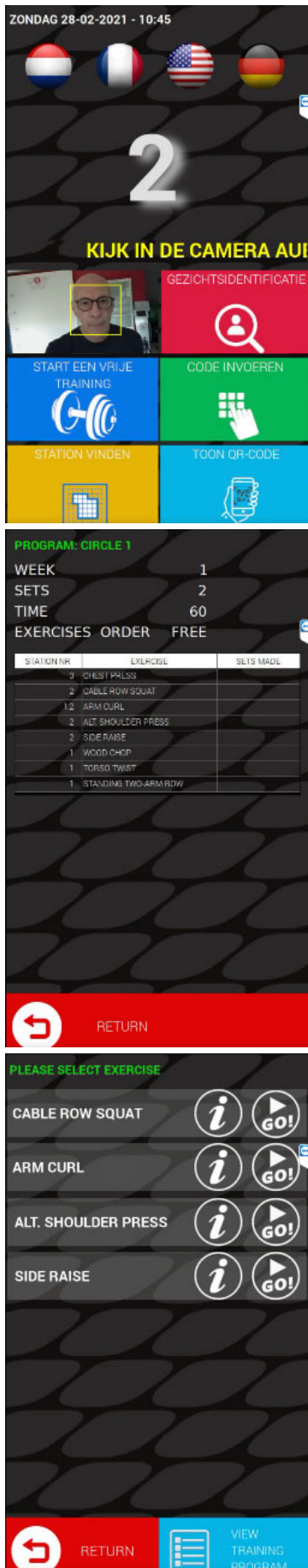




# SPORTMED STRENGTH MONITORING CONCEPT (SSMC)

SHORT DESCRIPTION AND PRICING





## INTRODUCTION

SportMed developed the SportMed Strength Monitoring Concept (or 'SSMC' for short) – a strength monitoring system that works in combination with the STS Coach-application and the SportMed Online app (free version).

The SSMC can be built on almost every existing weight stack strength machine, so both on selectorized and on the so-called functional training machines and is therefore completely independent of the manufacturer of the equipment. SSMC is also compatible with Nautilus One. The SSMC can be implemented in almost any training environment without having to invest in new strength equipment. This allows you to deliver a great additional customer service with a minimal investment!

## IMPORTANT: STS COACH APPLICATION

If the training location does not yet have a valid STS Coach application with accompanying STS Club user, a license must be taken:

- Rates for an STS Coach application product key (only with permissions for strength training – contact us for the combination with cardio) + STS Club-user license
  - **€ 125,-/month (€ 1.500,-/year)**  
(Incl support, updates, ...)

## FORMULAS

For the use of the SportMed Strength Monitoring Concept, SportMed offers a choice of two formulas:

- **Formula 'Purchase'**  
In this formula you decide to purchase the SSMC stations.
- **'Rental' formula**  
In this formula you choose to rent the SSMC stations for a certain period of time. SportMed offers two options:
  - Rental - 3 years
  - Rental - 5 years

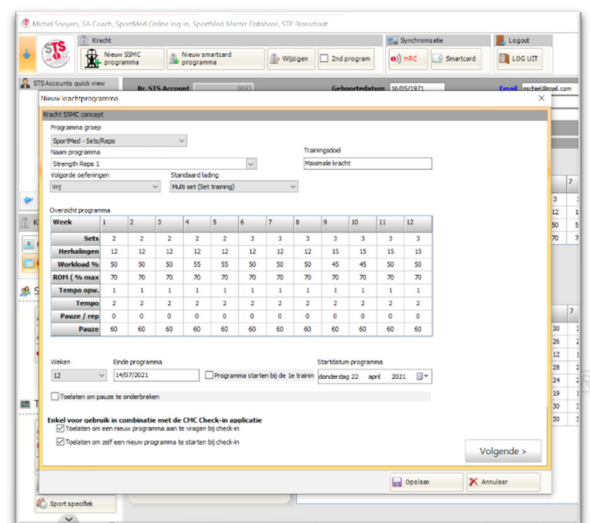
Afterwards, there are again two options. Read on for more details

All listed rates are exclusive VAT and any travel costs.

## HOW DOES IT WORK?

We summarize a few functionalities briefly, but we would like to welcome you in our demo studio in Brasschaat (B) to experience everything and to be able to estimate the added value for your training location.

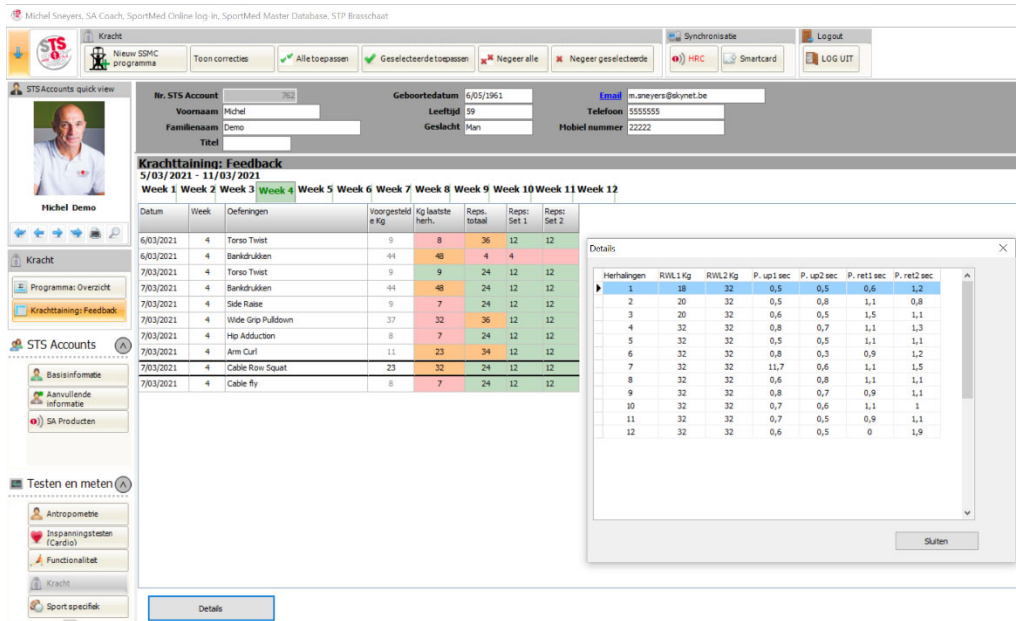
The physical trainer uses the STS Coach software to prepare a strength program. He chooses either from the available programs or designs a program for strength training himself. The physical trainer then determines the order of the exercises, whether it must be strictly followed or whether the customer has his freedom in this, whether it will be a circle program – from now on you simply design your own circle training if you wish - or a series / repetition program, ... - and links this program to the relevant customer.



When the customer visits the training location, he identifies himself at an SSMC station (Face ID, QR code, ...) and receives the instructions (The station tells him whether he must report to another SSMC station or not, image and / or video of the performance, proposed weight, number of repetitions, number of sets, pace up and down, break, ... ).

The client performs the exercise, and the SSMC records all the information (Weight, repetitions, pace, ROM, ...).

The physical trainer finds all feedback in detail in the STS Coach application and can make adjustments, ... .



## WHAT DO YOU NEED?

Every strength machine that you want to integrate into the SSMC is equipped with an SSMC station. An SSMC station consists of several sensors and a console. Each SSMC station is adjusted once for the machine on which it was built. Personalization can go very far. For example, you can even have your own instructional videos and / or images appear and at an additional cost the foil of the console can be personalized.

Simple and efficient, so really SportMed Approved.

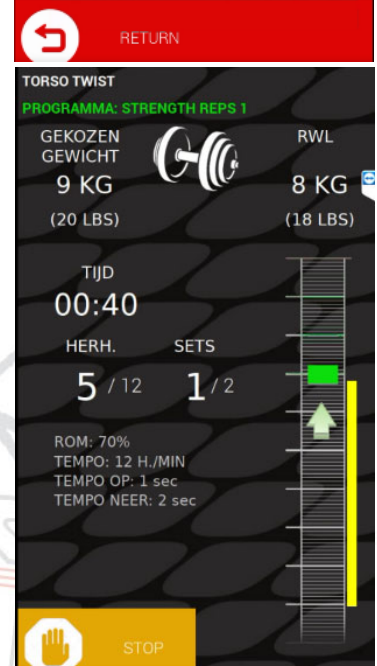
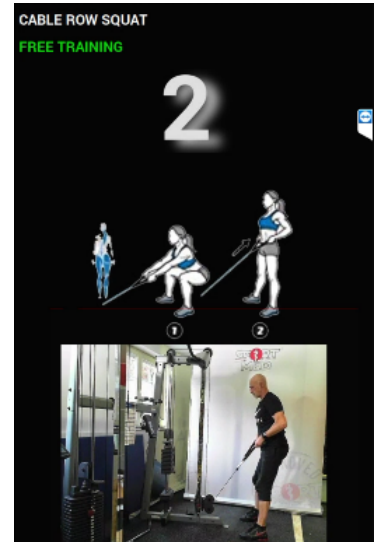
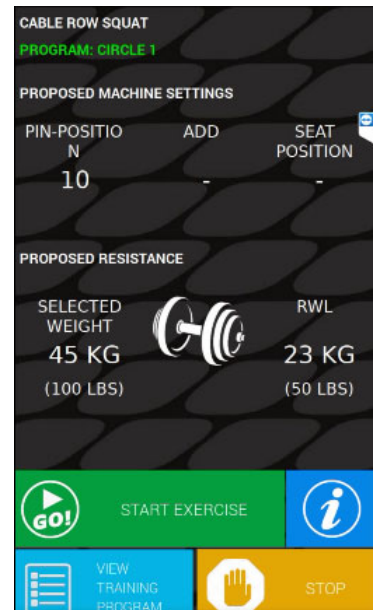
All it takes is a good internet connection and weight stack strength machines (or Nautilus One)

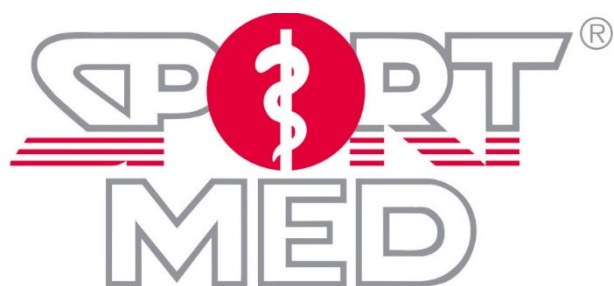


### SSMC-STATION

The construction depends on the type of device and your personal preference

Each SSMC Station communicates with the SportMed cloud MDB.





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