

CONCEPT



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PENDEX PERSONAL TRAINER

Pendex sets up an individual mode of training and exercise program considering age, initial physical activity level, height, weight, life style and medical concerns.

Training stations will adjust automatically to individual physical indicators, preassigned upon registration in the system.

Sensors of movements, strength and balance ensure safe training flow, collecting and processing up to 120 measurements per minute. The screen shows the number and length of repeats, range of motion for comfortable and effective training.

Personal programs are accessible online on the touch screen of each Pendex training station.



B7 PM200

The set of 12 intelligent training stations trains all musculoskeletal system elements

Exercising on Pendex stations reaches the deep layers of the back, pelvis, shoulder girdle, torso muscle, large joints of the arms and legs.

Pendex trainings are intuitive

Pendex recharges ones energy, relieves stress, restores verticalization, body proportions, symmetry and balance.

Pendex widespread use

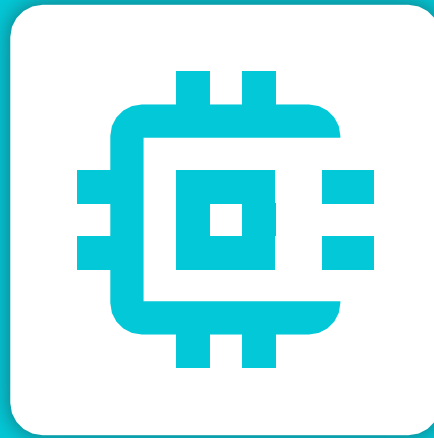
Physiotherapy, general sports training, weight control, rehabilitation after traumas and injuries, corporate programs for employees health improvement and maintenance.

Personal trainings for back and joints pain, chronic fatigue and burn out syndrome, correction of muscle-joint imbalances, general health improvement.

Pendex evaluates, analyses and trains

The first session starts from individual motional characteristics assessment. Smart technology examines the smoothness of movements, amplitude and quantity of repetitions, determinates goals and objectives. Then trainee receives a personal card with an individual program. Online feedback assists to correct motional stereotypes. At the end of each session the system displays analysis of performed exercises and dynamics since the commencement of Pendex training classes.

TECHNOLOGY



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PENDEX ENGINEERING
SOLUTIONS IDENTIFY
AND STRENGTHEN
WEAK
BIOMECHANICAL
LINKS

- Gradual load increase to avoid severe fatigue
- Natural for human body pendulum cascade-wavy training mode
- Average training time 30 minutes
- Positive result after 5 – 6 sessions
- Training goal is aimed at increasing of deep muscles layers strength



B1 SN900

IoT TECHNOLOGY – 'INTERNET OF THINGS'

IoT technology gathers information from training stations into the cloud, making the system administration easy to control and scale.

Reports

Training sessions tracking and progress information accessible online 24/7.

Administrating

Pendex users have access to personal profile administration and reports.

Accessibility for family members, doctors, coaching staff and insurance companies.

PENDULUM PRINCIPLE TRAINING



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Reps
14

Cadence
2.5 sec/rep

Time left
00:00.00

PAUSE



COMFORTABLE MOTIONS FOR HEALTH WITHOUT MEDICATION AND SURGERY

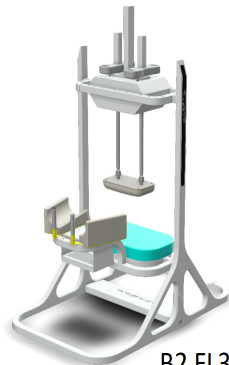
Pendulum principle training

Trainee is given precise exercise direction, based on the load volume, angle magnitude, range of motion and the vector of pendulum. The 'pendulum' ensures that there is no frictions during exercising with variable load.

Pendulum training machines have concentric, eccentric and isometric operation modes. The pendulum movement frequencies are the result of accurate algorithm calculation. The training on a pendulum-cascade machine records required sensitive data, such as pendulum movements magnitude and distortion type, range, smoothness, balance, symmetry and strength of trainee movements.



B3 PM850



B2 FL300



B7 PM200



D1 RS750

TRAINING STATIONS



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B7 PM200

Pelvic girdle & spine muscles
trainer



B5 PM230

Pelvic girdle and spine muscles
trainer



B3 PM850

Lumbar spine muscles trainer



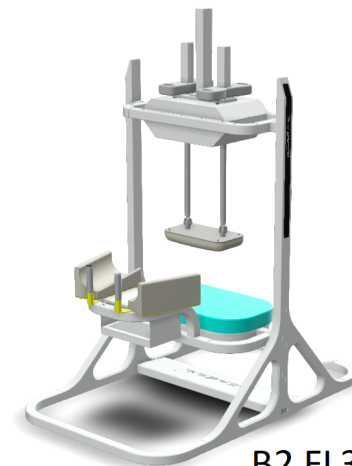
B4 PM250

Pelvic floor, leg and back muscles
trainer



B6 DR100

Spine muscles trainer



B2 FL300

Shoulder, back and abdominal muscles
trainer



A1 RS220

Upper back flexor trainer



A2 RS230

Upper back extension trainer



D1 RS750

Torso, pelvis and lower limbs
trainer



B1 SN900

Back muscle and hip joints
trainer



C2 OP410

Shoulder girdle trainer



C1 OP110

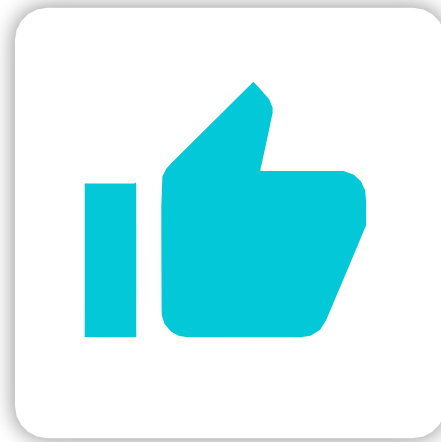
Arm, shoulders and back muscle
trainer

PENDEX TRAINING INDICATIONS

- Scoliosis and posture disorders
- Flatfoot
- X-shaped legs curvature
- Hip joints asymmetry
- Skewed pelvis
- Muscular-articular imbalances
- Large joints arthritis and arthrosis
- Cardiovascular diseases prevention
- Headache, insomnia and blood pressure regulation
- Recovery from injuries, back and joints pain
- Chest mobility restoration
- Lung function indicators improving
- Chronic fatigue and burn out syndrome
- Weight correction programs



BUSINESS WITH PENDEX



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SINGLE TRAINER CONTROLS TWELVE TRAINING STATIONS

Each of 12 Pendex stations acts as an independent personal trainer. Pendex greets client by name, sets an up-to-date personal training program, controls movements accuracy, tracks exercise dynamics and generates comprehensive reports.

One employee is needed to set up and run the Pendex studio work. The Pendex studio assistant trainer main responsibilities will include meeting guests, assisting with registration in the system, demonstrating correct body posture and movements during initial Pendex test and first independent exercises, providing information and following up the guest requests, maintaining studio cleanliness and hygiene up to standards, addressing and follow up technical issues, if any, to the Pendex technical team.





Pendex benefits

- Requirement for studio size is 80 - 100 m2
- Capacity: 160 personal session/ day
- ROI: 18 months approx. on 30% occupancy*
- No requirement for special studio licensing
- Reports 24/7 access on web site and mobile app
- Clients portfolio development through technological equipment
- Integration with blockchain technology for management and accounts

Pendex applications

- Stand alone studio
- Integration in Gym or Fitness Centres
- Medical and Wellness entities
- Sport Centres and Clubs
- Corporate Offices
- Residential complexes and condominiums
- Elderly nursing facilities
- Educational entities
- Home wellness facility & gym

A woman with dark hair tied back is performing a pull-up on a white gym machine. She is wearing a black tank top and has her arms extended upwards, gripping a black bar. The machine has white structural elements and blue padding on the lower part. The background is a plain, light-colored wall.

pendex®

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