



real motion
THE FUNCTIONAL COMPANY

ioniter
cardio training
Powered by **SUUNTO**

A background image showing two runners on a dirt trail. In the foreground, a male runner in a bright green long-sleeved shirt and black shorts is running towards the right. In the background, a female runner in a purple shirt and black shorts is also running. The trail is surrounded by dry grass and shrubs, with a large, rocky cliff face in the background under a bright, hazy sky.

IT'S SIMPLE

GET CONNECTED

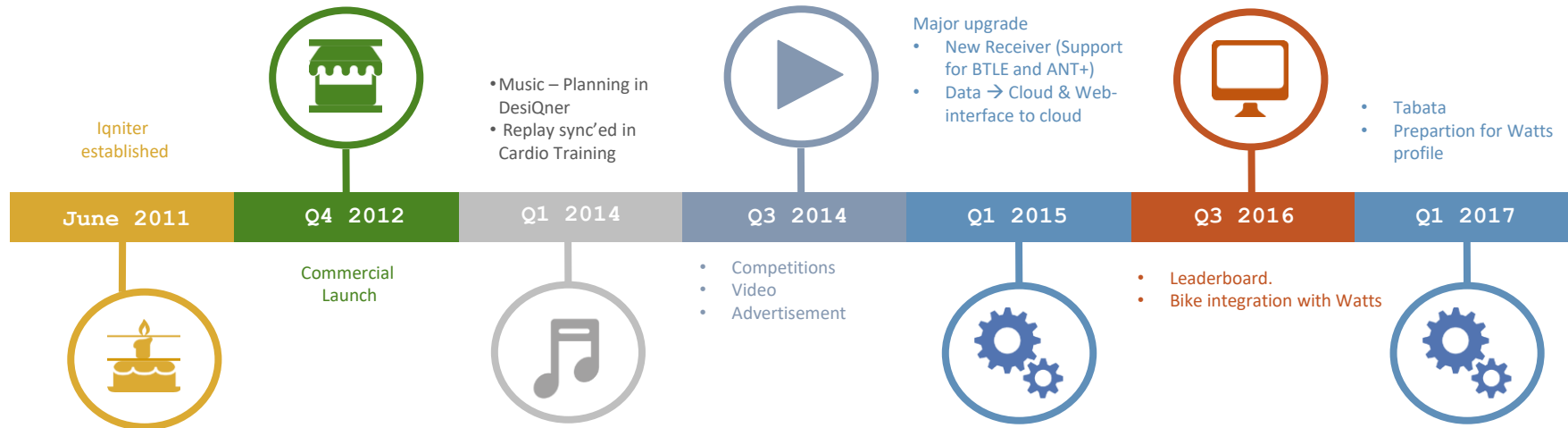
GET MOTIVATED

GET RESULTS

The story of our life...

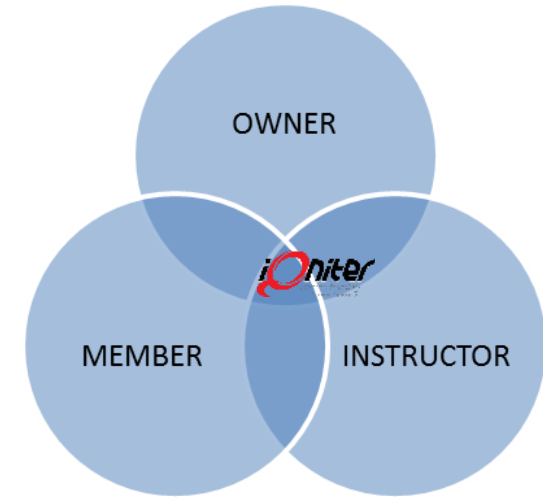


- The successor to Suunto Fitness Solution
- High quality training **focus** (knowledge is key)
– with a wide set of motivational features
- We believe in **innovation** and making a difference
- Continuous **development**



How does iQniter deliver value?

- iQniter delivers value by increasing training quality and knowledge leading to better achievement of personal goals. This, together with a broad set of motivational elements, encourage existing members and new members into regular exercise habits.
- iQniter increases member retention and additional revenue for the club.



iQniter

- Enhances your fitness product
- Increases training knowledge
- Increases revenues
- Increases retention

Why does intensity matter?

- **Science has proved that Cardio training is good for you and your body.** The World Health Organization's Physical Activity Guidelines are based on intensity. If you train regularly, which is minimum 2 times a week, you will be rewarded with a happier and healthier life.
Physical exercises stimulate your whole body. You get better blood flow, you are able to handle a higher working pressure, can easier resist the intake of calories, and in addition, you burn calories during a training session.
- In the last years, heart rate training has become a more and more important ingredient in many exercisers and athletics' workout. **The heart rate is a fairly accurate indicator of the intensity of the workout** and most modern training methods in cardio training involves specific goals set by the individual's heart rate.

The Complete Cardio Training Solution



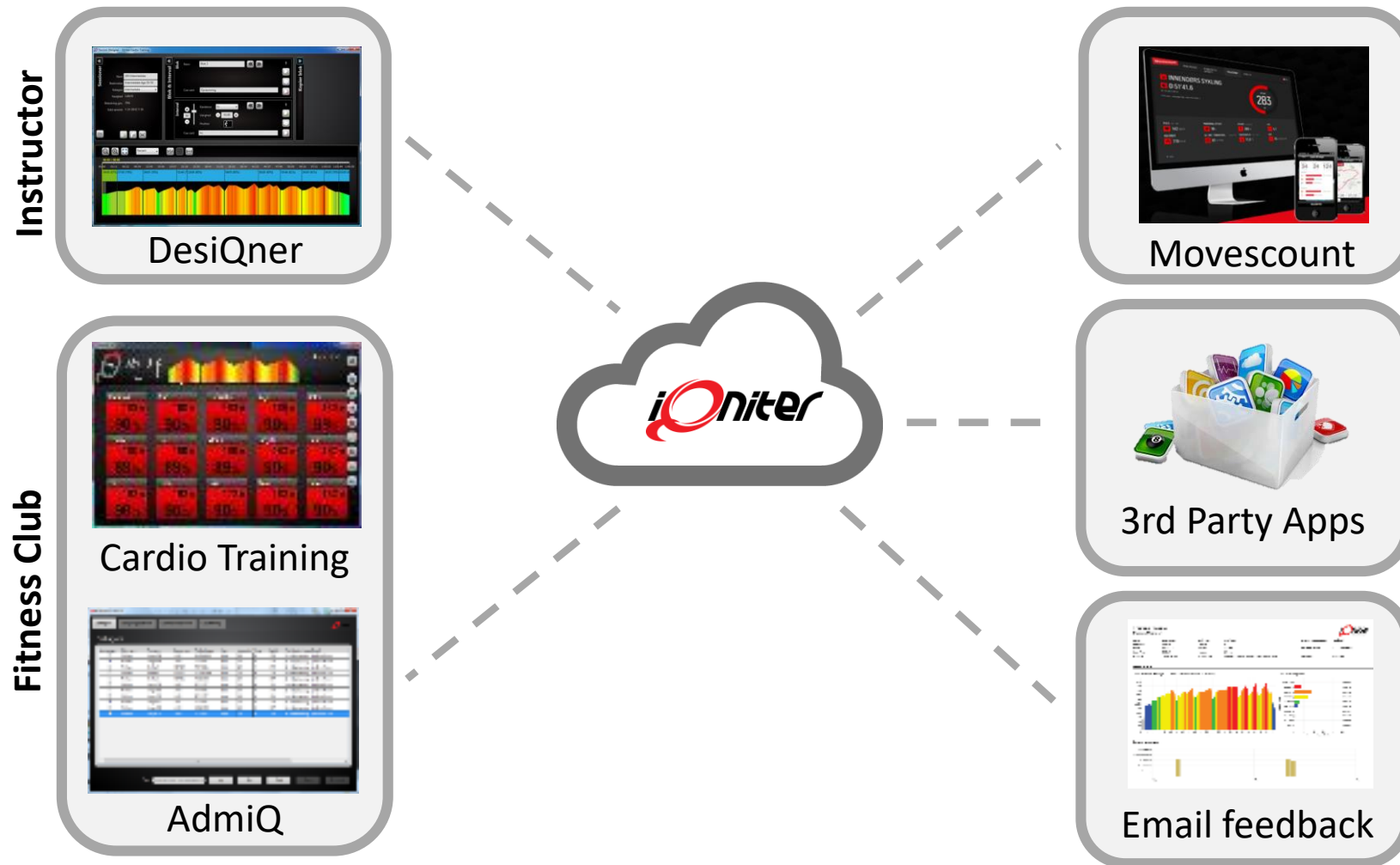
...an innovative, intuitive, reliable and profitable group monitoring system (Leaderboard) and session flow planning

- Group session monitoring (BasiQ+)
- Group session training (BiQing)
- Continuous monitoring whole day (Qntinuous)
- Leaderboard and competitions

...applicable in all group fitness areas such as biking, indoor running classes, Crossfit, Queenax Training, dedicated PT-zone or even a complete zone divided fitness club.



Overview



Highlights

- Complete Cardio Training solution in multiple zones
 - Spinning® - Running - PT Group – Queenax - Group training in general
- Motivating Class Profile, Heart Rate & Watts profile, Tabata (HIIT)
 - Train at correct intensity (targeted), predictability, increase knowledge, Gamification/Competition
- Leaderboard and Score system
 - Awards members based on qualified training and effort
- Video integration and virtual classes
 - Use video or run session without instructor
- DesiQner – Instructor Tool
 - Create your own classes or use predefined Smart Sessions
- Watts compatible with most bikes
 - ANT+ compatible devices
- Bluetooth and App
 - Compatible with most BLT devices. Workout data sent to own app.
- Customizable system – start simple and extend as needed
 - Exerciser display parameters, Multiple zones/different training scales, Manage parameters on chain, club, training area level, and more...
- Integrated Advertising module



Examples of Group Motivational Features



VIDEO



COMPETITION



GROUP ZONE



GROUP CALORIES

A scenic photograph of two cyclists, a man and a woman, standing on a paved road that winds through a mountainous landscape. The sun is low on the horizon, creating a warm, golden glow. The man is wearing a white cycling jersey and black shorts, while the woman is wearing a purple and white cycling jersey and black shorts. They are both wearing helmets and holding their bicycles. The road curves into the distance, and the surrounding terrain is rugged and rocky.

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#IQNITER



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