MYWELLNESS

Training on next released features

Conduct high value precision personal training sessions with mywellness for professionals 2.0

TECHNOGYM®

Cesena, 17/01/2022

Training on new released features

NEW MWPRO App Update:

- Conduct high value precision personal training sessions with mywellness for professionals 2.0

- Mywellness for professionals 2.1 - **already released on 16th of February on Apple Store and Google Play**
  - Train multiple people at the same time with mywellness for professionals
  - Train customers with free sessions
  - Add completed free sessions to the customer's program
  - Easily jump into the open workout session at any time

Conduct high value precision personal training sessions with mywellness for professionals 2.0
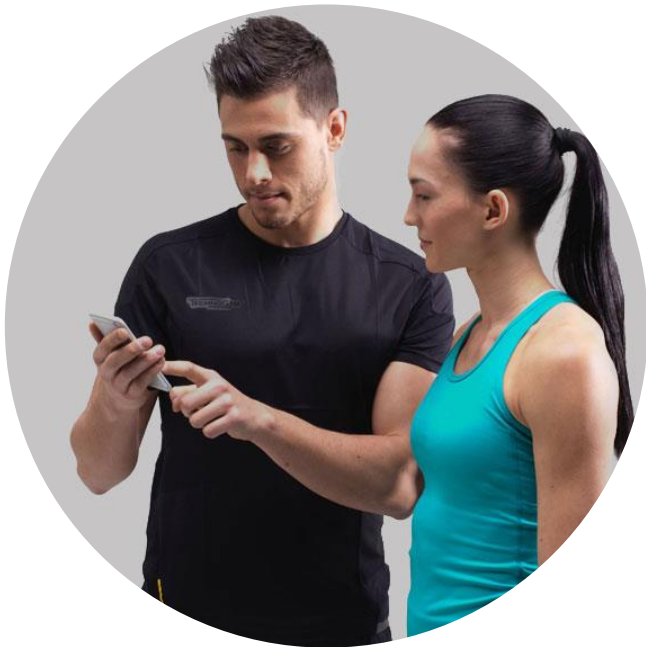
Mywellness for professionals 2.0
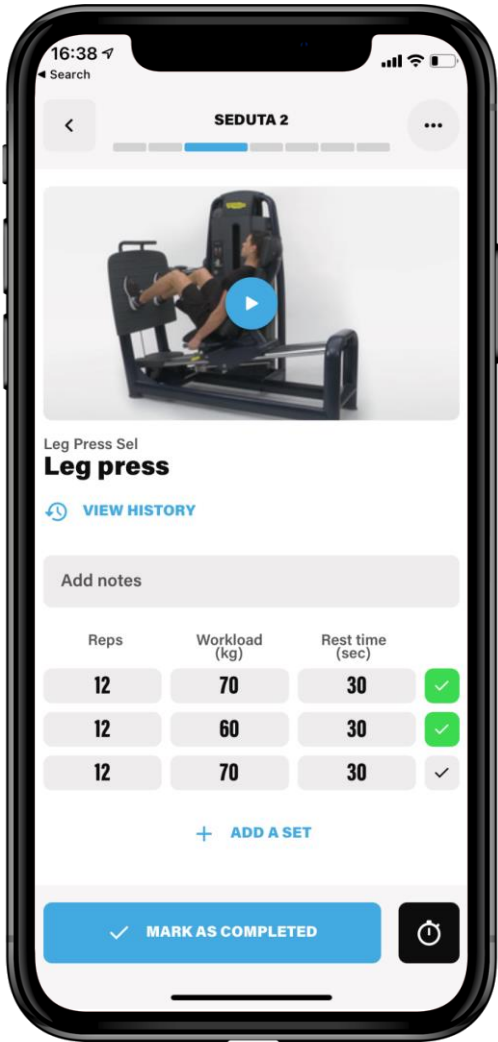
Thanks to the new features for tracking PT sessions, mywellness for professional gives you all the information to **deliver high value personal precision training session and to communicate effectively with the client**.

Available NOW on Apple Store and Google Play.

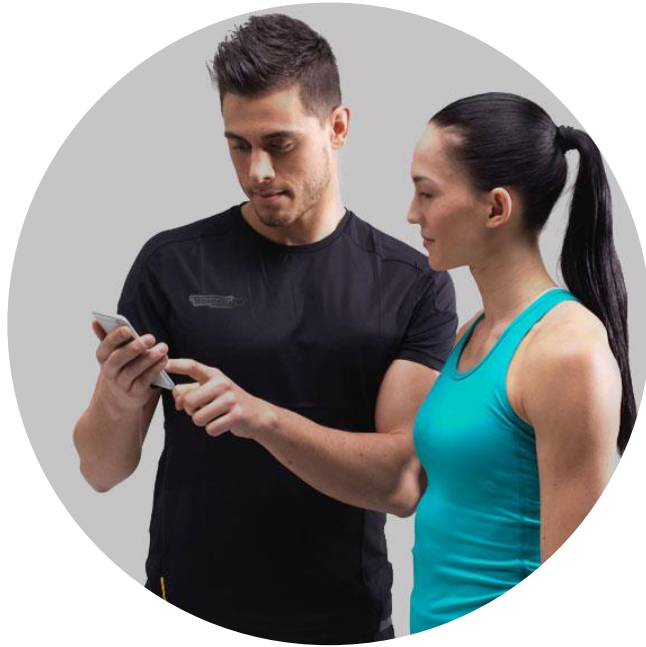Need to download? Scan the QR Code below:

Apple App Store

Google Play Store

Mywellness for professionals guides you through all the steps of the session with the customer

BEFORE THE SESSION

Receive a notification of the incoming session

Welcome the customer explaining today's workout

DURING THE SESSION

During each exercise See past results to confirm or change today's workloads

Precision tracking of any kind of exercise

Precision effort tracking with Rate of Perceived exertion
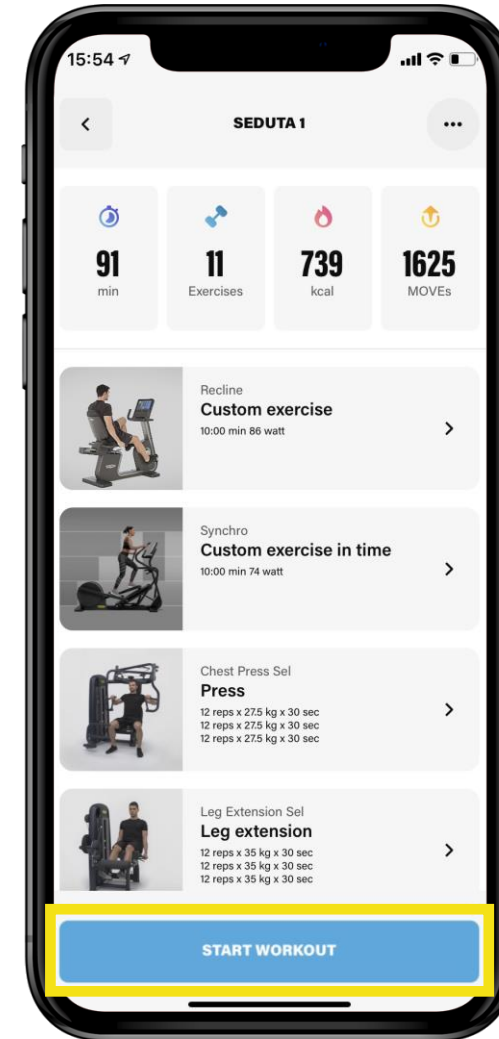
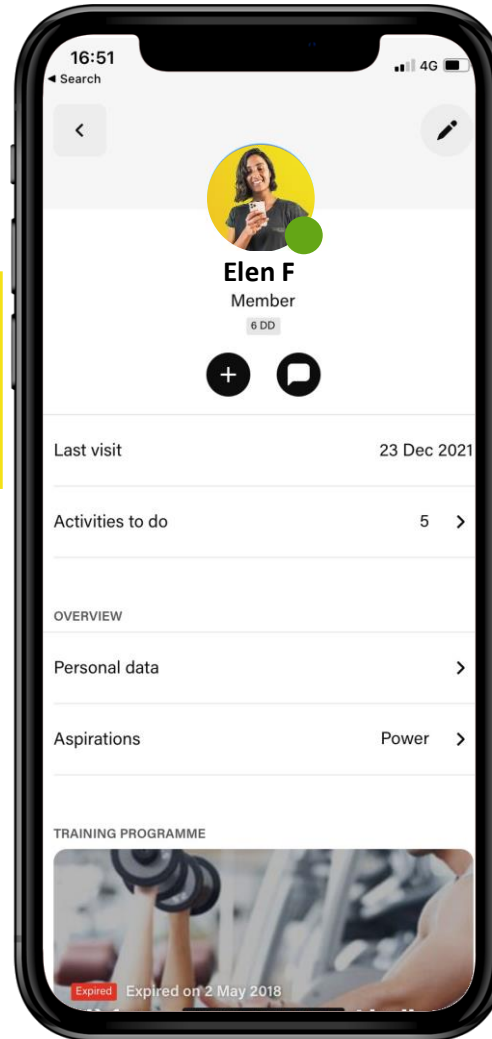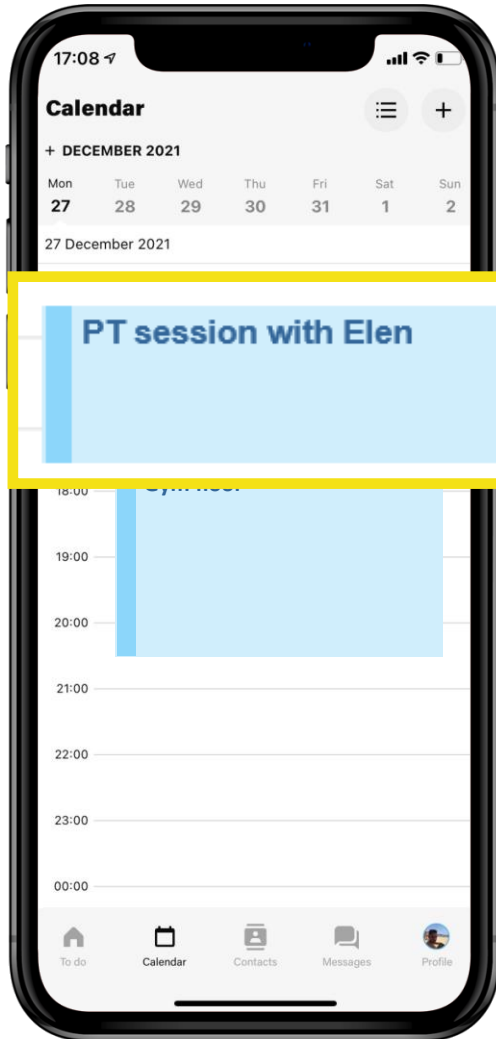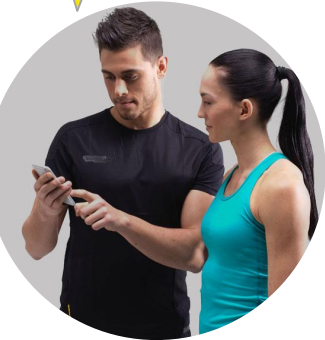Progress workloads for next sessions on the fly

AFTER THE SESSION

Share the results with the customer

Book next appointment

Welcome the customer explaining today's workout

In this 90 minutes sessions we will do 11 exercises; this is an overview of what we will do today... let's start now with 10' warmup on the bike
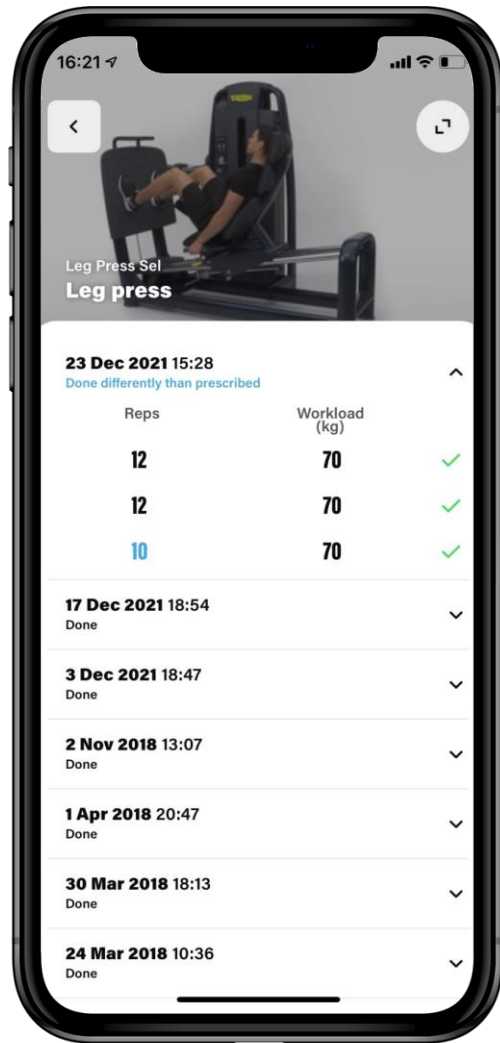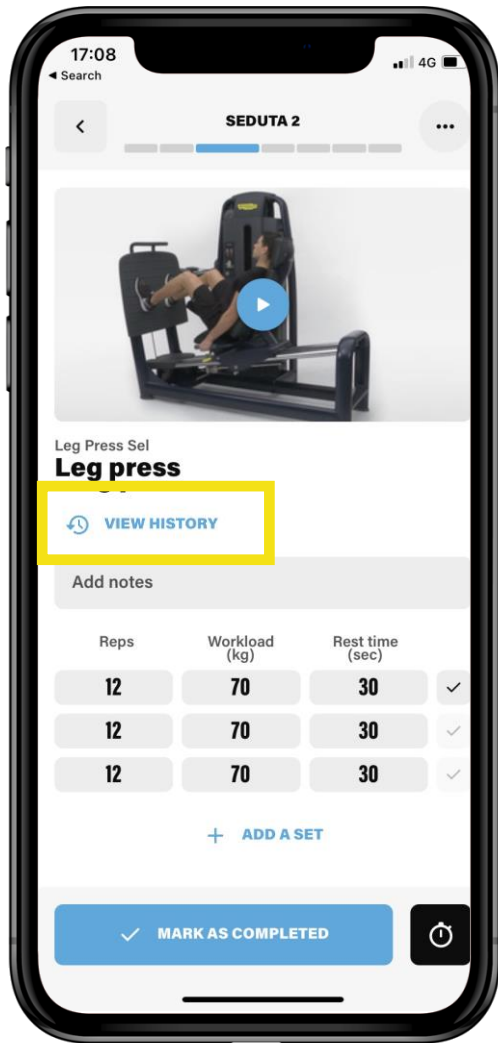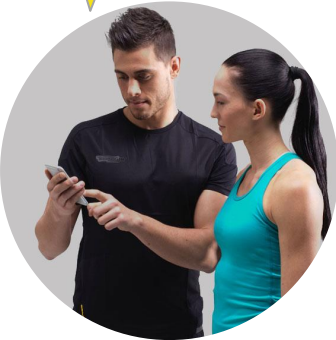

You can **see your appointments directly in the in-app calendar** and access the customer's program directly from the appointment.

Choose today's workout form customer's program and **share with him/her the exercises to do today.**

See past results to confirm or change today's workloads

For each exercise, you can **see at the glance the past results** so you can decide on the fly if today's workloads needs to be adjusted. You may want to decrease todays' workload if the customer did less repetitions in last two sessions?

I see that last three times you did less repetitions, let's push do all 12 repetitions this time!
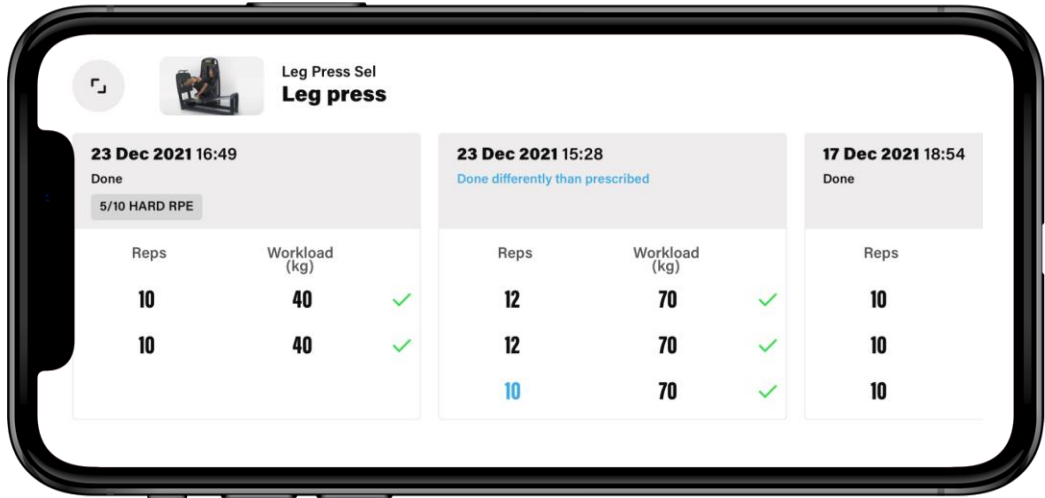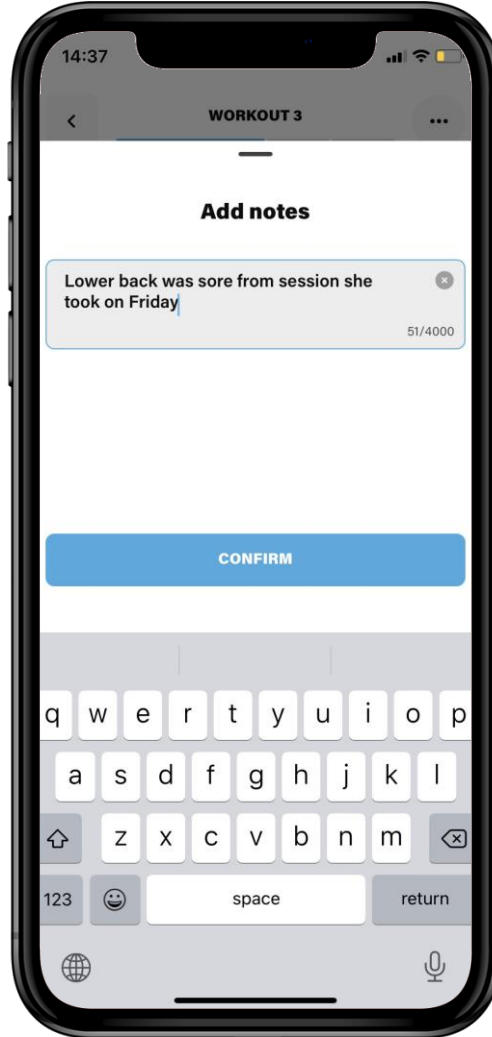
Precision tracking of any kind of exercise
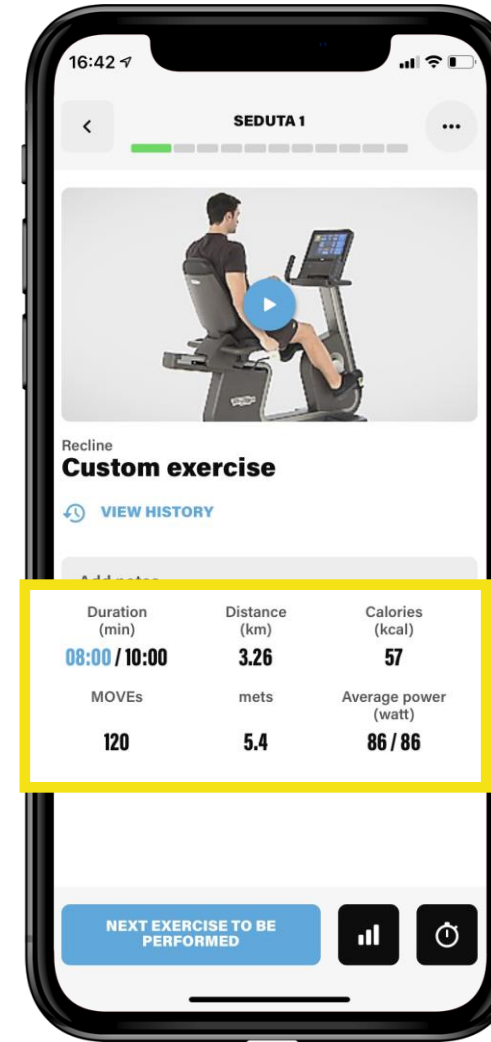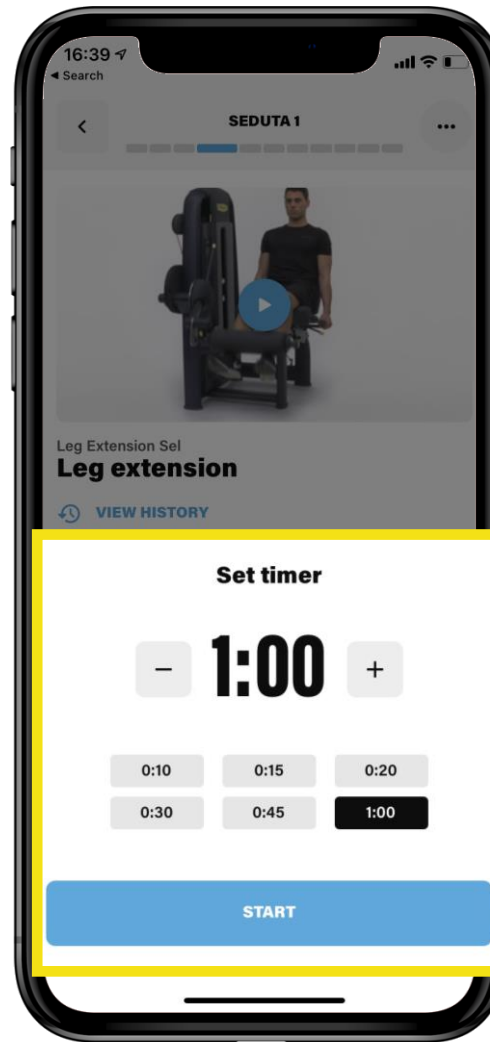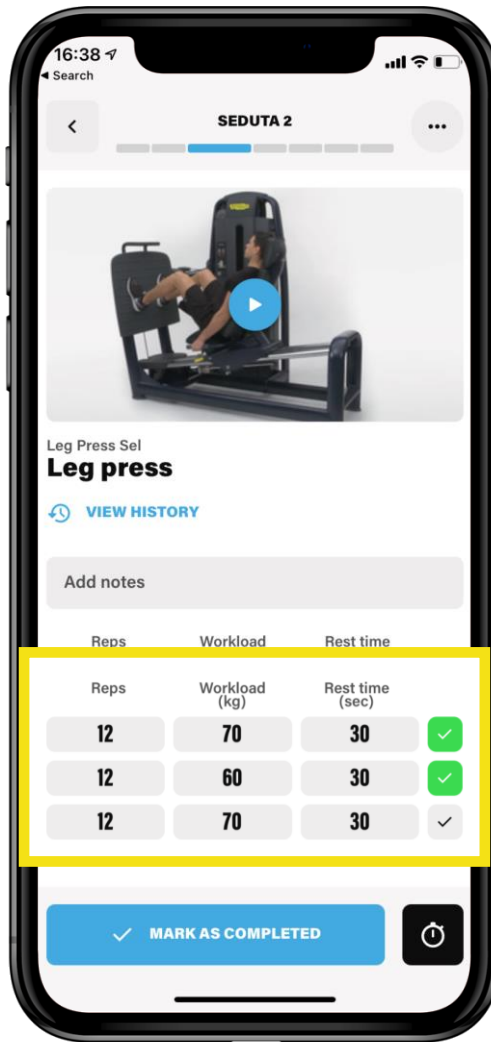
- For each exercise you can **manually track the actual number of sets, repetitions and workloads** actually done

- **Keep track of relevant notes** about the exercise execution

- You can use the **in-app timer** to count exercises in duration and rest time.

- Exercises done on connected equipment are **automatically tracked**, you don't have to track them.

Trainer notes

For each exercise you have an in-app space that's completely yours where you can jot down important details and information related to a client performance.

Please note – These are notes for the trainer to review – these notes do not go to the client.
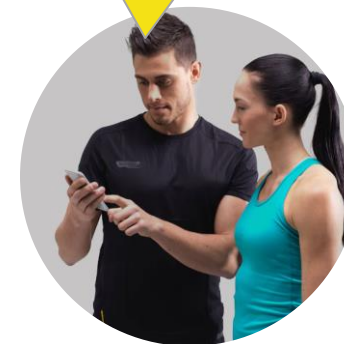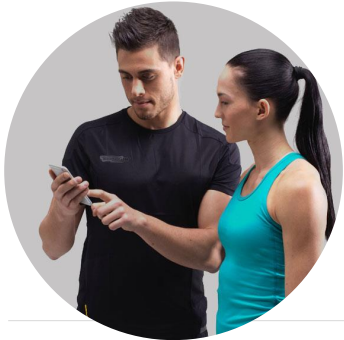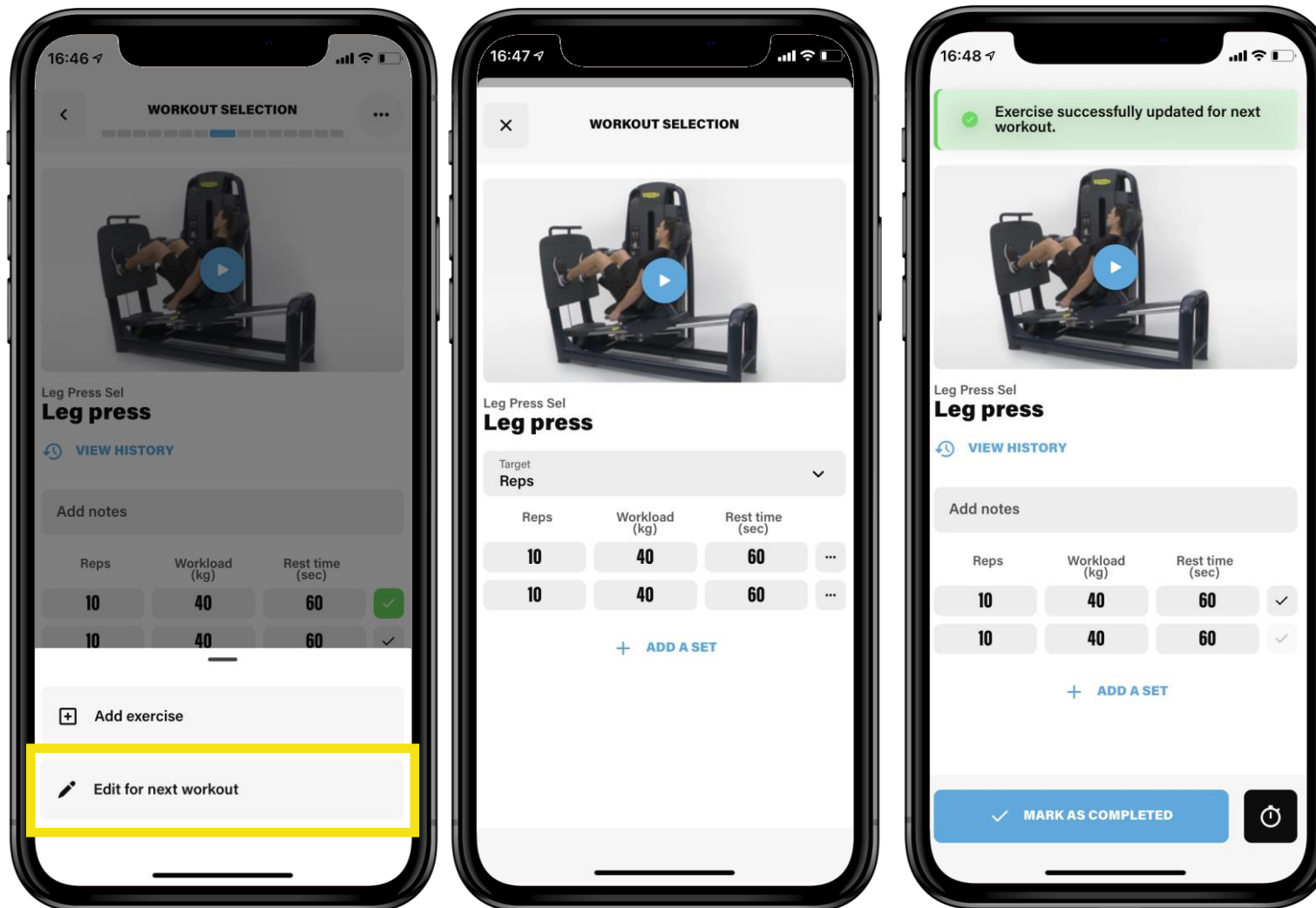
After each exercise you can **ask and track the Rate of Perceived exertion** to have an useful information about **customer's conditioning** and decide if the workloads must be changed for next workouts.

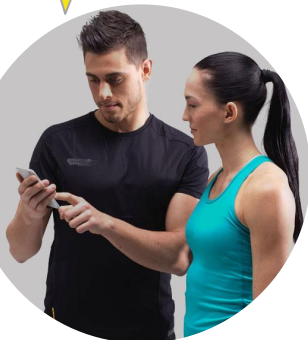On a scale from 1 to 10 how hard has it been?

Progress workloads for next sessions on the fly

Congratulations, you are doing great and you are ready to do more, next time you can lift 70 Kg
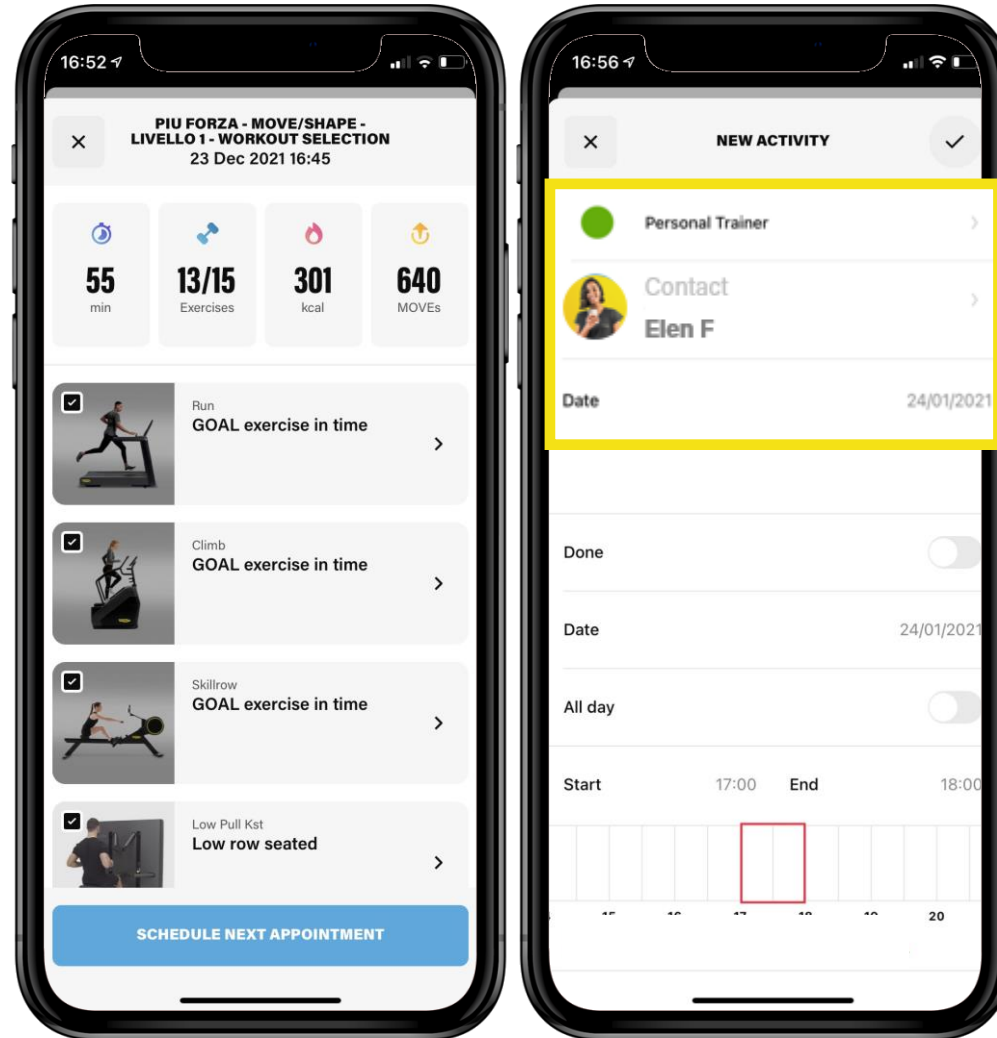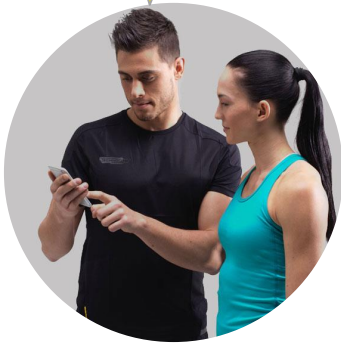
Before moving to the next exercise, you can **change on the fly the program's workloads**, so you can progress the workloads if you think the customer is ready for the next level.

Share the results with the customers and book next appointment

Congratulations! You have done all the exercises! Why don't we book next appointment now?
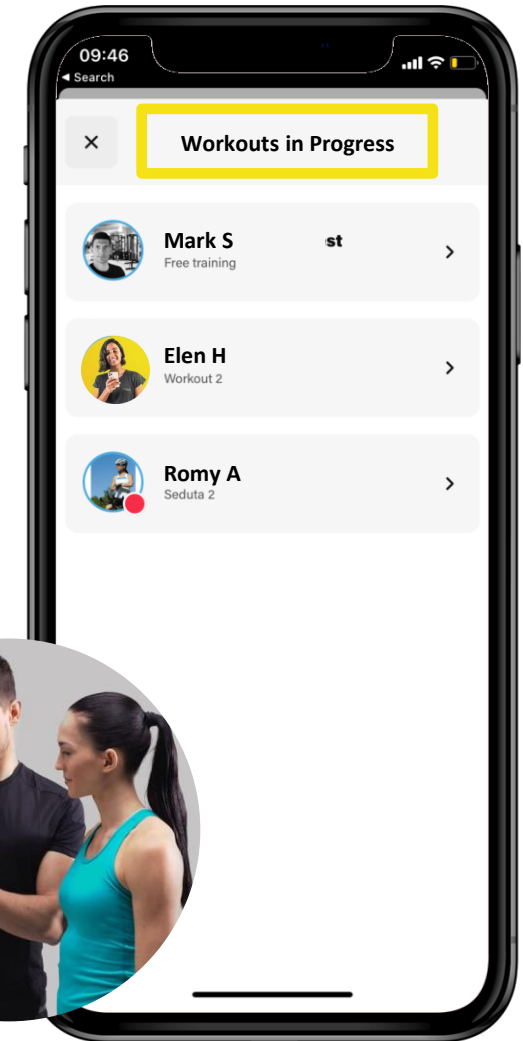
At the end of the workout **you can share** your customers the overall results (calories, MOVES and number of exercises performed) **and book the appointment for next session**.
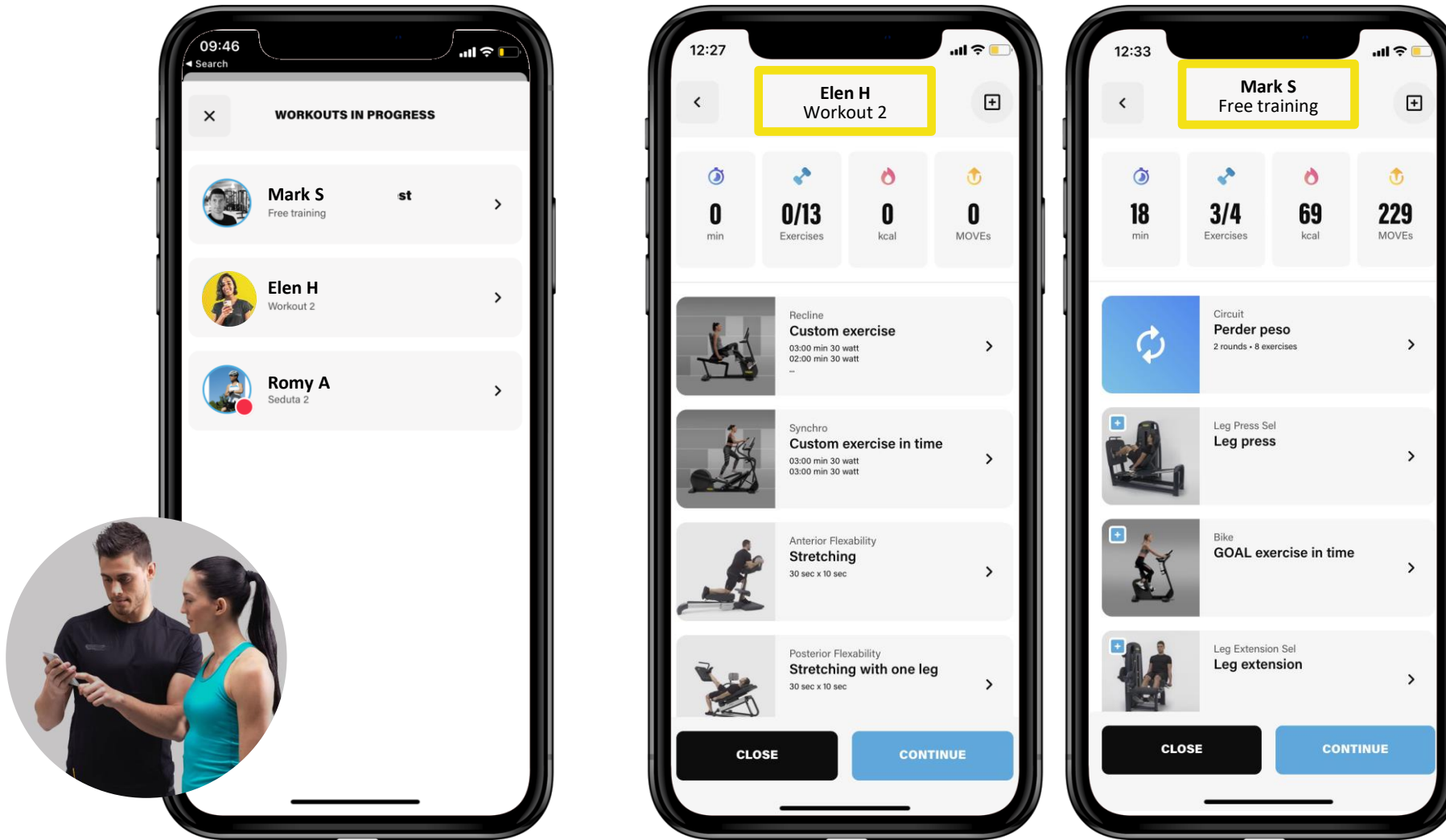
Train multiple people at the same time with mywellness for professionals

Mywellness for professionals **2.1**

Workouts in Progress

Mark S	st	
Free training		>

Elen H	
Workout 2	>

| Romy A	
Seduta 2	>

# Train multiple people at the same time with mywellness for professionals

- You can now **train multiple customers at the same time** with mywellness for professionals

- Just **start the workout session** for each customer

- Each customer will train iwth his/her own workout

- **Quickly switch** among customers' sessions

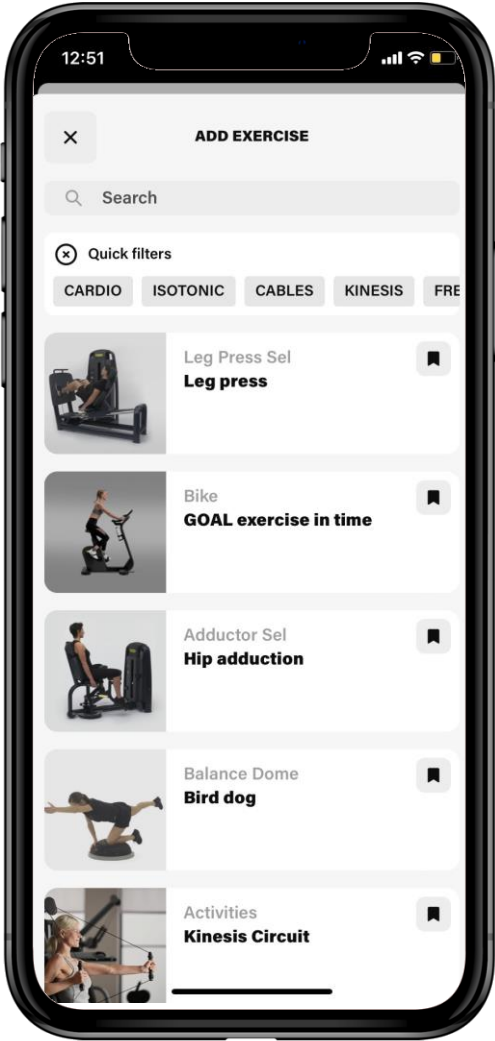- **No limit** on the number of customers to train

Train customers with free sessions - Add completed free sessions to the program
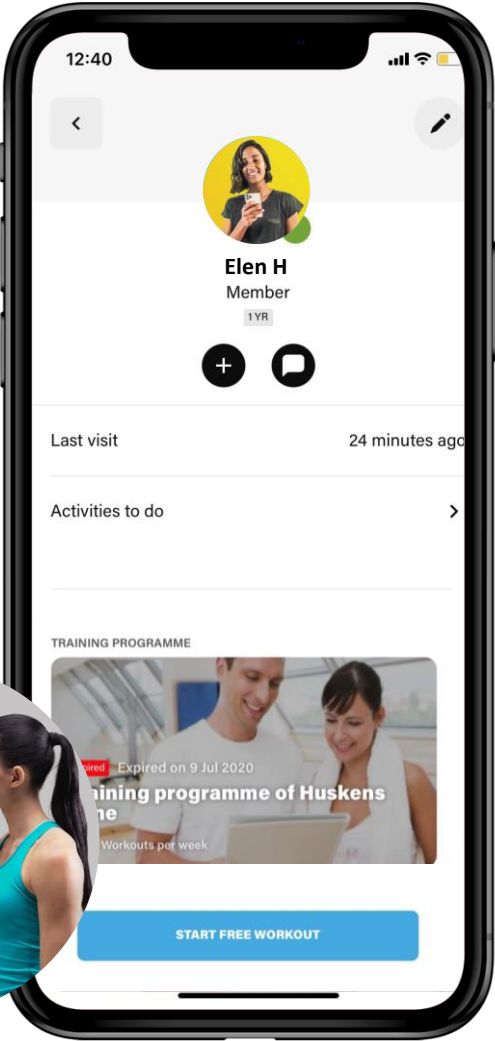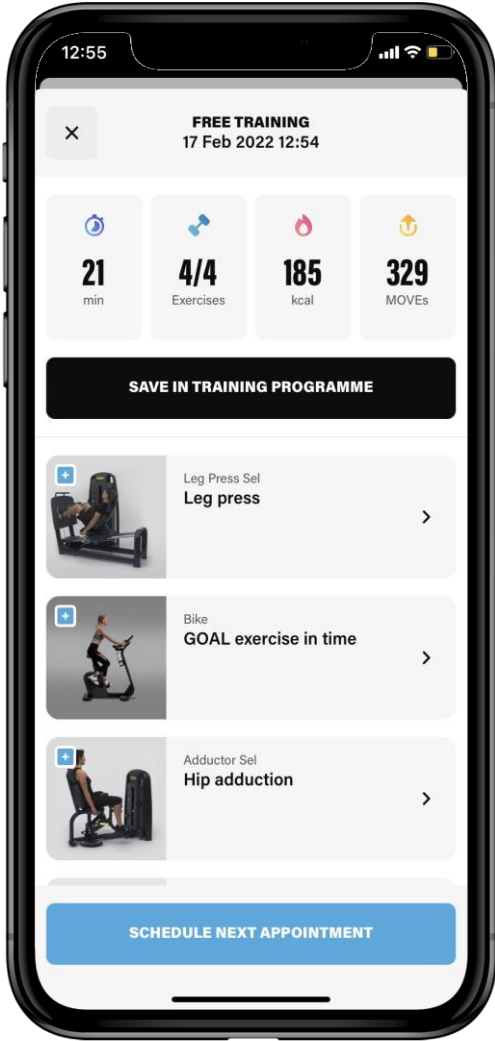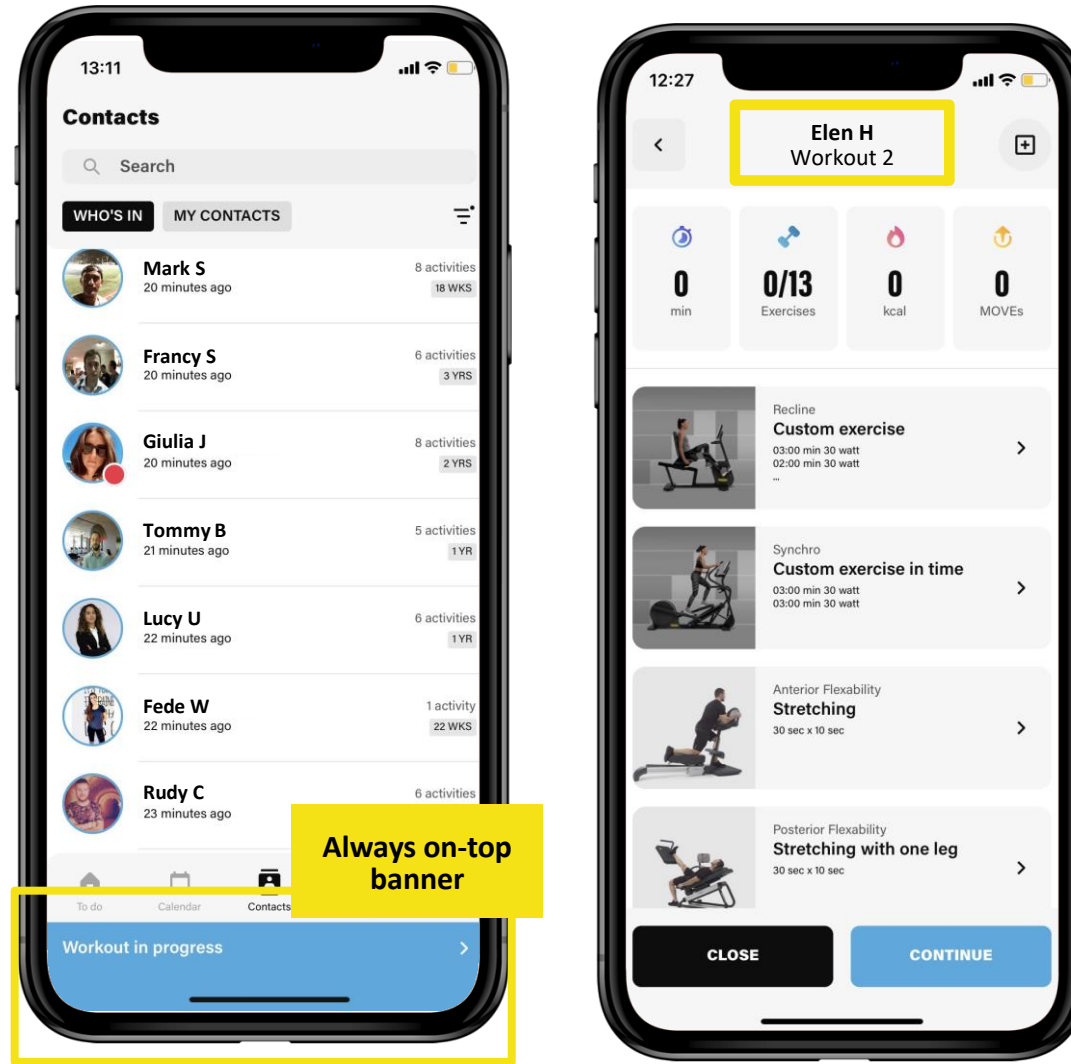

Opt to start a free session
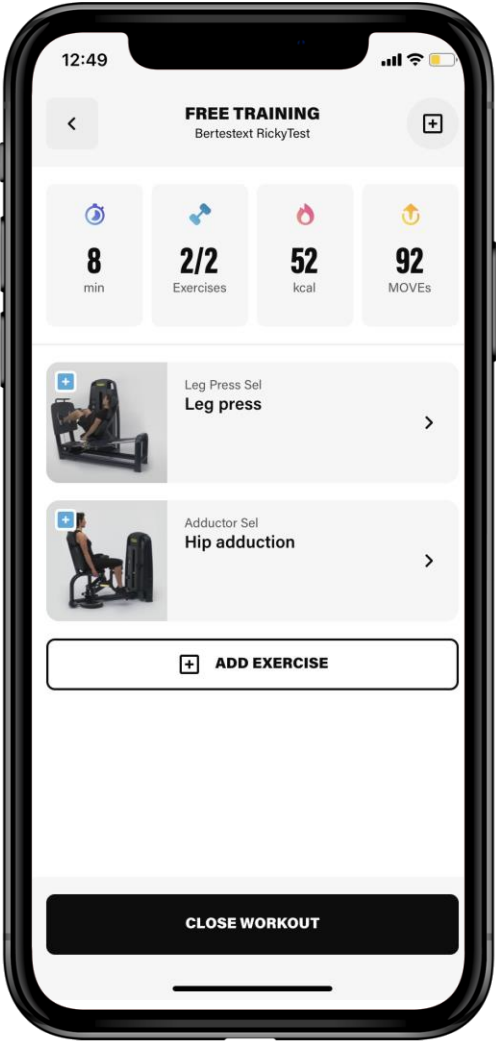
Add exercises on the fly

Quickly find exercises with quick filters

At the end, choose whether to add the session to the programme

Easily jump into the open workout session at any time

Always on-top banner

Thanks to the always-on-top banner you can navigate thorugh all the app pages (calendar, who's in, …) and jump on the fly on the currently open workout session to assist the customer.