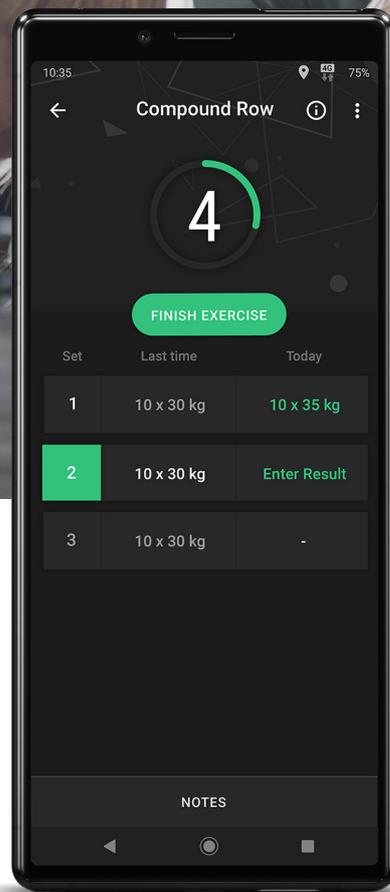


SONY

GET AHEAD OF THE GAME

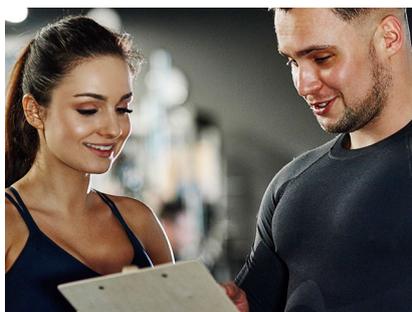


Unlock the full potential of your gym with Advagym from Sony, a retrofit solution to instantly digitalize your gym. Scale your business, motivate and inspire your members, and create new revenue streams. Easy to understand and simple to use, Advagym provides all the tools you need to take your gym to the next level.



EQUIP YOUR MEMBERS FOR SUCCESS

Advagym helps your members reach their training goals. The easy-to-use training app, supported by connected sensors in the gym, lets your members log training, set goals, and follow personal progress. Add custom training programs, exercises and video classes to educate and inspire your customers.



BOOST YOUR COACHING

The Advagym solution lets personal trainers distribute their knowledge and coach clients digitally. Don't stop at one-on-one sessions – give your trainers the possibility to reach your full member base.



OPTIMIZE YOUR BUSINESS

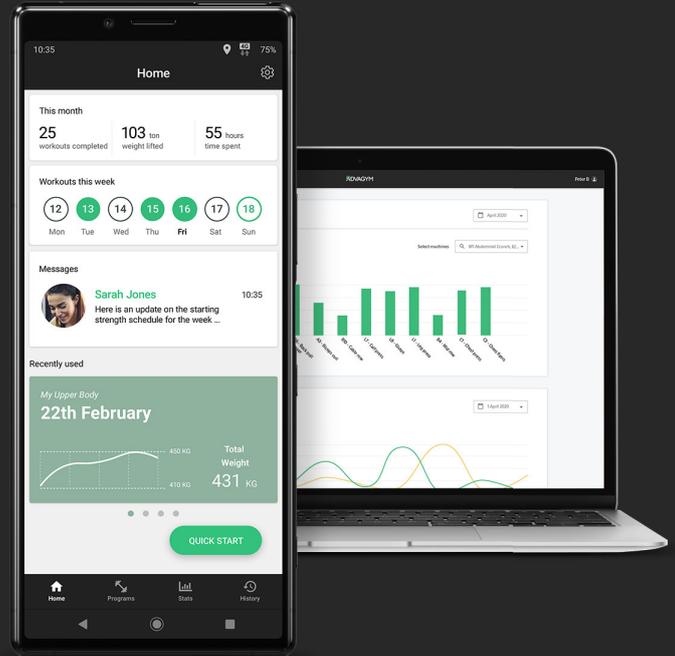
The more accurate data you have from your gym, the better decisions you can make for your business. Advagym provides real-time usage data from machines, exercises and programs. Use it to make strategic decisions about service maintenance, staffing and investments.

 ADVAGYM

SONY

ADVAGYM – SIMPLE, DIGITAL, PERSONAL

Designed for commercial fitness facilities, Advagym is a complete connected experience with connected hardware sensors in the gym, a cloud server, and apps for users and staff. Hardware and software interact seamlessly at the gym and beyond. Retrofitting on your existing machines and system setup is done in a matter of hours. It's the gym of the future, right here and now – without replacing any of your existing machines.



HARDWARE

Advagym hardware is easy to use for your gym members, and durable and low maintenance for your staff. **Main units** measure reps and sets, speed and range of motion. **Pucks** log training and provide usage instructions. **Observers** communicate with the cloud server. **Beacons** give access to your unique gym setup, programs and exercises.



TRAINING APP

The heart of Advagym, interacting with your members at the gym or at home. Members can easily log their training and see their history and progress. Create your own programs or get inspired by workouts from the gym. PTs can offer bespoke programs, coaching and detailed workout instructions.



WEB TOOL

Get detailed gym utilization data that can be used to make data-driven decisions about your facility. Staff can easily create and publish gym workout programs or classes for home-based training, and make them instantly accessible to your members. PTs can interact with their clients and share training programs and instructions.



WANT TO KNOW MORE?

To learn more about how Advagym can take your gym to the next level, please contact us on info@advagymsolutions.com

www.advagymsolutions.com

ADVAGYM