

iFIT



INTERACTIVE. PERSONAL. TRAINING.

*iFIT OFFERS YOU THE ULTIMATE INTERACTIVE PERSONAL TRAINING
EXPERIENCE ON OR OFF EQUIPMENT.*

FREEMOTION.

LIMITLESS TRAINING OPTIONS

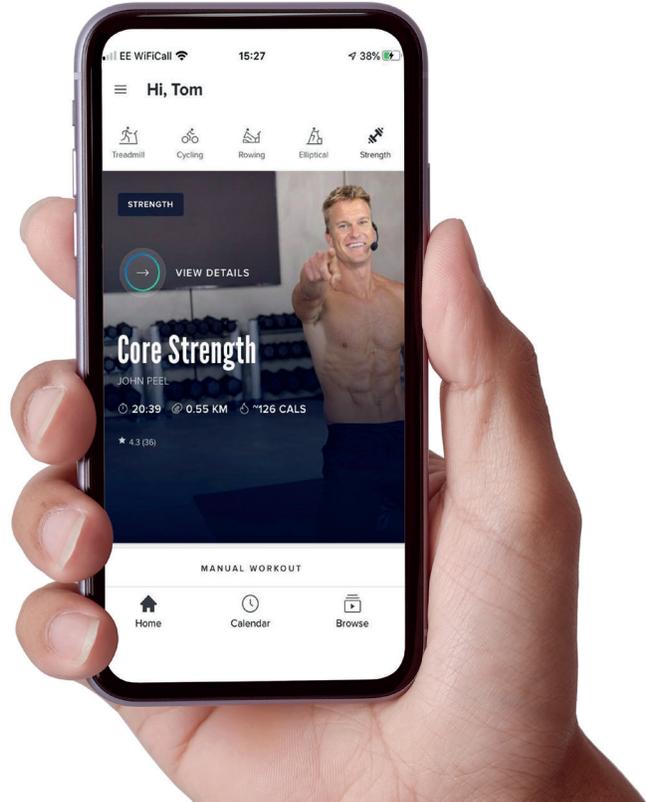
With thousands of personalized training sessions available on-demand, new workouts added weekly, and an extensive list of series of workouts, there's always something new to experience - it's the ultimate Netflix of Fitness.

Bodyweight and Functional Workouts:

Many iFit workouts require only bodyweight, hand weights (or makeshift hand weights, like water bottles), exercise bands or kettlebells to strengthen, tone and experience a challenging cardio workout — and are led and developed by expert iFit trainers. Classes are super efficient lasting 15 to 30 minutes long.

Yoga and Recovery:

There are plenty of Yoga and recovery classes on offer to balance out any high intensity workouts and they are a great way to stretch, strengthen and relax. Classes vary between 5 to 45 minutes long.



iFIT HAS SOMETHING FOR EVERYONE

TOTAL BODY



Playa Dantita Dumbbell Cross-training, Costa Rica

🕒 33:20 🏃 0.56 MI 🔥 361 CALS

★ 4.5 (73)

UPPER BODY



Wk 4 Wkt 2—45-second Upper-body Holds

🕒 31:49 🏃 0.53 MI 🔥 344 CALS

★ 4.8 (55)

LOWER BODY



Lower-body Strength and Endurance

🕒 29:00 🏃 0.48 MI 🔥 335 CALS

★ 4.8 (28)

ABS



Wk 2 Wkt 4—Mobility and Core

🕒 18:44 🏃 0.37 MI 🔥 57 CALS

★ 4.5 (68)

YOGA



Intro to Yoga

🕒 23:02 🏃 0.38 MI 🔥 85 CALS

★ 4.6 (27)

STRETCHING AND MOBILITY



Niagara Falls Race Warmup, Ontario, Canada

🕒 10:55 🏃 0.18 MI 🔥 48 CALS

★ 4.6 (84)

STRENGTH TRAINING 101



Workout 1—Total Body

🕒 34:54 🏃 0.58 MI 🔥 303 CALS

★ 4.6 (22)

20 MINUTE BUILD AND BURN



Total-Body Time Crunch

🕒 15:48 🏃 0.26 MI 🔥 160 CALS

★ 5 (17)

DEMONSTRATION FOR PROPER FORM



How To: Upright Row

🕒 01:48 🏃 0.03 MI 🔥 8 CALS

★ 0 (0)

NEXT LEVEL STRENGTH TRAINING



Next-Level Strength Training—Wk 1 Wkt 1

🕒 40:45 🏃 0.68 MI 🔥 354 CALS

★ 4.8 (24)

PERSONALIZED EXPERIENCE

As an iFit member, you get your own personalized experience through the online portal (iFit.com) where you can track your progress and set new goals. There is so much that you can do, here are some highlights:

- All the stats from workouts are automatically logged so you can keep up with your goals and receive valuable health feedback
- Schedule and favorite: Easily schedule from your app, then favorite your top series
- Add a workout – or an entire series of workouts to your calendar
- Receive personalized suggestions on your next workout

THROUGH THE DASHBOARD, YOU CAN:

The screenshot shows the iFit dashboard interface. At the top, there is a navigation bar with the iFit logo and links for Menu, Create, Log, and Support. Below this, the dashboard is divided into several sections. On the left, there is a user profile card for 'John Smith' with a circular progress indicator and a link to 'Edit Profile Settings'. To the right of the profile, there are three main columns of options: 'MY IFIT' (Dashboard, Workouts, Schedule, Stats, Profile), 'SOCIAL' (Community, Following, Messages, Challenges), and 'PROGRAMS & BLOG' (Library, Blog, Daily). At the bottom of the dashboard, there is a clock showing the time as 5:21.

Resume previously started workouts

Start the next workout in a series

Receive personalized suggestions from iFit

TRAIN WITH WORLD-RENOWNED FITNESS COACHES

With a diverse and comprehensive selection of more than 100 top trainers, professional and Olympic athletes, your members can easily find coaches that fit their interests and personality.



OWN A FITNESS MACHINE AT HOME?

If you have a piece of home fitness equipment you can enhance your workout with iFit's immersive and engaging videos. By selecting one of thousands of machine-specific workouts, shot on location in more than 40 countries and seven continents you can participate in a studio class or follow your personal trainer as they coach you in a breathtaking location around the world. Explore the Highlands of Scotland, the pyramids of Egypt, or the streets of Paris without leaving your home.

iFIT COMMUNITY

iFit has an active and supportive online community which will help you stay motivated and get support around-the-clock from a global fitness community of like-minded exercisers. The vibrant online community is also a great space to pick up peer-to-peer recommendations, advice and motivation.

VIEW DETAILS

Venice Beach

HANNAH EDAN

55:20 6.00 MI 520 CALS

★ 4.3 (42)

WORKOUT OF THE DAY **TEMPO**

BIKING

Pantheon Incline Training

55:20 6.00 MI 520 CALS

★ 4.3 (42) **SCHEDULE TEMPO**

BIKING

Travis Moab Road POV

55:20 6.00 MI 520 CALS

★ 4.3 (42)

CROSS-TRAINING

Preikestolen, Norway

55:20 6.00 MI 520 CALS

★ 4.3 (42) **HIIT**

STUDIO

Anja Incline Training

55:20 6.00 MI 520 CALS

★ 4.3 (42)

FOR A LIMITED TIME 60-DAY* FREE ACCESS

**AFTER YOUR TRIAL PERIOD ENDS,
YOU WILL BE BILLED \$14.99 EVERY MONTH.
YOU CAN CANCEL YOUR MEMBERSHIP AT ANY TIME.*



***TO TAKE ADVANTAGE OF THIS AMAZING WORKOUT EXPERIENCE,
REGISTER BELOW. ONCE REGISTERED, DOWNLOAD THE FIT IN-HOME,
SIGN IN AND GET STARTED!***

REGISTER NOW



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[ifit.com](https://www.ifit.com)

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