

Activ5 SKU Details

Description: Activ5 Portable Workout Device & Exercise App

UPC: 850004866047 / **Model:** Activ5-MKWBF

Unit Dimensions: 3.7" x 3.1" x 1.3"

Unit Weight: .6 lbs.

A wireless handheld training device that uses isometrics to provide 5-minute full-body workouts. Activ5, paired with its companion app, will fully coach users and track strength, precision and other personal metrics. Additional details include:

Durable design that measures more than 200 lbs. of force.

Uniquely customizable to every user's strength level.

Portable for easy access whether at home, work or traveling.

Bluetooth®-enabled with 6-month battery life (requires 1 AAA battery)

Activ5 Companion App

The Activ5 Companion App will coach users of any age and fitness level to achieve the maximum benefits from their Activ5 with more than 100 seated, standing, and low-impact workouts.

The App personalizes workouts to each user's fitness level, tracks progress, and even allows users to exercise while playing games.

Personalized Exercise / Fitness For Everyone Activ5 calibrates to everyone's unique strength level and dynamically creates over 100 workouts based on your unique "fitness fingerprint". Everyone can have their own Activ5 account and an entire household can share a single Activ5 device, including kids, parents, grandparents, and people with disabilities.	Bio-Engagement / Coaching & Tracking Through the free Activ5 coaching app, Activ5 actively coaches you through every exercise, from demonstrating how to do each exercise to providing a "coaching curve" that you follow while doing each exercise. Activ5 also presents your exercise and total workout results for the day and over time.	5 Minute Workouts Activ5 is efficient and saves you time. Lack of time to exercise is the most often cited reason people develop sedentary lifestyles. Activ5 isometricbased exercises are highly efficient because they workout multiple muscle groups at one time and they maintain a muscle contraction for an extended period of time. Just 5 minutes of Activ5 exercises, 3 times a day has proven to increase strength by an average of 30% over 6 weeks.	Gamified Exercise Exercise just got fun. You can download 6 free Activ5 casual games and use Activ5 as the game controller, so you can get exercise while playing fun mobile games. You won't even realize you're exercising.	Portable / Exercise Anywhere Activ5 is a compact handheld device, so you can exercise anywhere, including at home, at the office (lunch, breaks, conference calls) while traveling (on the phone, in the hotel, in an Uber!), and virtually anywhere on the go. One testimonial participant said she was a keynote presenter at a conference and needed to get her 5 minute workout in, so backstage she set up the mobile stand, completed her Activ5 workout, and had a burst of energy for the presentation.
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