

ACTIV5: SMART STRENGTH TRAINING

**Get Coaching & Track Your Progress
Over 100 Isometrics-Based Full
Body Workouts**

ISOMETRIC EXERCISE or “**ISOMETRICS**” are a type of strength training in which muscles are contracted for a sustained period in a static position, and the joint angle and muscle length do not change during contraction.

Activ5 allows anyone at any fitness level to exercise virtually anywhere through five-minute full body workouts, all while tracking, guiding and even entertaining them.

Activ5 is ideal for everyone from **working professionals who sit all day, to senior citizens, hospitalized children, or physical therapy patients.** Activ5 is the first of its kind to provide isometric workouts and monitor the users progress through its Companion App.

Increase Strength

Safe, No Impact Muscle Activation

Efficient 5-Minute Workouts

Flexible Seated & Standing Exercises

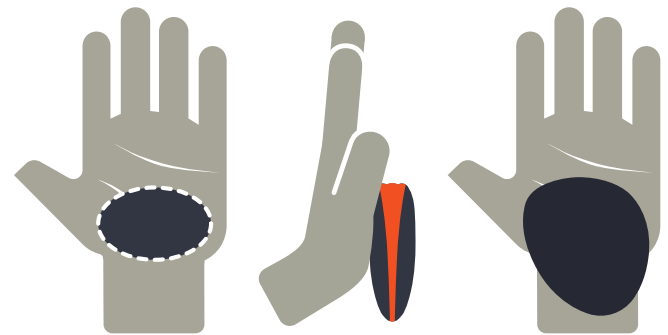
Portable for Desk, Home, Plane & Hotel

Use Fun Games & Challenges

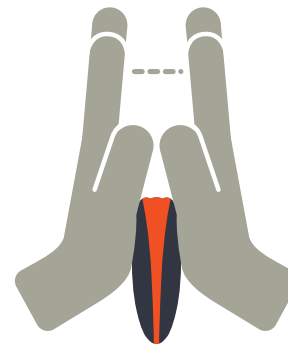
HOW TO HOLD ACTIV5

For best results, position the Activ5 device in your hands as follows.

CORRECT



Pressure Area



To engage the correct muscle groups in exercises involving both palms **DO NOT LOCK YOUR FINGERS!**

INCORRECT

