

UPTIVO



MONITOR. ENGAGE. RETAIN.

The technology that redefines your member's fitness experience.

GAMIFICATION & MOTIVATION TO INCREASE CUSTOMER RETENTION



Uptivo Performance Points (UPPs).

UPPs allow to evaluate Club members' effort regardless of individual age, gender and physical shape. Members earn UPPs during workouts according to the time spent in each training zone. The higher the effort, the more points are awarded! Designed to combine motivation and effort with safety and self awareness, the UPPs system rewards intensive exercise, but not overtraining.



Uptivo Levels.

Uptivo LEVELS are based on the World Health Organization (WHO) recommendations and reward members continued efforts by letting them progress on a scale with ten steps of difficulty. Regular exercise is essential to improve cardiovascular health, reduce the risks of injuries and illnesses, combat stress, anxiety, and depression.

Challenges & Timers.

Arrange friendly UPPs-based challenges with up to 4 teams. Uptivo displays team progress in real-time and pushes participants to bring their workout to the next level. Trainers can also setup any number of customized circuit timers in order to manage their workout sessions, choosing the number of exercises and circuits to perform, their duration, and the resting intervals.



Customizable Challenges, Medals and Trophies.

Daily, weekly and monthly rankings based on UPPs, calories, and target zones allow gamification and friendly competition, reward performance and progress, and build a unique and motivating environment at your club. You can encourage subscribers to achieve specific goals or compete with each other in challenges by awarding medals and trophies.



HEART-RATE MONITORING AT THE GYM & AT HOME

Cardio telemetry at your Club.

By leveraging the cardio frequencies displayed on the screen, coaches can monitor trainees' effort levels during each session and can step in as needed to adjust the lesson's pace. Uptivo tracks your club members automatically and monitors them across all areas without the need for manual intervention.

- HR activity data
- Calories burned
- Training zones
- Uptivo Performance Points



Take your classes outdoors.

The Uptivo Trainer app allows setting up individual or group (up to 40 participants) training sessions in the open air. At the end of each session, all individual and group reports are available to trainers in order for them to review the training results.

Homework!

The Uptivo App integrates perfectly into your club's ecosystem as a personal tracking solution for members who are willing to test their limits or who are in need of additional training activities to reach fitness targets set by their trainers. The Uptivo App is available on Android smartphone, iPhone and Apple Watch.



At the Club, from home.

Uptivo LIVE combines heart rate telemetry and audio/video streaming to enable 100% remote sessions or to offer remote & on-site sessions for your group training classes. Trainers can monitor each athlete's heart rate frequency in real time in order to adjust the session intensity and rhythm, just as a lesson at the Club.



Sport-specific solutions



Aquafitness.

Add valuable feedback to your Aquabike and Aquagym classes with Uptivo's new arm-based monitor, designed to provide visual cues to trainers in real-time in order to adjust the lesson's pace according to each individual heart rate zone. The IP68 water resistant sensor stores all heart rate information on its internal memory and uploads the data after the training.



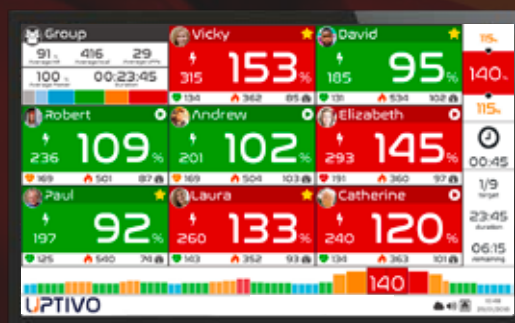
- Bluetooth Smart and ANT+ transmission
- HR-based LED lights
- Internal memory
- Rechargeable battery
- IP68 water resistance



Indoor Biking.

The Uptivo Indoor Biking solution integrates to a wide range of compatible ANT+ bikes to receive real-time telemetry and display power (watt) and cadence (rpm) information. The user experience is customized based on their individual FTP (Functional Threshold Power) value.

- Real-time power (watts) and cadence (rpm) information et de la cadence (rpm)
- Individual FTP-based power zones
- Pre-programmed Intensity Flow



Combat Fitness.

Make Fitboxe and Combat classes even more fun and motivating with real-time data on the type, number and power of punches. The Uptivo solution, specifically designed for the combat fitness market, creates engagement and competition.

- Left and right hit count
- Punch speed, time and power
- Full session report
- Group challenges
- Sensor-integrated boxing gloves

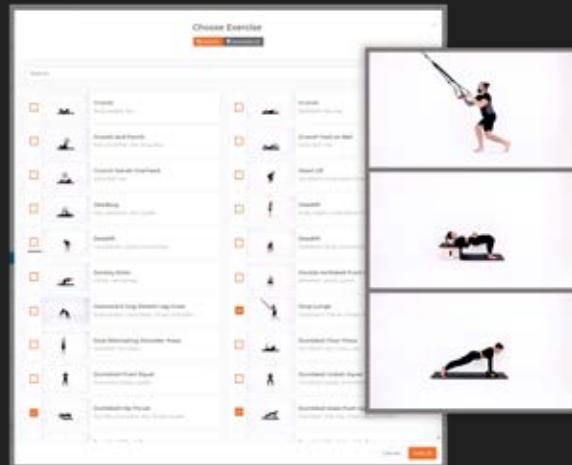


Uptivo Workouts

Workout library.

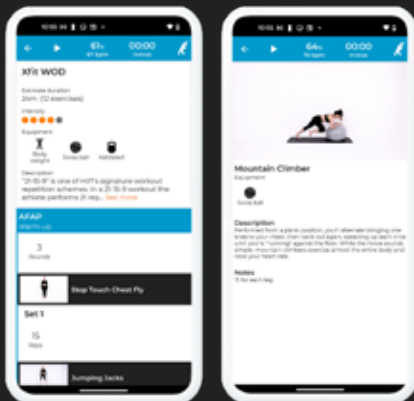
The Uptivo Workouts platform puts at your disposal a library with hundreds of exercises complete with videos, descriptions, and indications of the muscle groups involved and the necessary equipment. Uptivo Workouts also allows you to independently create your personalized exercises.

- 1000+ exercises constantly increasing
- Proprietary workout programs based on goals and objectives
- Includes exercise sets developed in collaboration with renowned brands
- Comprehensive database of activity-based exercises (cardio, strength, mobility, postural, etc)



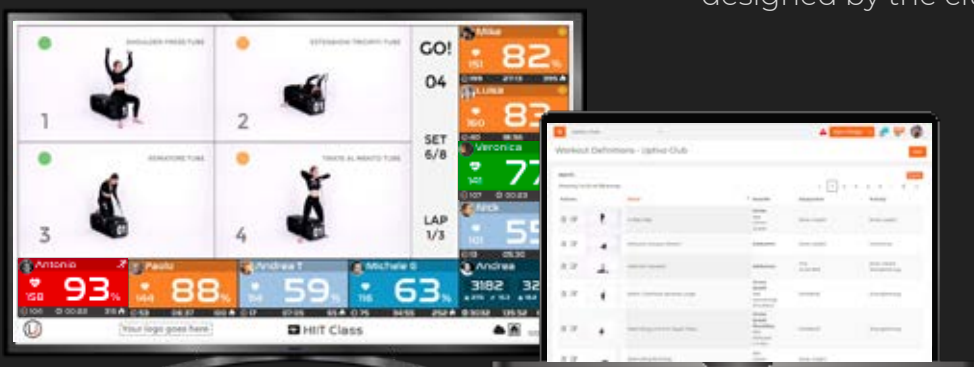
Workout Programs.

The exercise library allows creating training programs for specific athletes, groups, or for all members of your club. Athletes can view training programs on the Uptivo app and work out by recording training intensity in real time.



On-screen circuit workouts.

Uptivo Workouts let members follow station-specific exercise videos on the main Uptivo displays, allowing instructors to focus on form and class motivation while following a preset class designed by the club staff.



Management and CRM



Easy scheduling and booking.

With Uptivo's planning tool you can schedule on-site and online group classes, keep track of your personal training session, and publish your wellness and beauty services. Members can browse your activity and service calendars through the Uptivo app to purchase and book what they need.

- Membership and subscription management
- Easy scheduling and booking
- In-app payments



Uptivo Dashboard.

The Uptivo Dashboard introduces powerful tools for managing your contacts: combined with calendar scheduling and booking management, contacts are automatically labeled as leads, qualified leads, prospects, and clients. Using the Dashboard, you can select appropriate contacts in a few clicks for sending in-app notifications and SMS, and for creating and managing tasks associated with your staff.

- Segment members into leads, qualified leads, prospects, customers
- Rapid management of SMS and in-app messages
- Customized task lists for your staff
- Gamification management



White labeling.

We support your business giving you the option of having as much of your client-facing software as on-brand as possible to have a cohesive client experience. White labeling gives you an "out of the box" offering with your branding that has already gone through the process of product-market fit, and alleviates the costs and anxiety associated with supporting your own app and users.



Keep in touch with your customers.

Promote your new offer, share a class schedule update, motivate your Club members or give a special welcome to a new one. When you send a communication from *my.uptivo.fit*, members of your Club receive a notification on their smartphone via the Uptivo App.



Health and biometrics

Trainer journal on *my.uptivo.fit*

Regardless of where the training is performed – at the club or at home – coaches have all the necessary information at their disposal to motivate trainees, provide feedback on past training sessions, and introduce new activities in order to reach members' individual training targets.

- Training history and reports
- Trainer feedback
- Advanced biometrics



Shape and health under control.

Uptivo automatically imports blood pressure and body composition analysis data from leading smart scales, and generates detailed reports and charts available to trainers and members in order to monitor progress over time.

- Segmental body composition analysis
- Integrated blood pressure measurement
- Automatic data import
- Manual data import
- Integration with InBody



Uptivo Fitness Test.

The Uptivo Fitness Test allows trainers to help members measure their recovery times after a simple 3-minute aerobic exercise followed by one minute of rest. All they need to perform the test is a compatible heart rate sensor and a step about 12" (or 30 cm) high. The Uptivo app features a detailed description of the test and provides real-time video and audio instructions.





Your new business opportunity.

Expand your fitness offer with Uptivo Belt and Uptivo Lightband to give your members the flexibility of these HR sensors: group training and workout classes (HIIT, spinning...), training with the club's equipment (treadmills, exercise bikes, elliptical machines), or iOS and Android smartphones.

- Bluetooth smart
- ANT+
- Long Battery Duration

Free to choose.

Uptivo is an open system compatible with the main heart rate monitor brands thanks to the simultaneous use of Bluetooth LE and ANT+ communication protocols.



Integration with Garmin Connect.

Uptivo integrates with Garmin Connect, making it easy to view the training data and activities of customers who wear a Garmin device.



Gamification



Monitoring
and reporting



Sport-specific
solutions



Management
and CRM

Uptivo S.r.l.

Via della Valle 46/B 20841 Carate Brianza (MB) - Italy



info@uptivo.fit



uptivo.fit



+39 0362 1857437