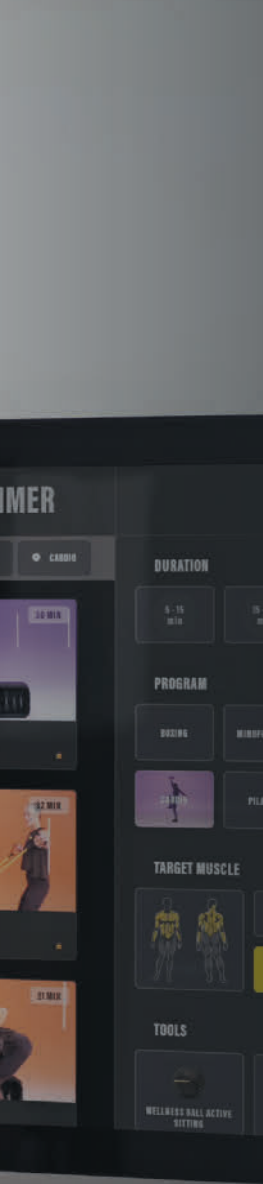




CLASSES   **SESSIONS**   ROUTINES   EXERCISES   T

BY RESULTS   TARGET MUSCLES (2)   THUMB (2)

 <b>FAST LEGS</b> STEP   CARDIO • HIT 22 MIN	 <b>OPTIMAL INTERACTION</b> STEP   CARDIO • HIT 21 MIN	 <b>ENDURANCE BOOSTER</b> STEP   CARDIO • HIT
 <b>CARDIO KICK</b> HIT   CARDIO • HIT 22 MIN	 <b>STAMINA BUILDER</b> HIT   CARDIO • HIT 22 MIN	 <b>30-MIN ARM BLAST</b> HIT   CARDIO • HIT
 <b>LUNGES &amp; SQUATS</b> HIT   CARDIO • HIT 22 MIN	 <b>20-MIN ARM HIT</b> HIT   CARDIO • HIT 20 MIN	



# Technogym Ecosystem guides your workout toward results

by Ashley Mateo

Technogym Coach, Technogym Ecosystem's artificial intelligence, personalizes your training experience on the Technogym App and Technogym Live console, while the new Technogym Visio gives you a comprehensive guide to the fitness club's different areas and programs.

Whether you're at home or at the gym, making gains isn't just about how much weight you can lift or how many reps you can bang out—it's about how well you perform the move. **Quality** *always* trumps quantity in fitness, where the right form and technique not only prevents injuries, but leads to better results in the long run.

That makes coaches, personal trainers, and class instructors crucial to the workout experience. **Supervision** actually enhances the benefits of resistance training, a study published this summer in the *Journal of Sports Sciences* determined. Not only did the researchers find that gains in muscle mass and certain strength measures were greater in those who did the same resistance training program supervised versus those who trained unsupervised, but supervision also reduced dropout rates and increased adherence to the program.

But it's not always feasible for exercisers to have hands-on instruction, whether that's due to lack of accessibility or time and financial constraints. Fortunately, the rapid growth of **connected fitness** is creating more opportunities for people to find "supervision" that meets them where they're at. With the **Technogym Visio** gym display, users will be able to access personal training assistance and on-demand fitness content at home or in fitness facilities.



# Technogym Visio for operators

Part of the appeal of a gym is the people—not just fellow exercisers, but the fitness pros who provide hands-on assistance and encouragement in a class or on the floor. That kind of structured environment, though, can be a hefty investment on the part of gym-owners.

Fitness facilities won't be required to staff around-the-clock classes or hire excess trainers to walk the floor with Visio. Instead, gym-goers will be able to tap into a **vast library of workout classes** from Technogym, like **Routines**, a collection of demonstration videos with tutorials and audiovisual cues, or **Sessions**, trainer-led videos for HIIT, strength, yoga, boxing, Pilates, and more.

Even better: Fitness facilities can configure their **Visio library** according to the equipment available within the facility, and upload new videos created by their own trainers. Both features allow gym-goers to take classes with their favorite instructors without any regard to schedule, allowing for more convenience and consistency. Plus, users can log in to the display and connect their heart rate monitor to track their data in the Technogym Ecosystem with the **Technogym App**, so they can stay on top of their data no matter how they're training.

While this approach to working out isn't exactly the same as hands-on supervision, it allows users to see the **correct execution of exercises** and easily follow along with the programming for maximum benefits. And remotely supervised physical exercise could be as effective as conventional face-to-face training, at least in terms of long-term adherence to a healthy lifestyle, a 2021 study published in the *International Journal of Environmental Research and Public Health* found.



# Technogym App for consumers

Whether you go to a gym with Visio or not, you can still turn any unsupervised workout space into a personalized fitness experience with the **Technogym App**.

More and more fitness apps are using **artificial intelligence**—which uncovers patterns in data by using machine learning—to provide personalized training suggestions without input from a coach or trainer. The **Technogym Coach** feature, for example, uses AI to essentially turn the app into a pocket-sized personal trainer. All users have to do is answer several assessment questions, and the app will generate a **Precision Program** tailored to them, whether their goal is to get in shape, lose weight, tone up, build muscle, stay young, maximize sport performance, or manage health conditions. And just like the Visio can be configured to reflect the type of equipment available in a gym, users can adapt their workout on the Technogym App depending on what equipment they have access to—even if that’s just body weight.

The Technogym Coach acts almost like a real coach, adjusting your workout experience depending on your performance. If during a workout you skip some exercises or can’t finish the prescribed reps or sets, you’ll get a low Compliance Score; the app will then send motivating alerts encouraging you to stick with your training plan. If you nail the workout, on the other hand, you’ll get a high Compliance Score and earn small trophies celebrating your progress.

Within the app, you can see your daily activity levels, a weekly overview of your training days, and your assigned daily workout. There’s even a feedback section, where you can give any suggestion to improve your training experience—the same way you might rate an instructor after an in-person class.

Users can stream the same types of classes as the Visio provides, including new **Sessions** added every week and **Routines** where Technogym trainers will demonstrate proper exercise form and motivate them to achieve maximum results.

While neither Visio nor the Technogym app can replace the benefits of in-person, hands-on instruction, they both make accessing guided, **personalized workouts** easier than ever—a scenario that makes anyone more likely to stick with healthy routines.

