



Providing innovative health solutions
through practical technologies



BUDDYFIT INTERACTIVE CONSOLE



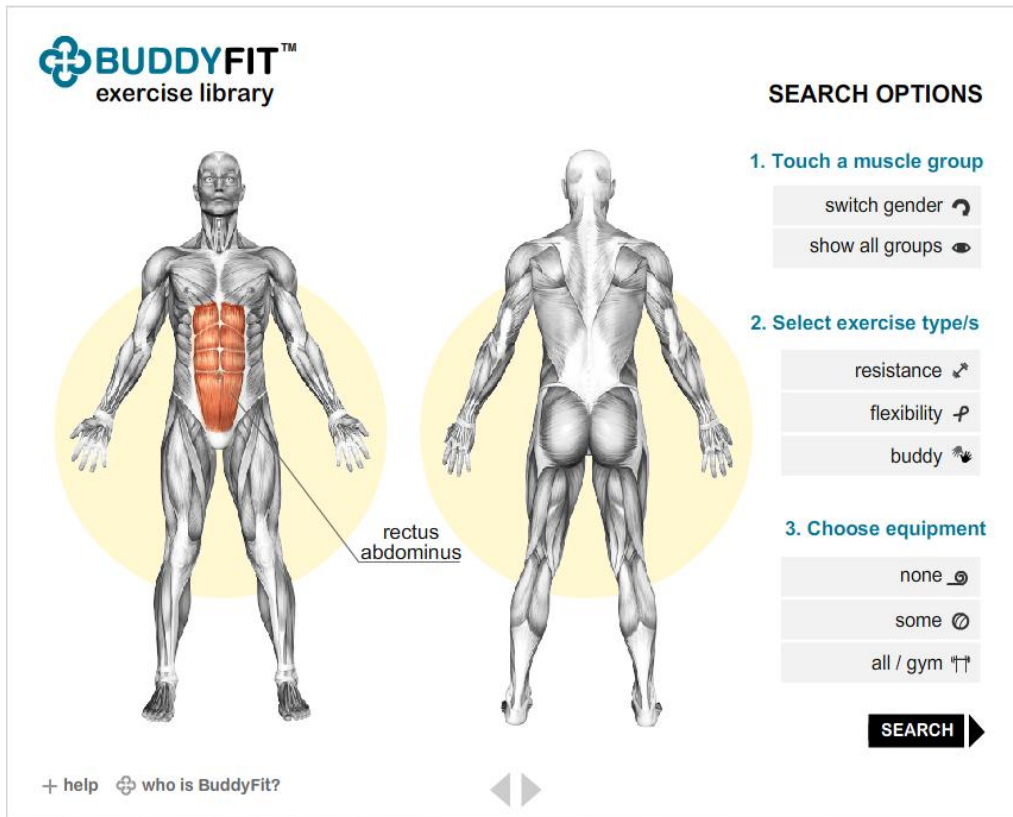
An on the spot, exercise reference point.

From time to time, most gym members seek help and advice. The idea behind the BUDDYFIT™ touch screen kiosk stems from this age old need for ‘on-the-spot’ fitness information.

To accommodate for this need we’ve built an interactive software displayed on a touch-screen kiosk which people can use to view exercises and stretches for their stay at the gym.



VIRTUAL TOUR



The software provides a user friendly, interactive interface.

The viewer will see an anatomical figure of the human body.

They will be asked to highlight the specific body areas they wish to target.

They will then be offered consecutive sequences of choices to define the most appropriate exercise for their specific need and conditions.....



VIRTUAL TOUR

BUDDYFIT™
exercise library

rectus abdominus

SEARCH OPTIONS

1. Touch a muscle group

- switch gender ↻
- show all groups 👁

2. Select exercise type/s

- resistance ⚡
- flexibility 🏹
- buddy 🤝

3. Choose equipment

- none 🚫
- some 🏋️
- all / gym 🏠

SEARCH ▶

+ help 🤝 who is BuddyFit?

These sequences of choices will include a range of exercise type, such as 'resistance', 'flexibility' and 'exercise with a partner/ buddy'.

They will also include a choice of equipment for example, 'no equipment', 'some equipment', and 'gym'.....

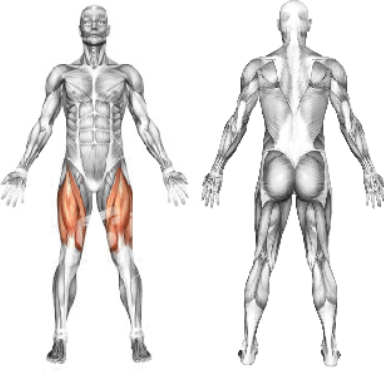


VIRTUAL TOUR

BUDDYFIT™
exercise library

SEARCH CHOSEN

Muscle group



Exercise type/s
resistance ↗
flexibility ↶

Equipment
none ↻

CHOOSE AN EXERCISE TO VIEW

SEARCH RESULTS

- Front extension** ↗ ↻
Difficulty - [] [] [] - *beginner*
This exercise is best for hamstrings and focusses on quadriceps secondly... >
- Back extension** ↗ ↻
Difficulty - [] [] [] - *intermediate*
This exercise is best for hamstrings and focusses on quadriceps secondly... >
- Pelvic tilt to bridge** ↗ ↻
Difficulty - [] [] [] - *advanced*
This exercise is best for hamstrings and focusses on quadriceps secondly... >
- Pelvic tilt** ↗ ↻
Difficulty - [] [] [] - *advanced*
This exercise is best for hamstrings and focusses on quadriceps secondly... >
- Pelvic tilt to stand** ↗ ↻
Difficulty - [] [] [] - *advanced*
This exercise is best for hamstrings and focusses on quadriceps secondly... >


HOME

+ help ⊕ who is BuddyFit?

Scroll through the list of exercises and choose which one you wish to view.



VIRTUAL TOUR

**BUDDYFIT™**
exercise library

EXERCISE DETAILS

BACK EXTENSION

Exercise type/s resistance ↕

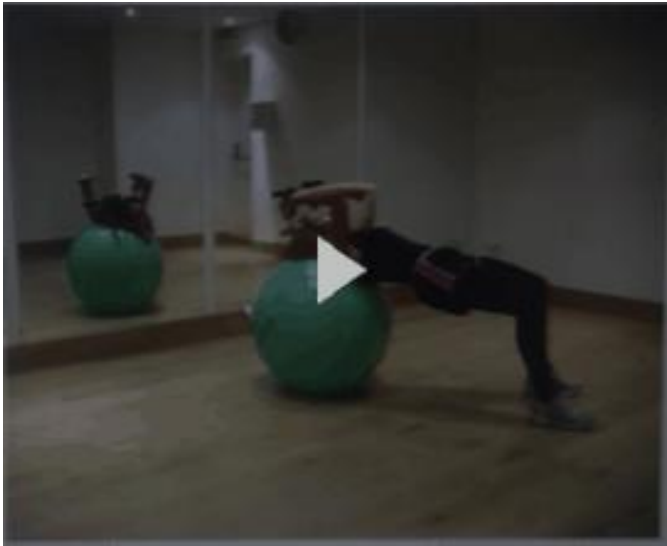
Equipment none 📍

Difficulty intermediate

Muscles used
upper back muscles
(erector spinae group, lower traps),
back shoulders (posterior deltoids).

Movement

- Start lying down, facedown hips straight (neutral), with your hands up by the side of your head.
- Keep lower abdominals drawn in and your pelvis in neutral position throughout the **WHOLE** exercise.
- Slowly raise shoulders and upper back just a few inches off the ground
- Slowly bring your shoulders back down to the ground
- Repeat until you complete your set



BUDDYTIP! This is an upper back exercise you should NOT feel this exercise in your lower back.

[SEARCH RESULTS](#) [HOME](#)

+ help 📍 who is BuddyFit? [By clicking this video you accept the Terms & Conditions of use.](#)

The exerciser can then access the video showing his chosen exercise/stretch.

This video shows a gym instructor demonstrating the exercise, accompanied, on the same page, by ‘teaching points’ which will highlight the important actions of the exercise, along with the level of difficulty.



INTERACTIVE BUDDYFIT CONSOLE



An on the spot, exercise reference point.

Buddyfit touch screen consoles are stylish machines with built in buddyfit tm software.

Spec:

Hardware

Pentium 2.2 E5200 dual core processor, TCP/IP protocol, auto power on & shutdown support , audio: Onboard

Standard Memory: DDR2 1 GB, Internal Hard Disk Drive: 160 GB. ASUS Motherboard.

Software

Operating System: Windows XP OS, English, OEM. Buddyfit exercise library software.

Enclosure

Steel cabinet sprayed metallic paint or plastic spray, 2.0MM steel, moisture-proof, anti-rust.

Monitor

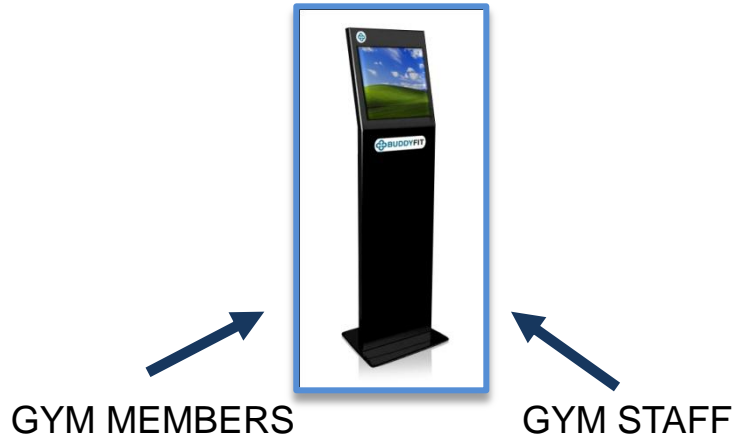
Type: LCD – TFT active matrix technology. Size: min. 19 inches in diagonal, Resolution: 1280x1024 @50HZ

Response Time: 5ms. Brightness: 300 units (cd/m2). Contrast Ratio: 700-800:1
Pixel Pitch: min



Benefits for your club

1. A channel to connect



The console provides a meeting point where your instructor and a member can chat and make a connection. This kind of connection helps a member to feel they belong to a club - not a gym.

Through the console, your instructor can give support and advice to a member who may feel too shy or timid to directly ask for help or personal training.

2. Improved gym experience



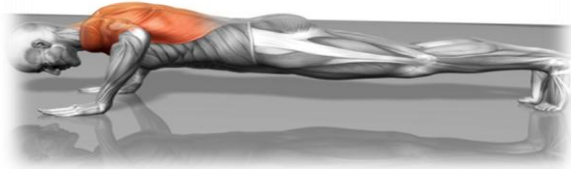
This 'state of the art' technology offers a real benefit to your members and a real added value to the cost of their gym membership.

The Buddyfit console gives you a new direction and tool to offer added service to your members with no extra work for you.



Benefits for your members

1. Improved gym experience – members stay longer



The Buddyfit console will give your members more confidence and exercise knowledge, so they will feel more 'at home' in your gym.

2. Greater exercise knowledge – achieve their goals



This greater knowledge will help your members increase their exercise effectiveness.

3. By achieving goals – become more satisfied



Because they're achieving their goals they'll be more satisfied.

4. Continued membership – an intelligent choice



As your members are more satisfied with their progress they will renew their membership without hesitation.



BUDDYFIT™ Online Ltd is run and founded by a superb group of fitness professionals, IT and media experts.

Our aim is to provide a constant source of exercise advice in the right surroundings.

Enquiries about any of our products contact Jubi Evangelista at:
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