



Fitness technology for better health

We need a better way to deliver care and keep people healthy



Complex & Confusing

Fitness platforms are hard to use, often excluding the populations that need it the most (seniors, disabled, children, obese, etc).



Care is Not Optimized

Rehabilitation is siloed & reactionary with outcomes dependent on subjective, manual assessment & documentation.



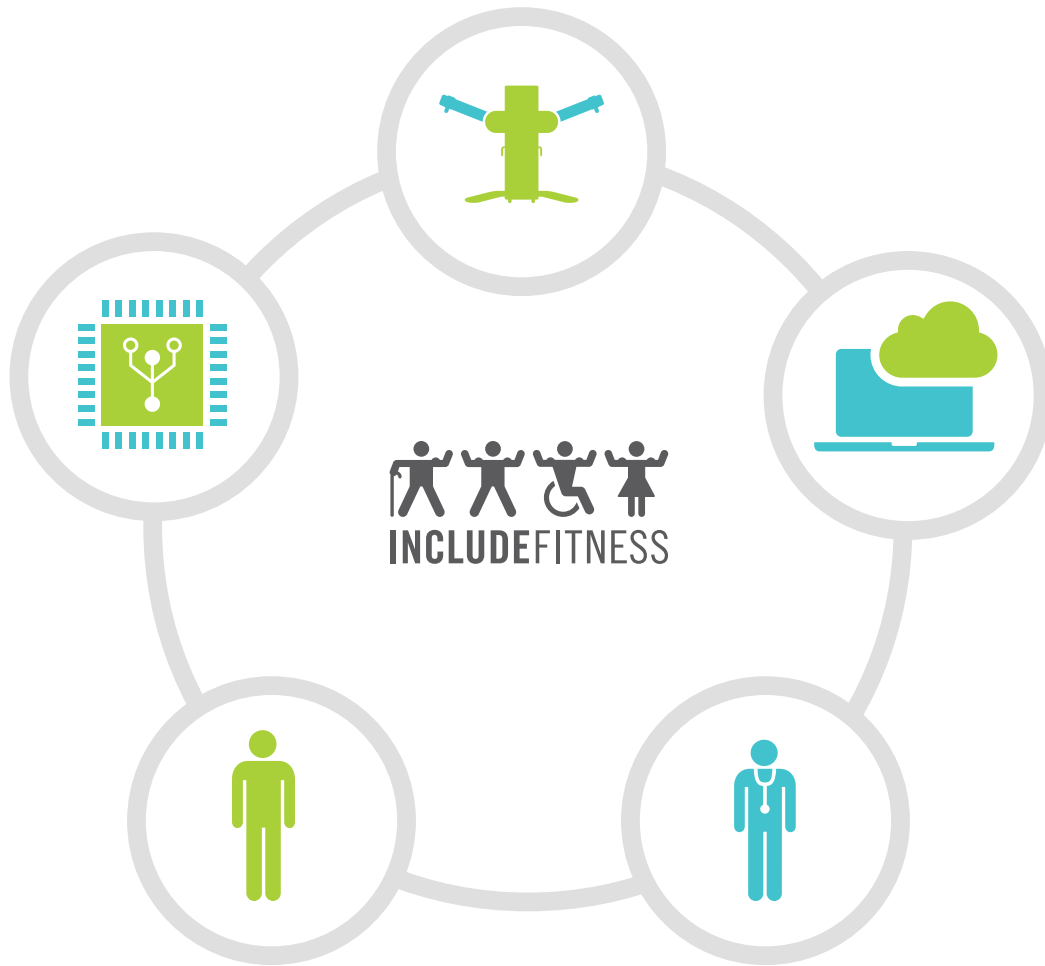
Inadequate Data

Quality is suspect and lacking integration with the medical sector.



Disconnected

There are multiple organizations responsible for delivering care yet very little communication or collaboration between them leading to inefficiencies



The IF Platform

We provide an integrated, smart fitness & rehabilitation ecosystem that pairs cloud-based software, health informatics sensors, and inclusive fitness equipment. Our unique combination of technologies transforms fitness & rehabilitation to optimize ease of use, efficiency and outcomes for both the practitioners and consumers.



The Access Strength™

A next generation, inclusive functional trainer with cloud technology. Rotating arms and adjustable handles let The Access Strength offer a revolutionary number of upper and lower body exercises on one machine. It transforms to fit you - regardless of your size, age, mobility or fitness level.

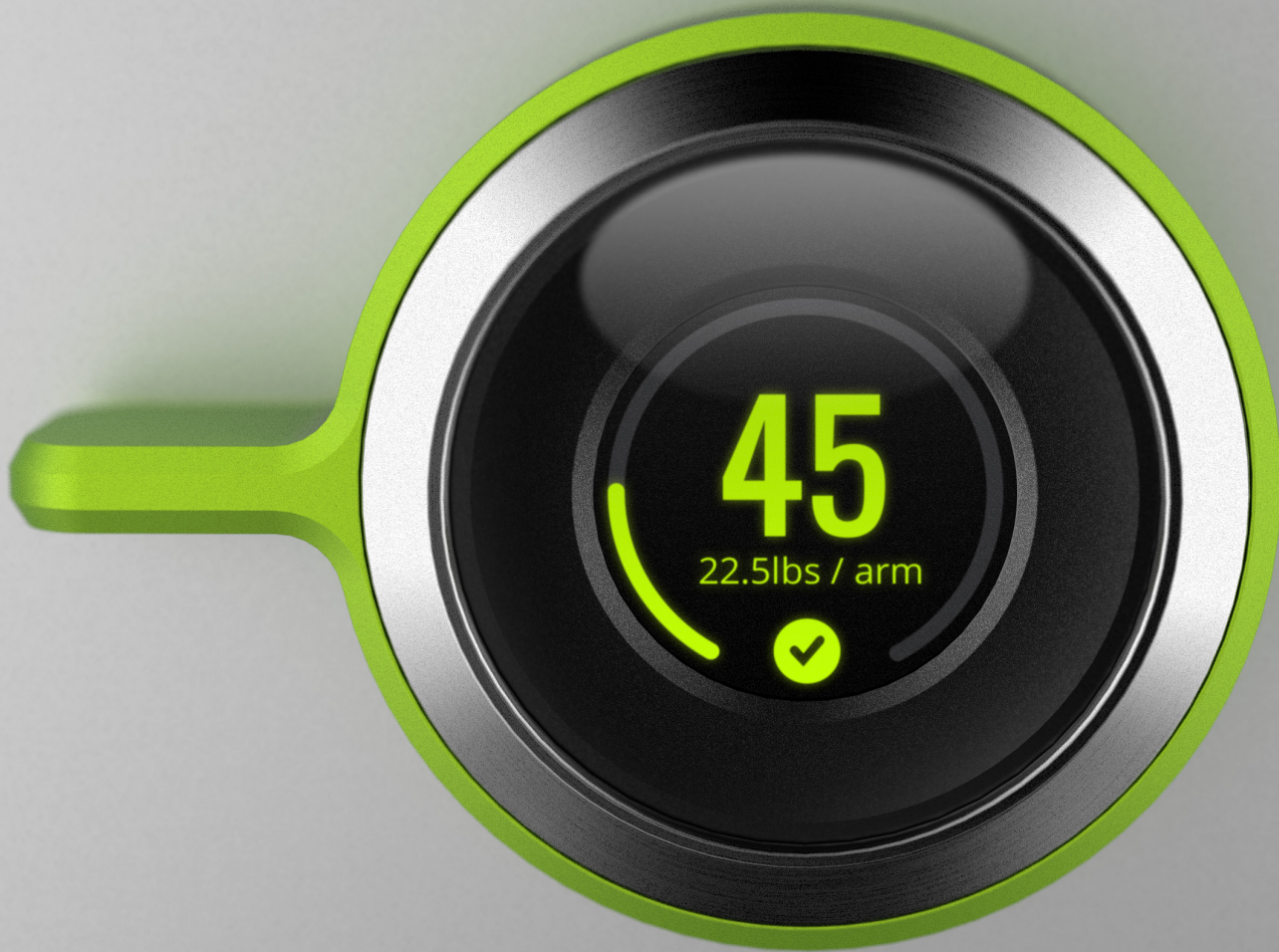


Unparalleled Versatility

Two independent arms rotate 180 degrees while patented carts travel in and out along the arms. This combination caters to individual body sizes, reaches, and comfort allowing for an unprecedented number of upper and lower body exercises.







Next Generation Resistance

The Access™ Strength features an electronic dial that simply rotates to select the desired weight. This innovation provides a centrally located, high-contrast display that's easy to read and reach at all times. Resistance ranges from 10lbs to 190lbs in 2.5lb increments per arm.



Dexterity Free Operation

Areas of adjustment are provided in a bright green color for instant recognition. In addition, cumbersome spring-loaded pins are replaced with intuitive, dexterity-free handles that require almost no effort to adjust.



Integrated Seating

An integrated seat slides out of the machine when needed, and disappears when it's not. Featuring height adjustment and a transfer handle, it allows exercises to be performed both facing and facing away from the equipment.



Stability Pad

A versatile pad is available to provide additional support for standing or seated exercises. It can be used as a back, lap or chest pad. It can also be utilized to secure a wheelchair.



Introducing The IFCloud™

Available through any web browser, The IFCloud provides extensive workout and exercise libraries to explore. Once saved and scheduled, all information is sent to The Access Strength removing the burden of remembering exercises, machine setup, or even how much weight to use. In addition, everything performed is automatically captured and available to review as an individual workout or progress over many.

Key Features



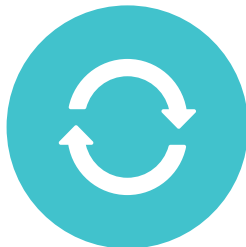
Connected

We seamlessly connect practitioners to the patients, regardless of location, for increased engagement and better outcomes.



Measurable

Objective fitness data is passively captured during use and instantly available through any computer or tablet for micro or macro analysis.



Automated

With automatic guided sessions, detailed documentation and reports generation, we remove the manual burden of delivering quality care.



Inclusive

Our system is meticulously designed to remove barriers and ensure patients of all abilities can utilize our system with ease.

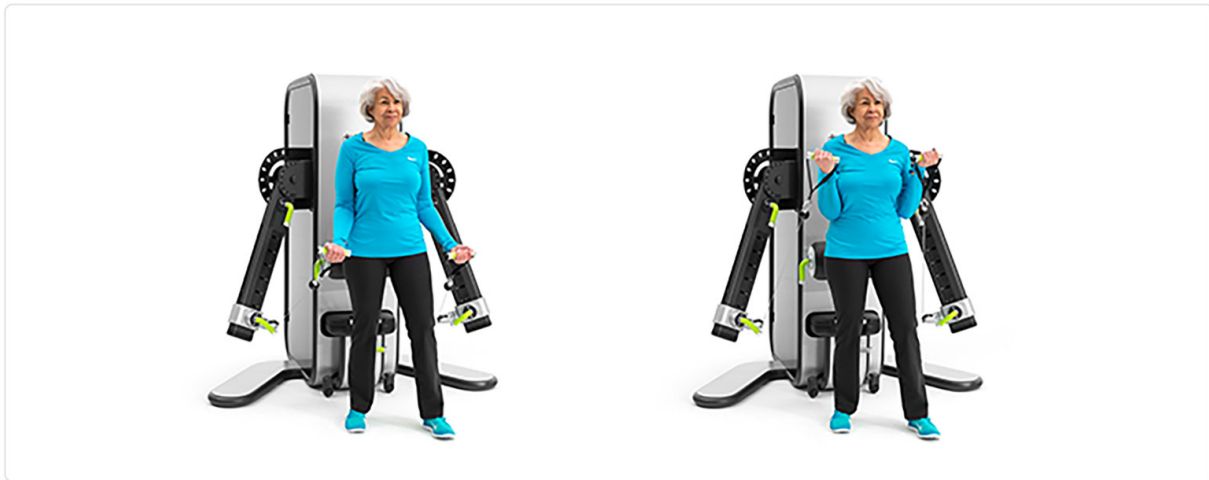
Bicep Curl

Save Exercise

Standing

Seated

Wheelchair



Description

Hold the grips at your sides, palms facing forward, and keep your back straight and chest up. Without moving your upper arms, bend your elbows and curl the weights toward your shoulders. Slowly lower the weights back to the starting position, straightening your arms completely. That's one rep.

Exercise Details

Targeted Area: Arms

Left Arm Position: G4 - G7

Right Arm Position: G4 - G7

Body Positions: Standing, Seated, Wheelchair

Executions: Dual Arm, Single, [Alternating 1](#), [Alternating 2](#)

Browse

Search through hundreds of exercises and workouts to find something that meets your needs. All exercises come in three modes: standing, seated, or wheelchair.

Revitalize

[+ Add to Schedule](#)

[Edit](#)

Created By: Drake Center **Duration:** 40 min. **Rest Time Between Sets:** 60 sec.

Revitalize is a full body workout that can exercise all your main muscle groups under a short period of time. Start with the muscles up top and work your way all the way down to your calves.

Exercises

1. Chest Press

[View Details](#)



Target Area: Chest

Body Position: Standing ▼

Execution: Dual Arm ▼

Set 1	Set 2	Set 3	Set 4
21 Reps @ 95lbs	15 Reps @ 95lbs	9 Reps @ 95lbs	6 Reps @ 95lbs

2. Shoulder Press

[View Details](#)



Target Area: Shoulders

Body Position: Standing ▼

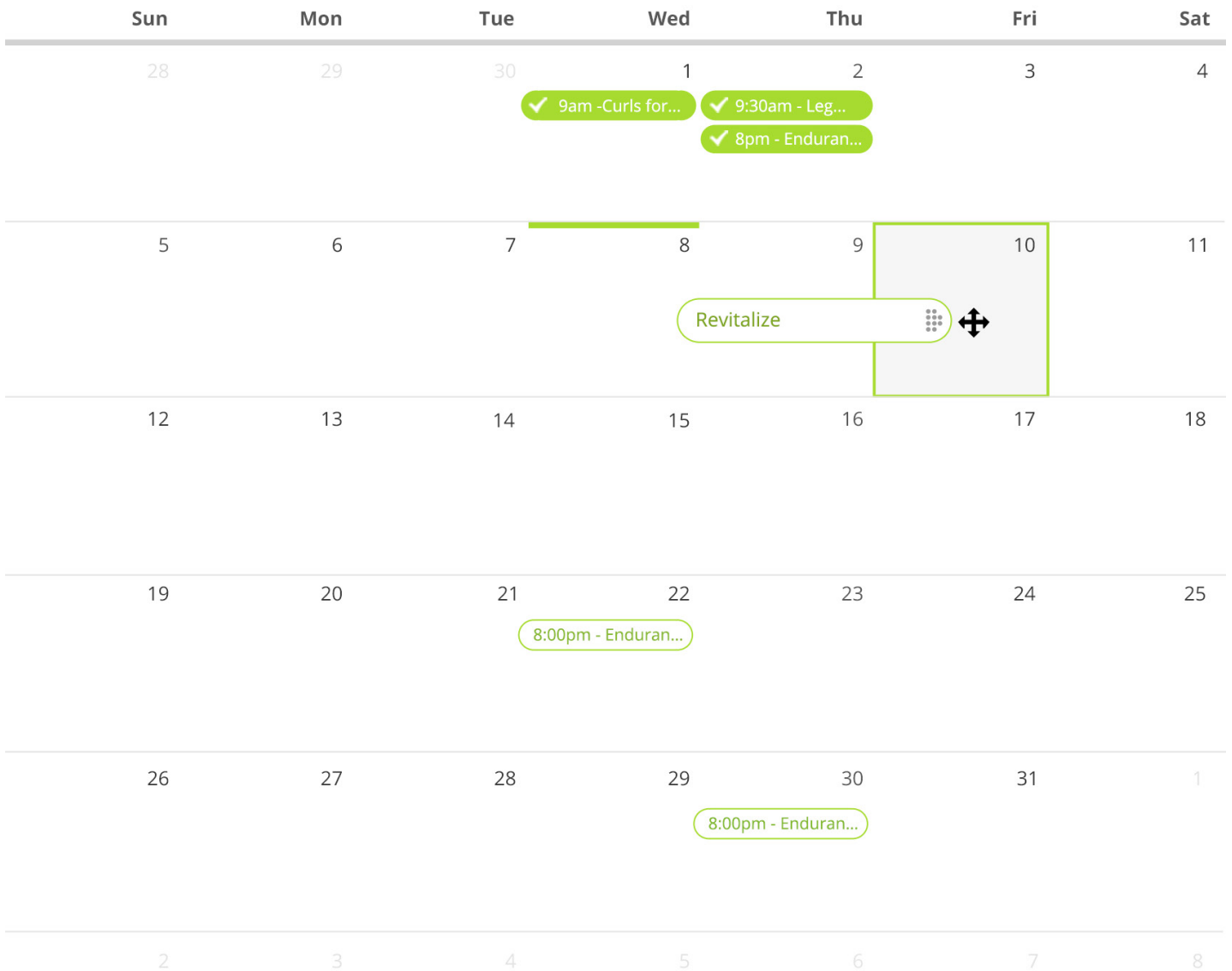
Execution: Dual Arm ▼

Set 1	Set 2	Set 3	Set 4	Set 5
21 Reps @ 95lbs	15 Reps @ 95lbs	9 Reps @ 95lbs	6 Reps @ 95lbs	3 Reps @ 95lbs

Build

Powerful authoring tools provide the ability to customize and create your own exercises and workouts.

January 2014



Schedule

Drag and drop scheduling makes keeping a routine a breeze for an individual or practitioner.



Auto Login

When someone enrolls in The IFCloud they are issued a RFID clip. This clip functions as a unique identifier and allows instant login through any connected machine.

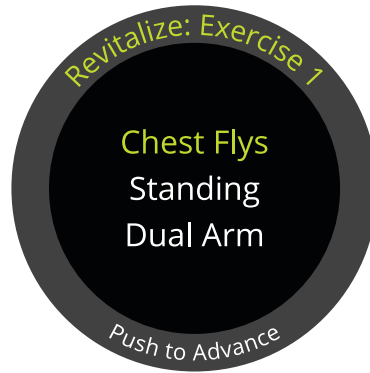


Guided Performance

Once connected, our next generation dial also functions as a portal to The IFCloud. Workouts, exercises, and machine configurations are displayed during every session. In addition, resistance is automatically selected and reps are counted as they are completed.



IFCloud Stored Workouts



Exercise Walkthrough



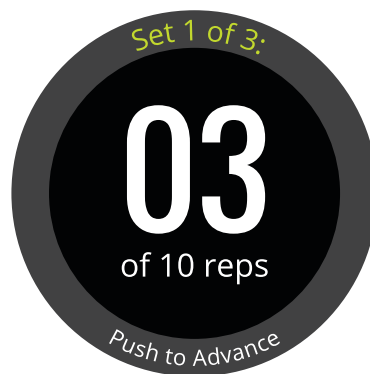
Visual Guidance












Machine Setup



Automatic Weight Selection



Real Time Tracking

-  216 reps
-  432 calories
-  62 minutes
-  12 inch / sec
-  45 watts
-  2.5 newton
-  4 reps / min
-  34 inches
-  847 total lbs



Reps



Calories



Time



Velocity



Force



Power



Tempo



Range of Motion



Weight Lifted



Symmetry

Automatic Recording

While performing a workout, our platform is capturing powerful metrics in the background to help review and analyze progress.

Your Workout: Back Day 📍 **Location:** Cincinnati, YMCA **Date:** October 17, 2015 8:35am

Reps

216

Goal: 230 reps

[View Details](#)

Calories

432

Goal: 460 cal

[View Details](#)

Time

62

Goal: 60min

[View Details](#)

You achieved 94% of your goals

Avg. Velocity: 12 inch/sec 📄

Avg. Force: 2.5 newton 📄

Avg. Power: 41 📄

Avg. Tempo: 4 reps/min 📄

Total Weight Lifted: 1500lbs 📄

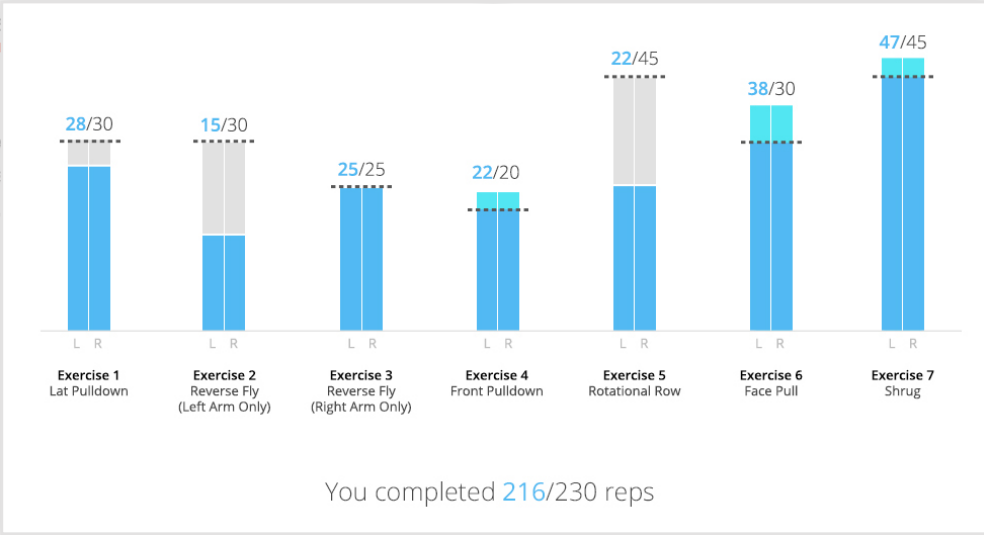
Total Cardio: 30 minutes +

Total Stretching: 20 minutes +

Total Weight: 22lbs +

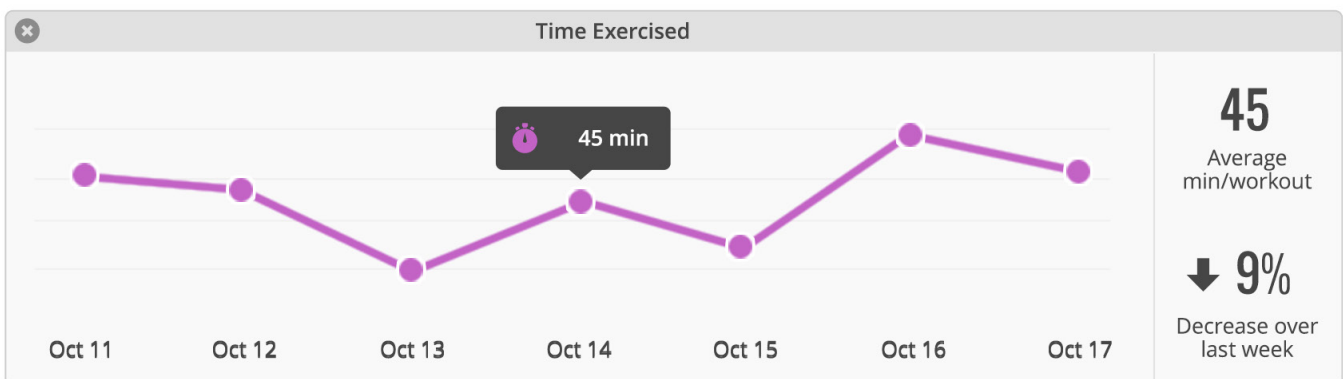
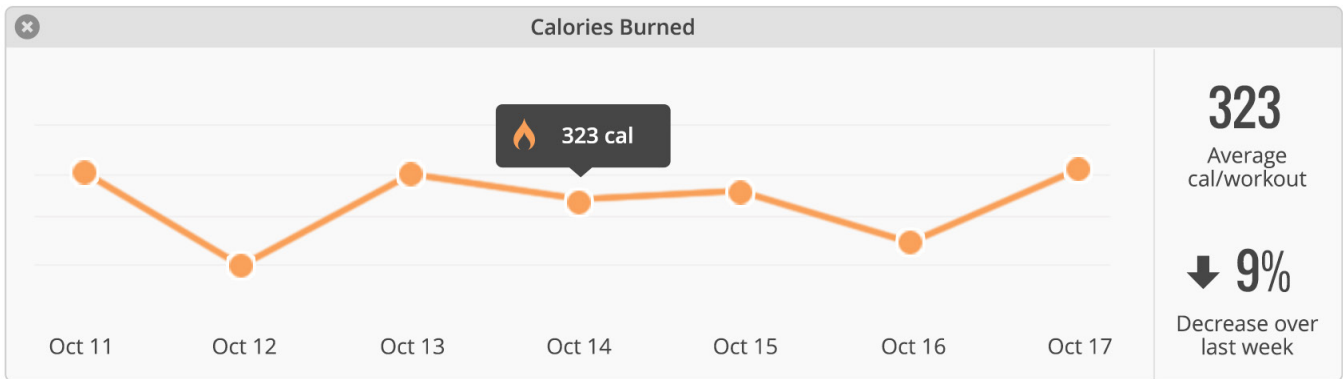
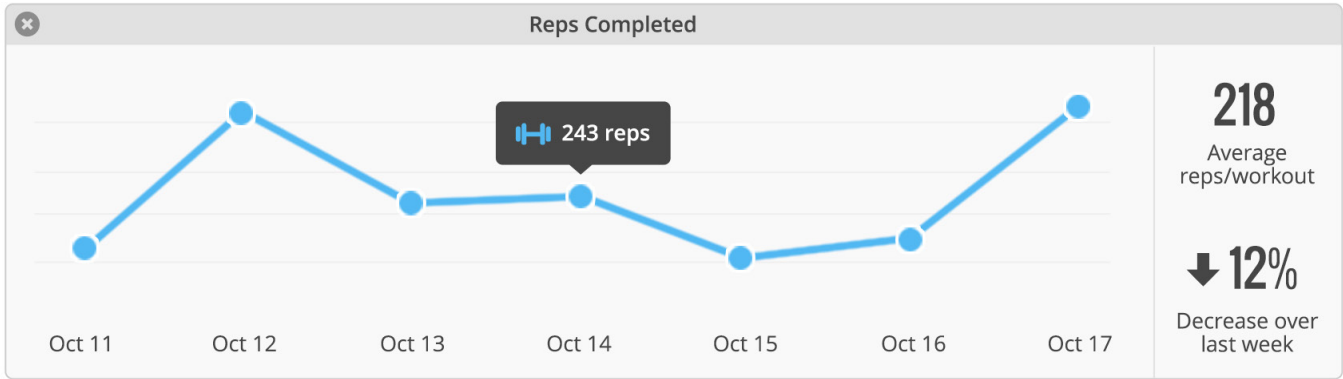
Notes:

Felt a weird pinch in my shoulder
Also could increase the weight



Review

Instantly see achievements compared to goals in the powerful IF Dashboard.
All metrics can be viewed on a workout, exercise, or set level.



Analyze

Evaluate trends over time with individual or aggregate data. Apply powerful data filters to obtain deep insights into efficiency and efficacy of routines.

Anne Thompson



Age 68 (10/14/1946)
Gender Female
Height 5' 11"
Ethnicity African American
Weight 152 lbs
Precondition Torn Rotator Cuff

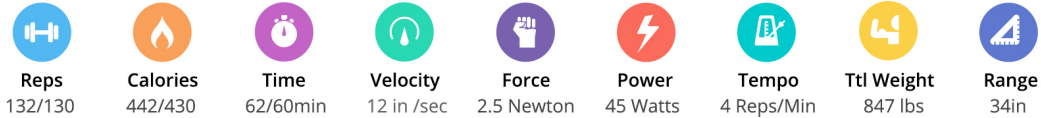
Professional Nick Evans
Facility Cincinnati YMCA
Address 1105 Elm Street
Cincinnati, OH 45202
Phone (513) 362-9622

Back Builder

October 17, 2015, 8:35am - 9:42am

CPT Code
97350

Units
4



01	Lat Pulldown	Muscle Group: Back		
	Sets	Reps	Weight	Goal Achieved
	1	10/10	50/50	✓
	2	11/12	55/65	
	3	09/09	75/75	✓

02	Military Press	Muscle Group: Shoulders		
	Sets	Reps	Weight	Goal Achieved
	1	10/10	15/15	✓
	2	10/10	15/15	✓
	3	10/10	10/10	✓

03	Tricep Extension	Muscle Group: Triceps		
	Sets	Reps	Weight	Goal Achieved
	1	10/10	25/25	✓
	2	08/10	25/25	
	3	10/10	20/25	

Export & Report

Print reports, send PDFs, or integrate with both consumer and practitioner platforms.