

# activ5™

Portable  
isometric-based  
strength training  
& coaching app.

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

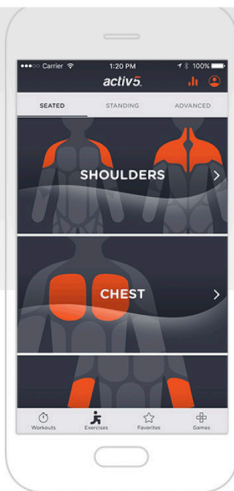
## FEATURES

- 100+ seated & standing full-body workouts for specific muscle groups
- Durable design that measures more than 200 lbs. of force
- One device can have multiple logins
- Portable for easy access whether at home, work or traveling
- 7 free Activ5 casual games
- Bluetooth®-enabled with 6-month battery life (requires 1 AAA battery)
- Available for iOS and Android

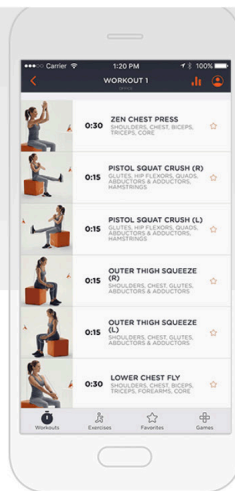
## EXERCISE ANYWHERE.



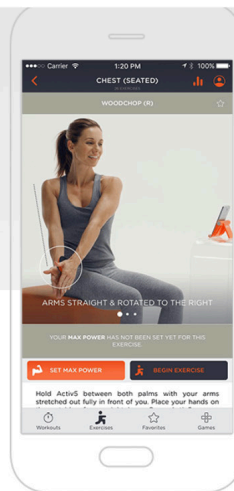
WORKOUTS



EXERCISES



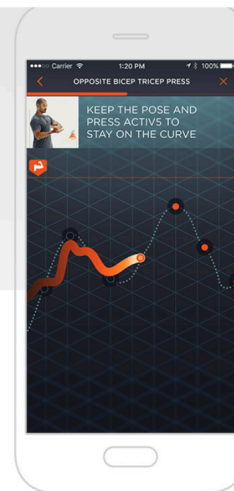
EXERCISE PLAYLIST



COACHING



GAMES



TRACKING CURVE

# ONE SIZE FITS ALL

Whether you're a professional athlete, senior citizen, child, busy parent or avid traveler - we can help you get a grip on your fitness.



Jeremy Stephens - UFC's 145 Beast

activ5

As Seen On:

**Forbes**

**TRAVEL+  
LEISURE**

**SHAPE**

**Men'sHealth**

**FOX**

**CNN**

**NBC**

**KDKA  
CBS Pittsburgh**

"When I first saw an Activ5 video I was not convinced it would be a workout. But I decided to try it because I am always looking for a new way to workout at my office. It ended up being really fun and a good workout! It has so many different exercises to try from arms, abs, chest. etc.. The next morning after trying it my arms and chest were sore. I also enjoyed playing the Activ5 games with coworkers and it became a contest on who could get the most points. I would recommend this to anyone looking for a fun and easy way to workout at work during lunch or after hours." - Amazon Customer