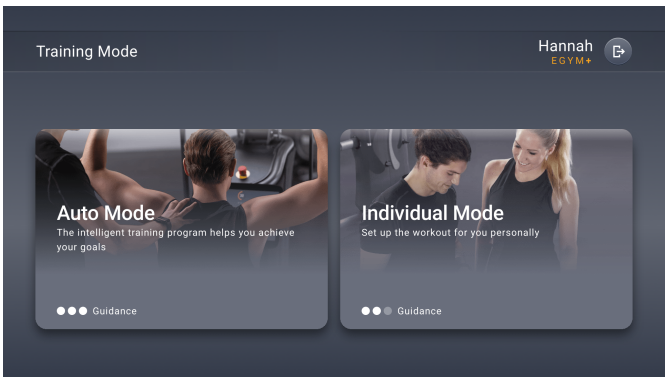
Quick Start Guide Open Mode

EGYM provides two operating modes: Circuit and Open. When EGYM Smart Strength machines are switched to Open mode, users will notice some changes that are not visible in circuit mode. Our Quick Start Guide outlines the available functionality of Open Mode and the modifications users can expect when EGYM Smart Strength machines are set to Open Mode.

Training mode

The Open mode offers two different training modes: *Auto* and *Individual*.
Training modes provide customized training experiences for different member experience levels.



The two training modes at a glance:

Auto

- ➢ Use of training programs (Basic and EGYM+ training programs)
- ➢ Training settings are given by the training program
- ➢ Strength test after six days of training
- ➢ Live feedback is always EGYM curve

Individual

- ➢ Training configured by user (training method, repetitions, and training weight)
- ➢ Settings are saved per training method and machine type
- ➢ Live Feedback switch between bar and curve option (see below Live Feedback)

Existing users

Once Open Mode is activated, existing Smart Strength users will automatically be assigned to a training mode based on their previous usage. The recommended mode will be highlighted and can be selected by the user. To change the training mode on all machines in Open Mode, simply press the Menu button at the top left of the "Start" screen. The selected training mode will apply to all machines in Open Mode.

Basically:

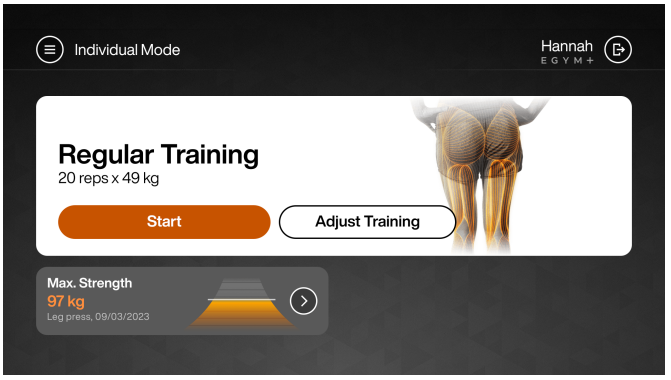
- ➢ Users with EGYM+ continue to work out with their training program (this includes members with Basic in EGYM+) in the training mode "Auto”
- ➢ Users without EGYM+ get full autonomy to design their workout in the training mode "Individual”

New users

New Users at Smart Strength must select a training mode that suits their needs. The selected training mode is valid for all machines in Open mode.

User interface for "Start" screen and training settings

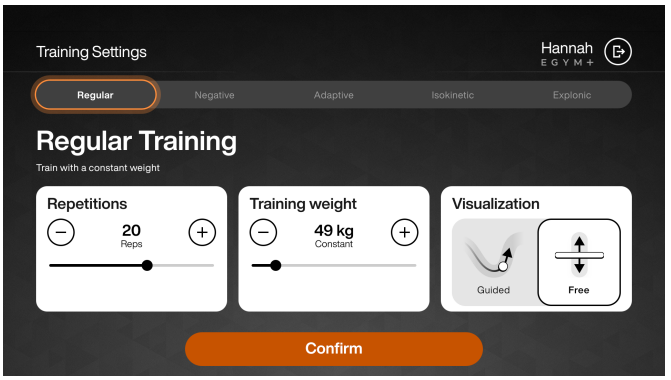
The "Start" screen has a new design. All relevant information, such as the selected training method, repetitions, and training weight, are displayed there. In addition, the "Start" screen displays the last strength test with the date and result.
The new design in the training mode can initially only be seen in the "Individual" training mode.



"Start" screen in training mode "individual"

The training settings have gotten an updated design for both training modes.

- ➢ In "Auto" the **training program** determines the available methods
- ★ Basic & Immunity Boost training program ⇒ only regular and negative
- ★ EGYM+ training programs ⇒ available training methods in the program
- ➢ In "Individual" the **EGYM+ Status** determines the available methods
- ★ User without EGYM+ ⇒ regular and negative
- ★ User with EGYM+ ⇒ all methods



Training settings for a user with EGYM+ status

Live Feedback

Smart Strength displays in the training mode "Auto" the EGYM curve for all training methods. In the "Individual" training mode, the user has the choice of live feedback between the "guided" curve and the "free" bar option. While the training weight per training method is stored per device, the selection of live feedback per training method is stored across all devices.

Details about bar display

- ➢ Weight bar must be moved through the entire range of motion
- ➢ Visible in the center is the moving weight of the set
- ➢ Green line marks the progress bar target
- ➢ Define training settings Target setting
- ➢ More than the specified repetitions feasible
- ➢ Automatic end of the training after 10 seconds pause without moving the levers
- ➢ Training methods representations vary:
  - ★ *Negative: weight = width of the bar changes in the eccentric and concentric phase*
  - ★ *Adaptive: weight = width of the bar shrinks over time*
  - ★ *Isokinetic: bar width constantly adapts to changes in the force applied.*
  - ★ *Explonic: push the bar as fast as possible against the acceleration line*

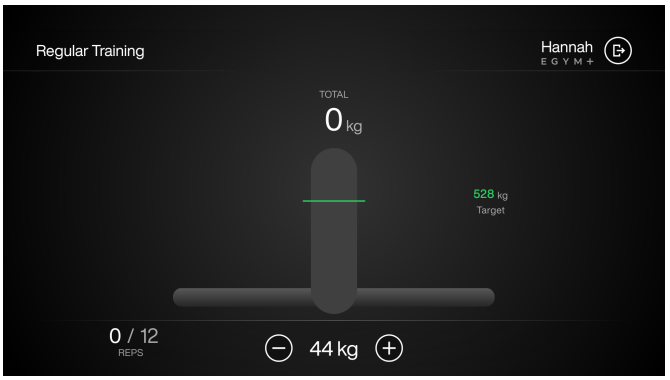
Bar visualization of training methods in individual mode

Experienced members who require less support during exercise execution can now benefit from the unique EGYM training methods, with flexibility through the new Individual training mode. This mode offers a new visualization with the EGYM training bar and the EGYM curve for all training methods.

Regular Training Method

General: Constant resistance as in classic strength training.

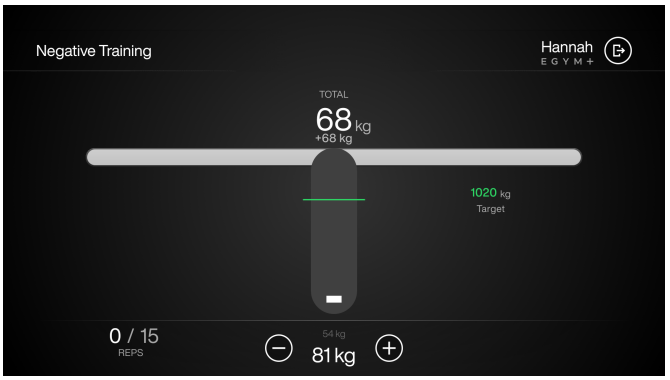
- Bar width visualizes selected start weight
- The column (progress bar) signals the weight already moved
- Green bar indicates training volume based on the settings
- Training weight can be readjusted during training



Negative Training Method

General: The training resistance is higher in the negative (eccentric) phase than in the positive (concentric) phase of the movement. Your training weight is automatically increased at the inflection point of the movement in the negative (decelerating) phase.

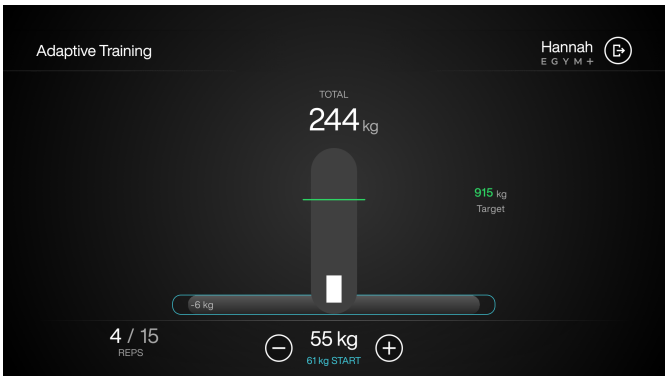
- Bar width visualizes current training weight
- The column (progress bar) signals the weight already moved
- Green bar indicates training volume based on the settings
- Training weight can be readjusted during training. The relative percentage between the positive and negative phase is fixed and can only be changed in the training settings before the workout



Adaptive Training Method

General: This workout ideally supports the user during high-intensity workouts until muscle fatigue.

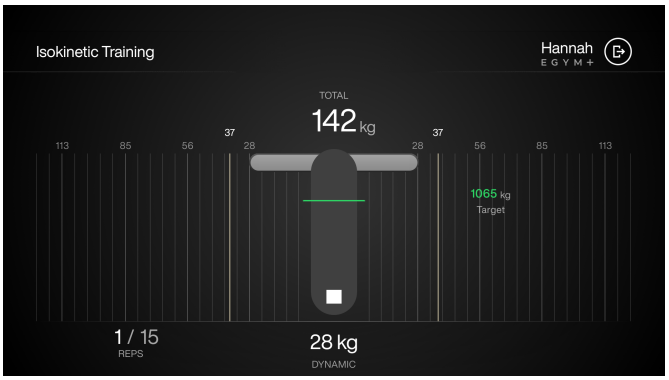
- Blue bar width visualizes selected start training weight
- and weight automatically reduced if the user gets tired during the workout
- Green bar indicates training volume based on the settings
- Display feedback: weight difference between start and end weight
- Training weight can be (re)adjusted during training



Isokinetic Training Method

General: Goal is to work out at the same speed throughout the exercise, the weight is increased to regulate the speed, this has a joint-protecting and at the same time strengthening effect.

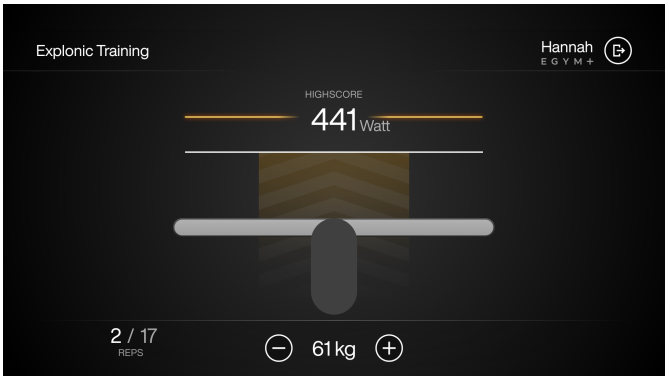
- Automatic resistance adjustment depending on power transmission. Bar width indicates the applied pulling or pushing force.
- Green bar indicates the planned training volume from the training settings (reps x weight).
- Display Feedback: Bar width = applied tensile or compressive force.
- The maximum resistance depends on the user's max strength test. If users can hold the training weight, they need to perform another strength test to unlock higher training weights.



Explonic Training Method

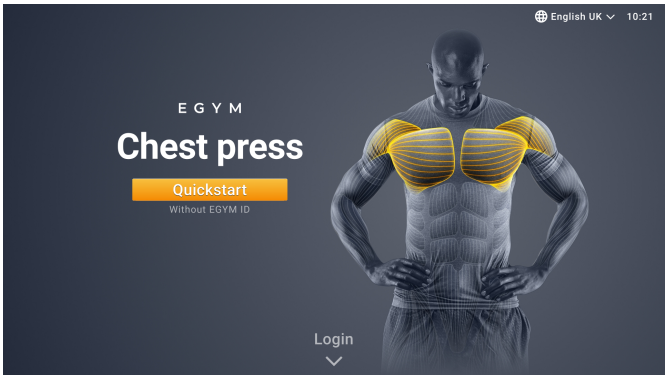
General: This method is designed to improve rapid strength through maximal acceleration of the training weight.

- Display feedback: Display the high score of a total power in watts.
- Each performance high score is visually highlighted and motivates to surpass that performance again
- Training weight can be readjusted during training.
- Note: Decrease weight in the negative phase slowly.



Guest Mode

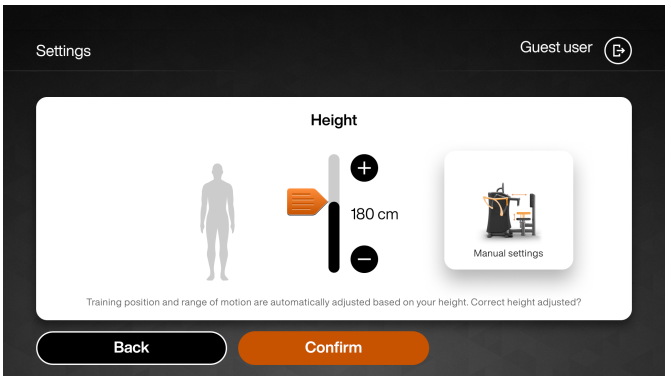
The Open Mode also allows activating a Guest Mode. The guest mode offers an easy introduction to using EGYM Smart Strength. With a few steps, you can work out on EGYM Smart Strength. The guest mode can be started by clicking the "Guest Mode" button on the idle screen.



Idle Screen showing Guest Mode

Machine setting (guest mode)

For the machine setting, the user must select the body size. The selected body size determines the range of motion and the levers' position for an optimal workout.

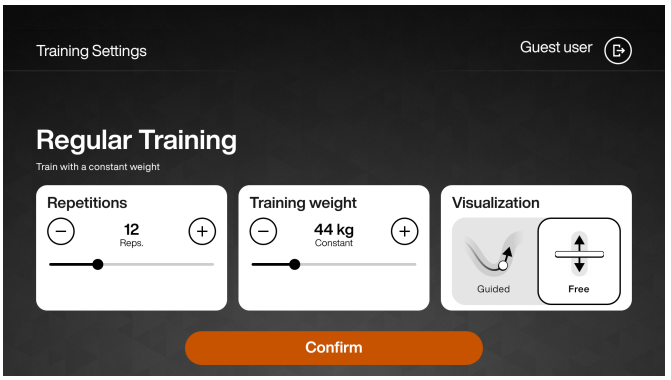


Machine settings in Guest mode

Training setting (Guest mode)

The user is asked for an optional strength test. If this is performed, the training weights are suggested based on the strength test. Without a strength test, the maximum strength average of males is used. The user can set the repetitions and training weights. The selection of the visualization is also available.

The only available training method is regular training.

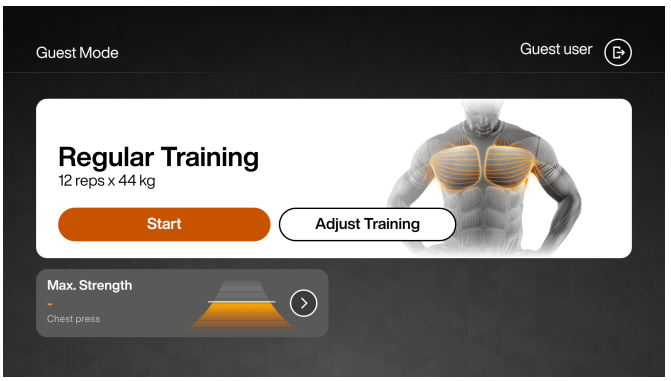


Training settings in Guest mode

Start

The user sees the selected repetitions and the training weight and can start the workout via “Start”.

In addition, the user sees the force test result or can start the force test from there.

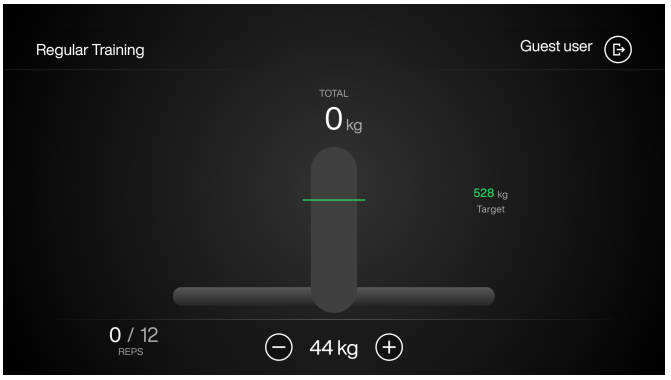


“Start” screen in Guest mode

Training

As visualization in the guest mode, the bar display (for further information see above) and the curve option are possible.

After the training set, the user can work out further sets. If the "New set" button is not selected, the user is logged out, and the following user can use the machine.



Regular Training for Guest User

Comparison of guest mode and logged in user on Smart Strength in Open mode:

Gast Mode

- Adjustment of the machine via body size
- Direct start to training
- Only training method: Regular
- Multiple sets trainable
- Optional strength test for determination of training weights
- Strength test and training results are not saved

Logged in user with EGYM ID

- One-time machine setup via Fitness Hub or with a trainer
- Training programs in "Auto" training mode
- Personalized training in "Individual" training mode
- All training methods available
- Multiple sets trainable
- Recurring strength tests for optimal adjustment of training weights
- Strength test and training results are stored