We help people build fitness into their daily life
The World’s First Smart Personal Trainer
4 in 1 Fitness device –
Muscle Endurance + Cardio Full body Training
Effective workout in a 3x3m space
reddot award 2017
Product Design

Move It 智能健身器
荣获世界最具权威性工业设计大奖红点奖
Patent Pending
Intelligent Common Handles
7 different sensor technologies
RESISTANCE BAND
7 UNIQUE EXERCISE DETECTION
1. Left Arm Extension
2. Right Arm Extension
3. Shoulder Extension
4. Front Flies
5. Shoulder Flies
6. Shoulder Fly Rotation
7. Squat Forearm Extension

JUMP ROPE
3 UNIQUE EXERCISE DETECTION
1. Standard Jump
2. Reverse Jump
3. Criss-Cross Jump

AB WHEEL
3 UNIQUE EXERCISE DETECTION
1. Standard Rollout
2. Left Side Rollout
3. Right Side Rollout

PUSHUP STAND
3 UNIQUE EXERCISE DETECTION
1. Standard Pushup
2. Wide Pushup
3. Narrow Pushup
Trainer-created Programs
### Online Coaching

#### 1-on-1 Coaching

**Emma 指导**

- 全天都需要减还是局部呢？
- 腹部为主，最好有B块和人鱼线
- 有运动基础吗，以前有训练过吗？自己练还是有专人指导训练？
- 自己随动，没有教练指导
- 做Move it的Assessment，做到level 2
- 可以训练燃脂瘦身计划
- 接着善用燃脂瘦身训练
- 活力燃脂，完成后训练火辣身材

*Today 15:10*

#### Custom Training Programs catered for Individual Students

**Beach Ready**

- Intermediate
- 4 DAYS | 12 DAILY MIN | 40 DAILY KCAL

**Beach Ready is a 4 day total body workout program that will make you want to show off your lean and ripped beach body. Each workout day focuses on specific groups of muscles - toning and defining your chest, shoulders, arms, glutes and legs.**

**Day 1**

- 602 Recent Participants

**Training Plan**

<table>
<thead>
<tr>
<th>Day 1</th>
<th>13 Sets 12 Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 2</td>
<td>8 Sets 12 Minutes</td>
</tr>
<tr>
<td>Day 3</td>
<td>15 Sets 12 Minutes</td>
</tr>
<tr>
<td>Day 4</td>
<td>15 Sets 11 Minutes</td>
</tr>
</tbody>
</table>

**Join Program**

- Standard Pushup
  - 20 Secs
  - Rest for 10 Seconds

- Wide Pushup
  - 20 Secs
  - Rest for 10 Seconds

- Military Pushup
  - 20 Secs
  - Rest for 10 Seconds

- Pushup Mountain Climb
  - 20 Secs
  - Rest for 30 Seconds

- Shoulder Flies(Front)
  - 20 Secs
Group Coaching

Coach lead Groups

Private Group Leaderboard

Emma 的學生群A班

教练我今天练了

Ivan

教练，我昨天做了这个，感觉自己已经可以轻松完成

下面可以练你的加强锻炼了

Ivan

放马过来

输入文字...

排名

1. LV0 Bruce I 489千卡
2. LV0 Ivan 237千卡
3. LV0 Leon 143千卡
4. LV0 Oscar 93千卡
5. LV0 智能导师Emma 0千卡
Instance feedback on reps and calories burn
Fitness Level & Ranking System

Fitness levels & Goals setting

- LV3 Required Weekly Commitment: 0/1
- This Week Achieved Goals: 0/3
- Update the status every Monday

- Current: Pro-Amateur
- Approaching: Rookie
- Goal: Pro

Monthly Rankings

Ranking Record: Mar 2017

- Rank Type
- 1290 kcal, 9th & 8th
- 9 days, 10th & 6th
- 531 reps, 9th & 8th
- 3866 reps, 7th & 7th
- 540 reps, 8th & 6th
- 1566 reps, 11th & 8th

- April
- Calories Burned
- Placement 9
- 93 kcal

Leaderboards

- Everyone
- Workout Buddy

1. LV3 Bruce I, 489 kcal
2. LV3 Ivan, 237 kcal
3. LV2 John Wu, 207 kcal
4. LV4 Patrick Hui, 202 kcal
5. LV4 The Legend, 191 kcal
6. LV2 Marsh, 164 kcal
7. LV4 Erica Leung, 144 kcal
8. LV1 Leon, 143 kcal
STAY CONNECTED

Find workout buddies

Compete with Friends

Share Your achievements and progress
Some Move It Coaches

- George Hood (California)
- Official 8 time World Record holder - 9hr 11min plank
- Former Special Agent with the U.S. Naval Criminal Investigative Service (NCIS)
- Certified personal trainer (NESTA) and a Group-X instructor
- https://en.wikipedia.org/wiki/George_Hood_(athlete)
Some Move It Coaches
Successful China Launch @ Xiaomi 小米

Reached 100% goal in the middle of 1st day

Sold 1,000 units in slightly more than a week

551% over target (1,102 pcs) in 2 weeks campaign
INTRODUCING Move It™

World’s First Mobile Connected Smart Home Gym

300% Funded!

$90,000 in 20 Days

MOVE IT - Your Smart Mobile-Connected Personal Gym

InDemand
$111,036 USD total funds raised

Turn any 3x3m space into your own personal gym, with our app-connected smart fitness equipment.

READ STORY

TECHNOLOGY
HONG KONG

Original campaign was 367% funded on 13 May 2016
THANK YOU

http://Move-it.club