

LIFE!
POWERWAVE®
CROSSTRAINER

JUST 20 MINUTES





THE MOST EXCLUSIVE GYM IS IN YOUR HOME.

PowerWave is a new approach to health, wellness, and weight loss that helps you get incredible results without ever leaving your home. When you combine the power of the PowerWave Bag and our award-winning PowerWave App, you'll be able to enjoy thousands of unique, effective, and engaging workouts from home.

Say goodbye to gym commutes, fighting for machines, or signing up for classes ahead of time with PowerWave, you get to enjoy the results and the benefits you want without any of the hassle, stress, or inconvenience of going to the gym.

RIDE THE WAVE AND UNLEASH YOUR TRUE STRENGTH

PowerWave brings the power of personalised training direct to your door with **over 1,700 effective exercises** designed to help you lose weight, lean and tone, build your confidence, and achieve your fitness goals.



JUST 20 MINUTES FOR A FULL BODY WORKOUT

PowerWave has revolutionised at-home fitness forever. With our patented PowerWave Bag and our premiere team of physical fitness experts and personal trainers, you can achieve amazing results with just 20 minutes a day.



THE POSSIBILITIES ARE ALMOST ENDLESS

With the PowerWave App, you can choose from **hundreds of Live or On-Demand workouts** designed to meet your fitness and weight loss goals on your schedule. Our coaches and experienced trainers are ready to guide you physically and mentally through each workout, delivering unprecedented results for your body, mind, and mood.



THE POWERWAVE BAG

This isn't your ordinary home fitness device.

The PowerWave Bag has been painstakingly developed by kinesiologists and exercise medicine professionals to deliver an optimized workout for any age, fitness level, or physical capacity. With over 1,700 unique movements and exercises, the PowerWave Bag harnesses the power of centrifugal force to create a challenging workout for anyone. You'll lose weight and sculpt your body in just 20 minutes a day.

POWERWAVE®
CROSS TRAINER

20



01 EXCLUSIVE ERGONOMIC AND THERMOGENIC DESIGN.

PowerWave Bag offers a **one-of-a-kind design** that was carefully engineered to deliver unsurpassed results. Crafted with Thermogel, the PowerWave Bag interacts with your body heat to maximize performance and optimize caloric burn to help you achieve a highly effective workout in only 20 minutes.

The carefully formulated ergonomic design of the PowerWave Bag ensures a neutral spine through all exercises, minimizing the potential for injury from misalignment or hyperextension.

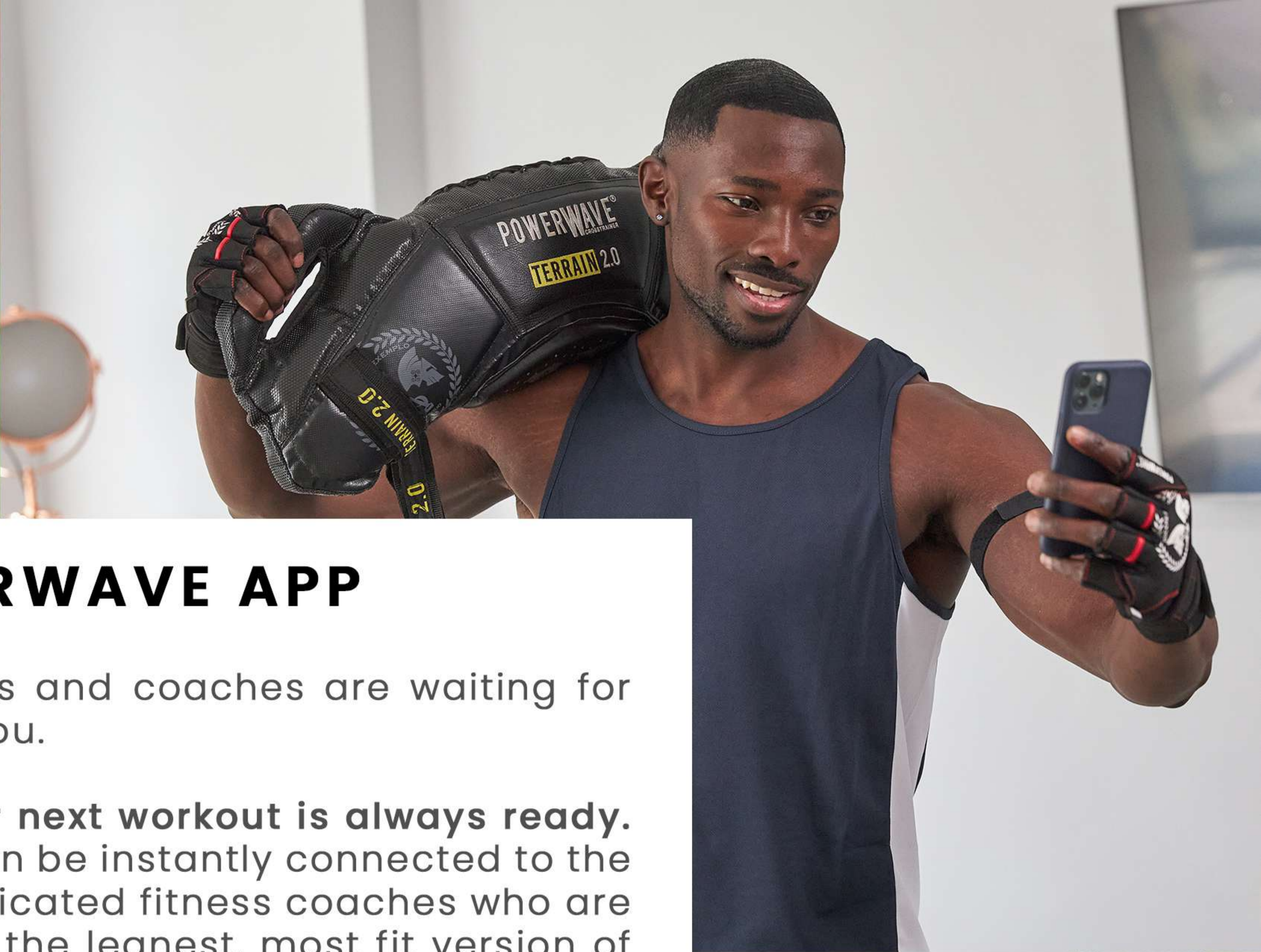
02 SPACE-AGED ENGINEERING TO KEEP YOUR FLOORS SAFE.

Built using top-of-the-line materials, the soft outer BioShock shell is designed to give you a great workout while also protecting your home.

03 THE HARDER YOU PUSH, THE MORE IT WILL DEMAND.

The PowerWave Bag is the only fitness device designed to adjust automatically to your effort levels. **The harder you push yourself, the more it will push you back.** In other words: The power to shed pounds and tone your body is in your hands. The PowerWave Bag is like having your own personal fitness coach right by your side, ready to push you to go further, move faster, or lift heavier, and this is all thanks to the balanced centre keystone.

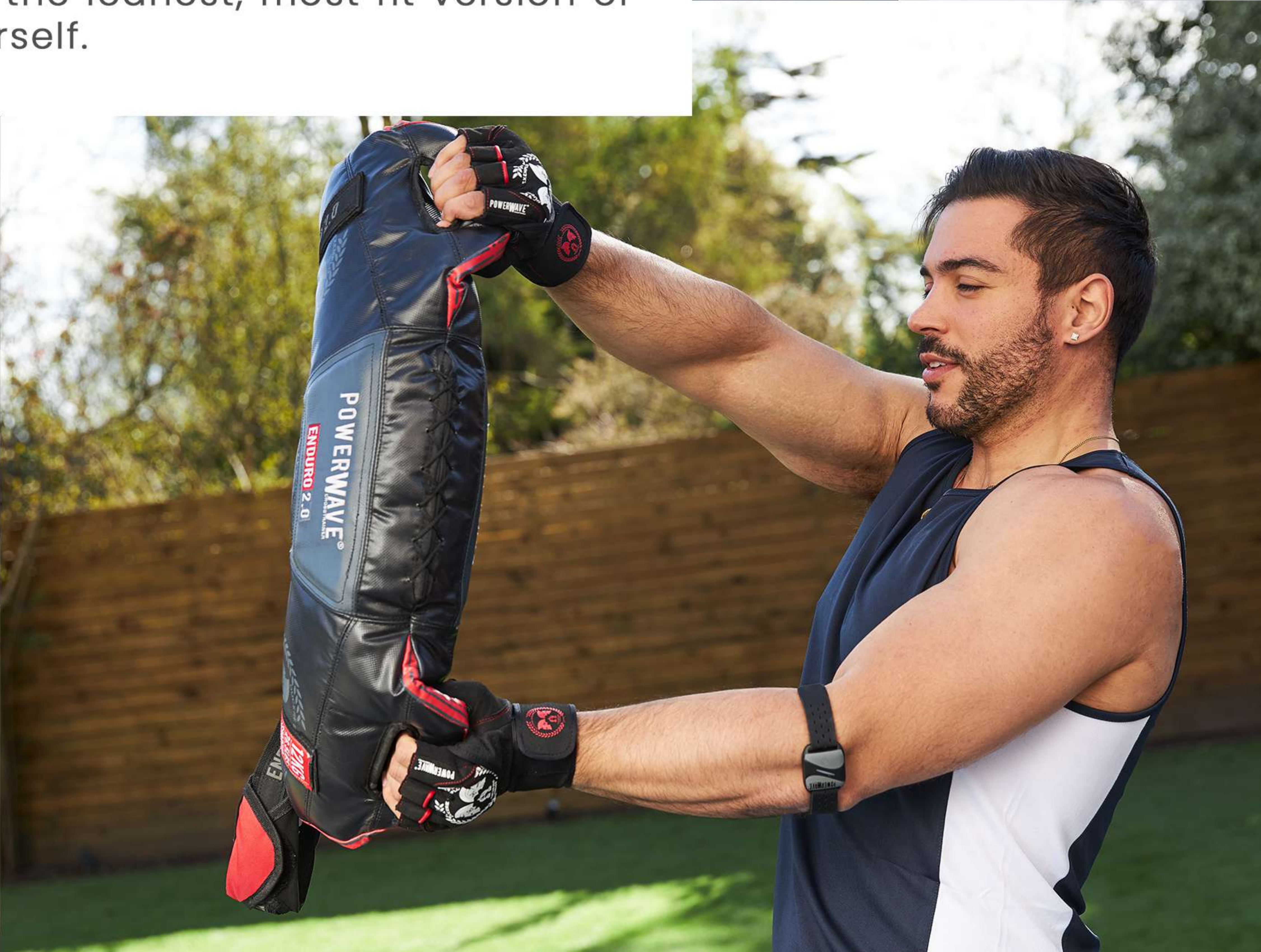




THE POWERWAVE APP

An endless variety of workouts and coaches are waiting for you.

With the PowerWave App, **your next workout is always ready.** With the tap of the app, you can be instantly connected to the world's most talented and dedicated fitness coaches who are ready to push you to become the leanest, most fit version of yourself.



ONE APP A COMPLETE LIFESTYLE



LIFE!
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CROSSTRAINER



LIVE AND ON-DEMAND WORKOUTS

The PowerWave App gives you instant access to a wide variety of interactive workouts in one convenient place.

Our team is here to coach you every step of the way on your personal health, weight loss, and fitness journey.

PRECISE PERFORMANCE STATS AND METRICS

With heart rate monitor capabilities and compatibility, the PowerWave App delivers you in-depth statistics, metrics, and data designed to chart your progress and optimize your workout experience.

RISE THROUGH THE RANKS

Feeling a little bit competitive? Each Live and On-Demand workout features an interactive leader-board that stacks you up against other PowerWave App users throughout the world, ensuring you give it your all every time you train.

COACHING FOR YOUR BODY, MIND, AND MOOD

We understand that true fitness and health goes beyond weight loss. The PowerWave App includes features designed to help you achieve total wellness in every aspect of your life with a Chef and Life Coach ready to support your goals.

NEW MULTIPLAYER FEATURE

With Multiplayer Mode, you can invite up to six PowerWave users to any workout in our expansive On-Demand Workout Library. You set the time and send the invite, and we'll do the rest. Multiplayer Mode features in-app live chat and group HR Zones.

APP FEATURES OVERVIEW

- Live Workouts
- On-Demand Workouts
- Goal Setting Features
- Healthy, Delicious, and Nutrition Recipes and Plans
- Support from a Certified Life Coach
- Support to Overcome Common Struggles and Setbacks
- Precise and Detailed Performance Data

THE JOURNEY

At PowerWave, our team of fitness professionals, nutritional experts, and life coaches have worked tirelessly to create a **holistic wellness journey designed to deliver optimal results as quickly as possible**. Each Stage of The Journey has been carefully developed to maximize your experience and achieve your health, fitness, and wellness goals in a way that is safe, sustainable, and fun.



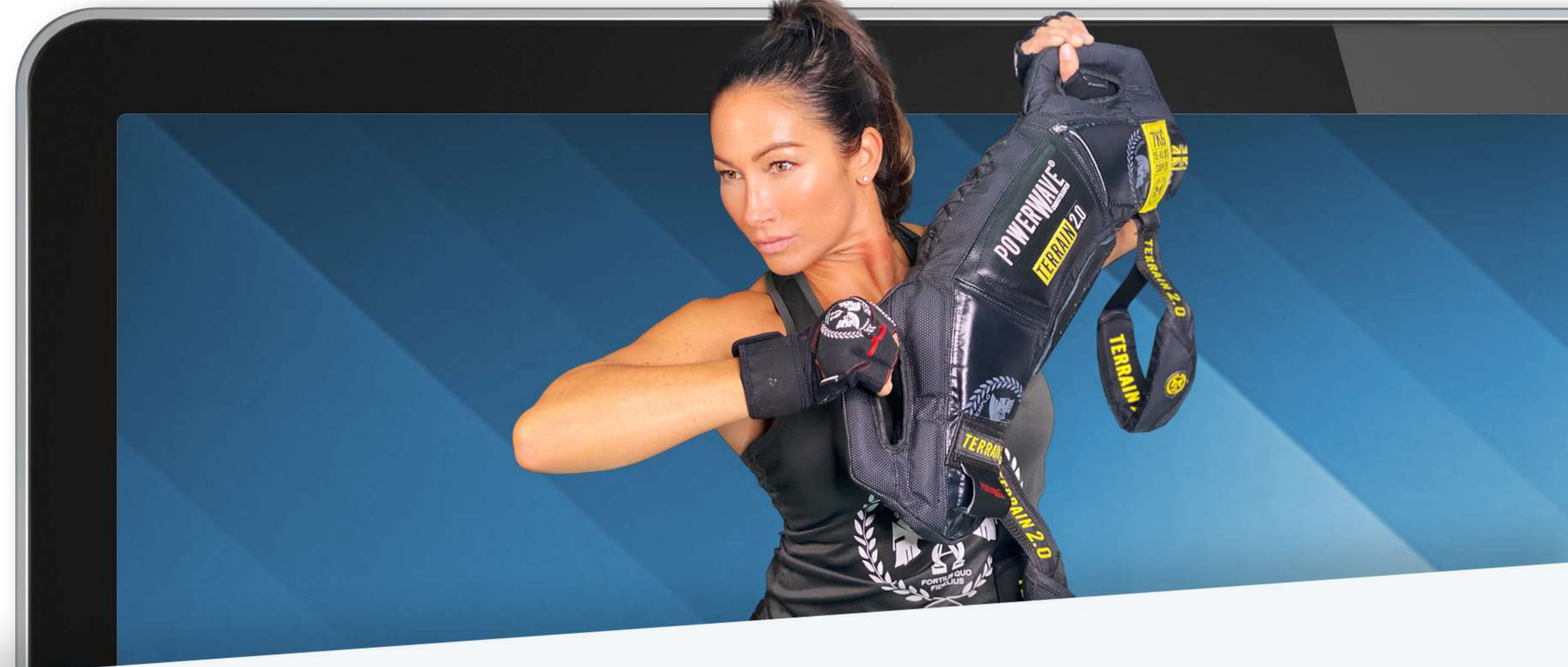
STAGE ONE – BODY LEAN

A 30 day program where users usually lose a full dress size or two inches off their waist. In these first 30 days, **you will be burning serious calories** and developing new habits and routines designed to maximize your results and create lasting change for your body and mind.



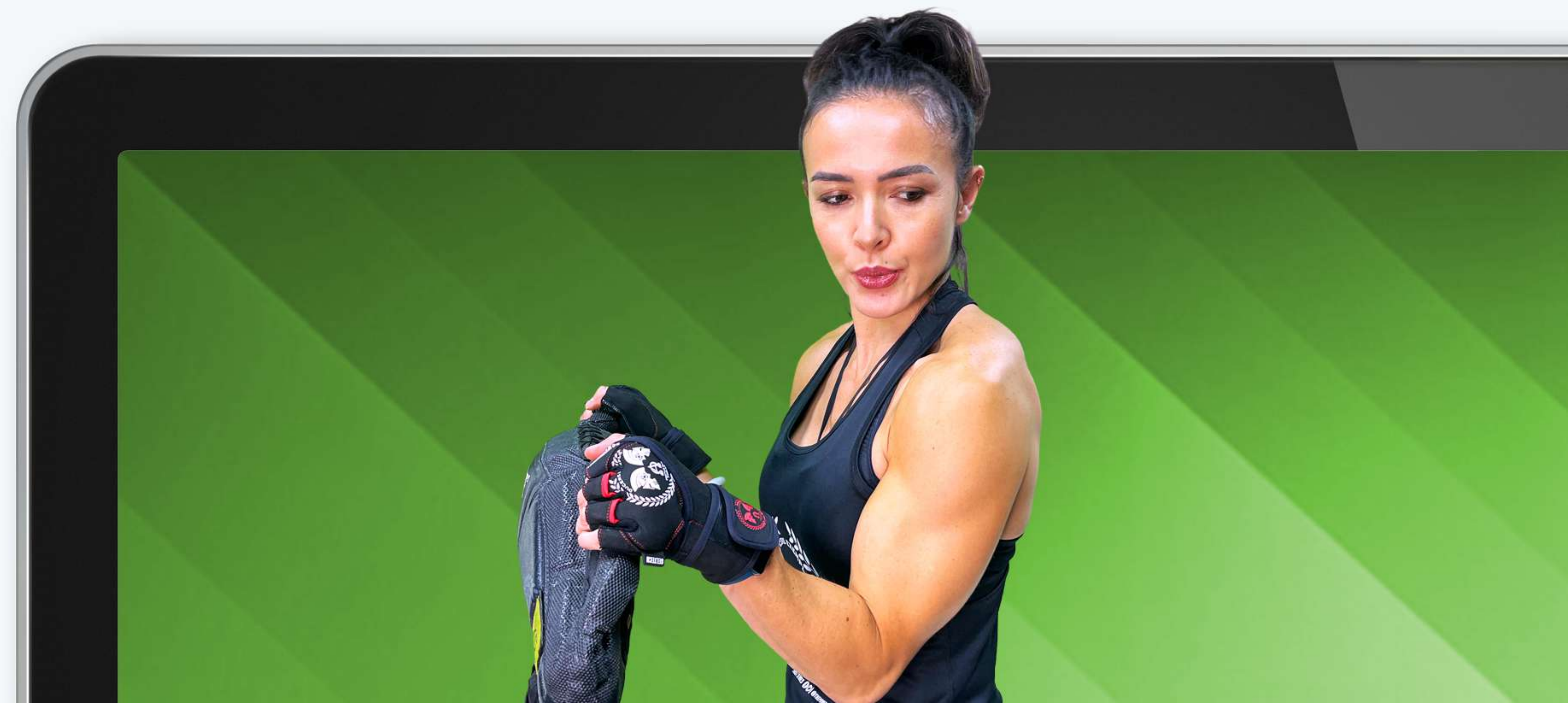
STAGE TWO – BODY STRONG

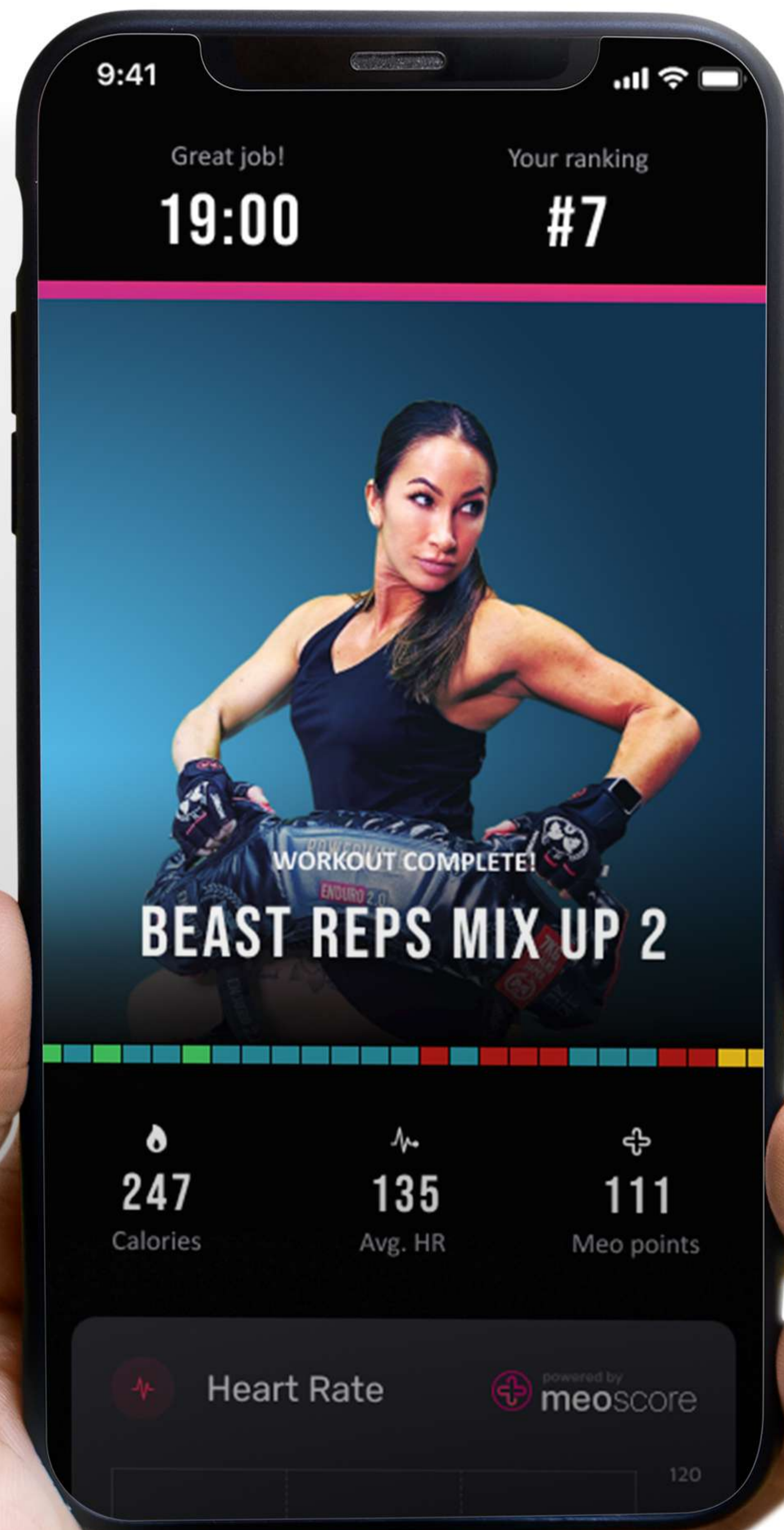
Once you've developed the right habits and mindset in Stage One, it is time to move on to Body Strong. Throughout these 4 weeks, you will begin to **fine-tune your body**, look more toned and dramatically increase your core strength.



STAGE THREE – BODY FIT

Final four weeks of the PowerWave transformation program, you will use all of the skills you've developed over the previous 60 days and show you how to **leverage your newfound physical and mental strength** to develop your own lifetime fitness routine.





WE'RE READY, ARE YOU?

By reading this, you're taking the first step on a potentially **life-changing journey** that will help you discover strength you never knew you had and create a future of fitness and happiness that you deserve. At the end of these 12 weeks, you will be **leaner, stronger, fitter, and more confident than you've ever been before**. Are you ready to get out there and live life better?

OUR COACHES

Our world-class team of **70 plus elite coaches** and instructors offers a variety of teaching styles, philosophies, approaches, and motivational techniques to provide you with a workout that aligns with your goals.



STRONG

We don't just talk the talk: We walk the walk. **PowerWave coaches are hand-selected** and carefully vetted to ensure you receive an outstanding experience from some of the strongest professionals worldwide.

MOTIVATED

At PowerWave, we believe that **YOUR success is OUR success**. Each member of our team is passionate about providing top-tier, elite coaching designed to empower and improve your life.

EXPERIENCED

With decades of combined experience, our fitness, nutritional, and life **coaches offer a holistic approach to health and wellness** that will help you achieve your goals quickly and effectively.

VARIETY

With a variety of different coaches throughout the world, all with their own unique specialty and personal approach to fitness, **we guarantee you'll find the right PowerWave coach for you.**

IT'S A COMPLETE LIFESTYLE APPROACH

PowerWave is about helping you to live your life better. We understand this goes beyond just fitness. That's why we now have our own Chef and Life Coach to help you become the best version of yourself.

New life mentorship and recipe videos are released every week on the PowerWave App.



ACCESSORIES

1. PowerWave Eco Mini Mat
2. PowerWave LifePulse Haptic Arm HR Monitor
3. PowerWave Hybrid Training Gloves

1.



2.



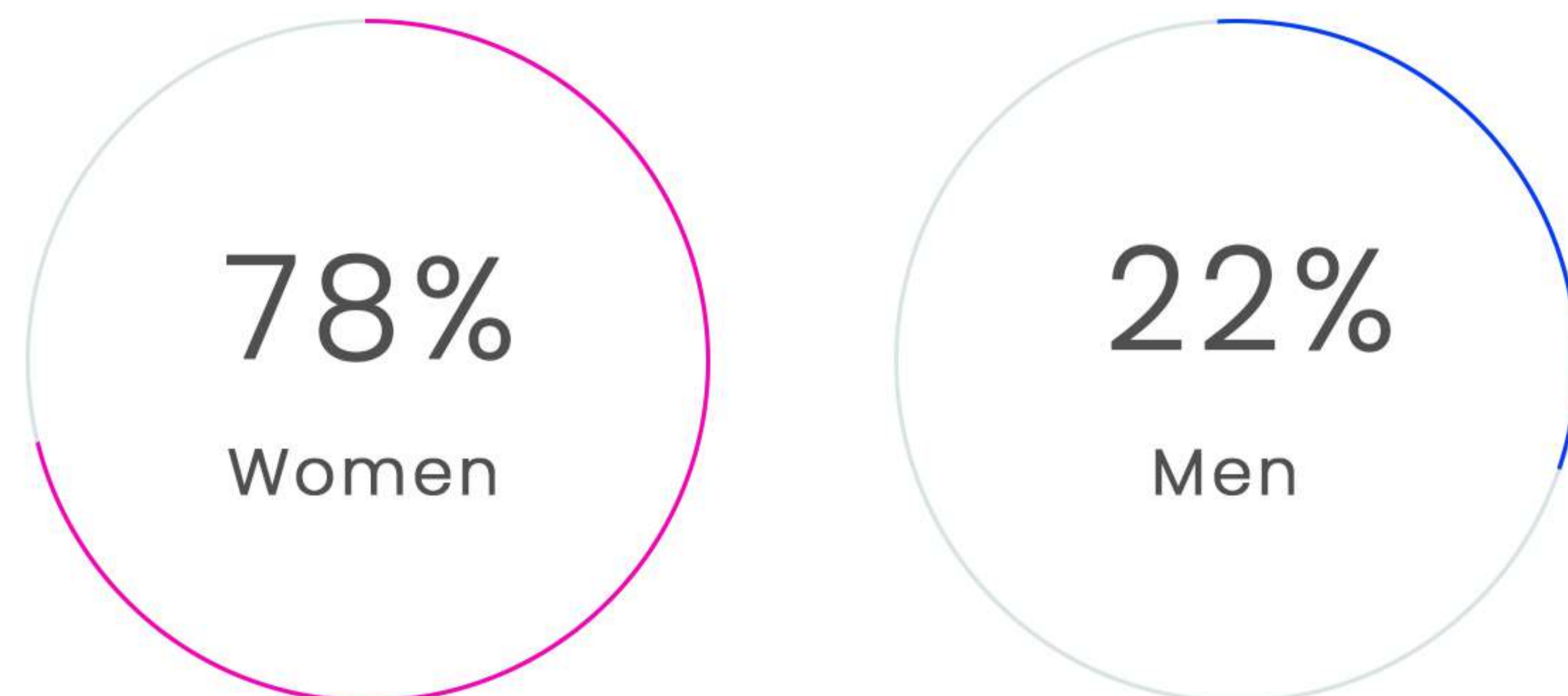
3.



WHO ARE OUR CUSTOMERS AND WHAT THEY SAY

With over 10,000 users and growing, we are proud to have made such a positive impact in people's lives. It's why we do what we do.

OUR CONSUMER DEMOGRAPHIC



Target demographic in the U.K is between 27-55 years old. Our buyers are usually parents who are often pushed for time or people looking to lose weight and commence a healthier lifestyle routine.



Becky - 31

"Not only did it fit in my busy lifestyle, but it really did change the person I have become! Now I'm a mum and a PowerWave Coach helping to change lives."



Mark - 53

I took up PowerWave and it's changed my life. 4 years later I'm still training daily with it. I lost 7 stones and feel stronger and more energised than ever!"



Jemma - 40

"PowerWave didn't just change my body, but it gave me confident and the motivation to achieve everything I want from life."

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LIVE LIFE BETTER

POWERWAVE.APP