

**Aktiv**TV

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SELF GUIDED TRAINING™

*#getAktiv*

>  INTRODUCTION

Boutique & Social

>  SELF-GUIDED TRAINING

Aktiv TV

>  FORMATS

Scalable for facilities of all types

>  THE DISPLAY

Content Delivery | Ours or Yours

>  THE SOLUTION

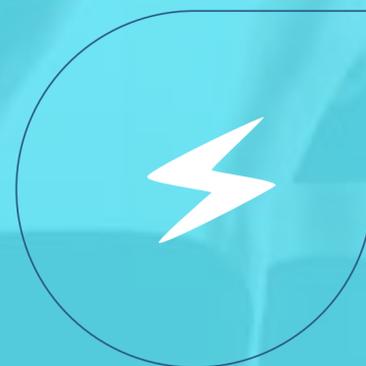
getAktiv.TV





## FUNCTIONAL TRAINING

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## WHAT THE HYPE IS ALL ABOUT

—  
Boutique style HIIT & movement based workouts are all the rage. Statistically, by far and away the fastest growing style of exercise performed in group and personal fitness session.



## What is Aktiv TV

—  
Functional Training On Demand™... Aktiv TV delivers consistent and easy to follow "workouts of the day" for fitness facilities of all types and size. Choose your display type to support your ideal training footprint. Aktiv TV is a fully deployed solution adaptable to virtually any training space.

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# THE WORKOUT EXPERIENCE



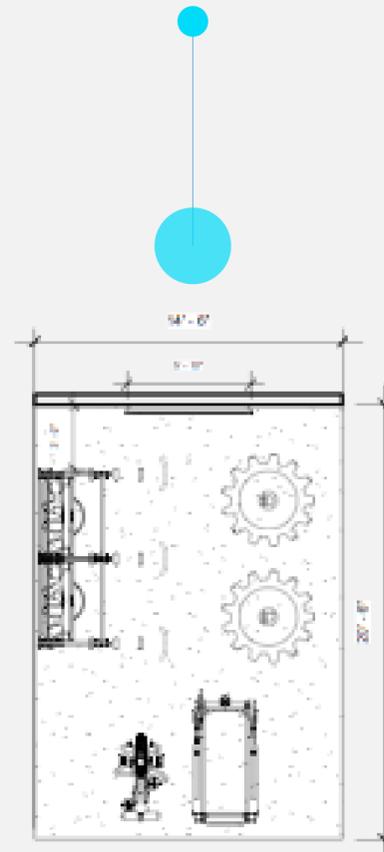
## WOD CONCEPT

—

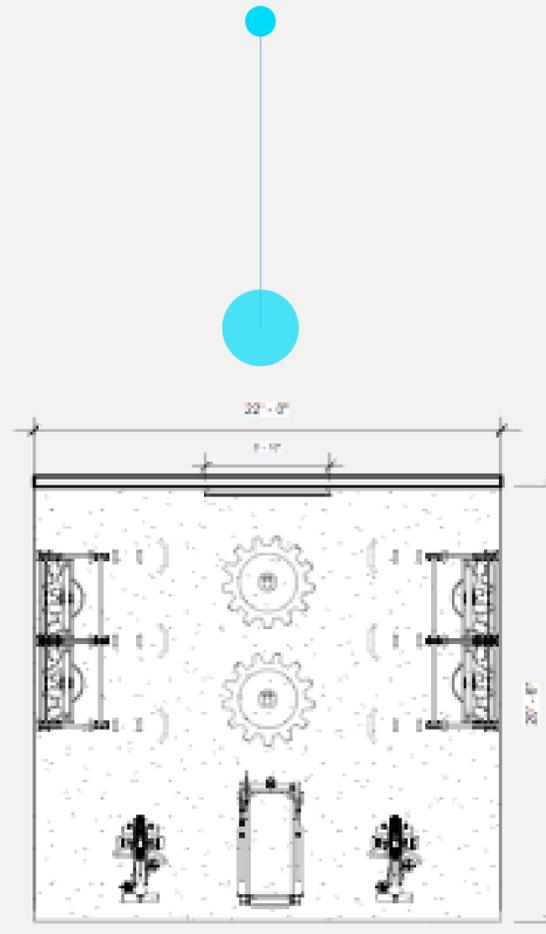
The WOD (Workout of the Day) is a concept first introduced by CrossFit®, which has now become a staple workout structure to millions of fitness enthusiasts. A WOD can represent many forms of a workout, one example would be a workout that features Rounds, where the participant performs a sequence of exercises within a Round, only resting after each sequence has been completed. The Round is then repeated...

# Aktiv TV SUGGESTED FORMATS

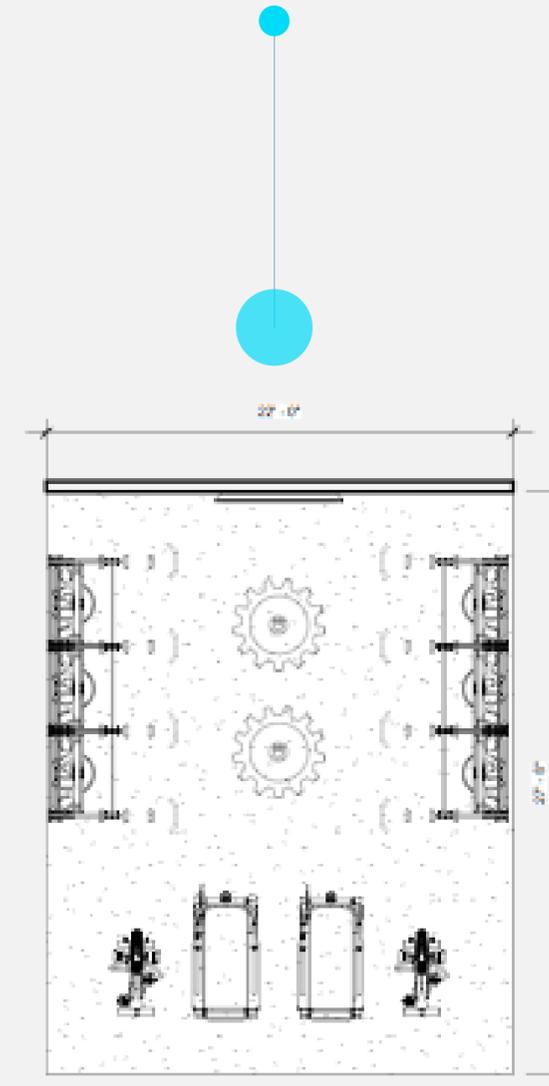
**01**  
300 SQ FT  
Functional Occupancy: 4-6  
SF per person: 75-50



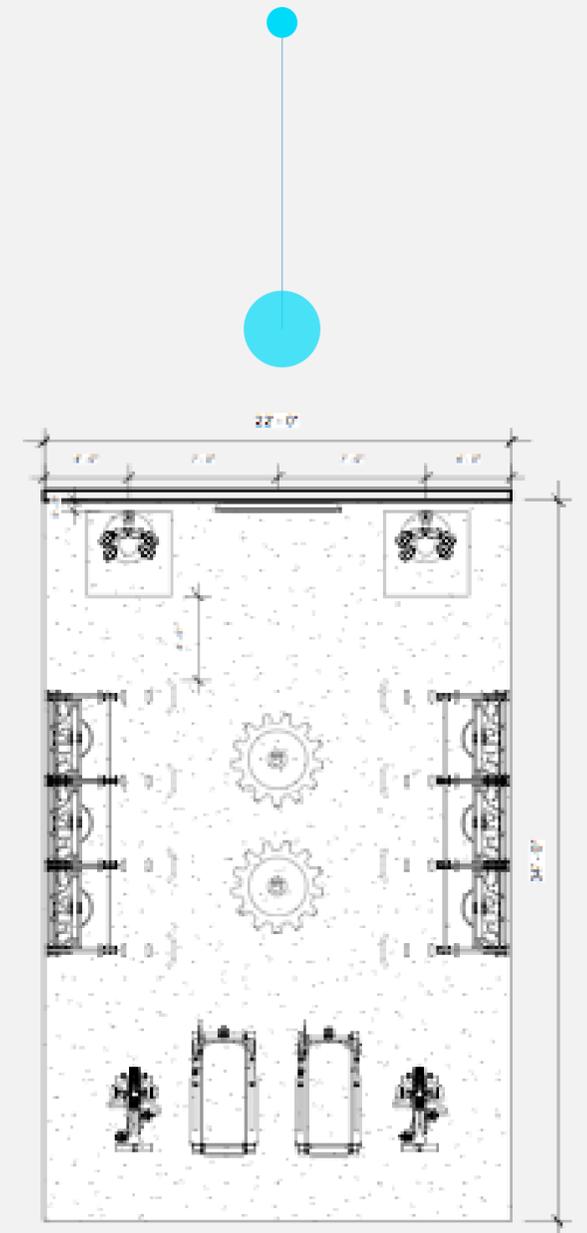
**02**  
450 SQ FT  
Functional Occupancy: 6-8  
SF per person: 75-56



**03**  
600 SQ FT  
Functional Occupancy: 9-12  
SF per person: 67-50



**04**  
750 SQ FT  
Functional Occupancy: 13-17  
SF per person: 58-50



# SMALL FORMAT

—  
**450 SQ FT**

Functional Occupancy: 6-8

SF per person: 75-56



# BOUTIQUE FORMAT

600 SQ FT

Functional Occupancy: 9-12

SF per person: 67-50

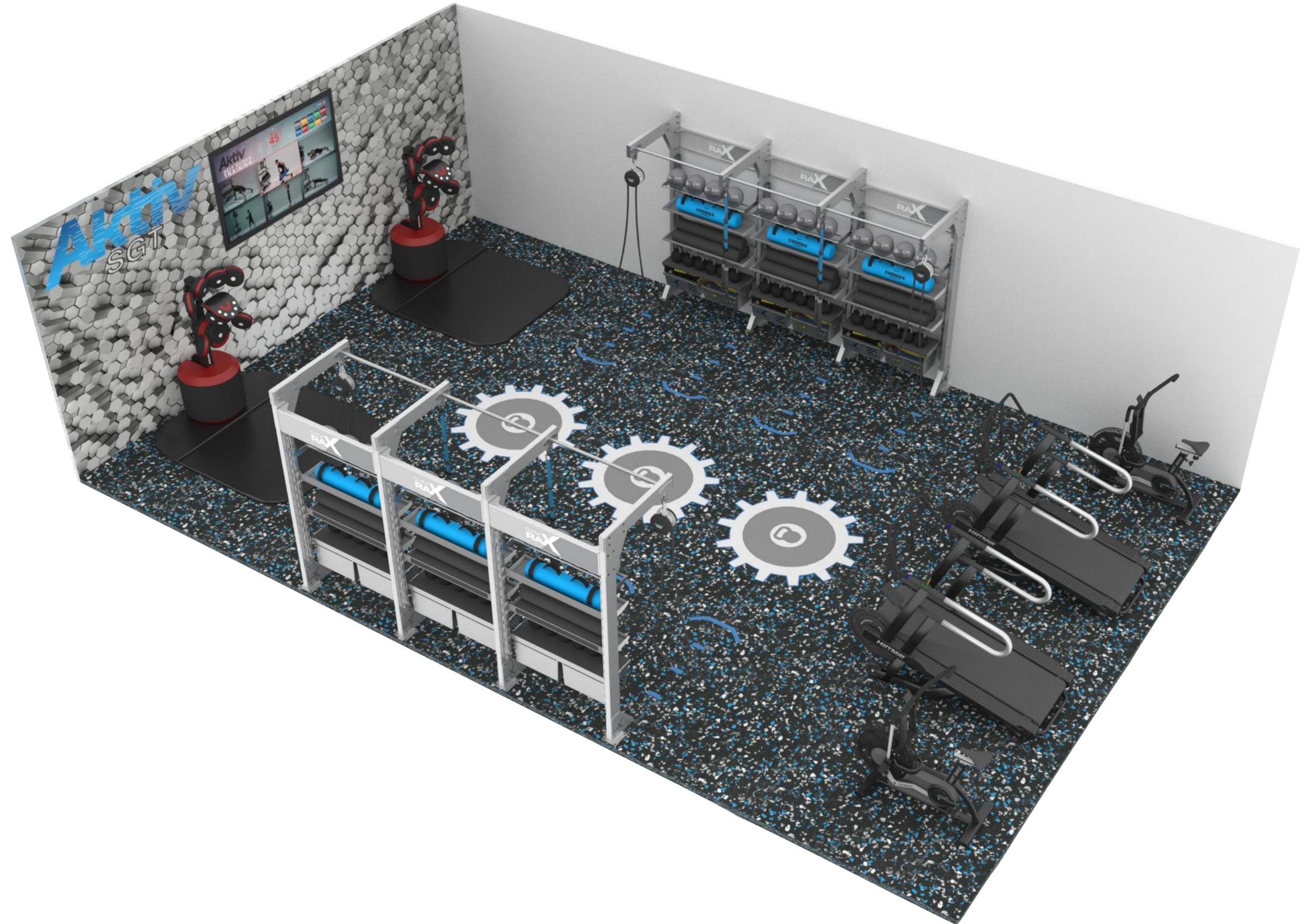


# EXPANDED FORMAT

—  
**750 SQ FT**

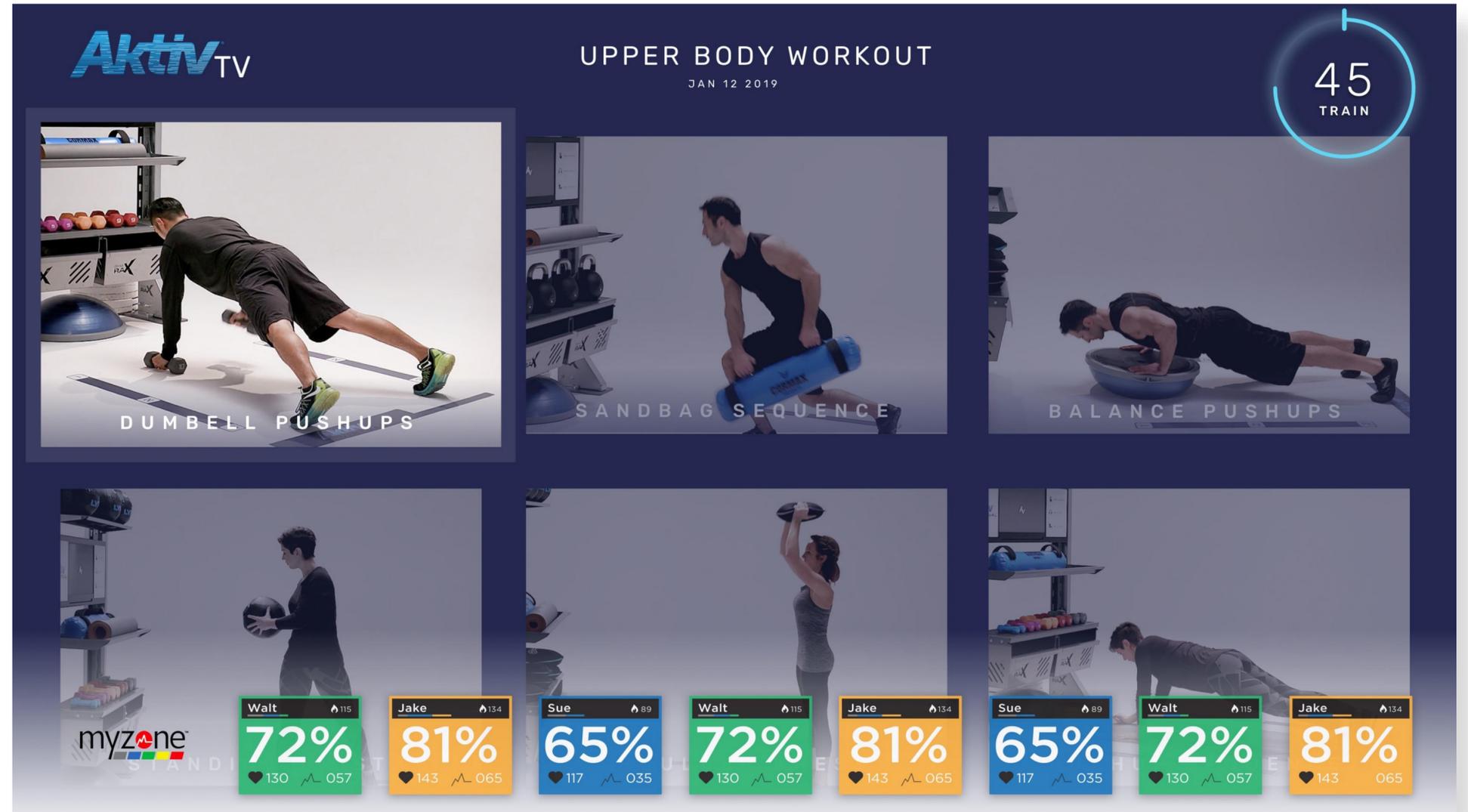
Functional Occupancy: 13-17

SF per person: 58-50



# Aktiv TV

## GUIDED DISPLAY EXPERIENCE



### Aktiv TV

During the Aktiv TV experience, participants increase the challenge of any workout by adding additional weight load (resistance) or simply by increasing one's own pace and intensity. Operators pre-determine the level of progression and difficulty for each workout.

The Aktiv TV display provides the right amount of reference and movement guidance right where and when your clients need it.

# WHAT IS THE Aktiv TV USER EXPERIENCE

VIE DEMO



Aktiv TV encourages guidance, socialization, and safety. All too often these are limiting elements found in larger health clubs, to unsupervised fitness centers. Boutique studios have seized upon these gaps in the exercise experience and provide higher touch, results driven workouts that guide and motivate the participants.



## BIOMETRIC INTEGRATION

The MyZone group heart rate monitoring system can be optionally integrated into the Aktiv TV display. Create challenges by location and session for your guests.



## EXPERT MOVING COACHING

Our standard fitness library features over **500** movements performed with today's leading functional training equipment. Video instruction matches equipment available in facility to seamlessly integrate the training experience. Want to use your own content and fitness professionals? No problem.



# KEY DISPLAY FEATURES & CUSTOMIZATION

01

FACILITY LOGO

Present upper left side of screen if they wish, otherwise Aktiv TV default

02

VARIABLE EXERCISE TILE

Customizable from 1-6 movements/videos regardless of display sizing with two different workout modes

03

MyZone API INTEGRATION

With MyZone in facility, the display can be set to "Myzone" default, otherwise it can display time of day, weather, or in-facility promotion.

04

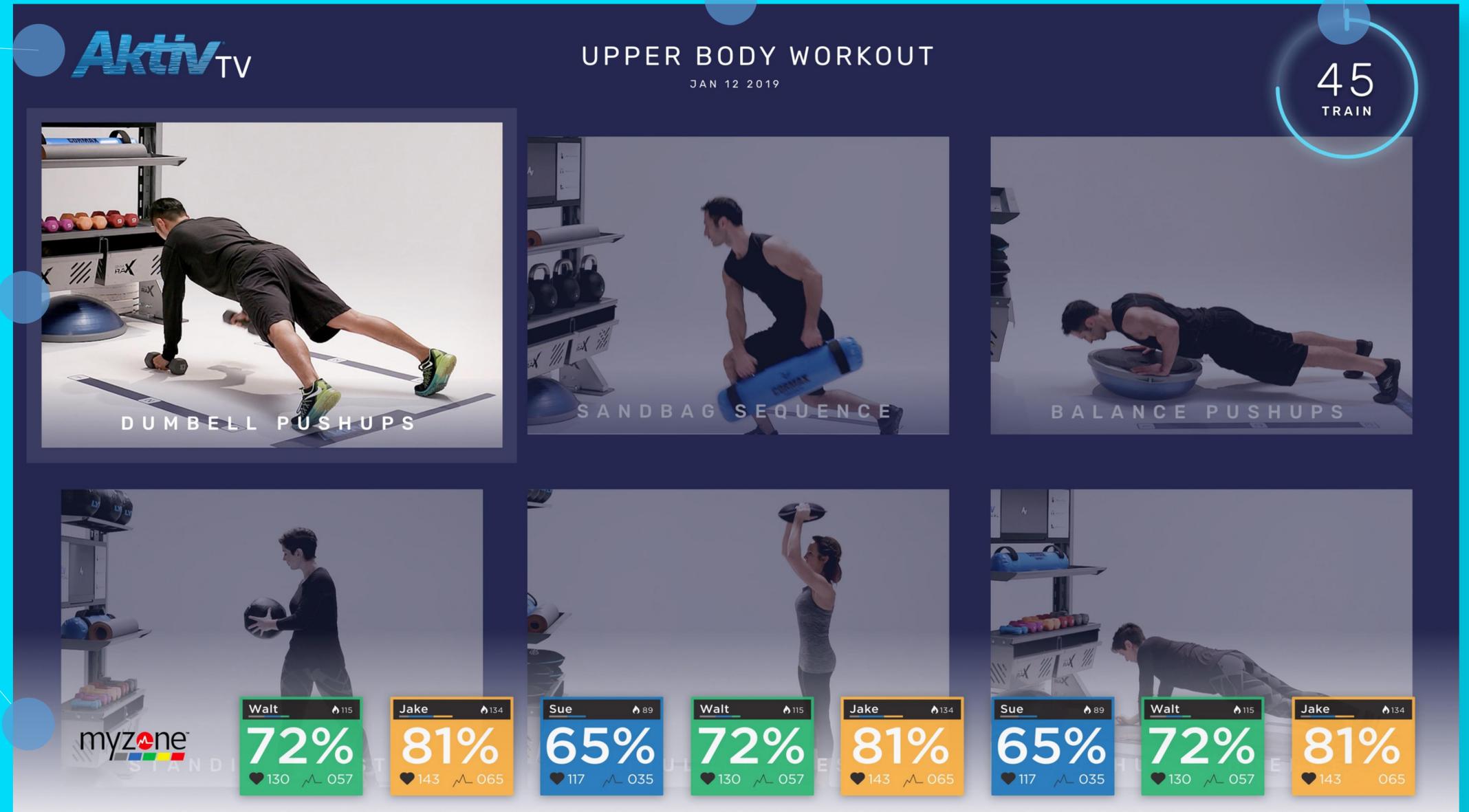
WORKOUT HEADER

Customizable header for each facility or Workout Of the Day (WOD) name

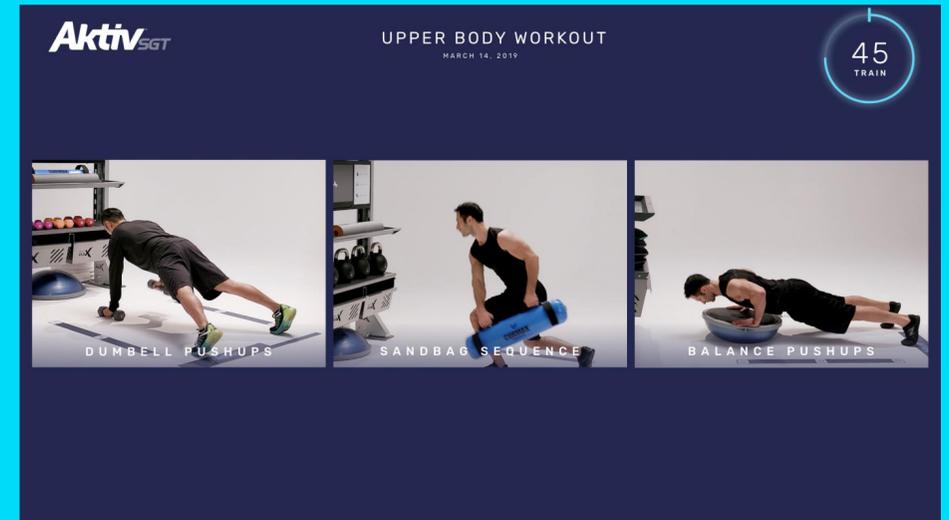
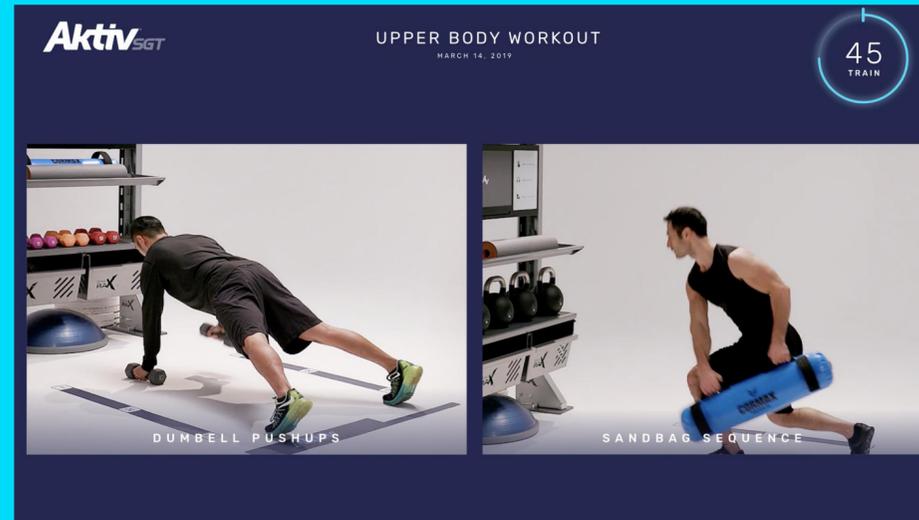
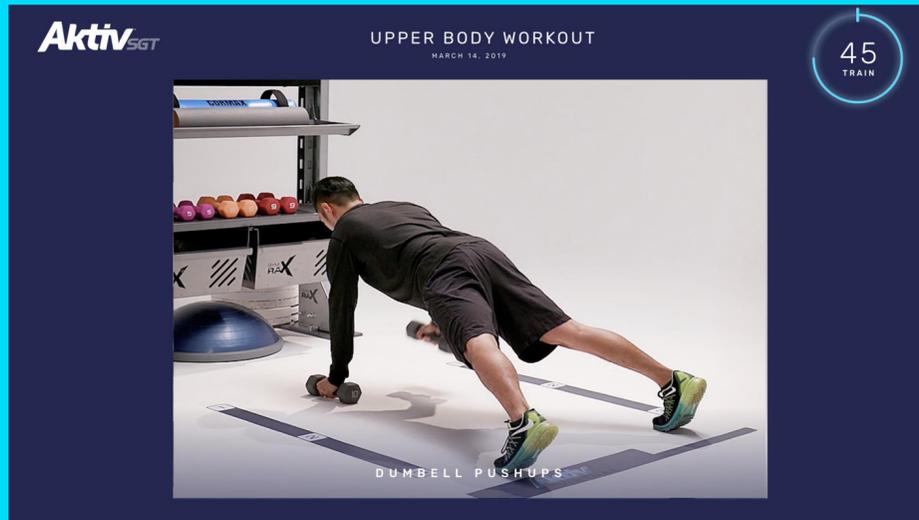
05

VISUAL & AUDIBLE PROMPT

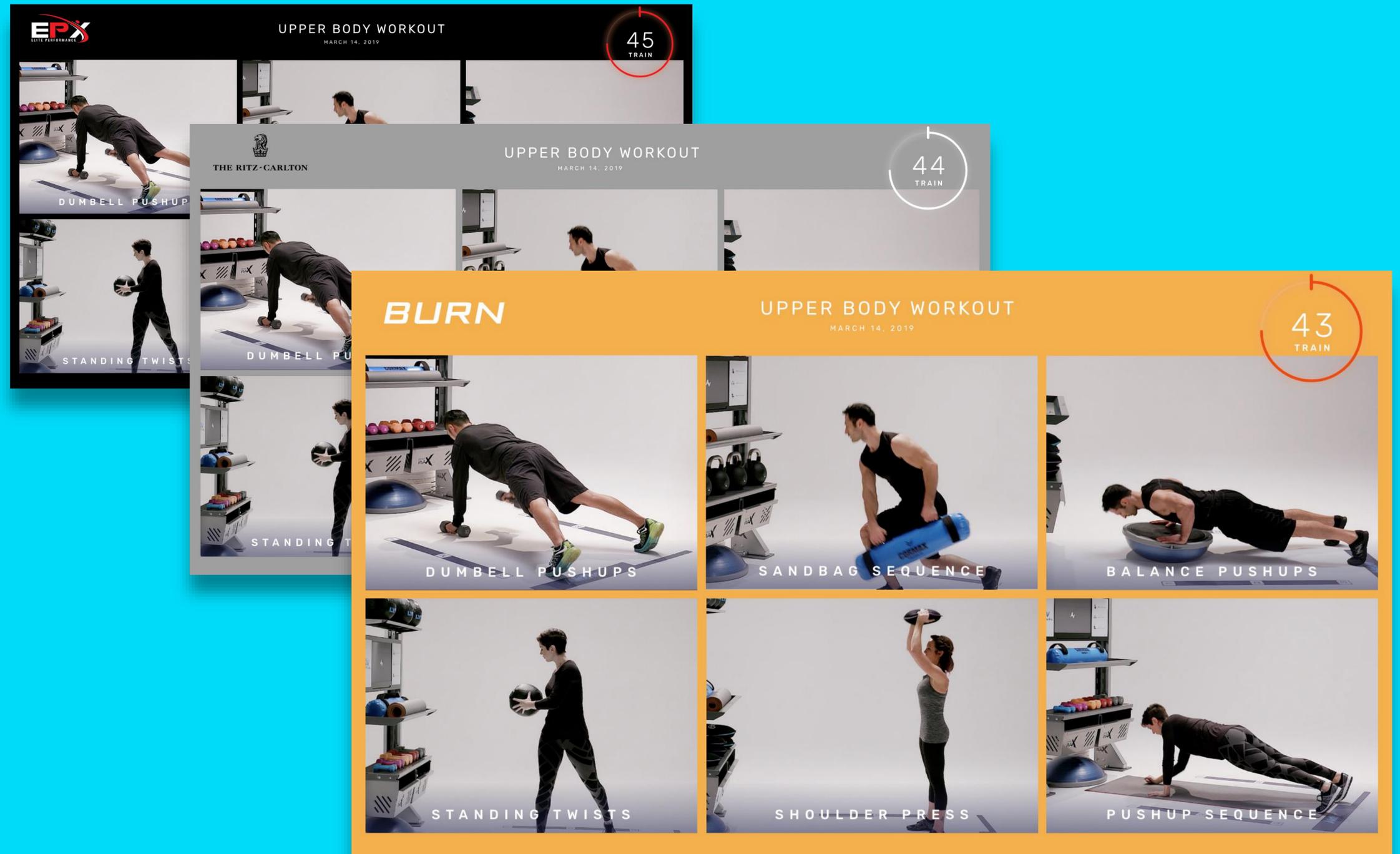
Intuitive visual timer customizable based on exercise duration with audible prompts



# KEY DISPLAY FEATURES & CUSTOMIZATION



# KEY DISPLAY FEATURES & CUSTOMIZATION



# Aktiv WEB PORTAL

MANAGE SCHEDULE  
Add or remove workouts from facilities' calendar.

< HILTON UNION SQUARE >

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6AM-8AM		SUMMER BOD...	SUMMER BOD CIRCUIT 7:15AM - 8PM Push Ups, Crunches, Ab Rolls, Pull-ups, and Dips	
8AM-10AM				
10AM-12PM				
12PM-2PM	MONDAY NIGHT			
2PM-4PM			SUMMER BOD...	
4PM-6PM				



Aktiv TV  
HARDWARE



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## WHO ITS FOR



## EVERYONE

—  
Aktiv's exercise libraries are the building blocks for delivering an unlimited array of workout types and styles.

Facility Operators select between the Aktiv TV pre-built and balanced workouts or build their own. Customized content can also be integrated with ease into the Aktiv TV platform.

ELIMINATE THE  
GAPS IN  
EXECUTION  
VIABILITY

01

COST



02

QUALITY

03

CONSISTENCY

# ANDREW GAVIGAN

DIRECTOR OF EDUCATION

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Andrew is a recognized speaker in the fitness industry, master trainer, and serves as Director of Education for Aktiv Solutions. He is a NASM and NFPT Certified Personal Trainer and has developed comprehensive fitness and exercise programs for health club & workplace wellness facilities.

Andrew's passion centers around user engagement and human behavior. He provides guidance and oversight for all program related content delivered via the Aktiv TV platform.

**Aktiv**



**Ease of Deployment** – works on any HDMI enabled display. Lowest associated cost of hardware vs. kiosk or CPU required deployment models.



Order single display support within facility for as low as **\$79** per month or up to 3 displays for **\$99** per month (Annual prepaid commitment required for advertised price).

**Connected Experience** - Aktiv TV's content library is specifically designed to coordinate with the physical space and training environment.



An attractive and intuitive user-interface. Simple, large exercise visibility, specific content deployment to support the exact area of exercise required.

GLOBAL  
AVAILABILITY  
AND EASE OF  
MULTI-LOCATION  
DEPLOYMENT





Aktiv Solutions

## IN SUMMARY

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The Aktiv platform is a flexible content management and distribution platform designed to deliver fresh and branded workout experiences on demand. Powered with our signature training library, Aktiv TV is further adaptable to include your original content with ease. Whether you have one or one hundred locations to deliver workouts, the Aktiv TV is a highly scalable, customizable, and cost effective solution for guided programming.