

FITNESS PLUS

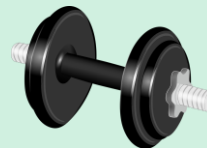


Get Pumped and Prosper
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FITNESS PLUS INSPIRATION

Making time to exercise and keep fit is something many of us struggle with. Once we get to the gym we often lack the knowledge of how to plan a proper workout. While on our fitness journey we realized that there was a plethora of information online. However, most of the information that we found was either not free or it was not available in one convenient place. This fact was discouraging, and made developing online workout routines a hassle. It was out of this experience that Fitness Plus was born. Our vision is to offer a user-friendly application that gives free access to a library of fitness routines, links to other helpful fitness sites, and provides the user with the ability to track their progress in the gym. In future updates we aim to provide users with meal recipes that aid in muscle growth, health advice, and even more workout routines and exercises to choose from.



FITNESS PLUS FEATURES

The free Fitness Plus web application has many noteworthy features that have attracted users ranging from first time gym goers to professional weight lifters. These features include:

- **Interactive user interface**
Users who have a Fitness Plus account are able to easily input their personal information and workout preferences.
- **Customized workout routines**
After inputting their personal information and preferences, a customized workout routine will be dynamically generated for users with insights from real personal trainers.
- **Graphs and visual tools to track fitness performance**
Users may choose to input the number of reps and sets of each exercise that they completed during their workout and Fitness Plus will create graphs and visual aids to show them how they are progressing.

FITNESS PLUS FEATURES

- **Links to helpful articles and videos**
Dynamically generated workout routines contain links to external webpages and videos that show users the proper way to complete an exercise.

FUTURE FITNESS PLUS FEATURES

- **Customized meal plans**
Fitness Plus will create meal plans and share recipes with application users to help supplement their workout regimens.
- **Health advice**
Tips and medical advice will be displayed on user's profile pages to help keep them safe in the gym.



FUTURE FITNESS PLUS FEATURES

- **Fitness Plus Community**
A community forum and blog page will allow Fitness Plus users to share their personal workout photos, stories, and advice with other site users.

SUPPORT AND COMMENTS

If you would like to be an investor in Fitness Plus, or have any ideas on how we can improve please go to the Fitness Plus website and submit an inquiry through the contact and support link or email us directly.

support@fitnessplus.com