

A photograph of three individuals in a gym setting, each wearing a VR headset and using a rowing machine. The scene is dimly lit with blue ambient lighting and vertical light bars in the background. The text is overlaid on the center of the image.

IMPLEMENTING HOLOFIT VR FITNESS

GUIDES & RECOMMENDATIONS

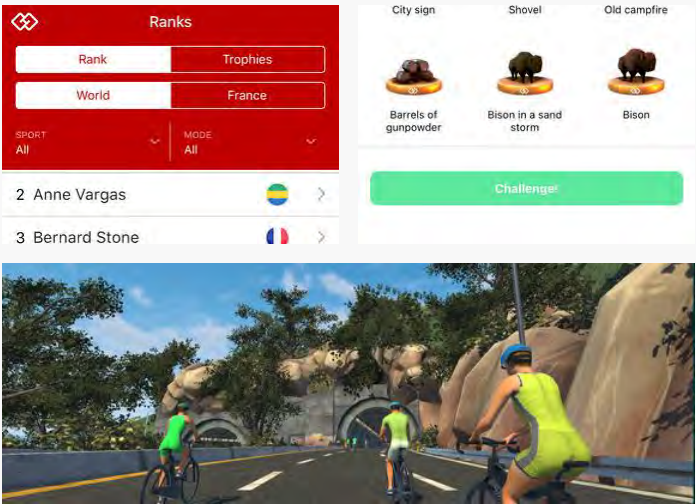


HOLOFIT BENEFITS



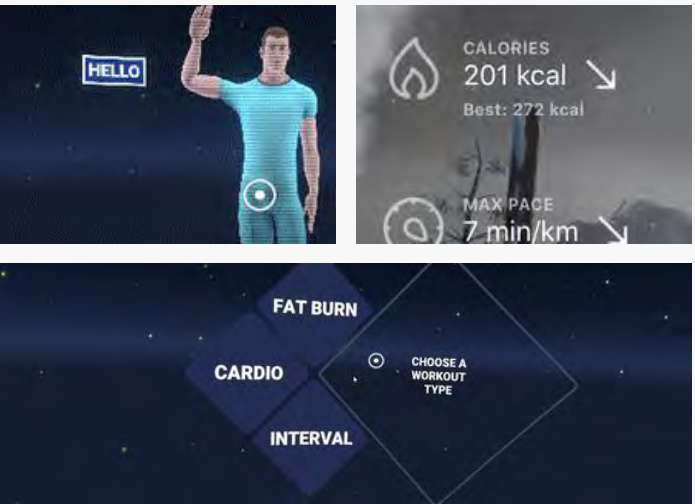
GREAT MOTIVATIONAL TOOL

HOLOFIT is gamified to take advantage of the competitive human nature. With new content coming every month we make sure there is always new challenges and goals to achieve.



FOSTER A SENSE OF COMMUNITY

In order to succeed your members need support and accountability. This is what HOLOFIT community brings to you: peer support backed by Holodia's guidance.



BETTER RESULTS IN LESS TIME

VR Fitness has been proven to minimize pain so users end up working out harder.* And our HIIT workouts guarantee increased post-workout EPOC.



FUN FITNESS FOR ALL GENERATIONS

Relaxing. Engaging. Fun. Inspiring. Millenials and Gen Zers love the gaming and competition while Boomers and Xers enjoy the immersiveness and relaxation HOLOFIT's virtual environments bring.

*According to University of Kent study on the effects of VR Fitness.

WE MAKE CARDIO FITNESS FUN

HOLOFIT IMPLEMENTATION



HOLOFIT AS AN UP-SELL

No rearranging.

Just add to an existing cardio floor with (optional) screen.

HOLOFIT AS A SOLUTION

Create a HOLOFIT VR Fitness zone.

Connect up to 5 machines for individual and group training.

WE MAKE CARDIO FITNESS FUN

HOLOFIT USE CASES



INDIVIDUAL TRAINING

HOLOFIT is the perfect solution to keep individual members engaged on your cardio floor.



MULTIPLAYER USE/COMPETITIONS

Use the HOLOFIT Multiplayer mode for workouts in pairs, or for small group training sessions.



PT-LED TRAINING

Lessen the pain of cardio while training one-on-one. Let the PT set the goals, or challenge your members to a race.

HOLOFIT INDIVIDUAL WORKOUTS



WARM UP CARDIO

Get the cardiovascular system going with HOLOFIT to make for effective and safe member workouts.

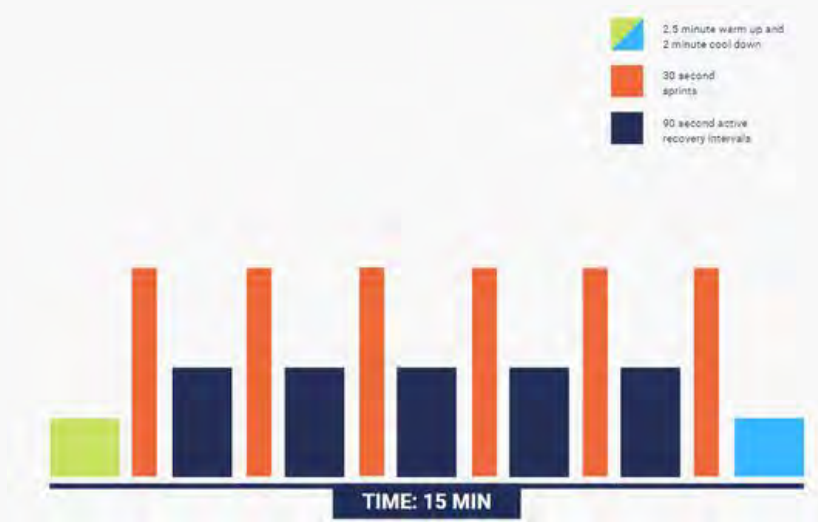
Why not go for a 10-min warm up in Time Attack, Interval or Fat burn programs?



COOL DOWN CARDIO

Use HOLOFIT to cool down to allow for a gradual recovery after strength training.

Maximize the effects of your workout and relax in one of our amazing HOLOWORLDS.



HIIT TRAINING

Based on Sprint 8®, HOLOFIT HIIT training ensures maximum results in minimum time.

15-minute HIIT with massive EPOC post-workout burn.

HOLOFIT GROUP WORKOUTS

SMALL GROUP TRAINING

Engage up to 5 people in PT-led (optional) small group boutique class.

COMPETITIONS

Use HOLOFIT to increase member engagement, organize competitions and reward the winners.

PROGRAMMING EXAMPLES

PT-LED 5 PERSON GROUP TRAINING



Based on your class' level of fitness and desired results, select the time and difficulty of the workout.

- Plan your route ahead. For example,
- 15-min warm up in Underwater;
 - 30-min interval training in Babylon guided by the PT;
 - 15-min cool down in Tropical.

1000 m-COMPETITION



Organize a tournament with multiple rounds of 5-people races.

Perfect for team or community building.

Reward the champions!

HOW TO POSITION HOLOFIT AT YOUR CLUB



AT THE RECEPTION

Keep HOLOFIT at the reception for easy control of its use, care and safety.



BY THE FITNESS MACHINE

Keep HOLOFIT right by the fitness machine that it is used with. Place it with cleaning wipes for headset maintenance.



AT A DESIGNATED LOCATION

Find a designated location for your HOLOFIT that only select members can access. Add Cleanbox UV technology for increased cleaning and storage.

HOW TO INCREASE ADOPTION AND MEMBER SATISFACTION

1.



ATTRACT MEMBERS

Stream HOLOFIT content on a large screen to attract member attention and show HOLOFIT in use.

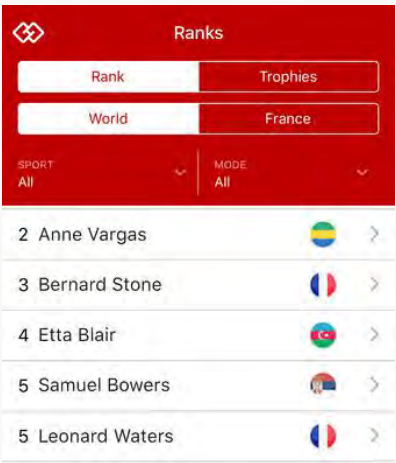
2.



EDUCATE MEMBERS

Position our simple User guides for easy member access.

3.



MOTIVATE MEMBERS

HOLOFIT comes with an app with a leader board. Stream it to the screen and watch your members get motivated.

4.



FOSTER COMMUNITY

Organize and host community events for your members. Recognize and praise members' progress.

HOW TO MONETIZE HOLOFIT IN YOUR CLUB



PAY PER USE

Members pay per a small fee each time they want to workout on HOLOFIT.



MEMBERSHIP PLANS

Members gain access to HOLOFIT by getting premium membership packages.

WE MAKE CARDIO FITNESS FUN

“

That was the most incredible experience of my life.

I work out in New York City with all the top studios, and I don't ever want to be without HOLOFIT now. That was incredible.

”

Heidi Jones, Fitness Trainer

Representative for S.E.A, Australia & New Zealand:



Liam Collins

📞 +65 9048 7118

✉️ liam@fit-vr.com

🌐 www.fit-vr.com