



The Kiosk System

- Works with your existing Nautilus® ONE exercise equipment.
- Affordable - FlexTech® offers the lowest equipment costs with more features than any other system available today.
- Turn-Key - FlexTech® is a complete retrofit system that works with your existing Nautilus ONE® exercise machines eliminating the need to replace equipment in order to add high-tech appeal and functionality.
- Attract new memberships, and retain existing members by adding value to your existing equipment and member experience
- Additional revenue - The FlexTech® system gives you the ability to generate additional income while providing your members with unparalleled value.
- Additional monthly income for services include:

1) For members that don't sign up for a personal trainer, you can charge a minimal monthly fee that allows users to have their workouts monitored and tracked and also to have access to the member self-service portal for the many reporting and charting tools

2) Additionally, for those that don't sign up for one-on-one time with a personal trainer, you can create an "e-Trainer" program; this allows a trainer to spend a very small amount of time but leverage that time between hundreds of new clients, here's how:

- Setup an initial meeting with the client to establish goals and define the specifics of the clients workout routine, the routine is then saved on the user's USB flash-drive
- The client then inserts the USB flash-drive in any FlexTech® enabled machine and performs the exercises as defined
- The trainer can then view the progress of his/her clients online and adjust any aspect of the workout, as needed. Additionally the trainer can correspond with the client using the conversation feature as part of the 'myflectech.com' web portal
- For gyms that have contractors, the trainers could be charged for use of the FlexTech® systems for their clients
- Now, you can review reports for machines and exercises that are being used the most frequently in your facility
- When the FlexTech® equipment is not being used it can display your class schedules, workout tips or you can even sell advertising to local merchants for yet another revenue stream

A complete retrofit system that works with your existing Nautilus® ONE exercise equipment while adding new and exciting high-tech functionality. FlexTech® is an inexpensive system that provides an unparalleled level of member value and in turn gives you the ability to generate additional revenue streams. FlexTech® is the industry's first retrofit digital trainer and real-time exercise monitoring system. FlexTech® displays all details of an exercise while it's being performed. This means that the user can respond immediately to problems associated with incorrect form which can then greatly reduce the risk of injuries. FlexTech® displays a graphical representation of the current repetition along with all details of the exercise including speed, range, sets and reps completed.



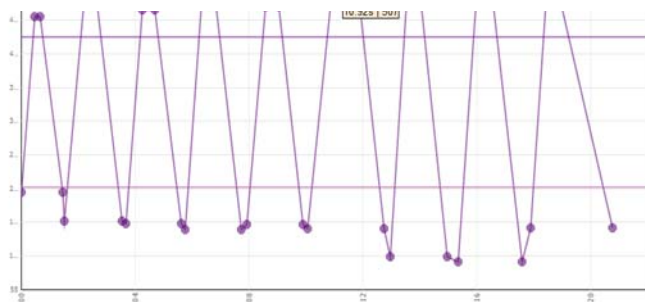
FlexTech® uses a full color LCD touch screen display that provides the user with a simple yet intuitive interface. As each exercise is being performed, detailed exercise information is stored on a regular USB flash-drive. To begin, the trainer and client create a customized workout routine using a user-friendly web interface.



FlexTech® also has a “Guest Mode”; this allows the user to exercise on any FlexTech® enabled Nautilus® machine without the need to have previously defined a workout routine. A Kiosk located at the workout facility is used by the end users to quickly review workout statistics and generate comprehensive reports for all current and previous workouts performed. All workout results are stored on the users USB Flash-Drive indefinitely so ‘Trending’ reports can be generated. The Kiosk is very easy to use and provides a quick and efficient method to keep track of all workouts like never before.

One of the many reports available shown above. The report shows every aspect of an exercise:

- Total reps performed
- Range of motion for each rep
- Rest time in-between reps
- Speed of both the concentric and eccentric movements



To the left, the exercise wizard is used to guide the user through all of the details associated with setting up a Nautilus® workout regimen. The user/trainer chooses specific exercises to be performed including the number of sets, reps and the desired weight. Once complete, all workout information including workout schedules are downloaded to the user’s USB flash-drive. The five simple steps of the wizard are as follows:

- Setup the workout group, Example: ‘Upper Body Workout’
- Select the exercises to be performed, add sets, reps & weight
- Add comments to exercises that will display on FlexTech®
- Rearrange the order of the exercises
- Download the workout to a flash-drive



The ‘Range Of Motion’ report is ideal for tracking a user’s progress after an injury. Typically any injured joint or muscle results in a reduced range of motion. FlexTech® can easily track and compare ROM data, so progress can be seen and measured which greatly increases the speed of recovery.

