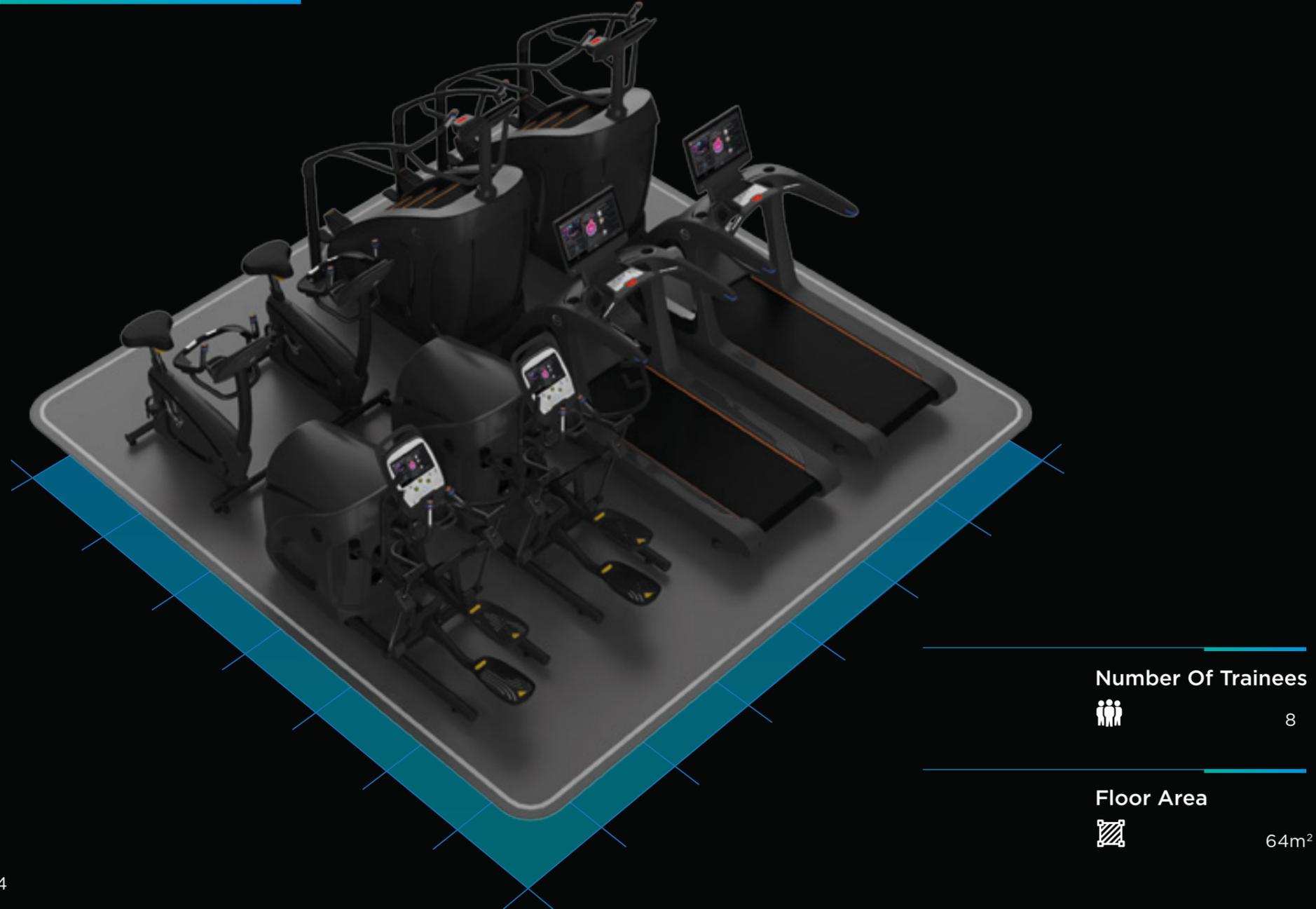
## STRENGTH



## Suitable venue channel type



## Body Correction Training Islands (No.1)



## Cardiopulmonary Recovery And Improvement Island (1-3 Sub-Islands)

### Introduction

Cardiorespiratory capacity recovery and improvement island design concept:Cardiopulmonary capacity is an important criterion for measuring human health and exercise capacity, especially in sub-healthy people. There is a common problem of poor cardiopulmonary function. Therefore, it is necessary to strengthen the cardiopulmonary function in the early stage of exercise.

### List of main training courses

Elementary aerobic recovery courses (including treadmill, elliptical, staircase and other training courses such as stand-up exercise bikes, rowing machines, horizontal exercise bikes, etc.).

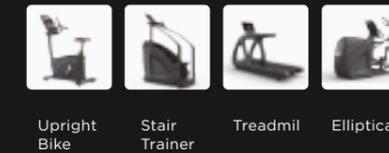
### Training effect

Improve cardiovascular system diseases, increase oxygen uptake, and enhance cardiopulmonary function.

### Cardiopulmonary Recovery And Improvement Island



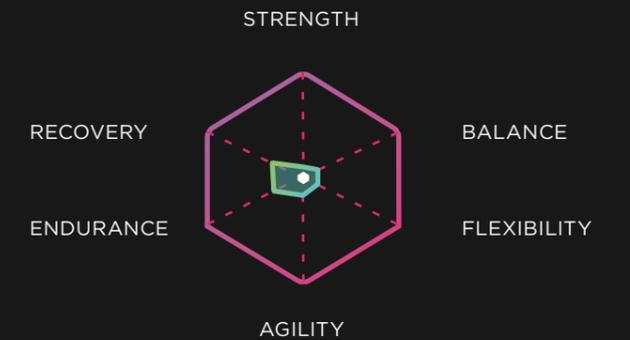
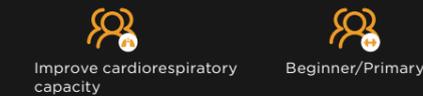
### Required Equipment



### Training Attributes

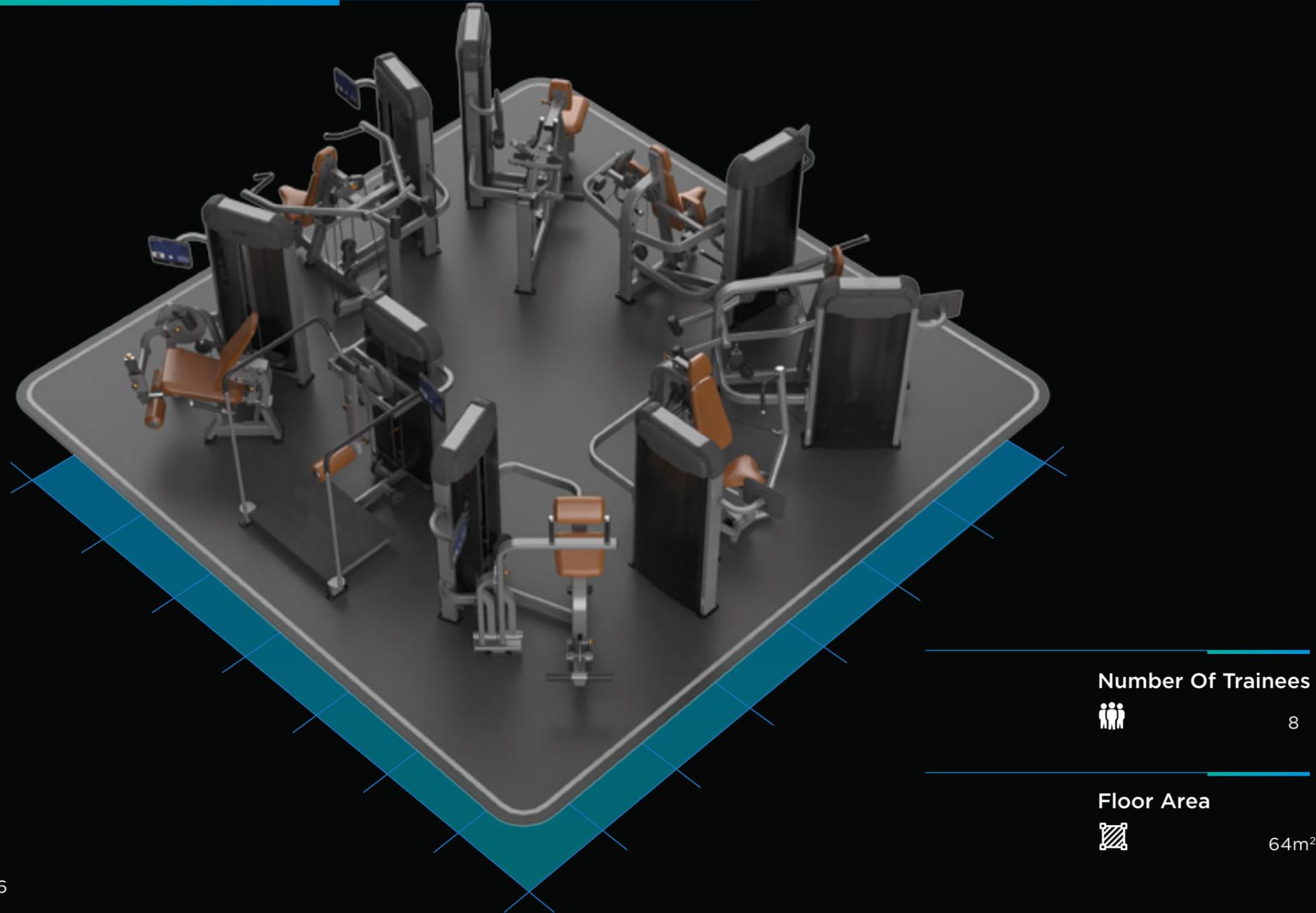


### For People



### Suitable venue channel type





## Strength Endurance Island (2-1 Sub-Islands)

### Introduction

Strength Endurance island design concept: After the user has passed the safety correction training in the early stage, the target demand has changed to further improve the basic strength and endurance of the body, build the foundation for subsequent training.

### List of main training courses

Regular resistance training courses (including muscle building and shaping courses for chest, back, shoulders, arms, legs, etc.v strength training courses).

### Training effect

Increase muscle strength and endurance, increase muscle content (including chest, back, shoulders, arms, legs, etc.).

### Strength Endurance Island



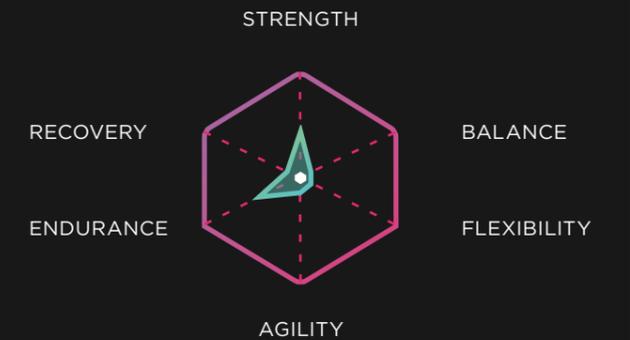
### Required Equipment



### Training Attributes

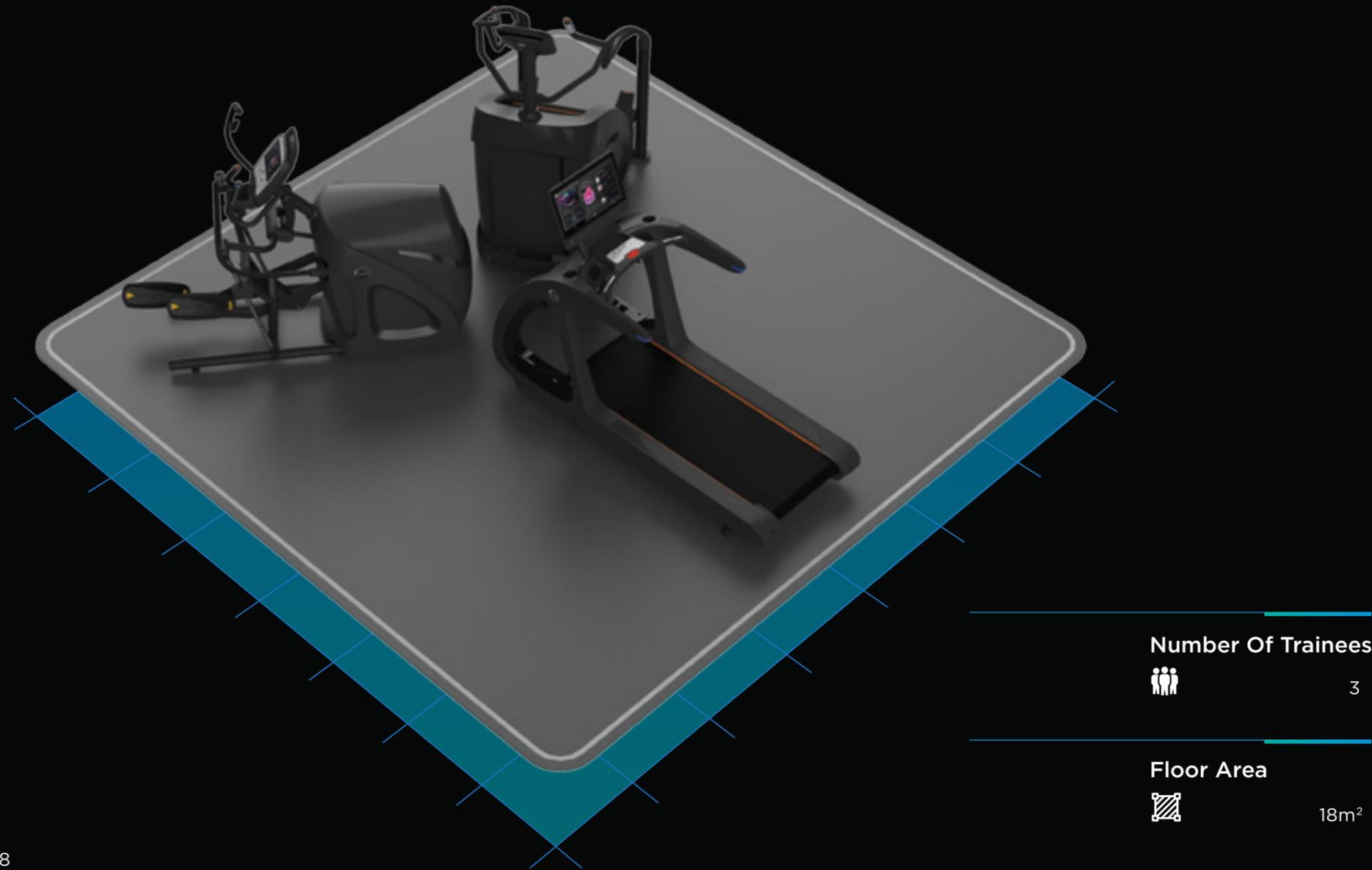


### For People



### Suitable venue channel type





## Cardiorespiratory Endurance Island (2-2 Sub-Islands)

### ■ Introduction

Cardiorespiratory endurance island design concept: After the trainer establishes the basic cardiorespiratory ability, More intense cardiorespiratory endurance training is required, which will be the extreme of the maximum cardiopulmonary gains.

### ■ List of main training courses

Intermediate and advanced aerobic courses (including cardiovascular improvement, slow-long distance training, pace/rhythm training, interval training).

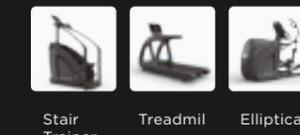
### ■ Training effect

Improve cardiovascular and respiratory system function, reduce resting heart rate, reduce body fat, enhance cardio-pulmonary function.

### Cardiorespiratory Endurance Island



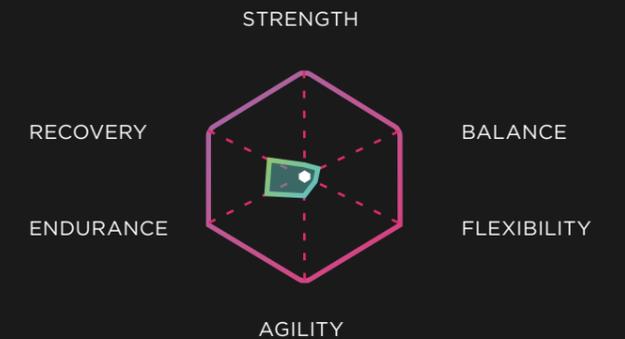
### Required Equipment



### Training Attributes

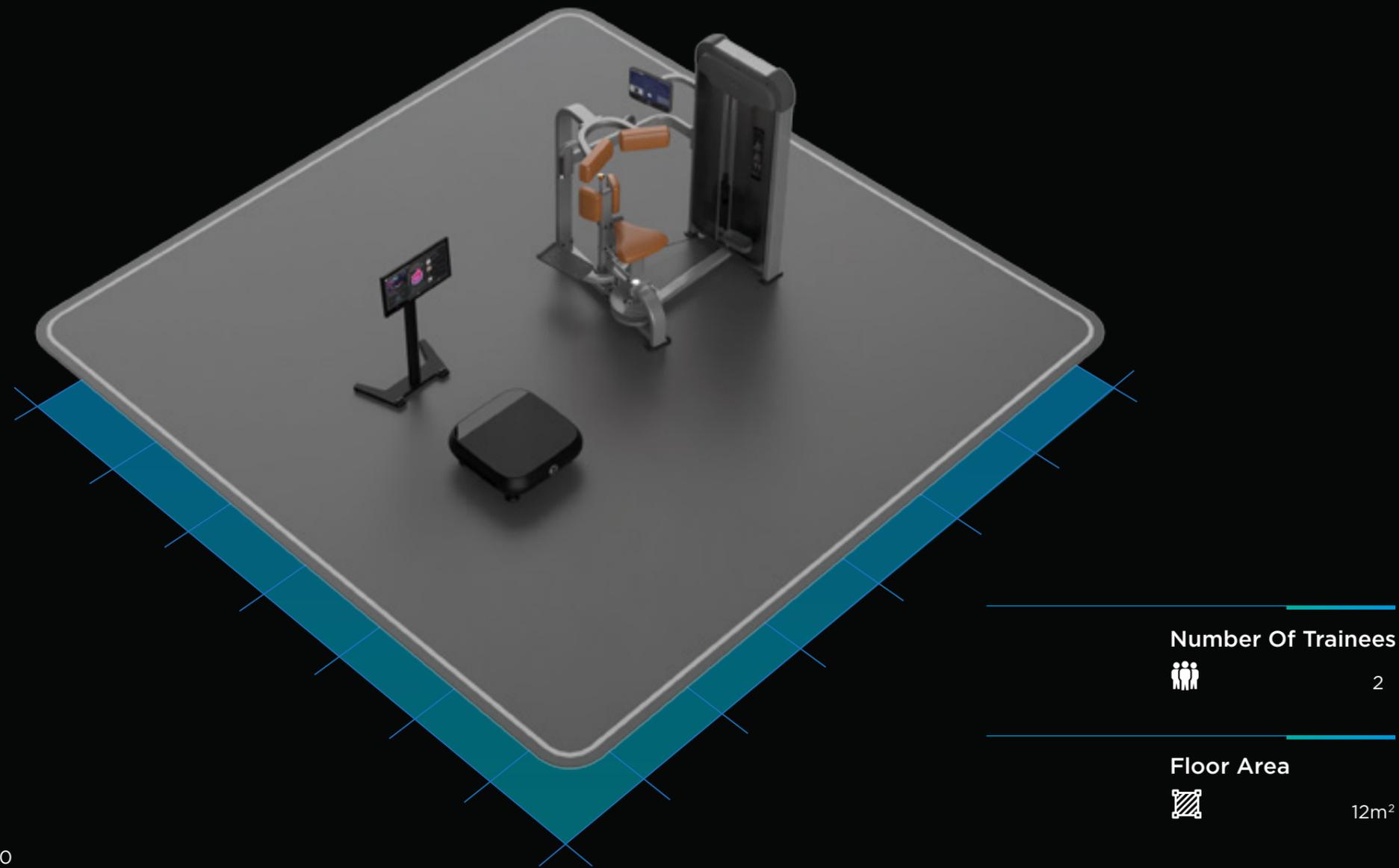


### For People



### Suitable venue channel type





## Core Island (2-3 Sub-Islands)

### Introduction

Core island design concept: Establishing a good core ability can help users provide good stability and strength transmission during training, further improve the coordination and stability of the user's body, improve exercise effect.

### List of main training courses

Core shaping courses, vibrators, stationary equipment core training courses.

### Training effect

Enhance core ability, improve body coordination and stability, and power transmission ability.

### Core Island



Warm-up & relaxation



Safety correction



Physique Sublimation



Physical breakthrough

### Required Equipment



PE303



Pulse-P



TS screen

### Training Attributes

STRENGTH

BALANCE

ENDURANCE

FLEXIBILITY

RECOVERY

AGILITY

### For People



Beginner/Primary



Improve Core

STRENGTH

RECOVERY

ENDURANCE

AGILITY

BALANCE

FELXIBILITY

### Suitable venue channel type



Health clubs



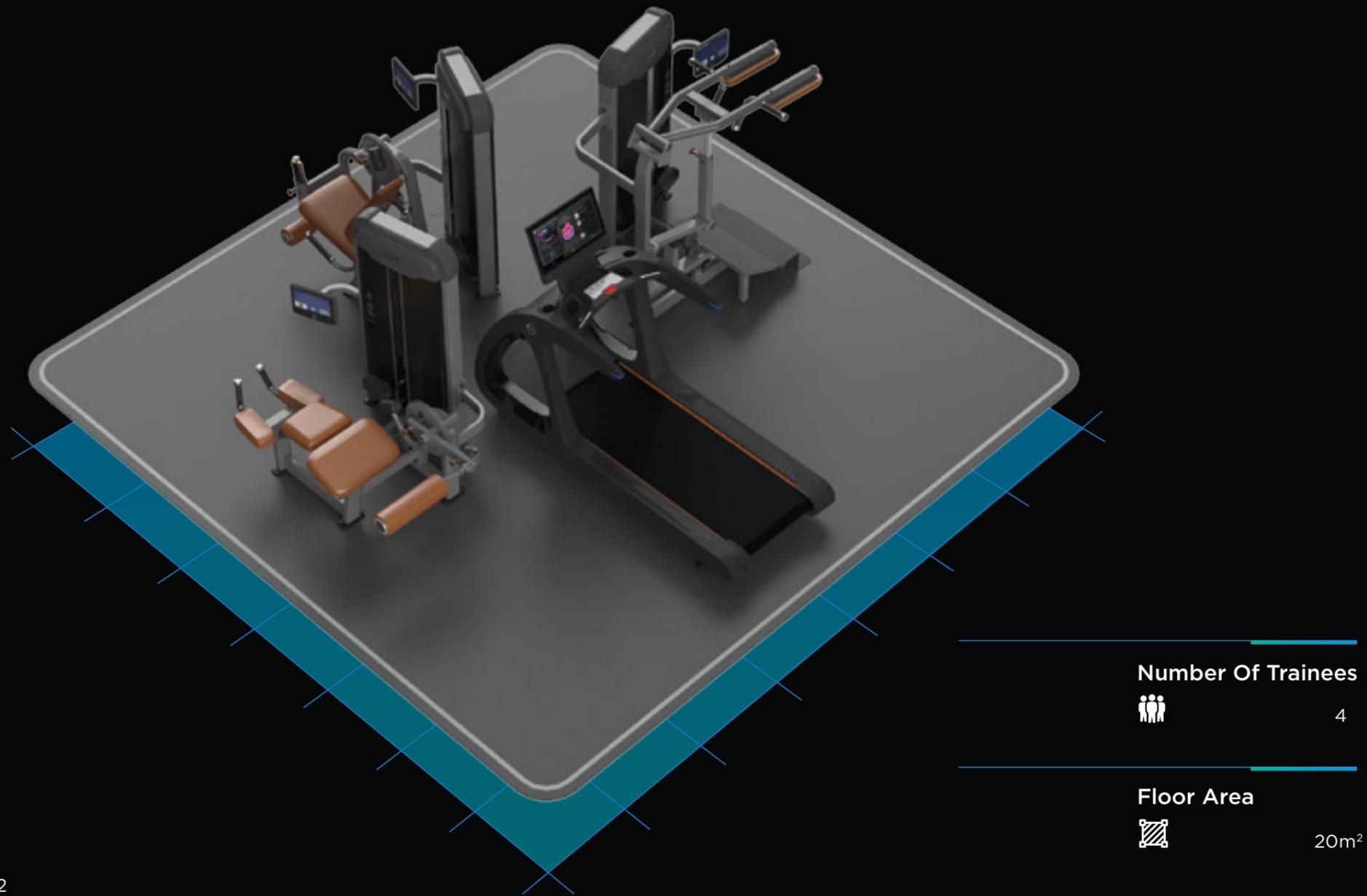
Hotel gyms



Large corporate gyms



Personal trainer studio



## Speed Island (3-1 Sub-Islands)

### ■ Introduction

Speed island design concept: This island is suitable for users who build basic special speed performance. After users through the training of safety correction and physique sublimation island, the basic physical fitness foundation is perfect, has reached the requirements of special speed training, and then meet the user's higher level of fitness needs.

### ■ List of main training courses

Speed-specific training courses (including leg strength improvement, explosive strength improvement and other courses).

### ■ Training effect

Improve specific speed performance.

### Speed Island



Warm-up & relaxation



Safety correction



Physique Sublimation



Physical breakthrough

### Required Equipment



Treadmil



PE201



PE203



PE208

### Training Attributes

STRENGTH

BALANCE

ENDURANCE

FLEXIBILITY

RECOVERY

AGILITY

### For People



Speed Performance



Improve Muscle Strength

STRENGTH

RECOVERY

ENDURANCE



AGILITY

BALANCE

FLEXIBILITY

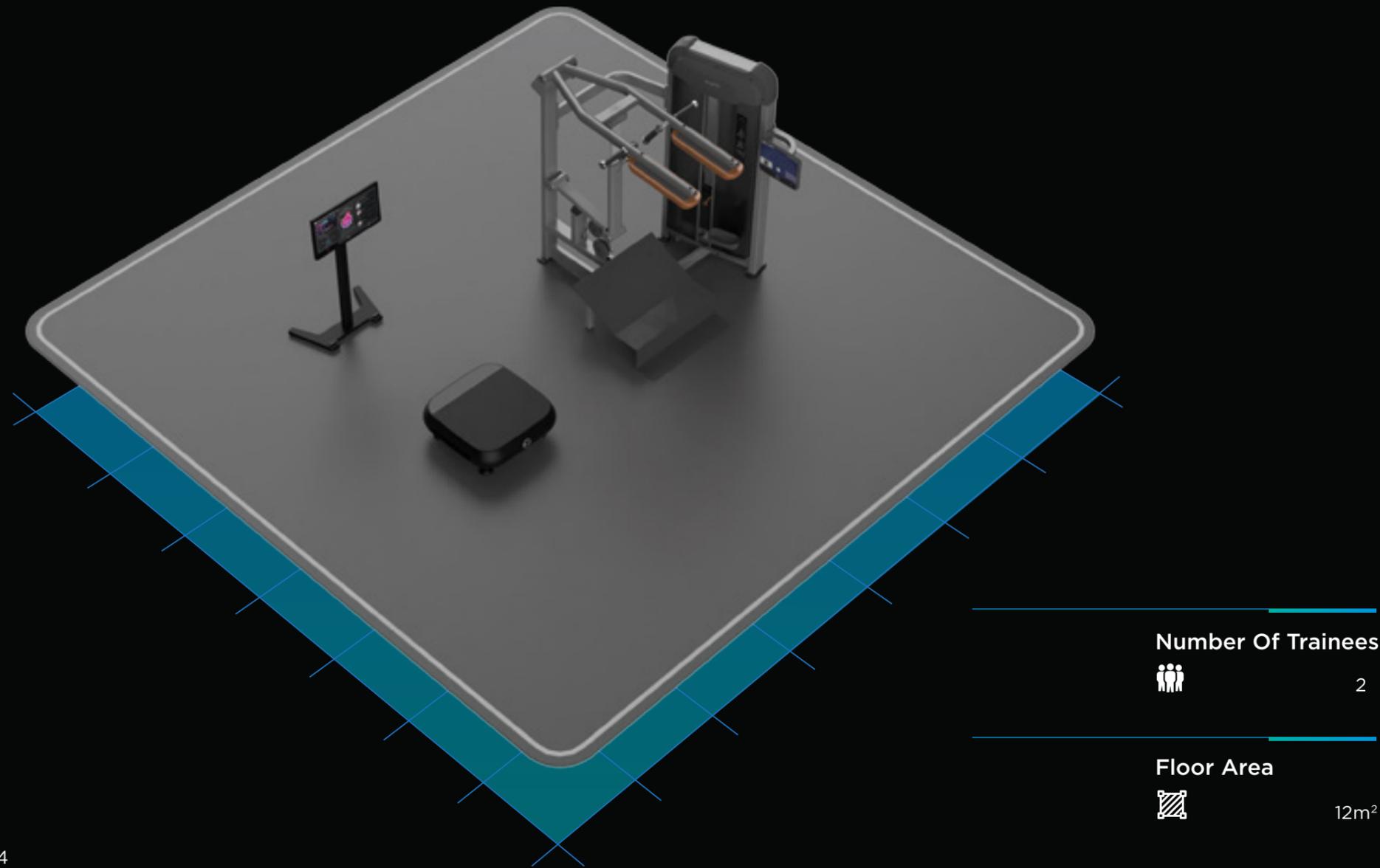
### Suitable venue channel type



Health clubs



Personal trainer studio



## Balance Island (3-2 Sub-Islands)

### ■ Introduction

Balance island design concept: This island is suitable for users who build basic special balance ability. After the training of safety correction and physique sublimation island, the basic physical fitness foundation of users is perfect. It has reached the requirements of special balance ability training, and then meets the higher-level fitness needs of users.

### ■ List of main training courses

Balance specific training courses.

### ■ Training effect

Improve specific balance performance.

### Balance Island



Warm-up & relaxation



Safety correction



Physique Sublimation



Physical breakthrough

### Required Equipment



PE208



Pulse-P



TS screen

### Training Attributes

STRENGTH

BALANCE

ENDURANCE

FLEXIBILITY

RECOVERY

AGILITY

### For People



Balance Performance

STRENGTH

RECOVERY

ENDURANCE

AGILITY

BALANCE

FLEXIBILITY

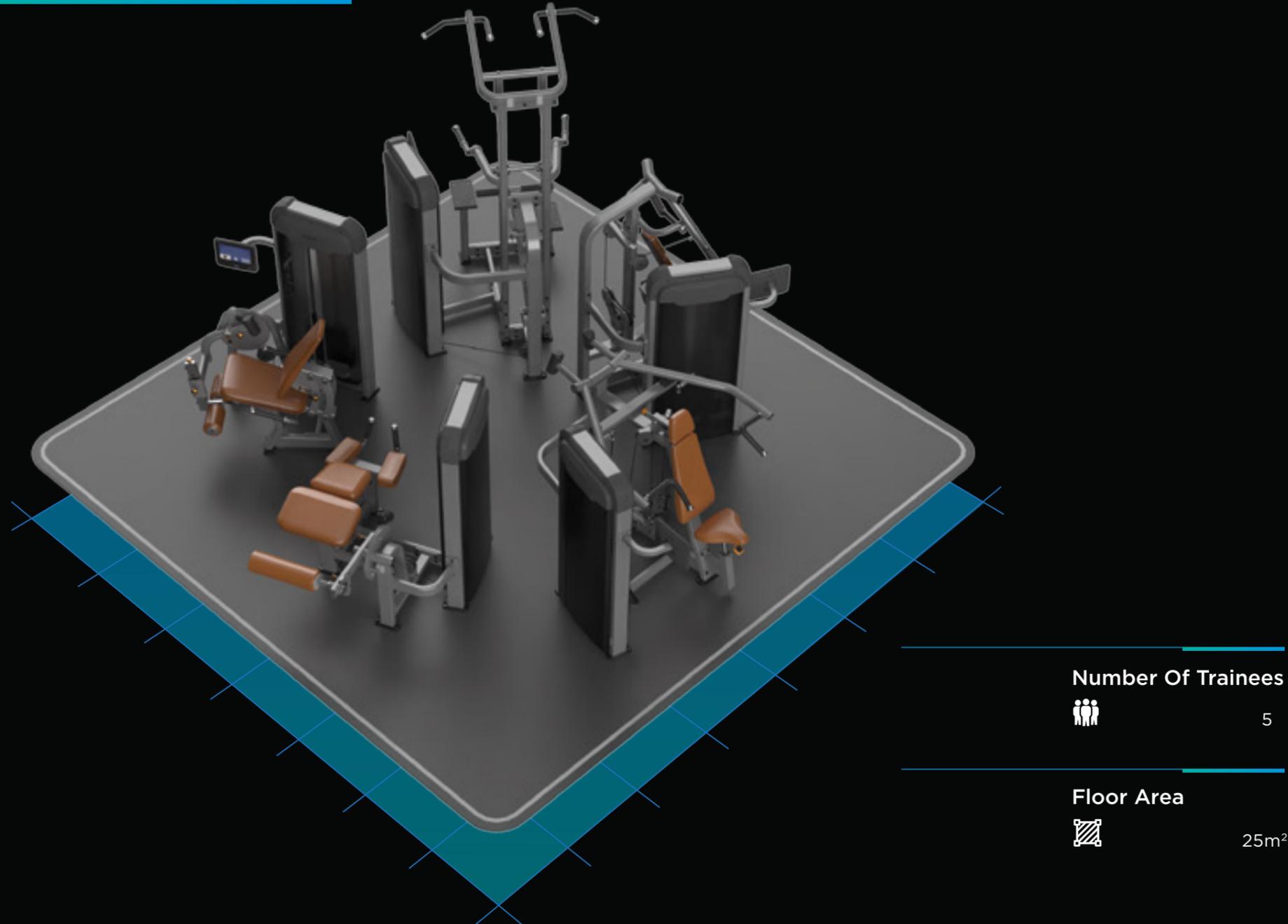
### Suitable venue channel type



Health clubs



Personal trainer studio



## Power Island (3-3 Sub-Islands)

### ■ Introduction

Power island design concept: This island is suitable for users who build basic special strength. After users go through the training of safety correction and physique sublimation island, their basic physical fitness foundation is perfect, and has reached the requirements of special strength training, and then meet the user's higher level of fitness needs.

### ■ List of main training courses

Strength specific training courses (including upper and lower limb strength training courses).

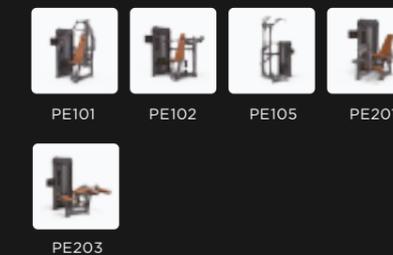
### ■ Training effect

Improve specific strength performance.

### Power Island



### Required Equipment



### Training Attributes



### For People

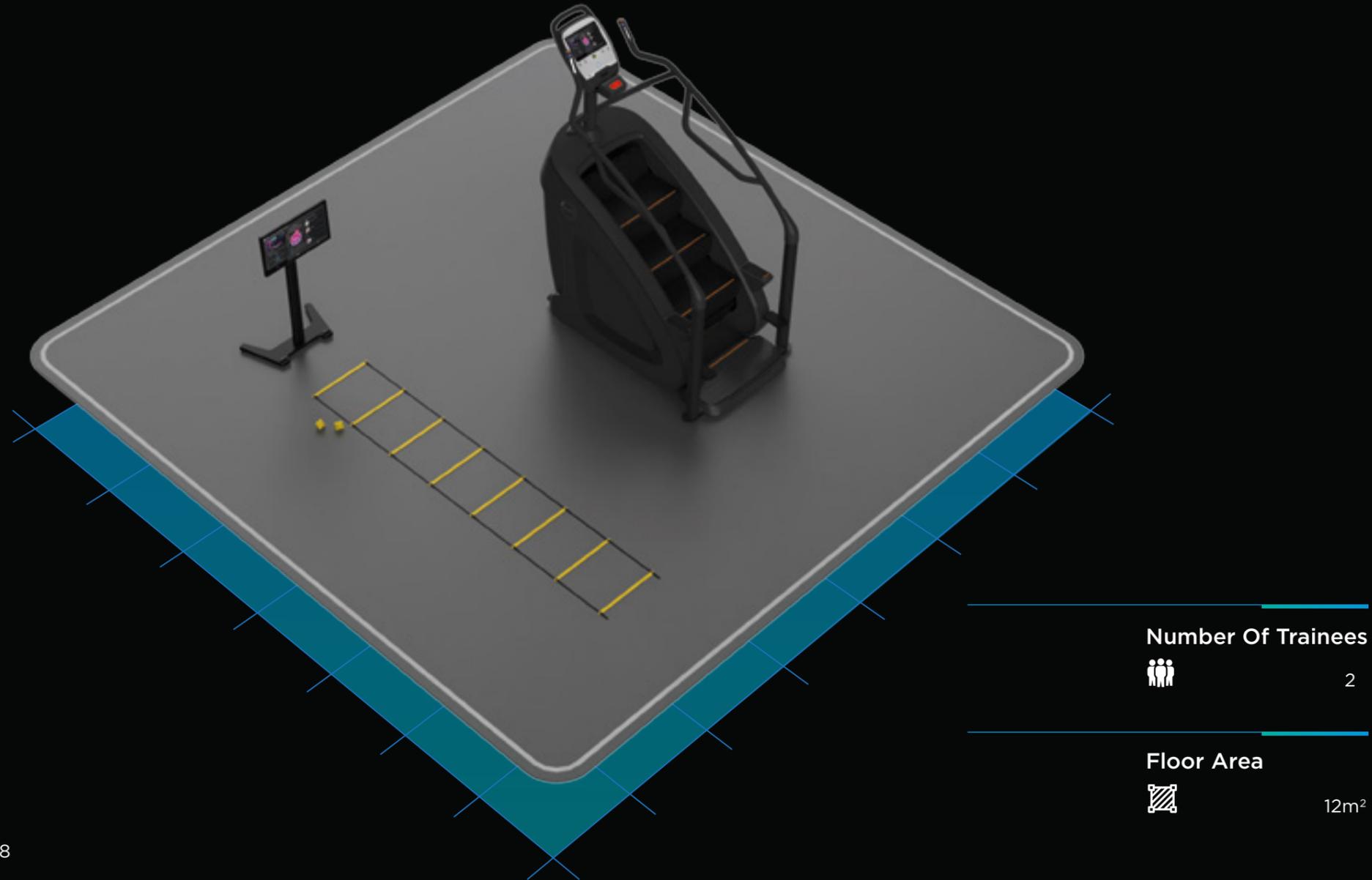


### STRENGTH



### Suitable venue channel type





## Sensitive Island (3-4 Sub-Islands)

### ■ Introduction

Sensitive island design concept: This island is suitable for users who build basic special sensitive ability. After users go through the safety correction and physique sublimation island training, their basic physical fitness foundation is perfect, and has reached the requirements of special strength training, and then meet the user's higher level of fitness needs.

### ■ List of main training courses

Sensitive specific training courses.

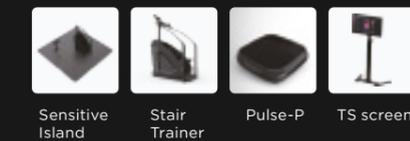
### ■ Training effect

Improve specific sensitive performance.

### Sensitive Island



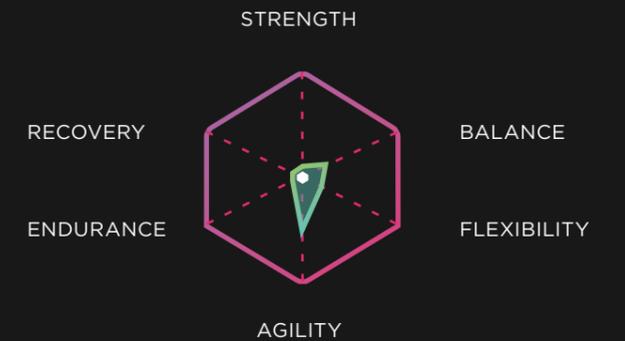
### Required Equipment



### Training Attributes

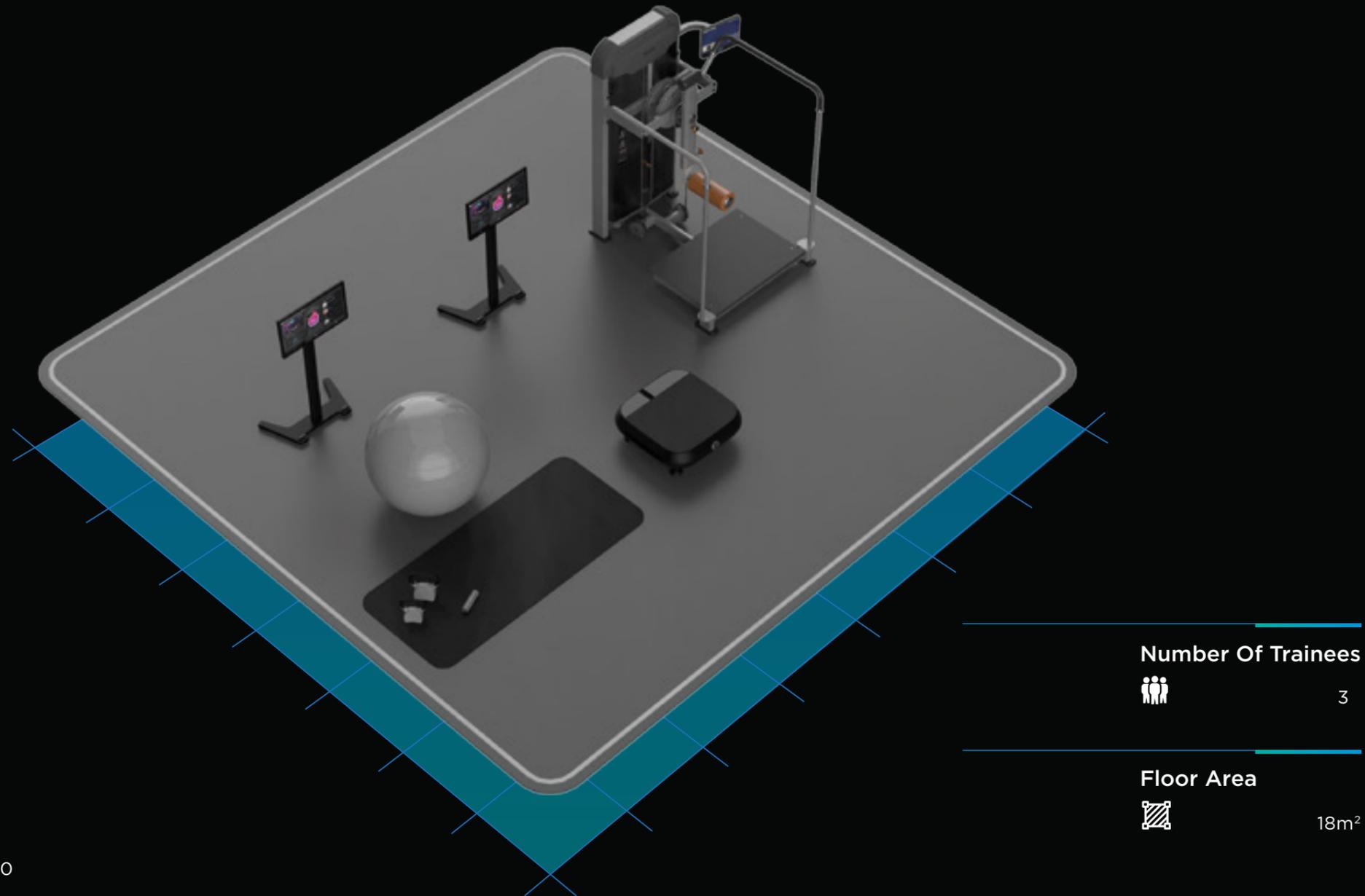


### For People



### Suitable venue channel type





## Coordination Island (3-5 Sub-Islands)

### ■ Introduction

Coordination island design concept: This island is suitable for users who build basic special coordination ability. After users go through safety correction and physique sublimation island training, their basic physical fitness foundation is perfect, and has reached the requirements of special coordination training, and then meet the user's higher level of fitness needs.

### ■ List of main training courses

Coordinate specific training courses.

### ■ Training effect

Improve specific coordination performance.

### Coordination Island



Warm-up & relaxation



Safety correction



Physique Sublimation



Physical breakthrough

### Required Equipment



Coordination Island



PE209



Pulse-P



TS screen

### Training Attributes

STRENGTH

BALANCE

ENDURANCE

FLEXIBILITY

RECOVERY

AGILITY

### For People

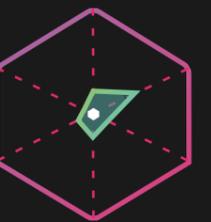


Sensitive Performance

STRENGTH

RECOVERY

ENDURANCE



BALANCE

FLEXIBILITY

AGILITY

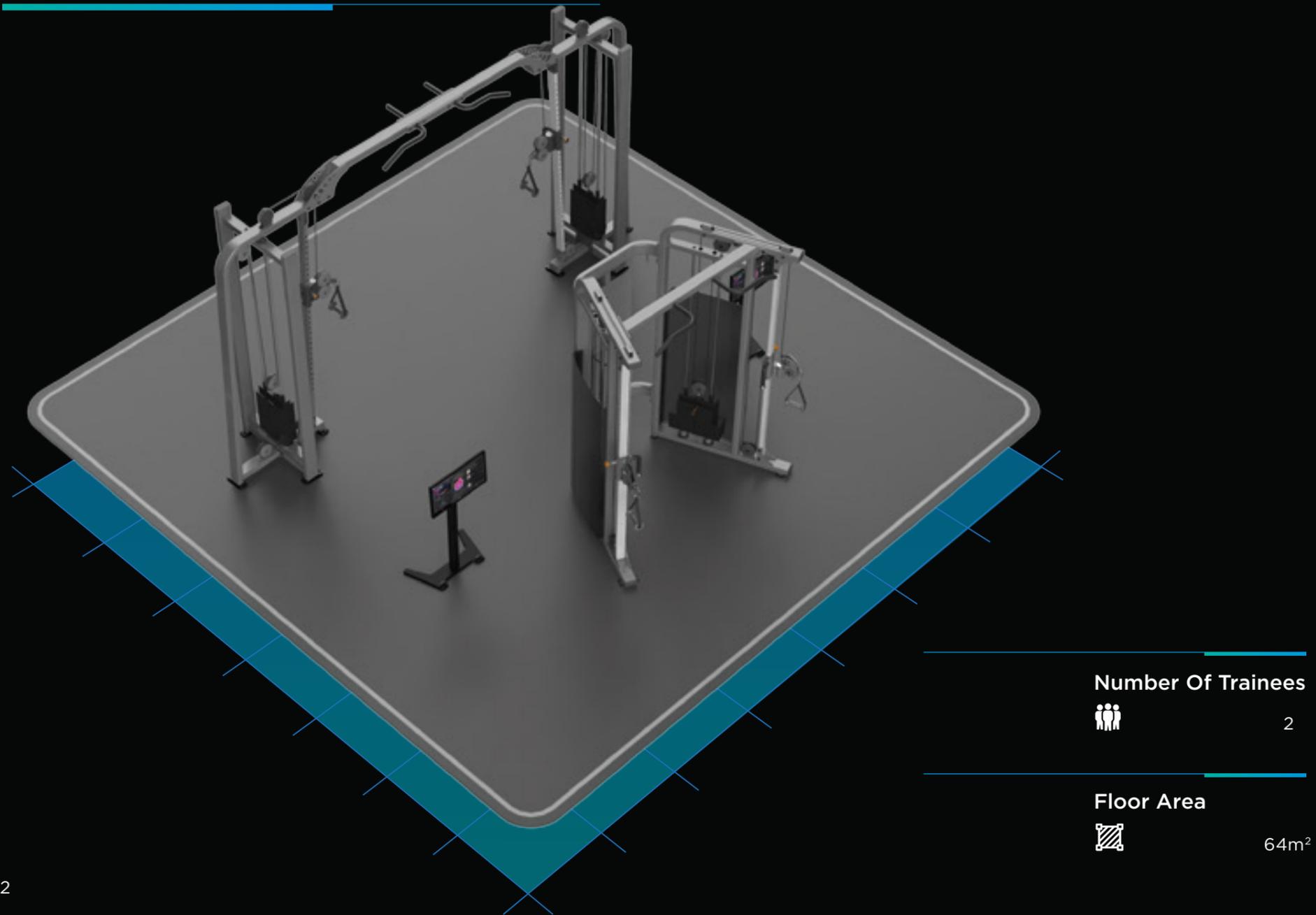
### Suitable venue channel type



Health clubs



Personal trainer studio



## Free Force Island (4-1 Sub-Island)

### ■ Introduction

This training island is flexibly configured for a specific club according to the real situation, providing free-sylte training space for trainers; the relevant equipment can be changed according to the situation.

### ■ List of main training courses

Resistance training courses (including muscle building training, shaping training, strength training, etc.).

### ■ Training effect

Reduce body fat, increase muscle content, improve muscle strength and endurance.

### Free Force Island



Warm-up & relaxation



Safety correction



Physique Sublimation



Physical breakthrough

### Required Equipment



PE402



PE403



TS screen

### Training Attributes

STRENGTH

BALANCE

ENDURANCE

FLEXIBILITY

RECOVERY

AGILITY

### For People



Muscular Strength

STRENGTH

RECOVERY

ENDURANCE

AGILITY

BALANCE

FLEXIBILITY

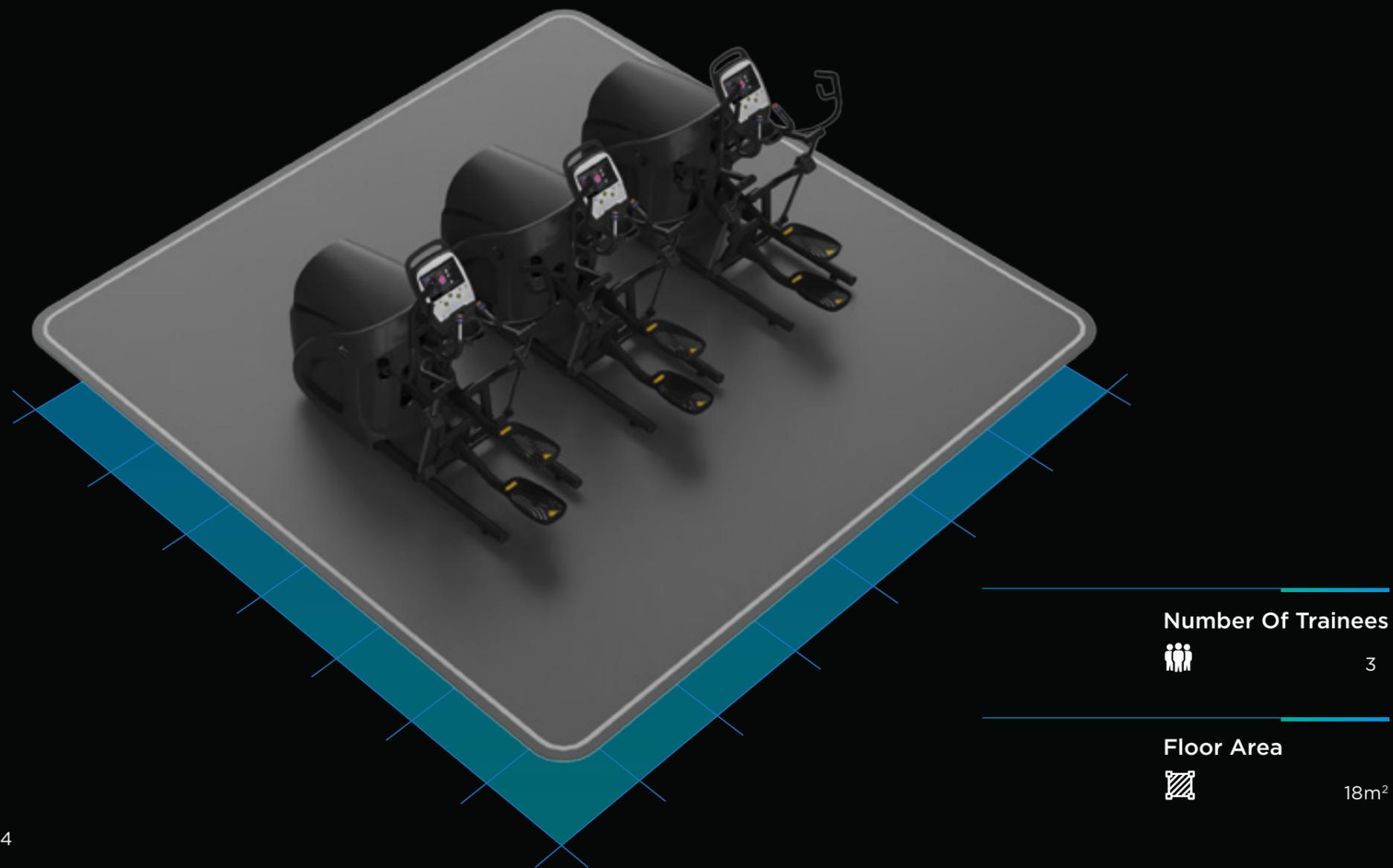
### Suitable venue channel type



Health clubs



Large corporate gyms



## Free Aerobic Island (4-2 Sub-Islands)

### Introduction

This training island is flexibly configured for a specific club according to the real situation, providing free-sylte training space for trainers; the relevant equipment can be changed according to the situation.

### List of main training courses

Intermediate and advanced aerobic courses (including slow-long distance training, pace/pace training, interval training).

### Training effect

Improve cardiorespiratory endurance.

### Free Aerobic Island



Warm-up & relaxation



Safety correction



Physique Sublimation



Physical breakthrough

### Required Equipment



Elliptical A15

### Training Attributes



### For People



Cardiorespiratory Capacity

### STRENGTH

RECOVERY

ENDURANCE



BALANCE

FLEXIBILITY

### AGILITY

### Suitable venue channel type



Health clubs



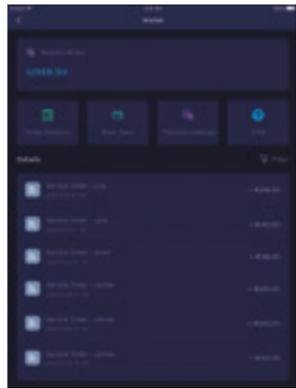
Large corporate gyms

Island	Sport Mode Island					Strength Endurance Island					
Required Equipment	PE101 	PE107 	PE303 	PE209 	PE207 	PE109 	PE110 	PE108 	PE107 	PE102 	PE201 
Alternate Equipment	PE102 	PE104 	PE209 	PE207 	PE201 	PE101 	PE102 	PS02 	PE104 	PE113 	PE203 
	PE109 	PE105 	PE404 	PE208 	PE203 	PE111 	PS01 	PS03 	PE105 	PS01 	PE205 
	PS01 	PE404 		PS04 	PE205 	PS01 	PS03 	PE107 	PS02 		PE208 
		PE108 		PULSE P 	PE208 	PE402 	PULSE P 		PS06 		PE210 
		PE203 			PE210 	PE403 					PS04 
		PS02 			PS04 						PS05 

Island	Speed Island	Balance Island	Power Island	Free Force Island	Free Aerobic Island		
Required Equipment	PE201 	PE203 	PE208 	PE208 	PE105 	PE402 	A15 STAIRTRAINER 
Alternate Equipment	PE207 	PS04 	PE209 	PE303 	PE207 	PE101 	A15 UPRIGHT BIKE 
	PS04 		PS05 		PE208 	PE104 	A15 TREADMILL 
			PE207 		PE210 	PE111 	A15 ELLIPTICAL 
						PE203 	



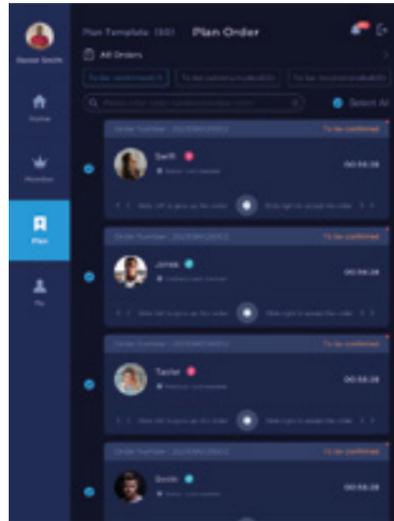
### One Coach Can Serve 300 + Members



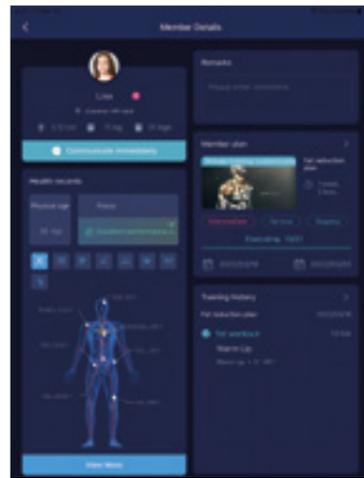
To create unprecedented performance.



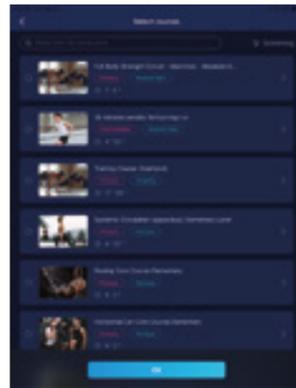
Valuable data insights about the activities as well as progress of members, therefore also group features and structure of members.



One-to-one digital health service to members give cutting edge efficacy!



Track and manage health and training status of members on one place.



Source library contains 500 professional courses. Content under constant updates.



## AnyFit Gym

The 1 on 1 Smart Training For All