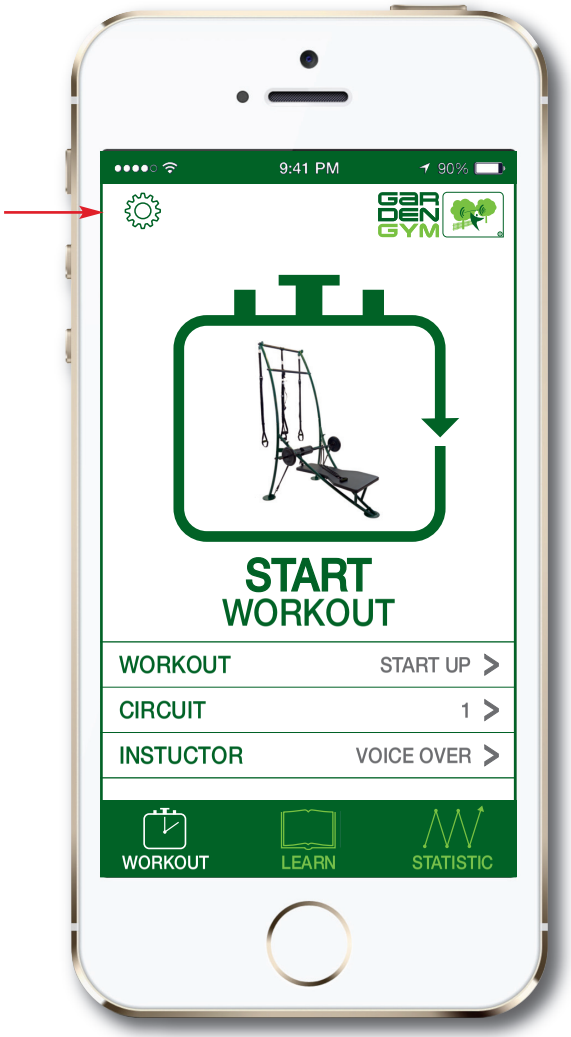
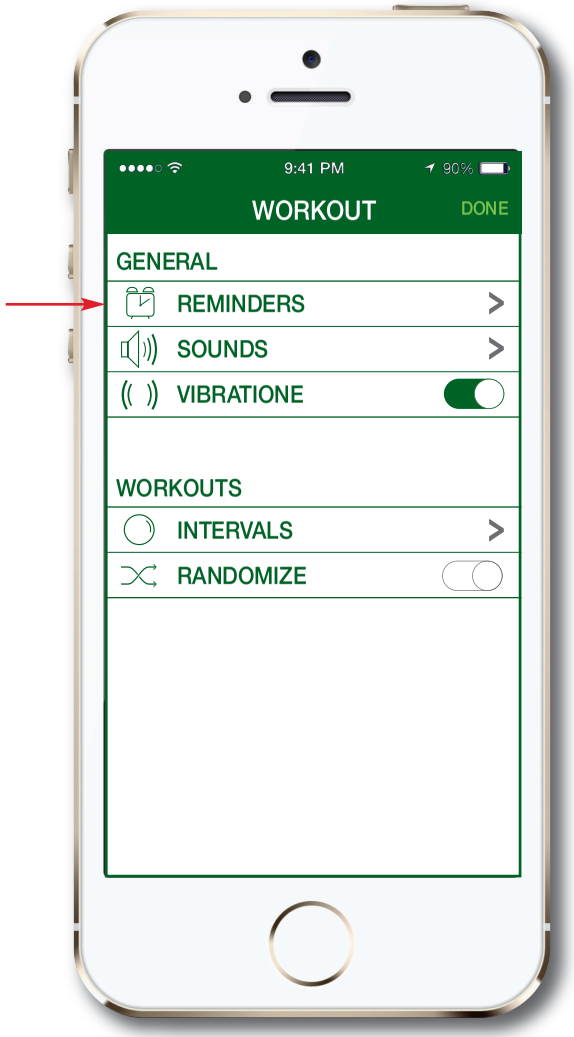
GARDENGYM

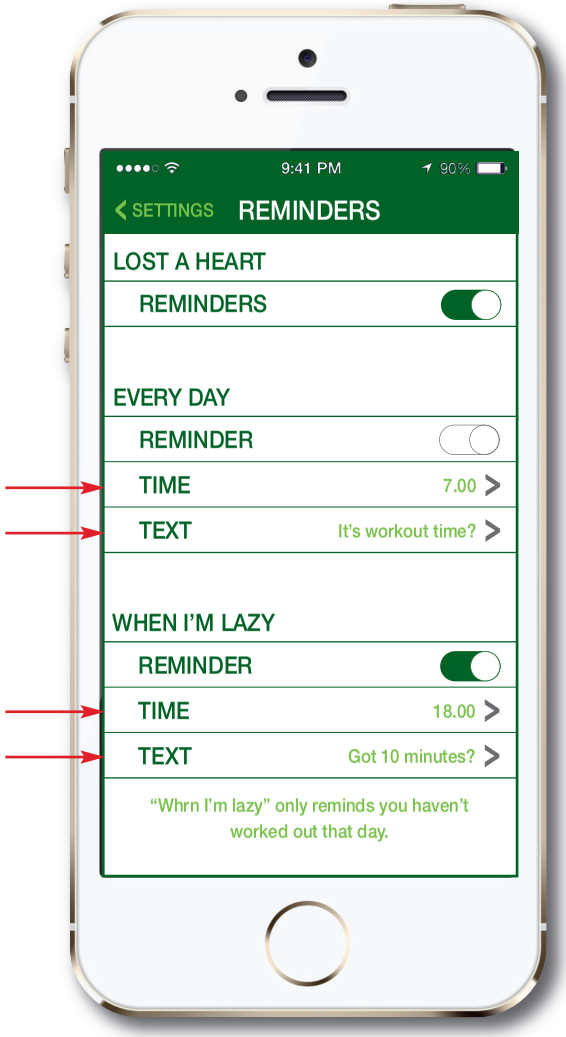
Workout

Pantone 368

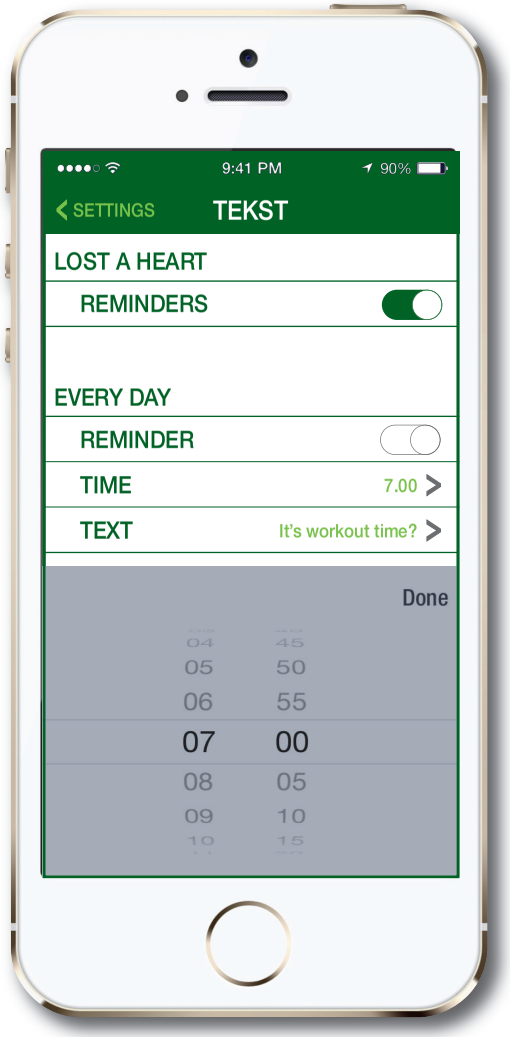
Pantone 7483


9:41 PM
90%
GARDEN GYM
START
WORKOUT
WORKOUT
START UP
CIRCUIT
1
INSTUCTOR
VOICE OVER
WORKOUT
LEARN
STATISTIC

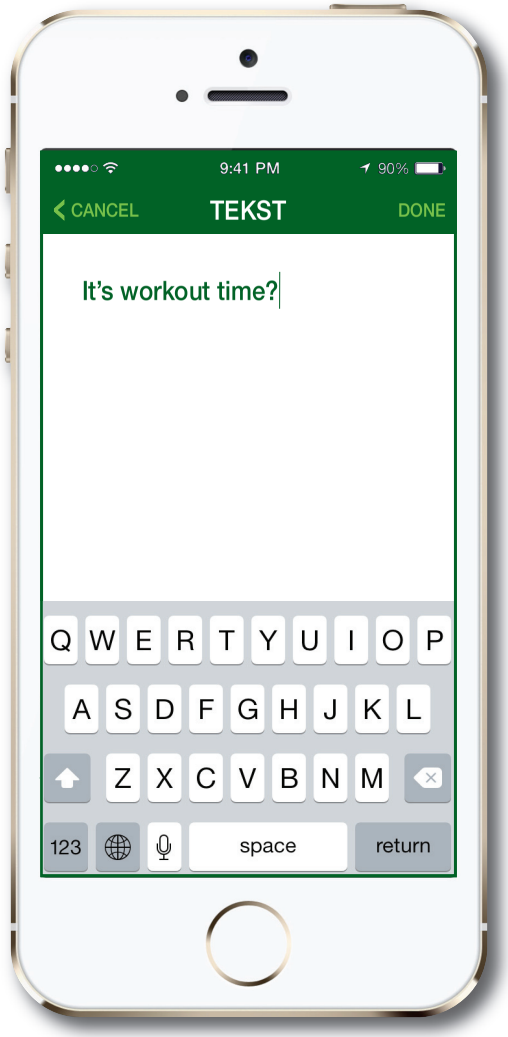

9:41 PM
90%
WORKOUT
DONE
GENERAL
REMINDERS
SOUNDS
VIBRATIONE
WORKOUTS
INTERVALS
RANDOMIZE

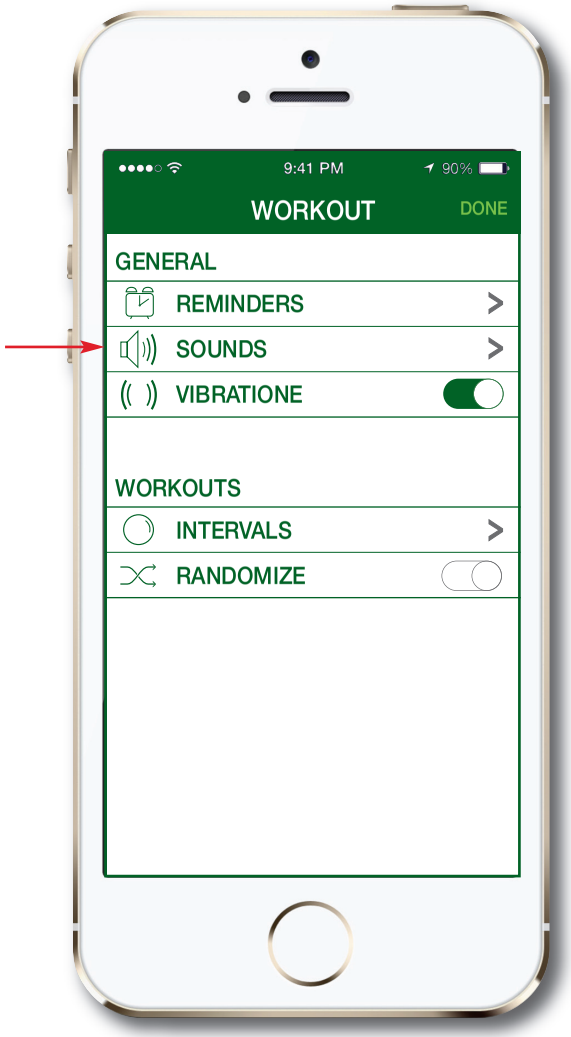

9:41 PM
90%
SETTINGS
REMINDERS
LOST A HEART
REMINDERS
EVERY DAY
REMINDER
TIME
7.00
TEXT
It's workout time?
WHEN I'M LAZY
REMINDER
TIME
18.00
TEXT
Got 10 minutes?
"Whrn I'm lazy" only reminds you haven't worked out that day.

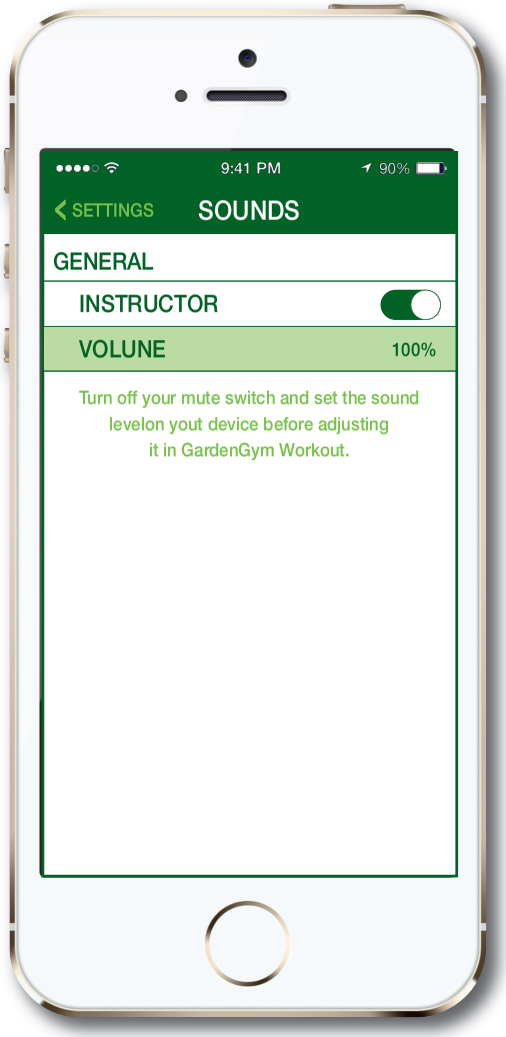
TIME

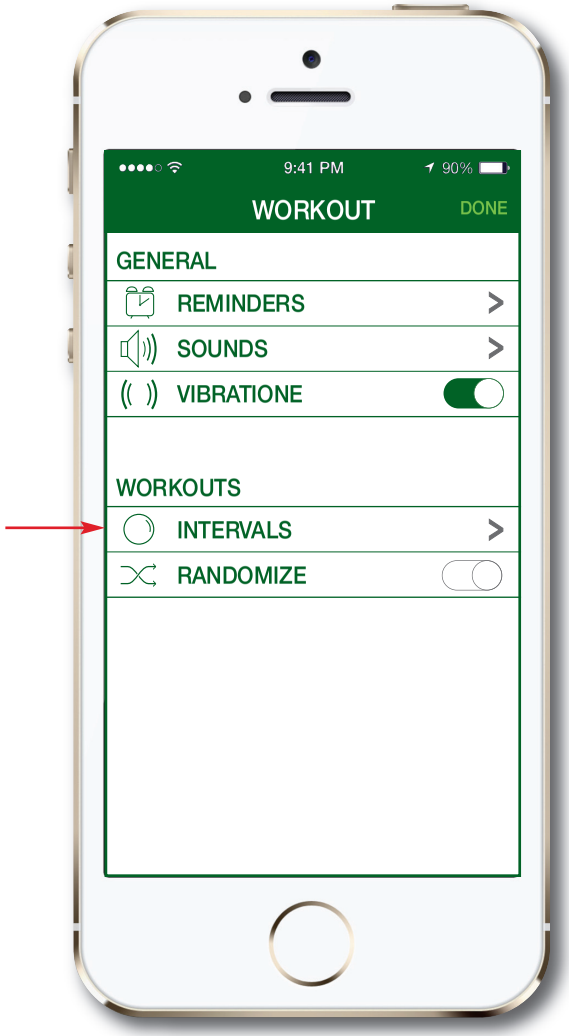

9:41 PM
90%
SETTINGS
TEKST
LOST A HEART
REMINDERS
EVERY DAY
REMINDER
TIME
7.00
TEXT
It's workout time?
Done
04 45
05 50
06 55
07 00
08 05
09 10

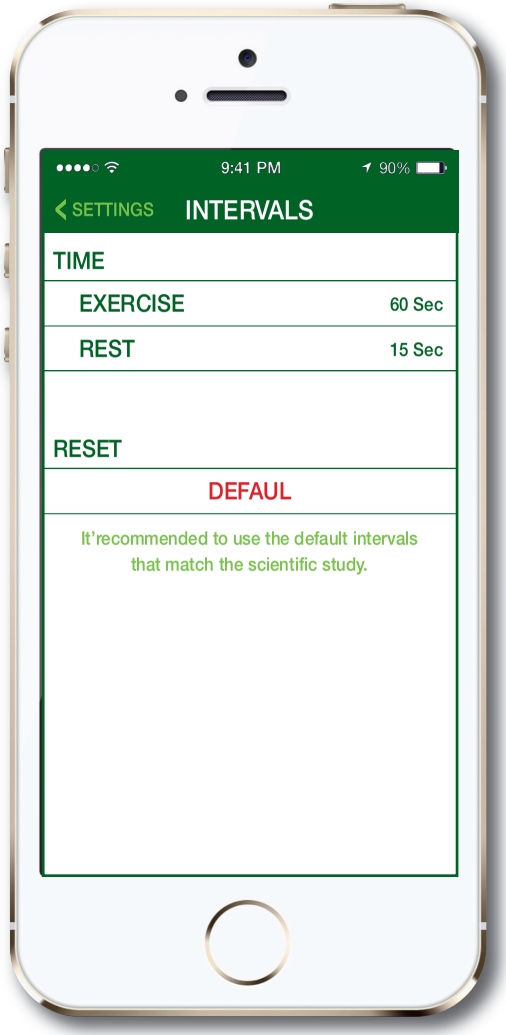
TEKST

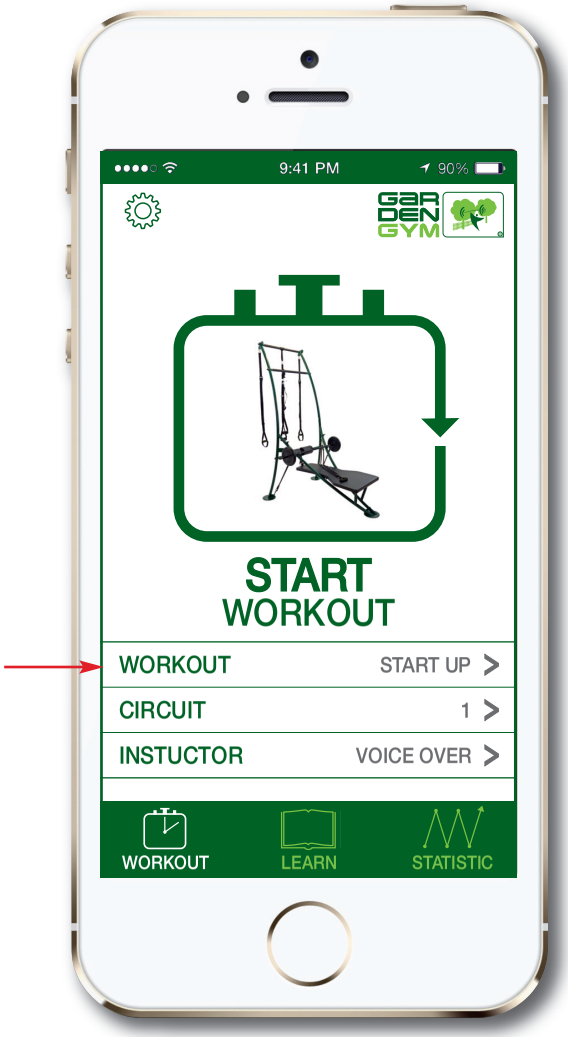

9:41 PM
90%
CANCEL
TEKST
DONE
It's workout time?
Q W E R T Y U I O P
A S D F G H J K L
Z X C V B N M
123
space
return

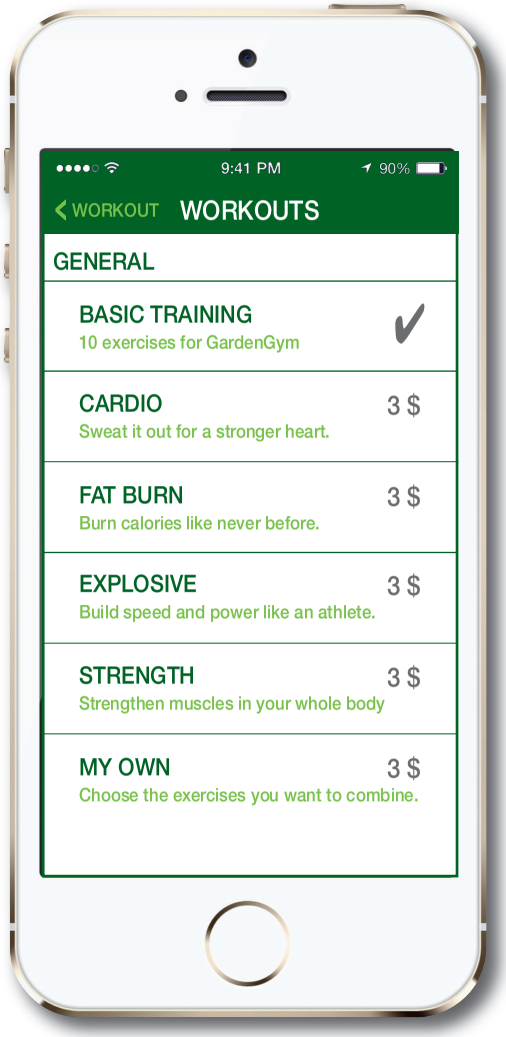

9:41 PM
90%
WORKOUT
DONE
GENERAL
REMINDERS
SOUNDS
VIBRATIONE
WORKOUTS
INTERVALS
RANDOMIZE

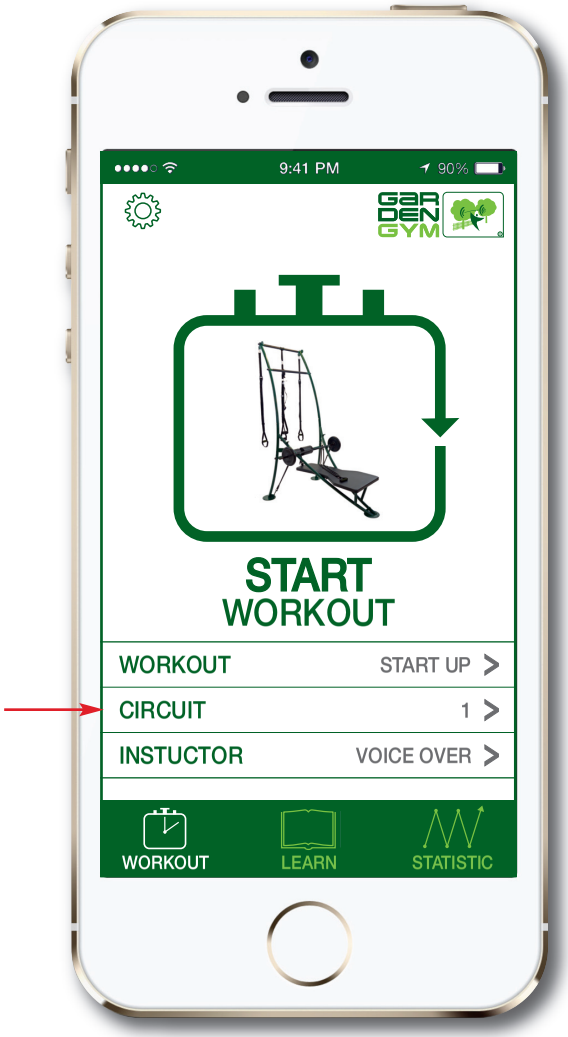

9:41 PM
90%
SETTINGS
SOUNDS
GENERAL
INSTRUCTOR
VOLUNE
100%
Turn off your mute switch and set the sound
levelon yout device before adjusting
it in GardenGym Workout.

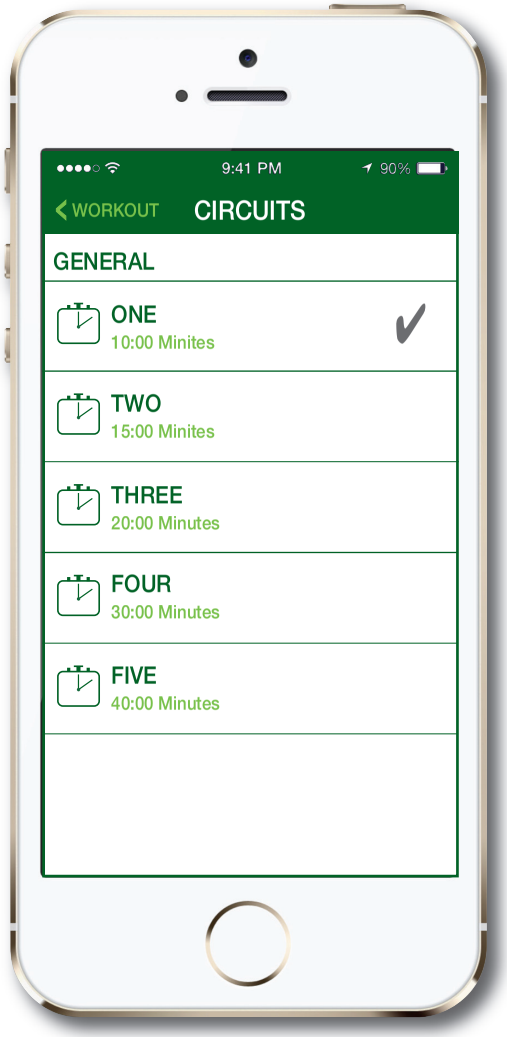

9:41 PM
90%
WORKOUT
DONE
GENERAL
REMINDERS
SOUNDS
VIBRATIONE
WORKOUTS
INTERVALS
RANDOMIZE

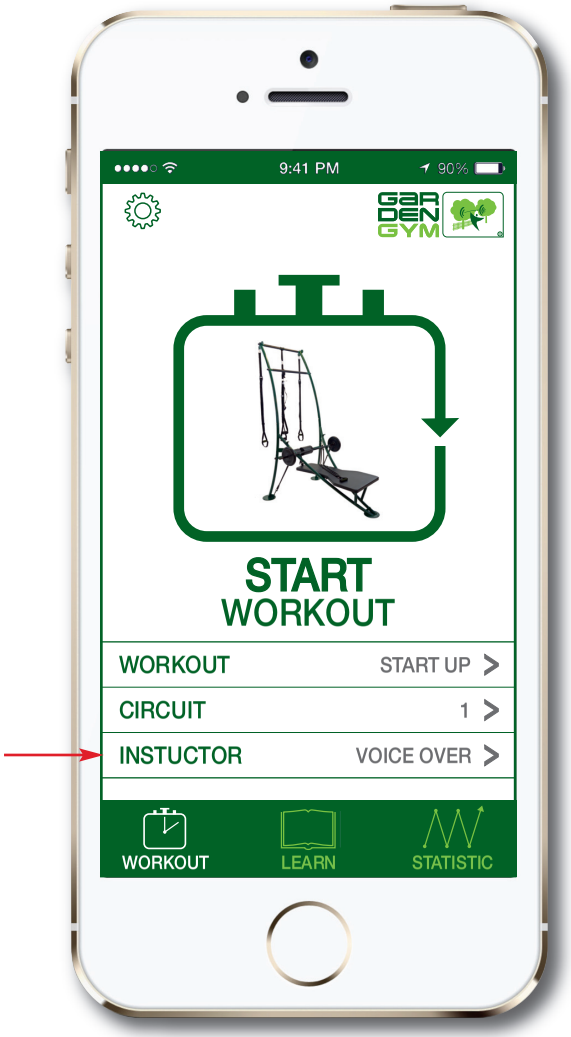

9:41 PM
90%
SETTINGS
INTERVALS
TIME
EXERCISE
60 Sec
REST
15 Sec
RESET
DEFAUL
It'recommended to use the default intervals
that match the scientific study.

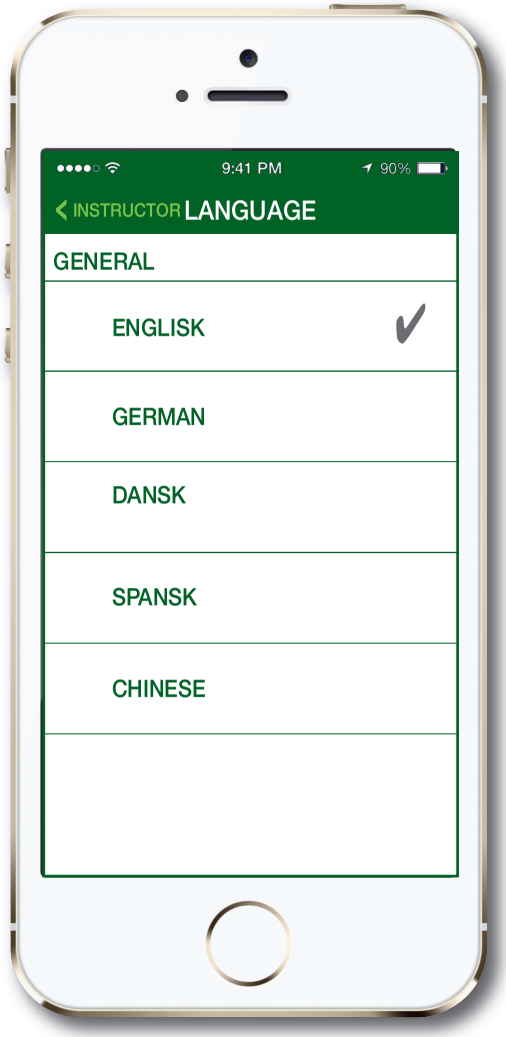

9:41 PM
90%
GARDEN GYM
START
WORKOUT
WORKOUT
START UP
CIRCUIT
1
INSTUCTOR
VOICE OVER
WORKOUT
LEARN
STATISTIC

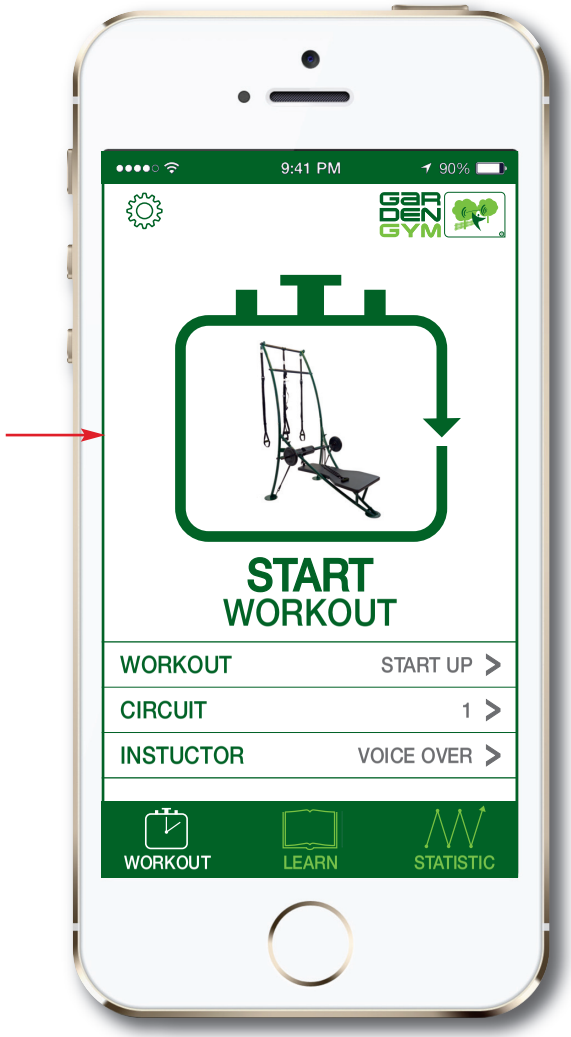

9:41 PM
90%
WORKOUT
WORKOUTS
GENERAL
BASIC TRAINING
10 exercises for GardenGym
CARDIO
3 $
Sweat it out for a stronger heart.
FAT BURN
3 $
Burn calories like never before.
EXPLOSIVE
3 $
Build speed and power like an athlete.
STRENGTH
3 $
Strengthen muscles in your whole body
MY OWN
3 $
Choose the exercises you want to combine.

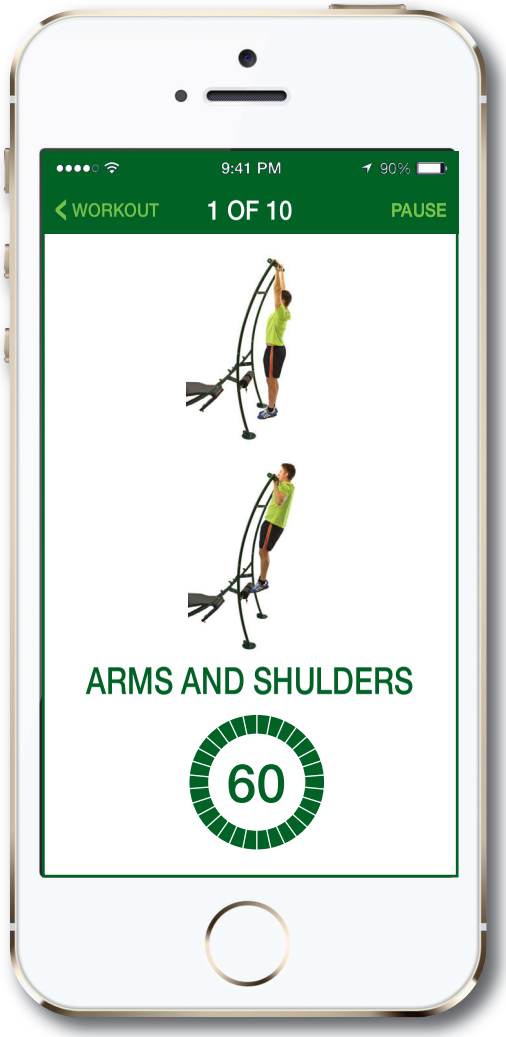

9:41 PM
90%
GARDEN GYM
START
WORKOUT
WORKOUT
START UP
CIRCUIT
1
INSTUCTOR
VOICE OVER
WORKOUT
LEARN
STATISTIC


9:41 PM
90%
WORKOUT
CIRCUITS
GENERAL
ONE
10:00 Minites
TWO
15:00 Minites
THREE
20:00 Minutes
FOUR
30:00 Minutes
FIVE
40:00 Minutes

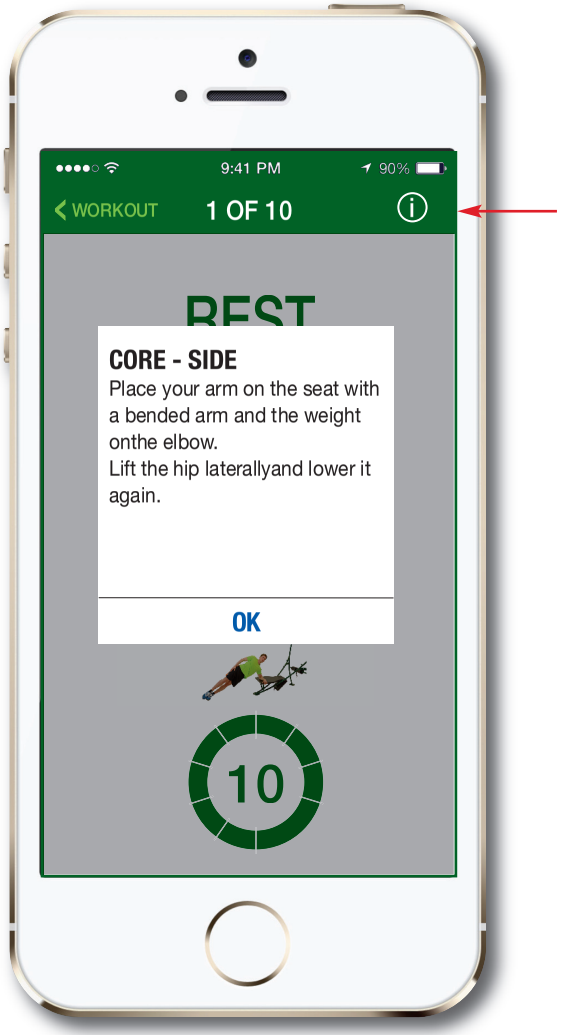

9:41 PM
90%
GARDEN GYM
START
WORKOUT
WORKOUT
START UP
CIRCUIT
1
INSTUCTOR
VOICE OVER
WORKOUT
LEARN
STATISTIC


9:41 PM
90%
INSTRUCTOR
LANGUAGE
GENERAL
ENGLISK
GERMAN
DANSK
SPANSK
CHINESE

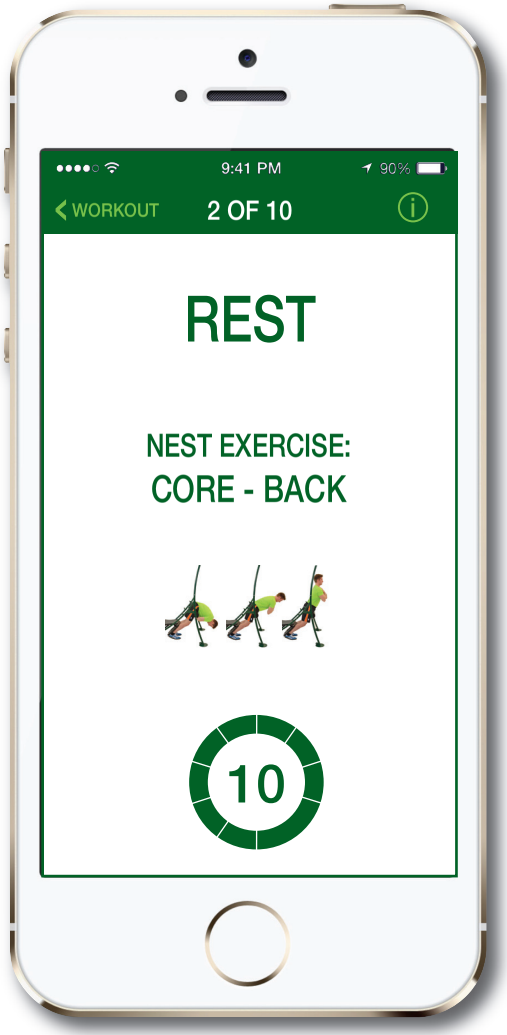

9:41 PM
90%
GARDEN GYM
START
WORKOUT
WORKOUT
START UP
CIRCUIT
1
INSTUCTOR
VOICE OVER
WORKOUT
LEARN
STATISTIC

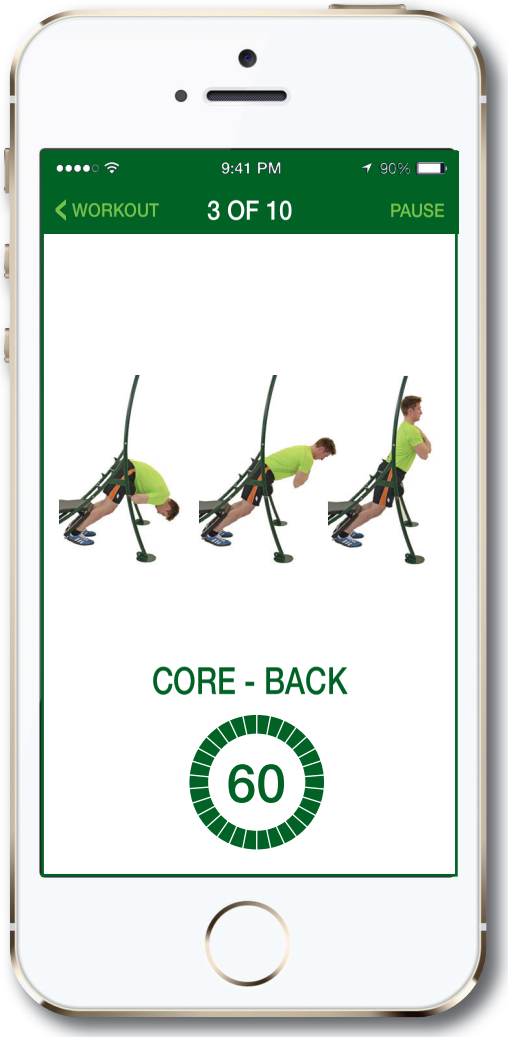

9:41 PM
90%
WORKOUT
1 OF 10
PAUSE
ARMS AND SHULDERS
60

9:41 PM
90%
WORKOUT
1 OF 10
REST
NEST EXERCISE:
CORE - SIDE
10

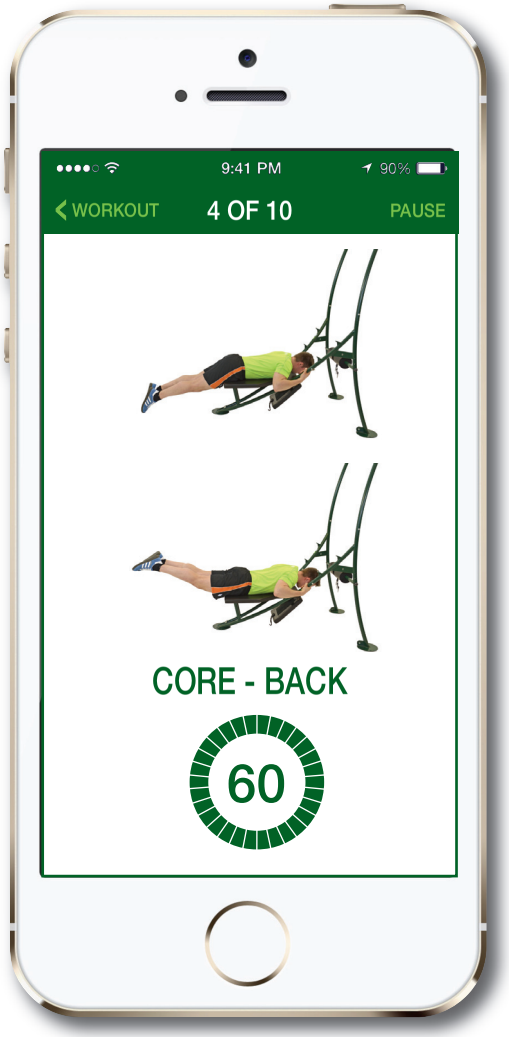

9:41 PM
90%
WORKOUT
1 OF 10
REST
CORE - SIDE
Place your arm on the seat with a bended arm and the weight onthe elbow.
Lift the hip laterallyand lower it again.
OK
10

9:41 PM
90%
WORKOUT
2 OF 10
PAUSE
CORE - SIDE
60


9:41 PM
90%
WORKOUT
2 OF 10
REST
NEST EXERCISE:
CORE - BACK
10


9:41 PM
90%
WORKOUT
3 OF 10
PAUSE
CORE - BACK
60

9:41 PM
90%
WORKOUT
3 OF 10
REST
NEST EXERCISE:
CORE - SIDE
10

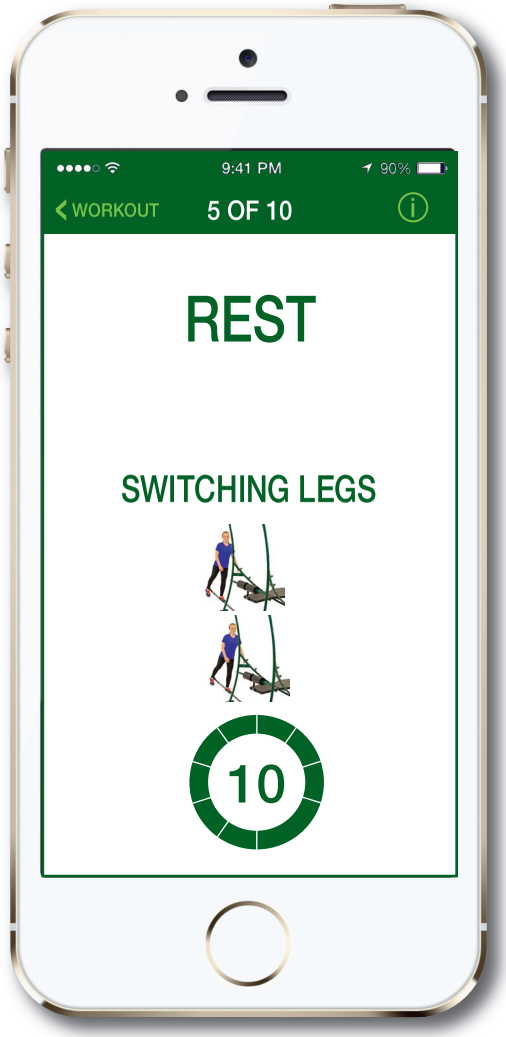

9:41 PM
90%
WORKOUT
4 OF 10
PAUSE
CORE - BACK
60

9:41 PM
90%
WORKOUT
4 OF 10
REST
NEST EXERCISE:
CORE - SIDE
10

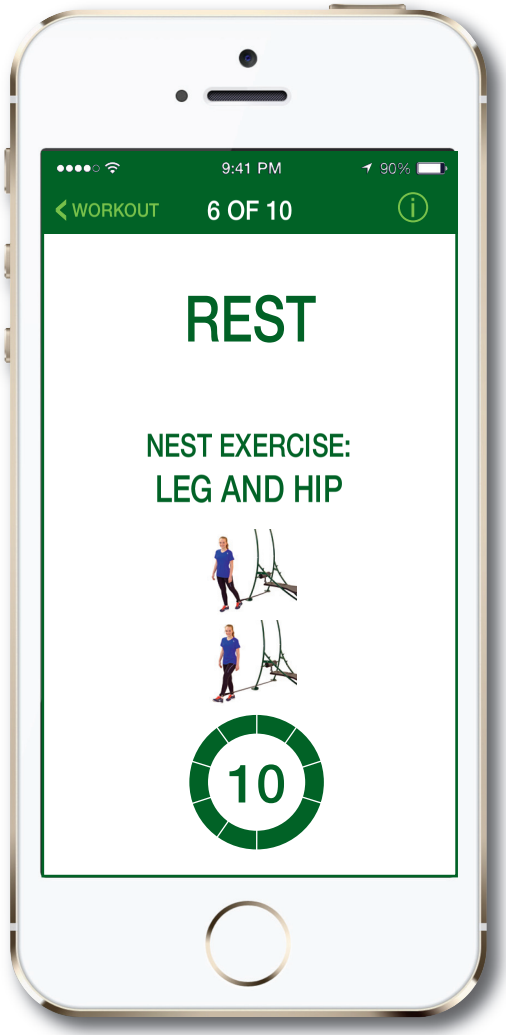
9:41 PM
90%
WORKOUT
5 OF 10
PAUSE
CORE - FRONT
60

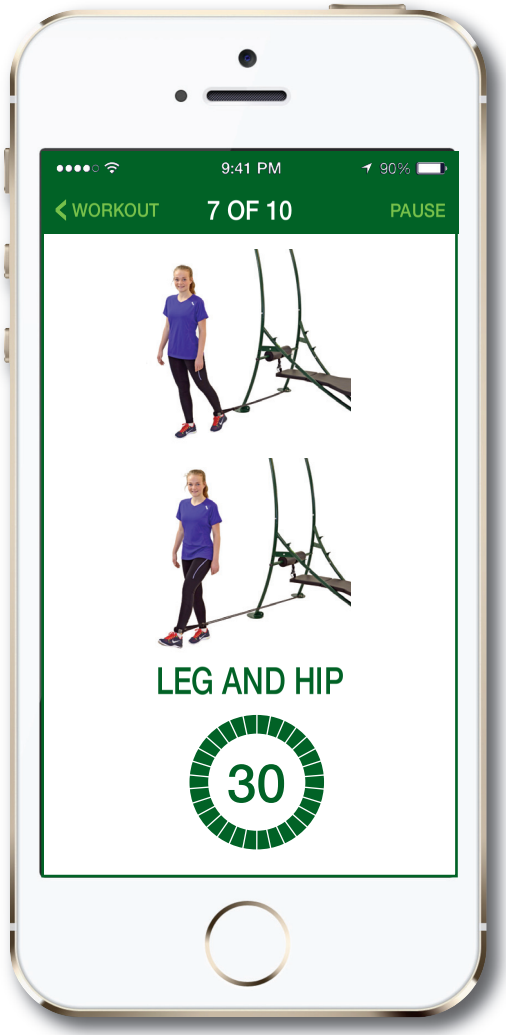
9:41 PM
90%
WORKOUT
5 OF 10
REST
NEST EXERCISE:
GLUTES AND LEG
10

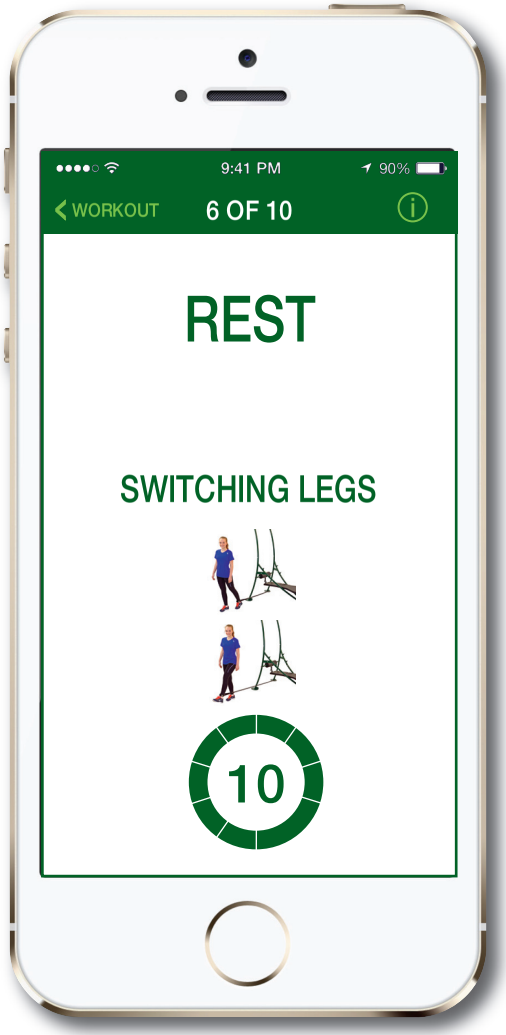
9:41 PM
90%
WORKOUT
6 OF 10
PAUSE
GLUTES AND LEG
30

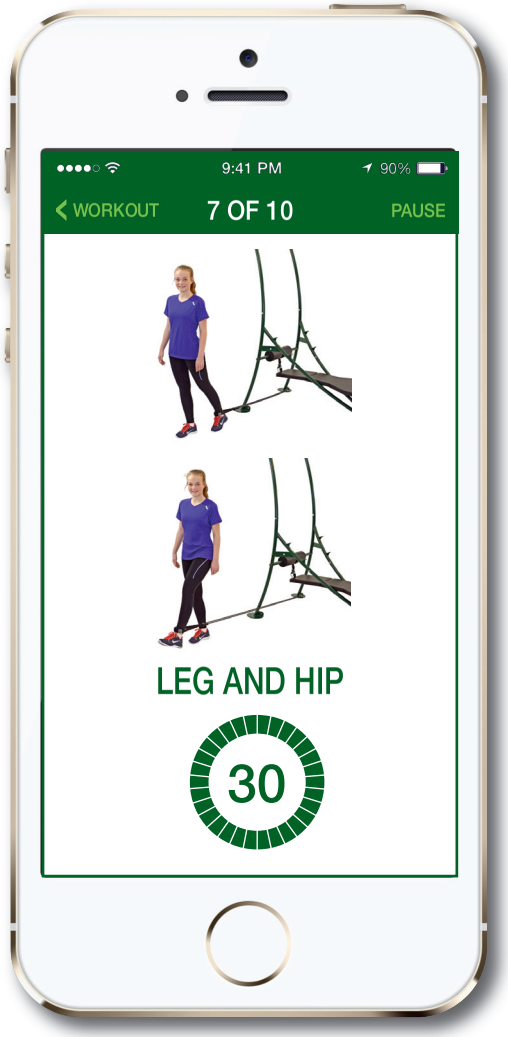

9:41 PM
90%
WORKOUT
5 OF 10
REST
SWITCHING LEGS
10

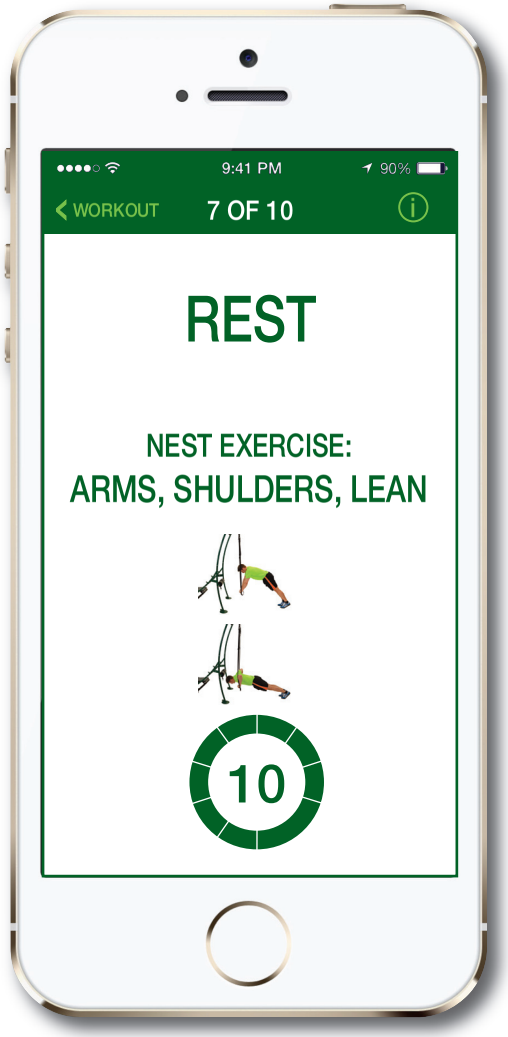
9:41 PM
90%
WORKOUT
6 OF 10
PAUSE
GLUTES AND LEG
30


9:41 PM
90%
WORKOUT
6 OF 10
REST
NEST EXERCISE:
LEG AND HIP
10

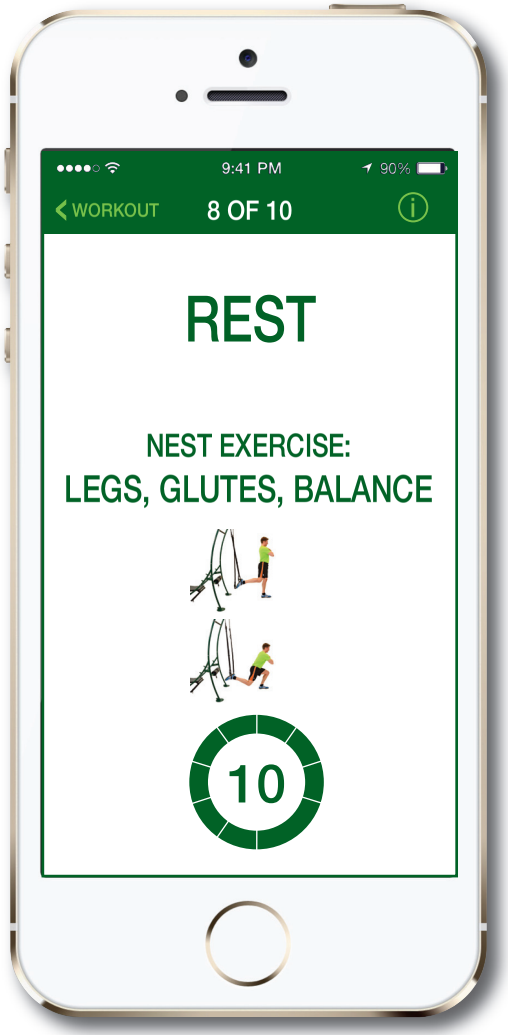

9:41 PM
90%
WORKOUT
7 OF 10
PAUSE
LEG AND HIP
30


9:41 PM
90%
WORKOUT
6 OF 10
REST
SWITCHING LEGS
10


9:41 PM
90%
WORKOUT
7 OF 10
PAUSE
LEG AND HIP
30


9:41 PM
90%
WORKOUT
7 OF 10
REST
NEST EXERCISE:
ARMS, SHULDERS, LEAN
10

9:41 PM
90%
WORKOUT
8 OF 10
PAUSE
ARMS, SHULDERS, LEAN
60

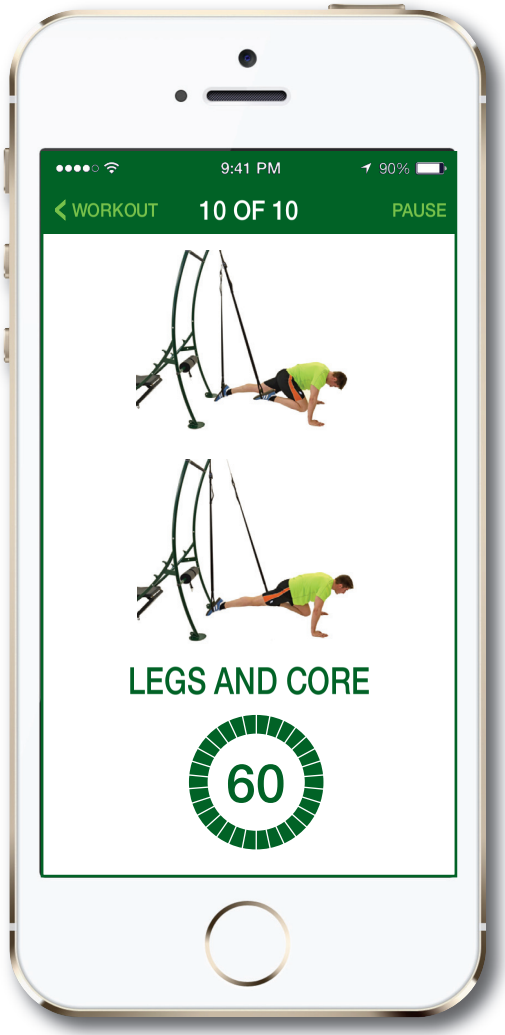

9:41 PM
90%
WORKOUT
8 OF 10
REST
NEST EXERCISE:
LEGS, GLUTES, BALANCE
10

9:41 PM
90%
WORKOUT
9 OF 10
PAUSE
LEGS, GLUTES, BALANCE
30

9:41 PM
90%
WORKOUT
9 OF 10
REST
SWITCHING LEGS
10

9:41 PM
90%
WORKOUT
9 OF 10
PAUSE
LEGS, GLUTES, BALANCE
30

9:41 PM
90%
WORKOUT
9 OF 10
REST
NEST EXERCISE:
LEGS AND CORE
10


9:41 PM
90%
WORKOUT
10 OF 10
PAUSE
LEGS AND CORE
60