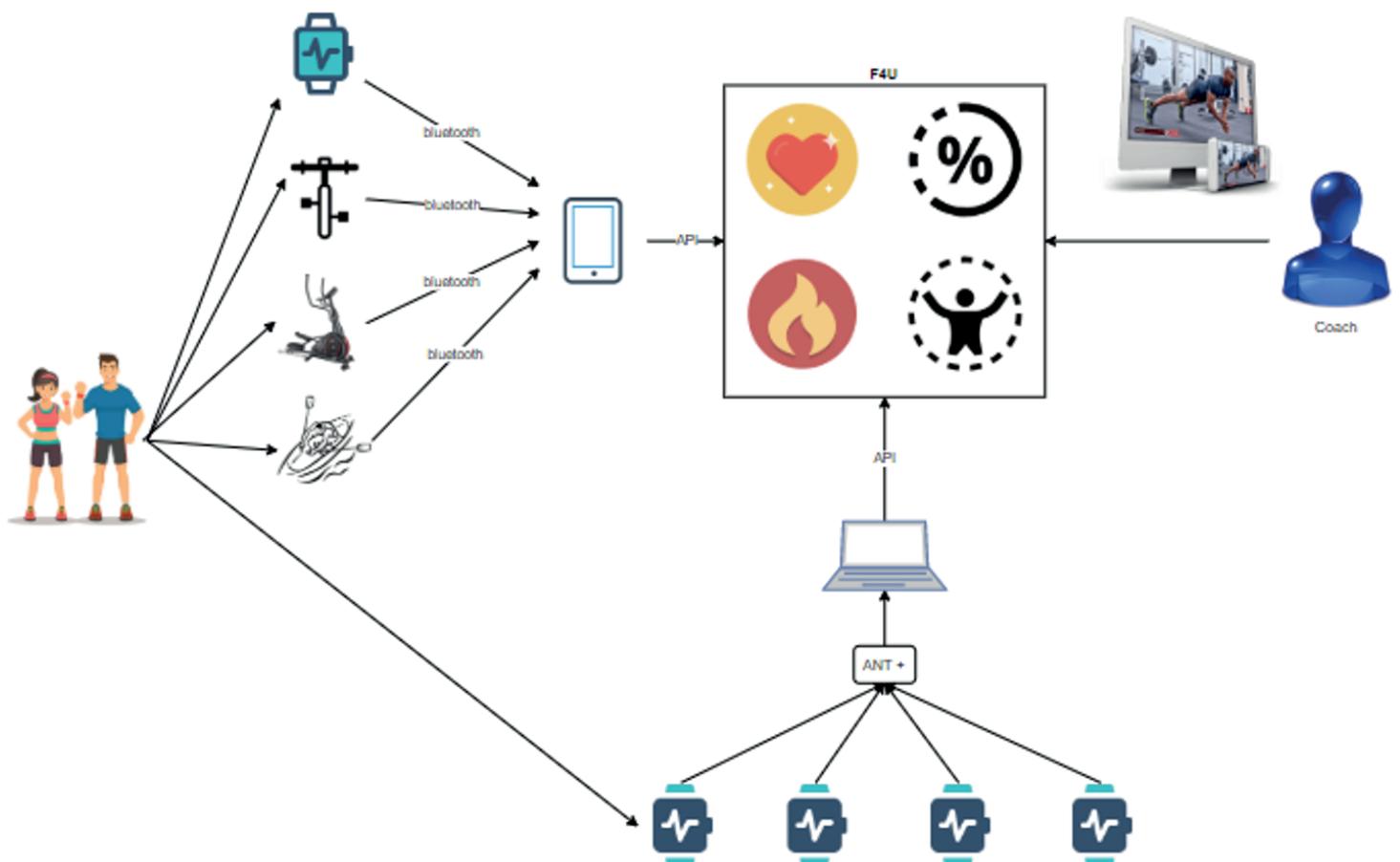


# F4U Online Fitness Solution

- Core Fitness platform (MHR, Zone, Calories burn, VO2 Max)
- Personalized workout recommendations
- Coach, Professional trainer, Online Fitness
- IoT
- AI Personal Trainer

## Why we need to workout?

- It Can Make You Feel Happier
- It Can Help With Weight Loss
- It Is Good for Your Muscles and Bones
- It Can Increase Your Energy Levels
- It Can Reduce Your Risk of Chronic Disease
- It Can Help Skin Health
- It Can Help Your Brain Health and Memory
- It Can Help With Relaxation and Sleep Quality
- It Can Reduce Pain
- It Can Promote a Better Sex Life



## BENEFITS & ADVANTAGES

Improve Capacity  
and efficiency  
for health

Workout  
at Home

Flexible Class,  
Flexible Coach

Personal Reports

Save time  
and cost

## APPLICATION

Video Training

Fitness Partner

Trainer Online

Coach Partner

AI Personal Trainer

Personalized workout  
recommendations

## TECHNOLOGIES

.NET

React

Kotlin

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