



WHAT IS ADVAGYM?

Advagym is a training app for home and gym. Advagym comes with workouts, videos, coaching tools and statistics.

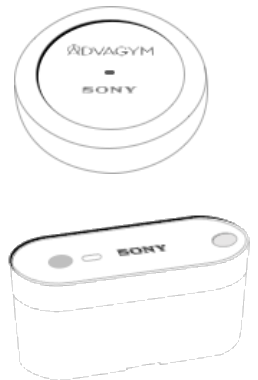
Follow a program including strength, cardio and free weight. For free training, tap the puck on training zones and machines.

Advagym takes your training to a new level, every workout gets logged in your history so you can follow your progress.



HOW TO GET STARTED!

- Get the app 'ADVAGYM' on Google play or App store.
- To store your workout in the cloud, create an account and confirm your e-mail.
- Select a program, press start and follow the instructions for each exercise.



WORKOUT, ZONES & MACHINES

- Look for the puck, tap with your phone and press start.
- For machines, adjust seat and weight. Tracking starts automatically.
- For zones select an exercise and press start. Log your sets and press finish.

