

E G Y M

One Step closer to Preventative Health

Who knows EGYM?



Cardio & Strength

Body Analysis

Management Software

Apps & Wearables

E G Y M - The open ecosystem with 200+ partners.

One platform, endless personalised experiences.

E G Y M

The Leading Platform for Gym Operators Worldwide

21+

Countries
with EGYM products

18,000+

Clubs
use EGYM
products & services

6M+

EGYM Users
are monthly active
worldwide



Who are EGYM?



Our Vision

Make the world fit for life

Our vision is to help build stronger and healthier communities. To do so, we are putting all of our energy into forever changing workouts as we know them today by encouraging everyone to get fit together. Fit for the here and now. Fit for the challenges of today and tomorrow. Fit for a healthier future.

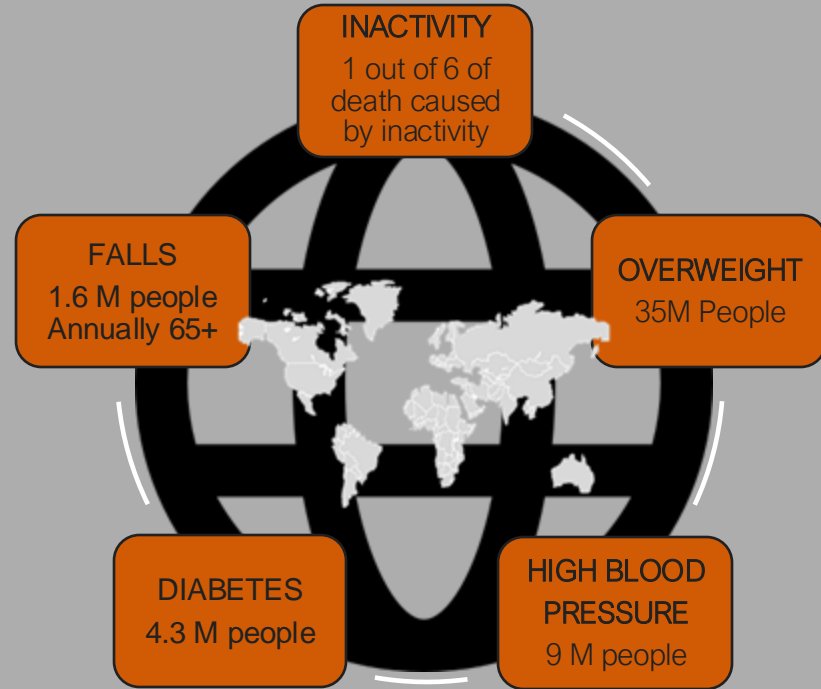
Fit for Life.

The Biggest Challenges in the UK

Inactive lifestyle

The **biggest public health challenges** related to inactivity in the UK remain consistent year-to-year, with **potentially heightened concerns** due to ongoing trends:

1. Rising Burden of Chronic Diseases
2. Mental Health Concerns
3. Health Inequalities
4. Technological Advancements and Changing Lifestyles



The World Health Organization (WHO)

Recommendations



**150
minutes**

of moderate-
intensity aerobic
activity every
week

2X per week

Muscle-strengthening activities
on 2 or more days a week that
work all major muscle groups

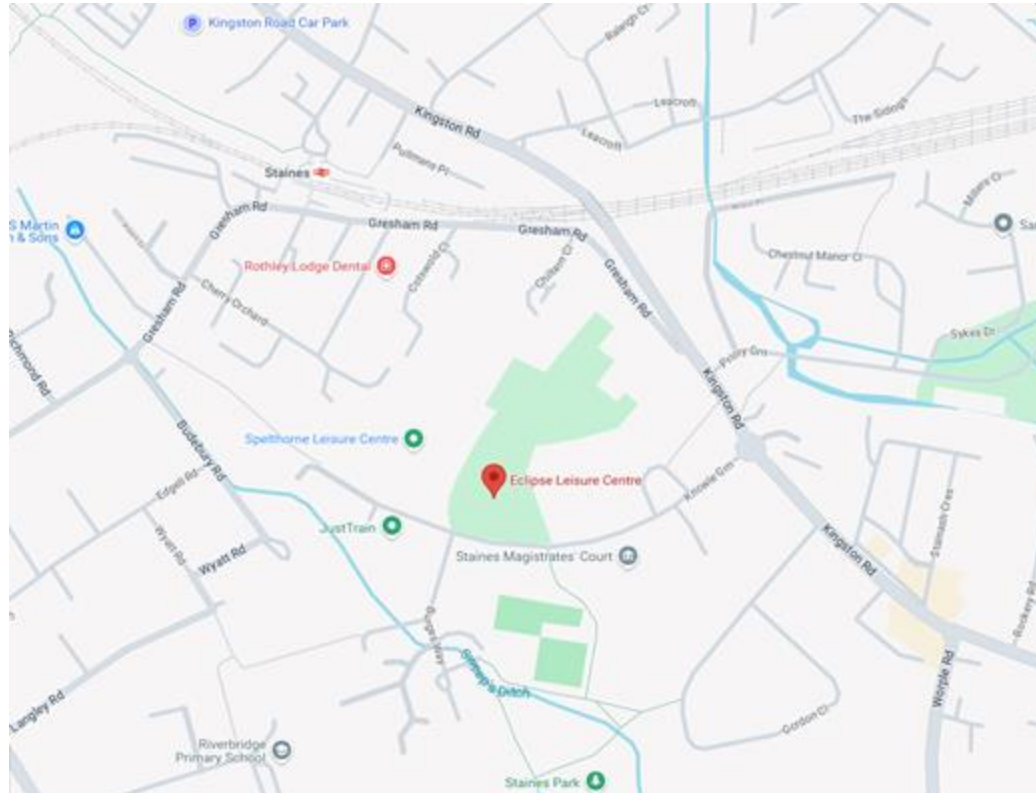


1. Increased awareness of the benefits of strength training
2. Addressing the growing burden of chronic diseases
3. Importance of healthy aging

BUT Strength Training is Complicated!

How do you increase strength in deconditioned, older or intimidated demographics?

Technology is not new



Sat Nav to Health

What does EGYM give your users?



Training **Guidance**



Training **Motivation**



Measurable **Results**



Time Efficient Workouts



Goal Specific Training



Automatic Set Up



Destination Options



Athletic

Enhanced performance by developing speed strength and resilience.



Muscle Building

High-intensity muscle strain at low movement speeds for maximum muscle growth.



General Fitness

Variable workout stimuli to maintain strength and physical vitality.



Weight Loss

High-intensity strength workout at consistently elevated heart rate and extended exercise times.



Body Toning

Strength endurance and hypertrophy workouts for toning and body definition.



Reha Fit

Gentle rehabilitative training for physical ailments or injuries.



Metabolic Fit

Gradual intensification of strength endurance training to regulate blood sugar, especially for diabetes type 2 patients.



Immunity Boost

Intensity and progression-controlled exercises that increase your immune defence.

The whole point...

Increase scalability of health interventions and get more people active for longer.

- Deliver an easy to use solution that users can use independently of staff led sessions
- Embed EGYM in health interventions to provide completely personalised workouts
- Utilise the data provided by EGYM to prove outcomes

Anecdotal evidence - up to 93% of GP referral members sign up to a paid membership post 3 month intervention when EGYM is utilised as part of the program.

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EGYM Impact.

Studies based impacts of EGYM.

Impact of EGYM



- 17%
Churn

EGYM users churn
17% less

1.2x more
Motivation

EGYM users visit the gym
1.2 times more often

+ 29%
Strength

29% strength improvement
in three months

16 Years
Younger

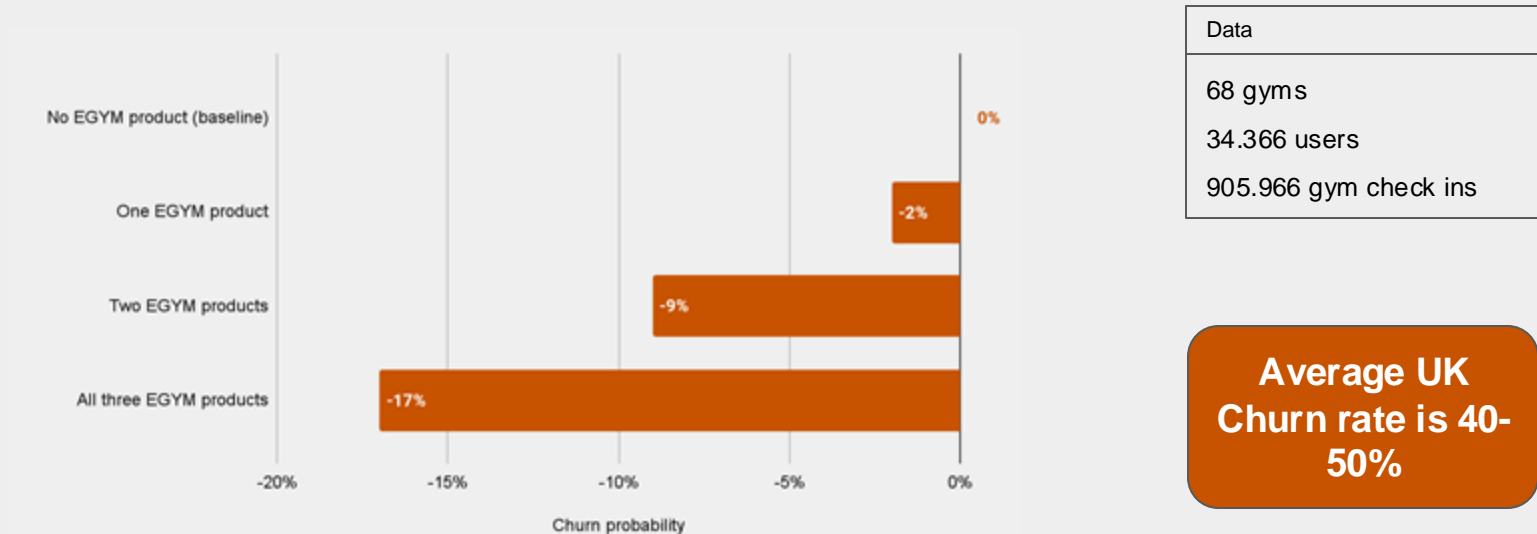
16 years BioAge
improvement in three months

10 kg
Weight Loss

10 kg weight loss in three
months for people with
obesity

Impact of EGYM Immersion on Workout Churn

Results

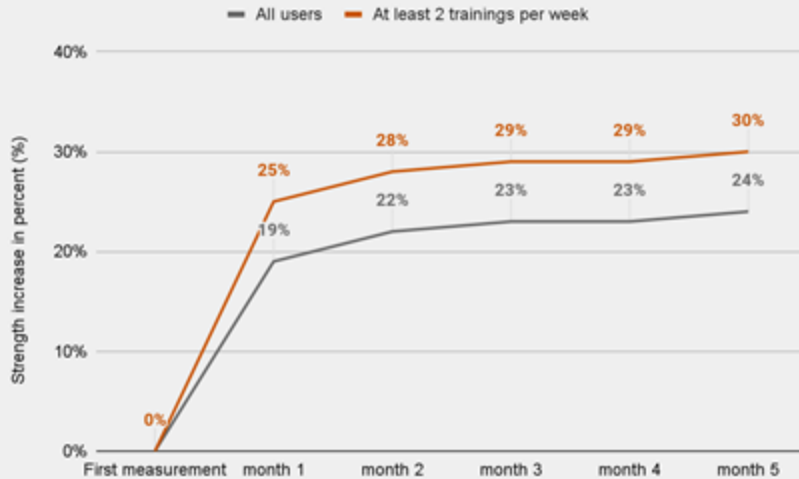


“A **fully immersed Ecosystem user has a 17% lower chance to churn** compared to a user who does not use any EGYM products.”

“EGYM catalyzes user motivations and helps gyms to create loyal users.”

Impact of EGYM Training on Strength

Results



Data

167.818 users

6.577.544 measurements

Lower body strength improvement interventions reduce falls prevention numbers by 24%

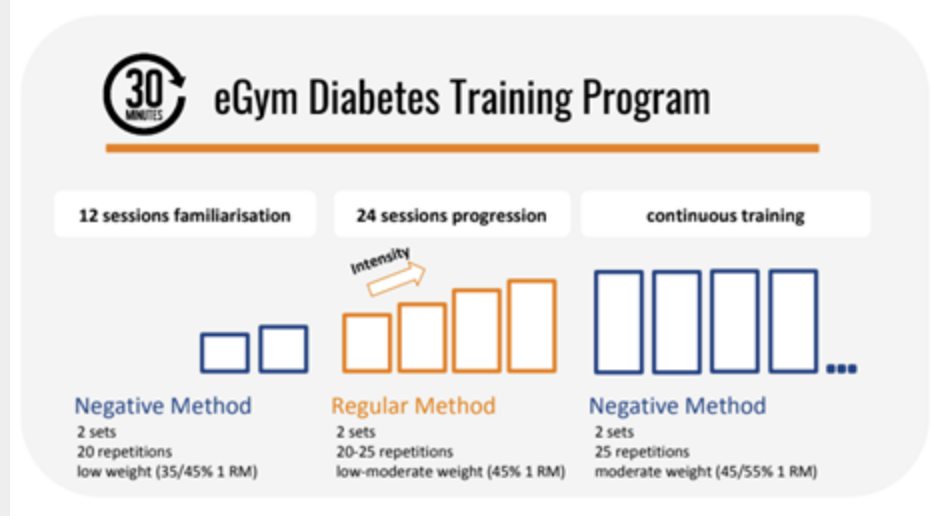
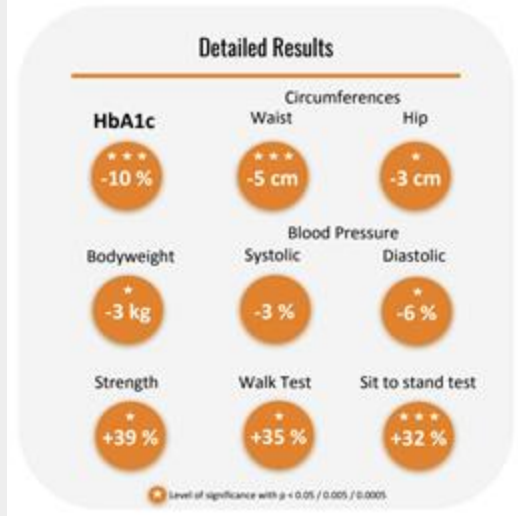
EGYM users improve their strength by 23%

(29% with at least two trainings per week) in the first three months.”

“EGYM training is very efficient to fight against sarcopenia and improve the quality of life.”

Impact of EGYM - Diabetes

Results



“39% of participants reduced their HbA1c below medication threshold.”

No longer needing expensive medication!

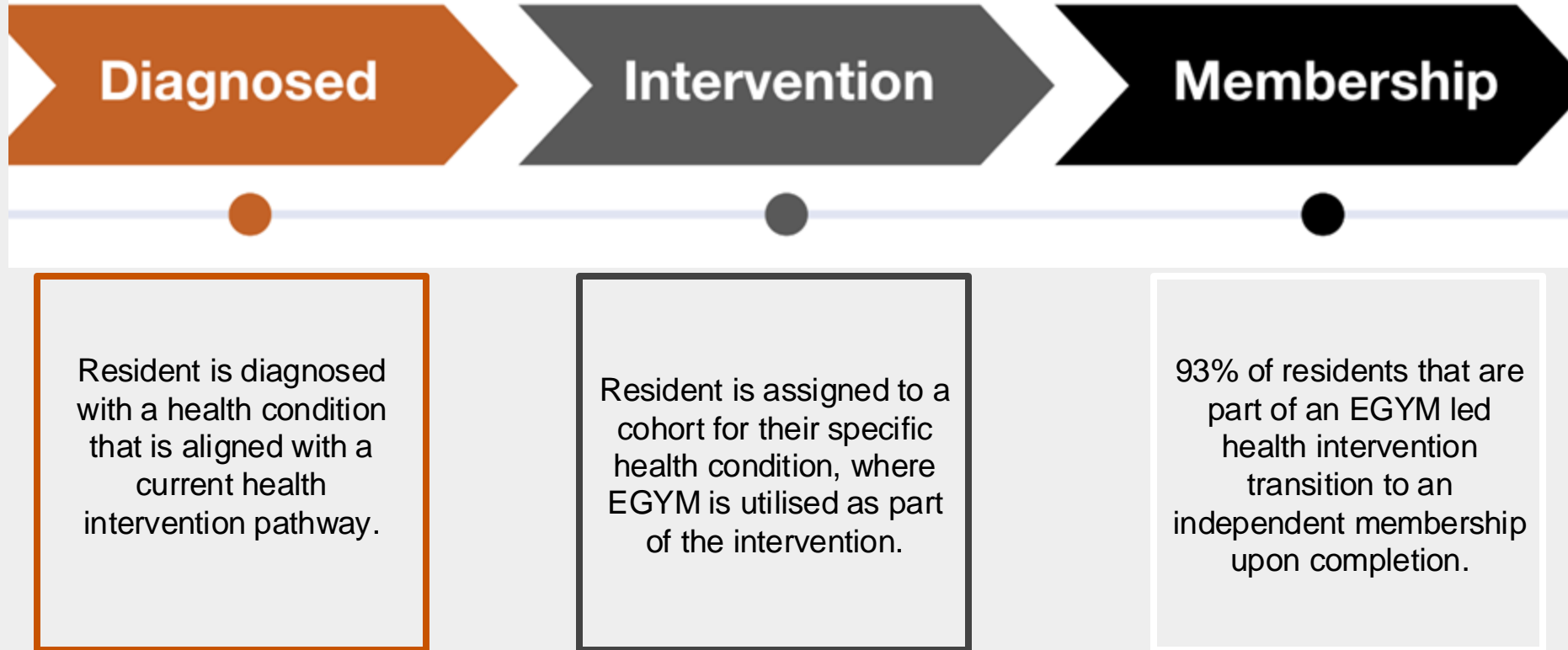
Impact of EGYM - 3 & 4 month retention

Results

	3 month Retention	4 month Retention
Non-eGym	80%	71%
eGym	97%	93%
	Nov, Dec and Jan members who were still active as of March 31	Nov, Dec and Jan members who were still active as of April 30

Operators significantly improve 3 & 4 month retention with EGYM.

Healthy Community - Scalability



Invest in Your **Community's Well-being** with EGYM

Imagine a future where:

- **Residents are empowered with personalised fitness programs** that cater to their individual health needs and goals.
- **Chronic health conditions are actively managed and prevented** through data-driven exercise routines.
- **Our community thrives with a healthier and more active population.**

Benefits for Our Community:

Investing in EGYM goes beyond individual well-being. It benefits our entire community:

- **Reduced healthcare costs:** A healthier population means fewer doctor visits and lower medical expenses for all.
- **Increased productivity:** Employees with better health are more likely to be present, focused, and productive at work.
- **Improved overall well-being:** EGYM fosters a healthier lifestyle, leading to increased energy, happiness, and quality of life.

“We invite you to partner with us in bringing EGYM to life. Let's invest in a future where health and well-being are within reach for everyone..”

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Thank you

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