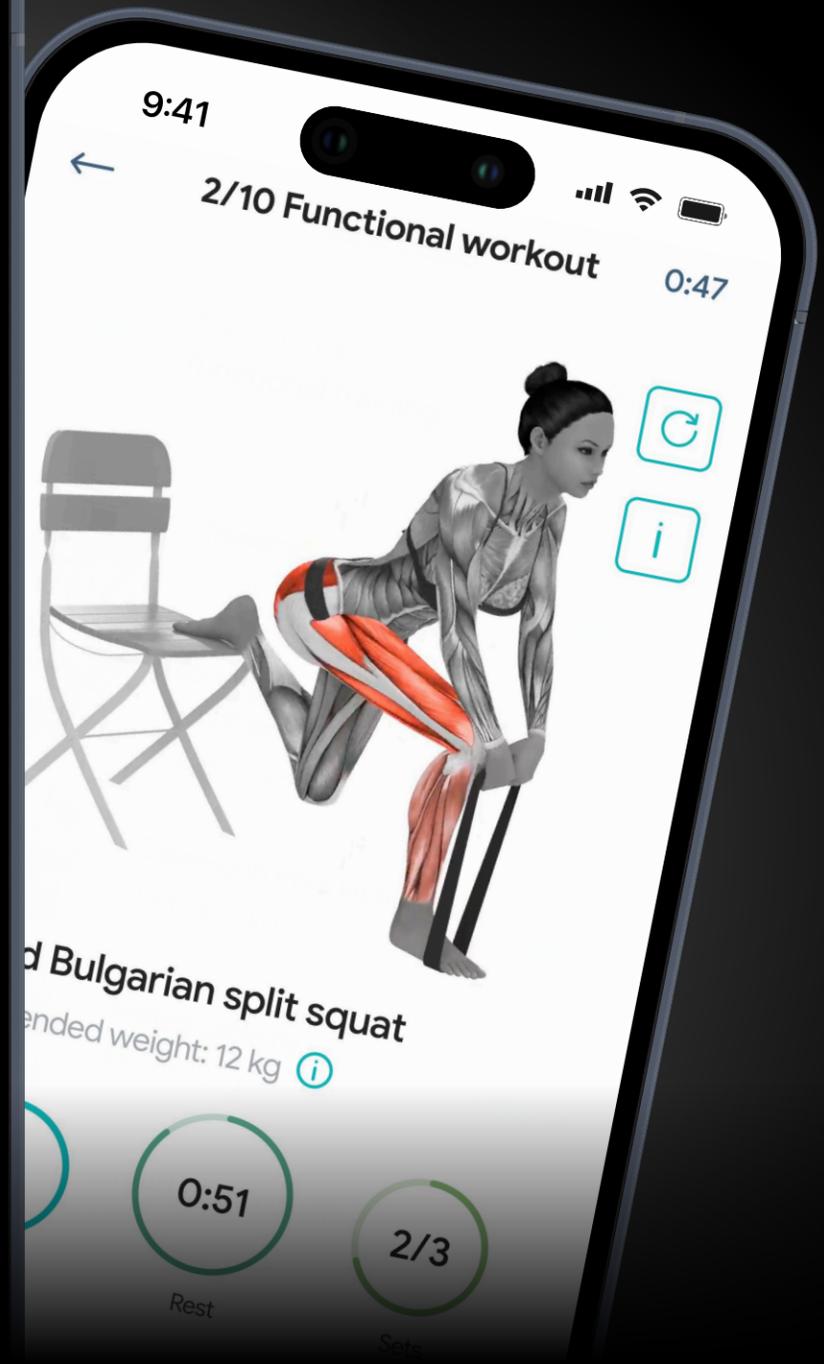
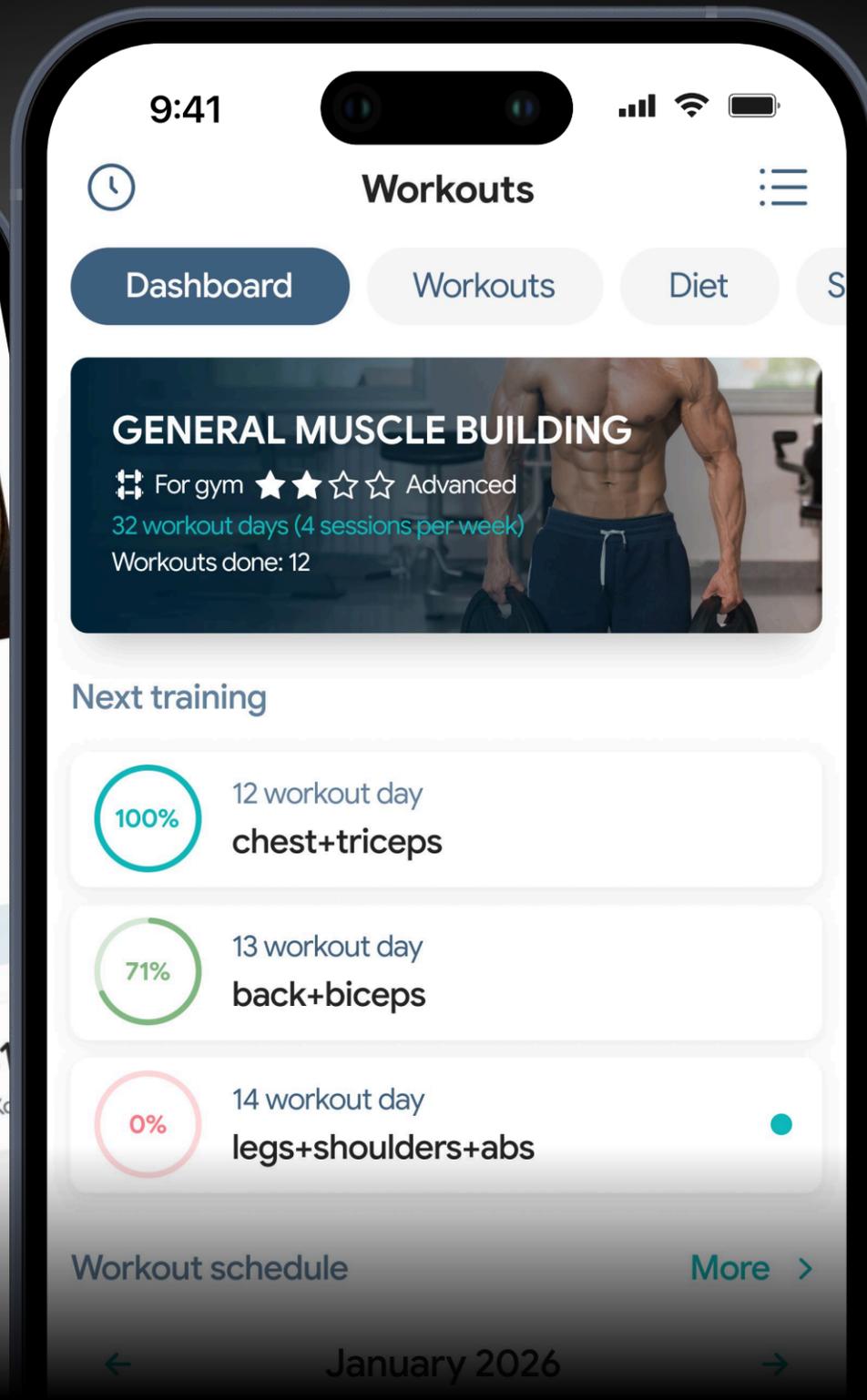
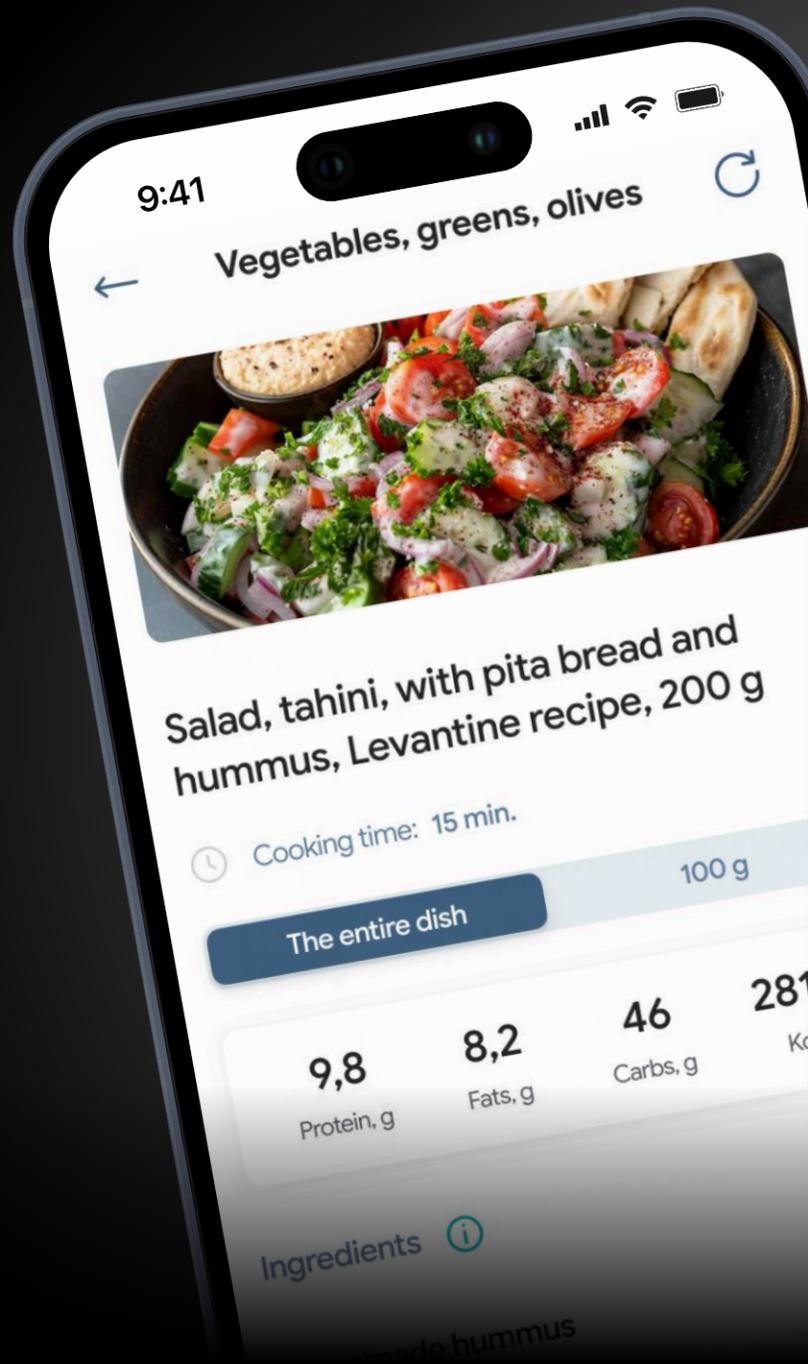


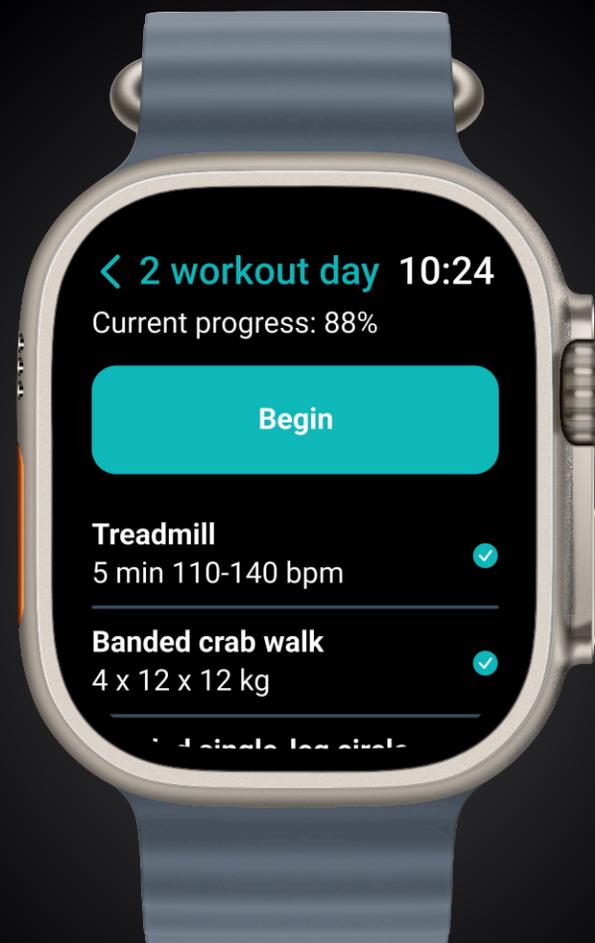
# Fitness Online

The All-in-One Performance Ecosystem



# PHONE-FREE INDEPENDENCE

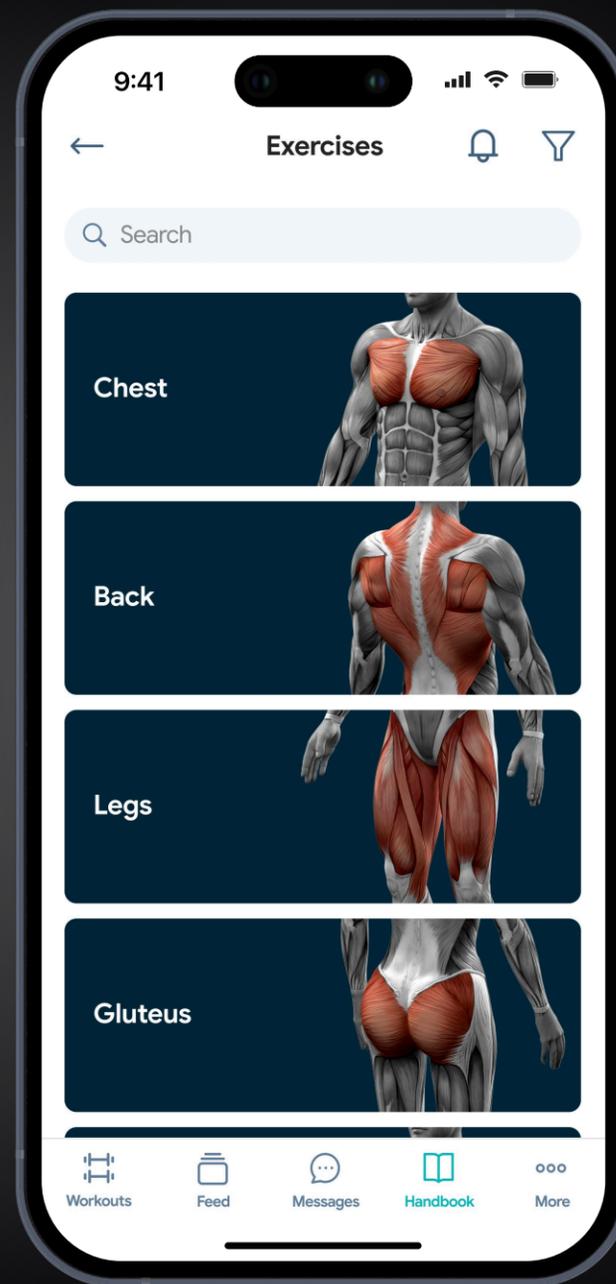
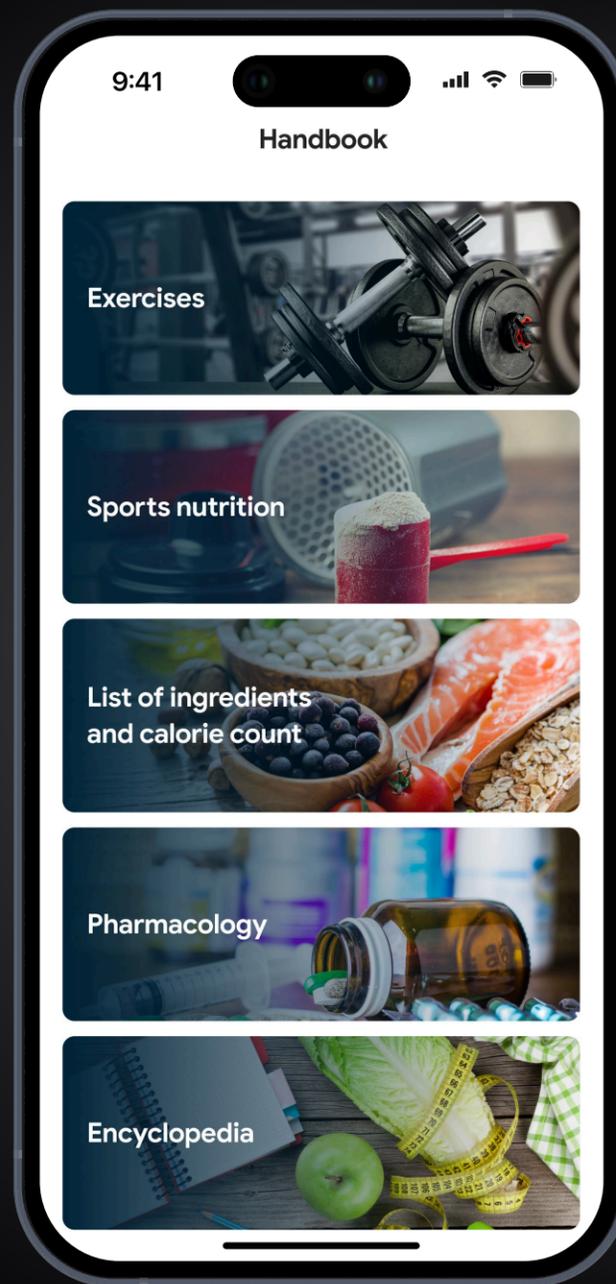
A self-contained  
**Apple Watch** ecosystem



Allows for complex, structured workouts directly on your wrist, eliminating distractions while maintaining deep data analytics

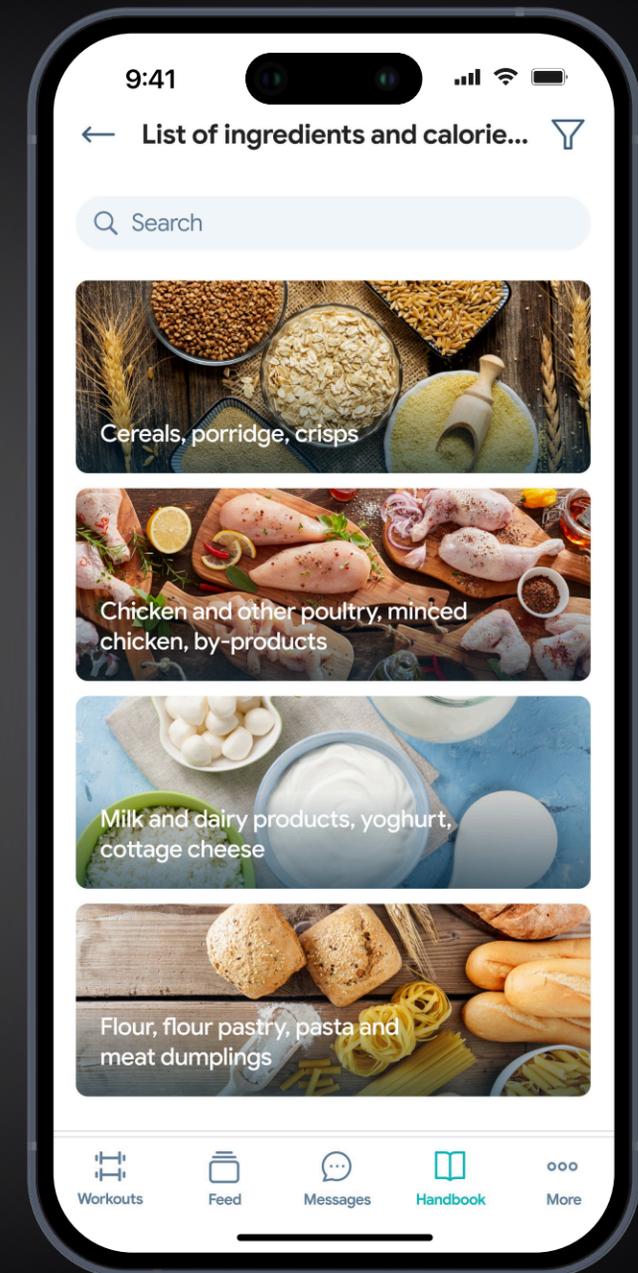
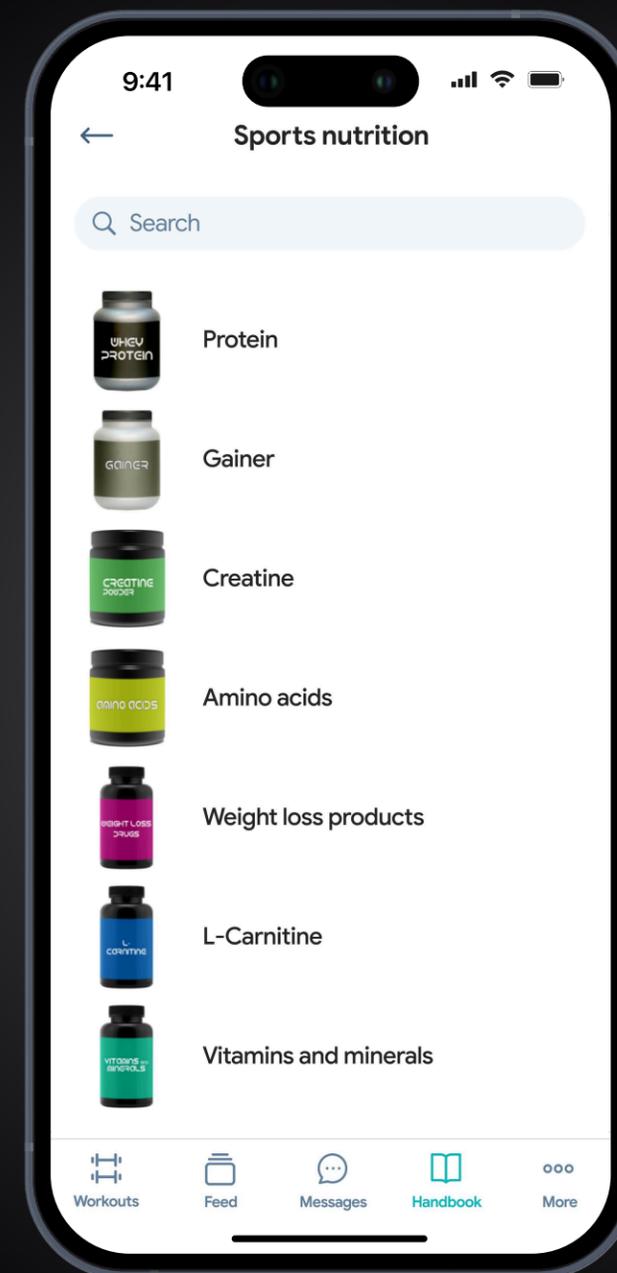


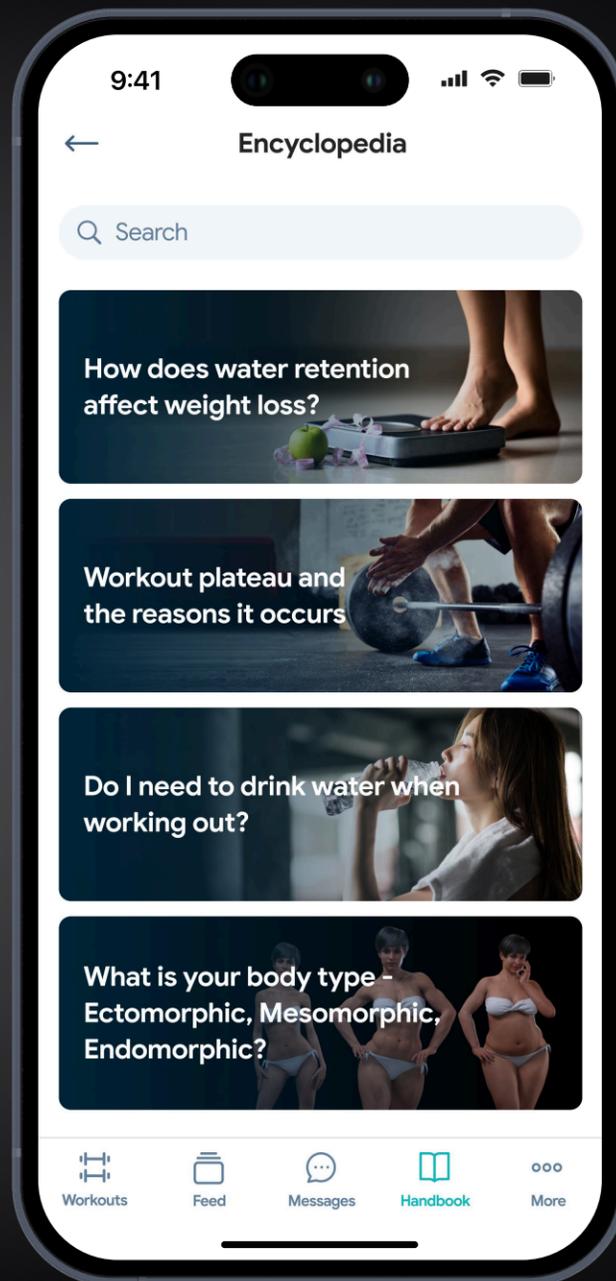
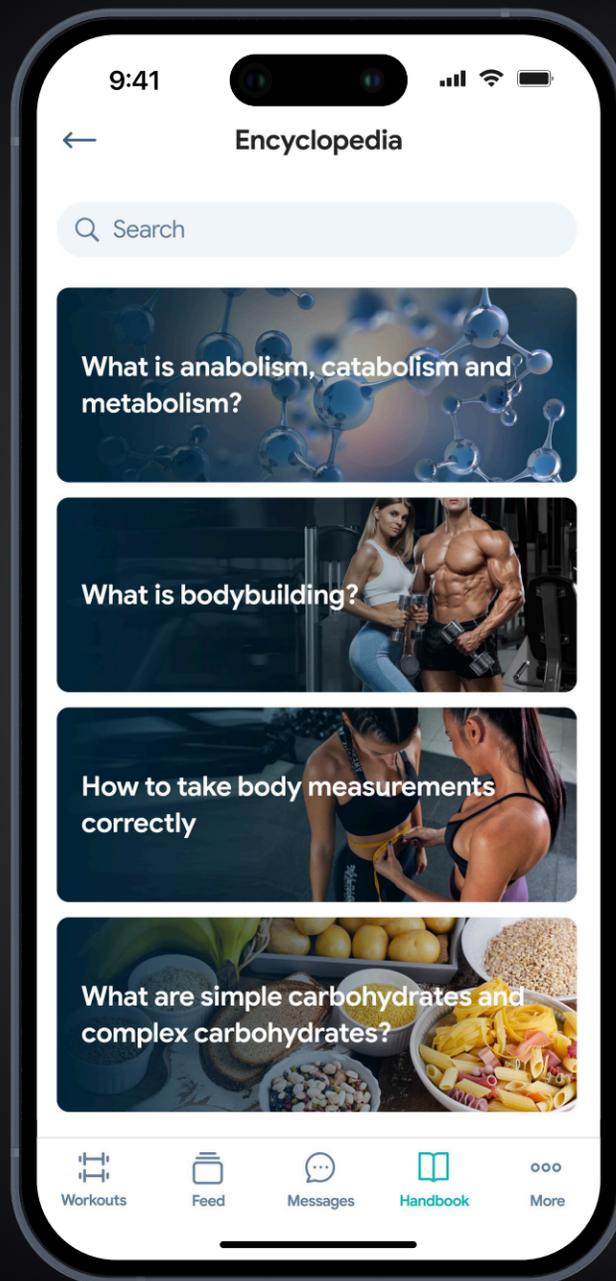
# EDUCATION AS EMPOWERMENT



The Essential  
**"Handbook"**  
for mastering human  
physiology

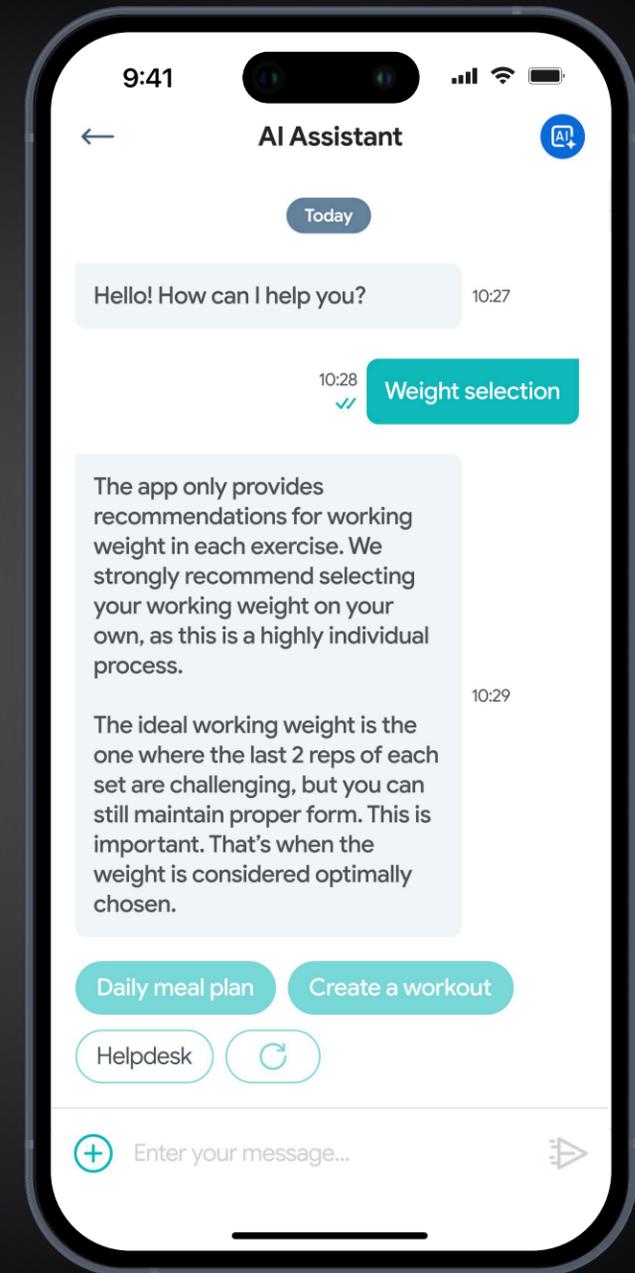
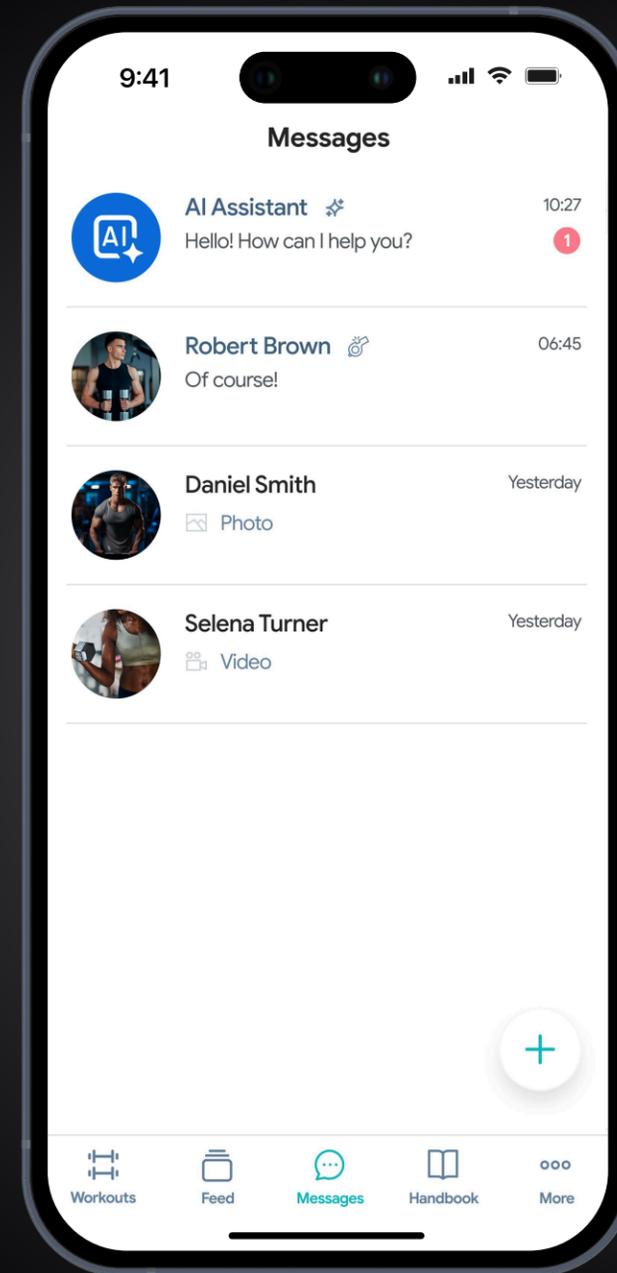
A comprehensive library covering **sports supplementation** guide alongside an extensive database of **ingredients and recipes**

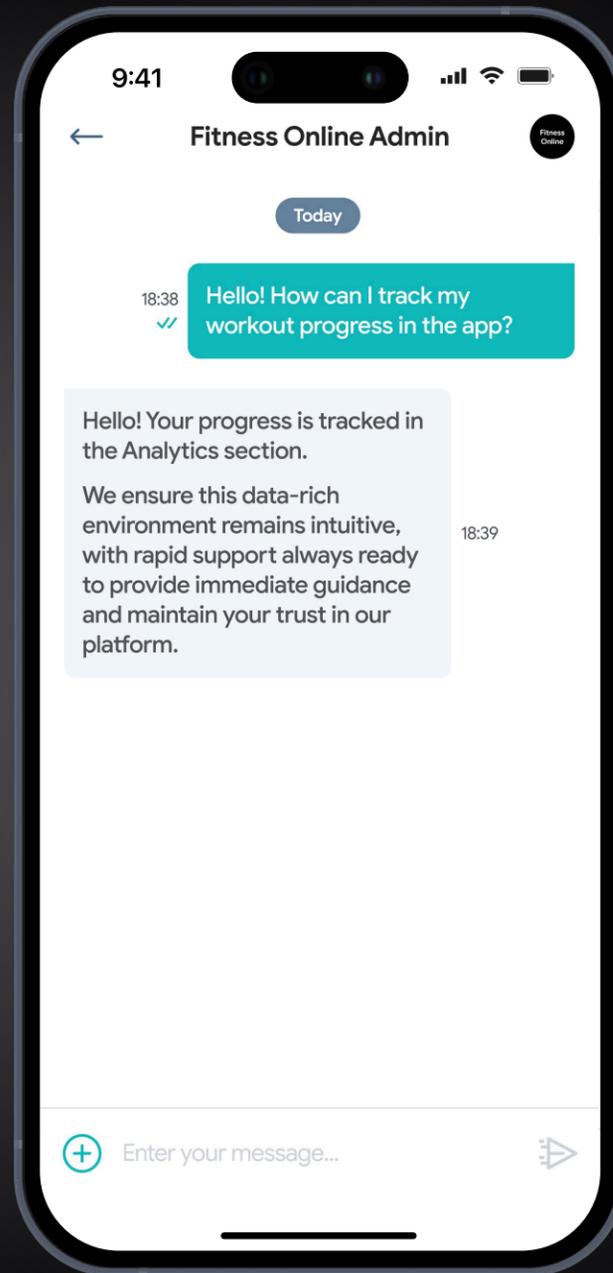
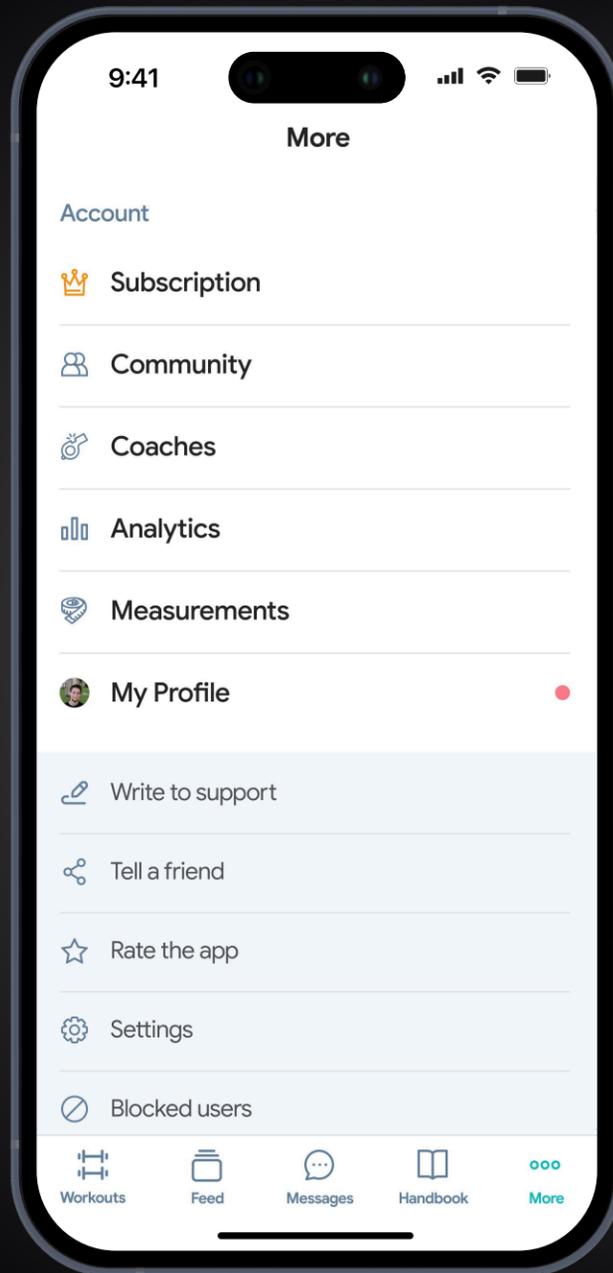




Dedicated knowledge hubs for **sports nutrition, biomechanics, and recovery strategies**

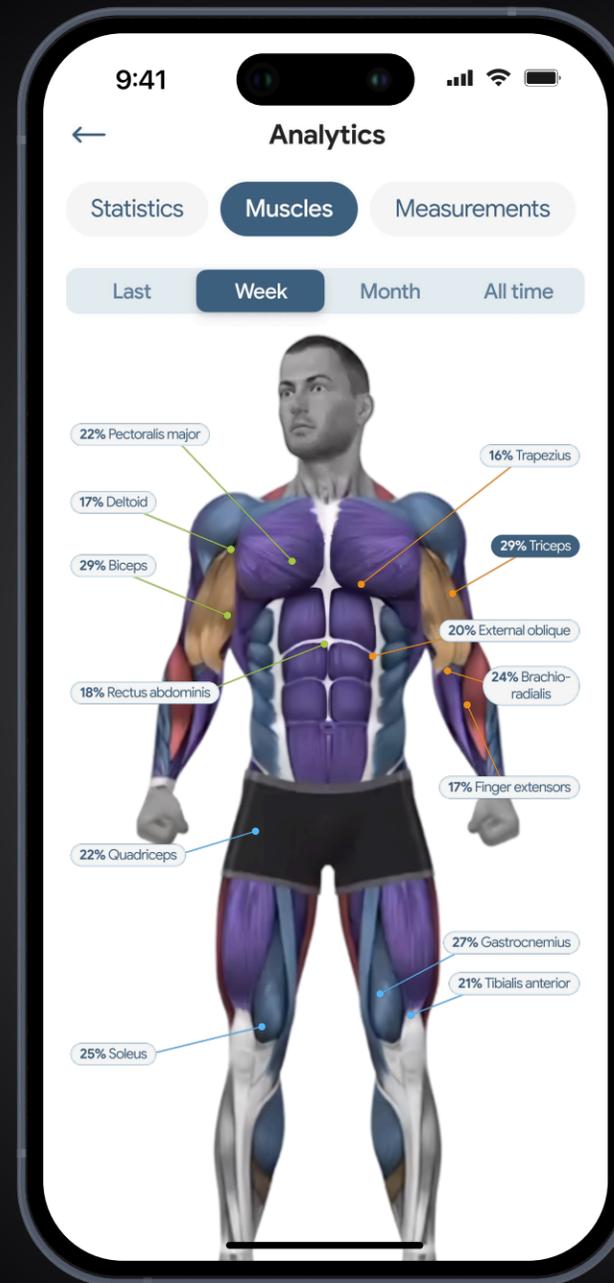
# AI Assistant: an expert chat providing instant fitness, nutrition, and in-app guidance



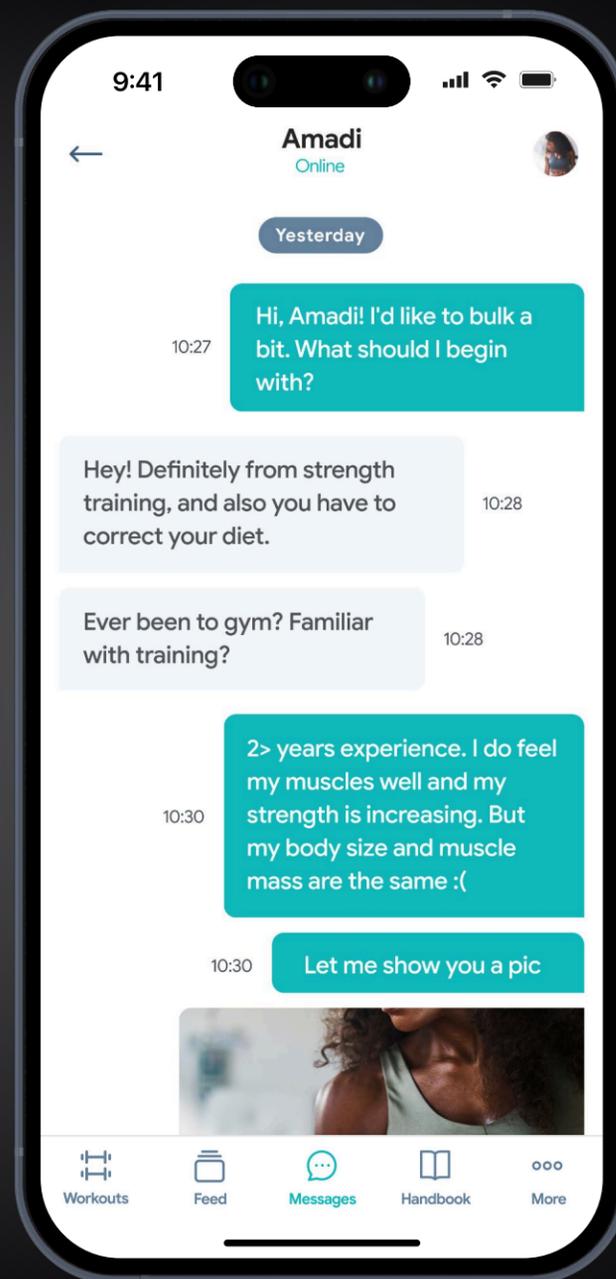
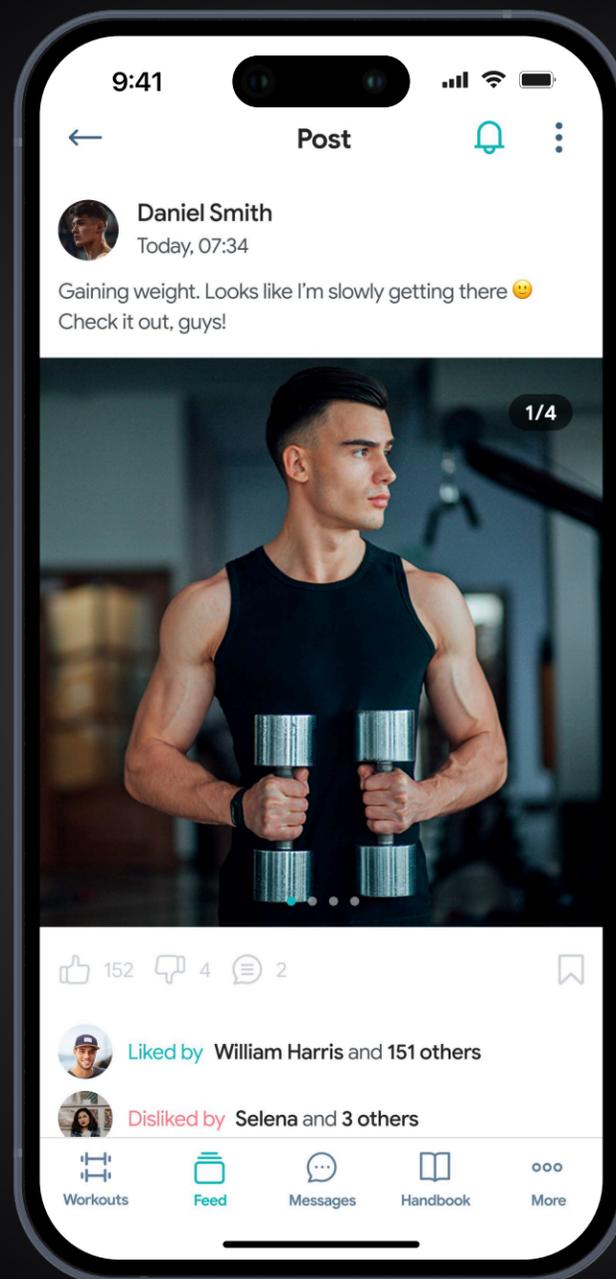


**Rapid support:**  
a high-speed support team ensures a seamless experience through immediate technical guidance, fostering a foundation of reliability and trust

# High-fidelity 3D muscle mapping



# COMMUNITY CORE

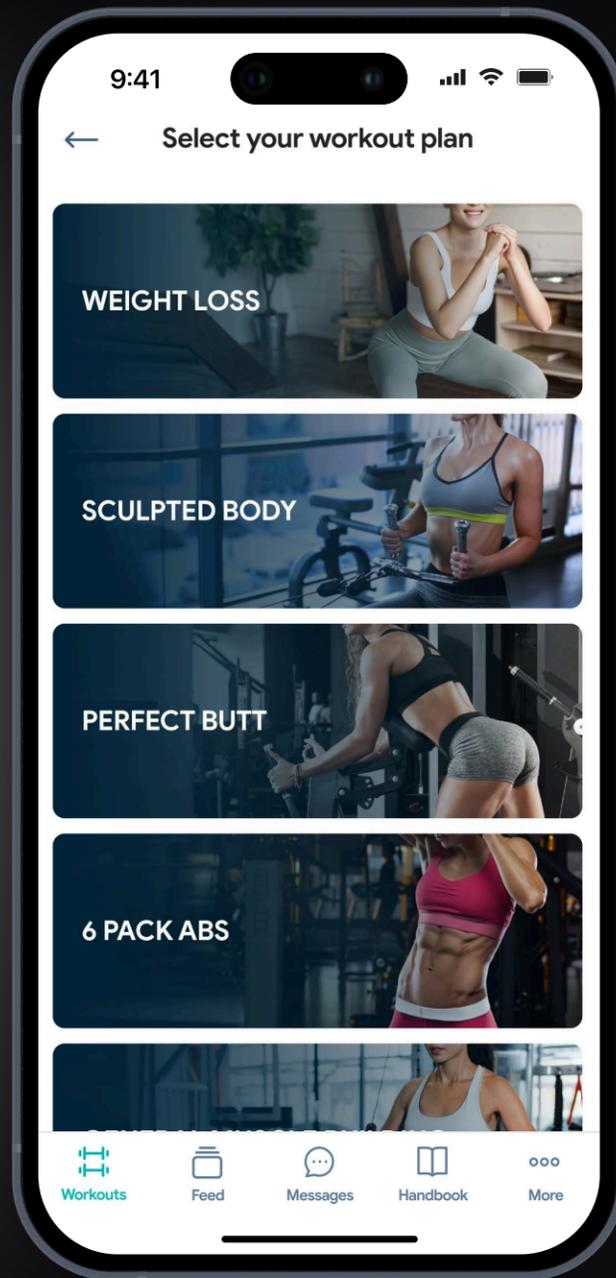
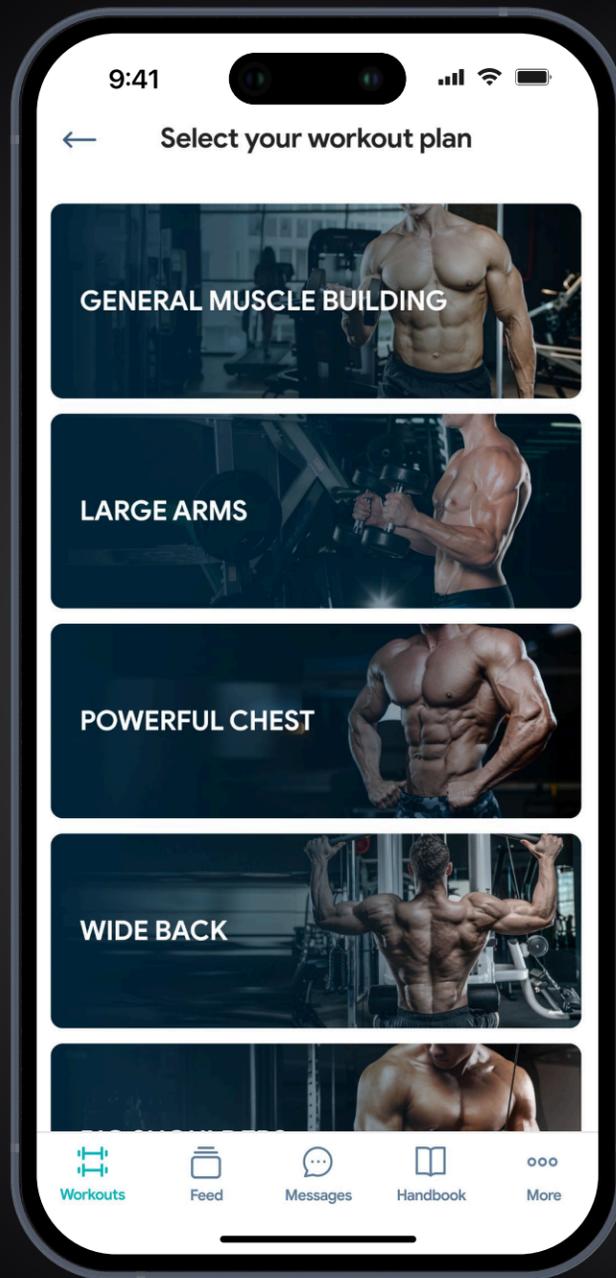


A supportive **sports-focused** feed designed for direct peer-to-peer connection

# ADVANCED TRAINING SYSTEM

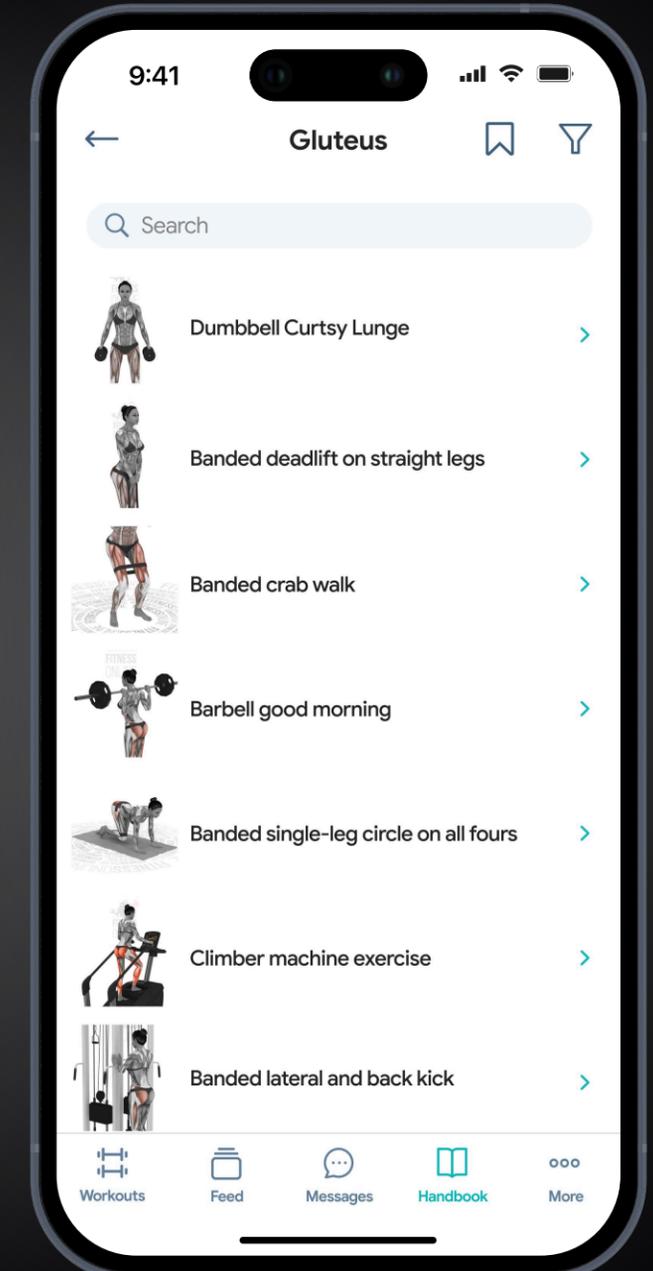
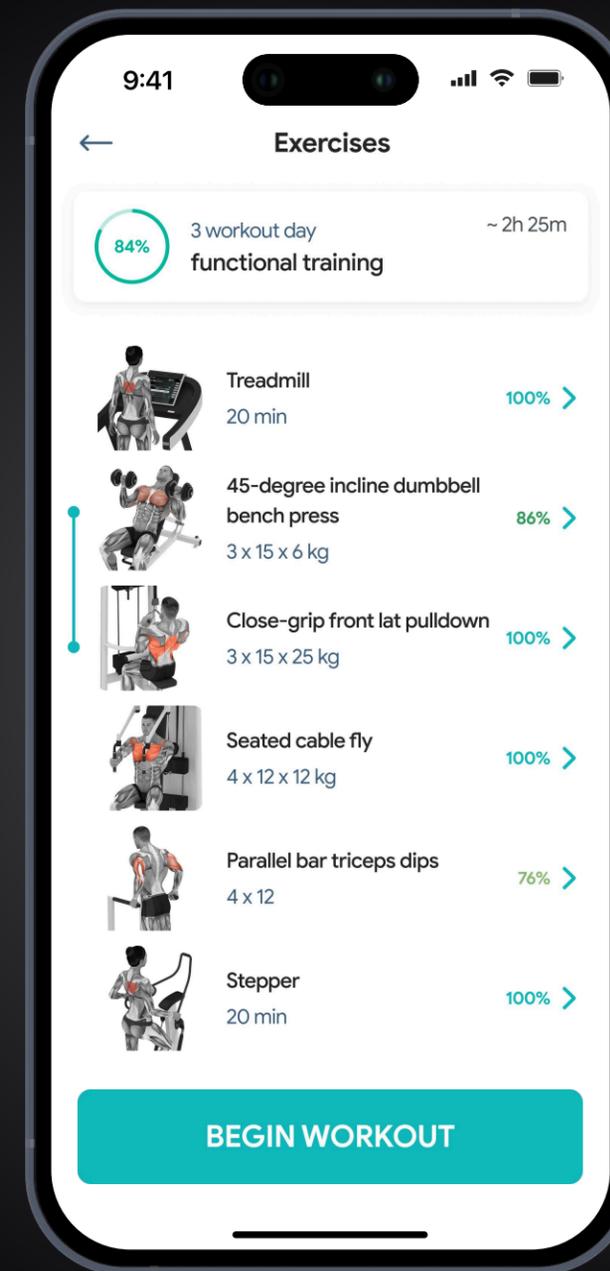
Designed by **Certified  
Strength and  
Conditioning  
Specialists (CSCS)**

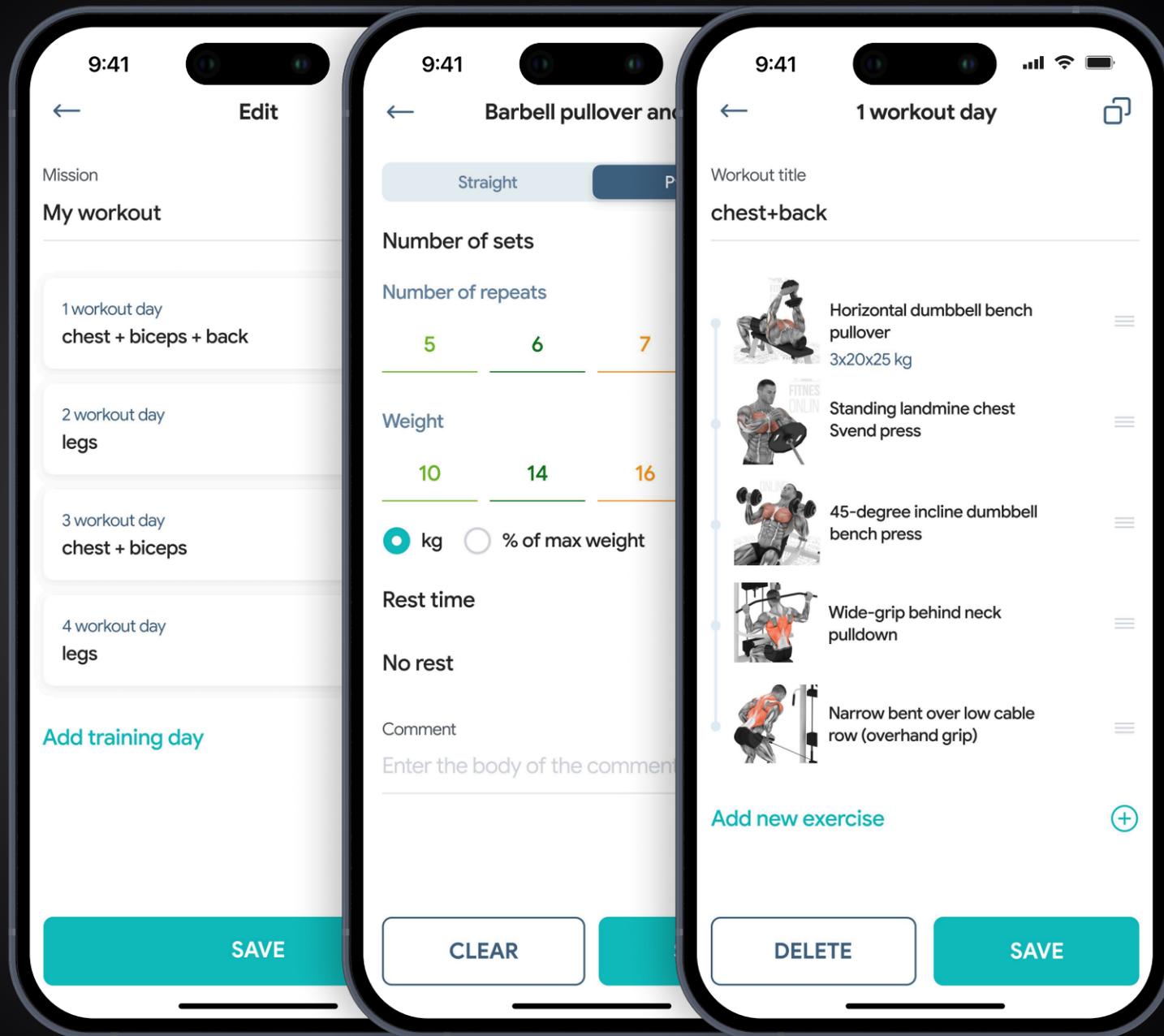




**Goal-based training plans with optimized workflows**

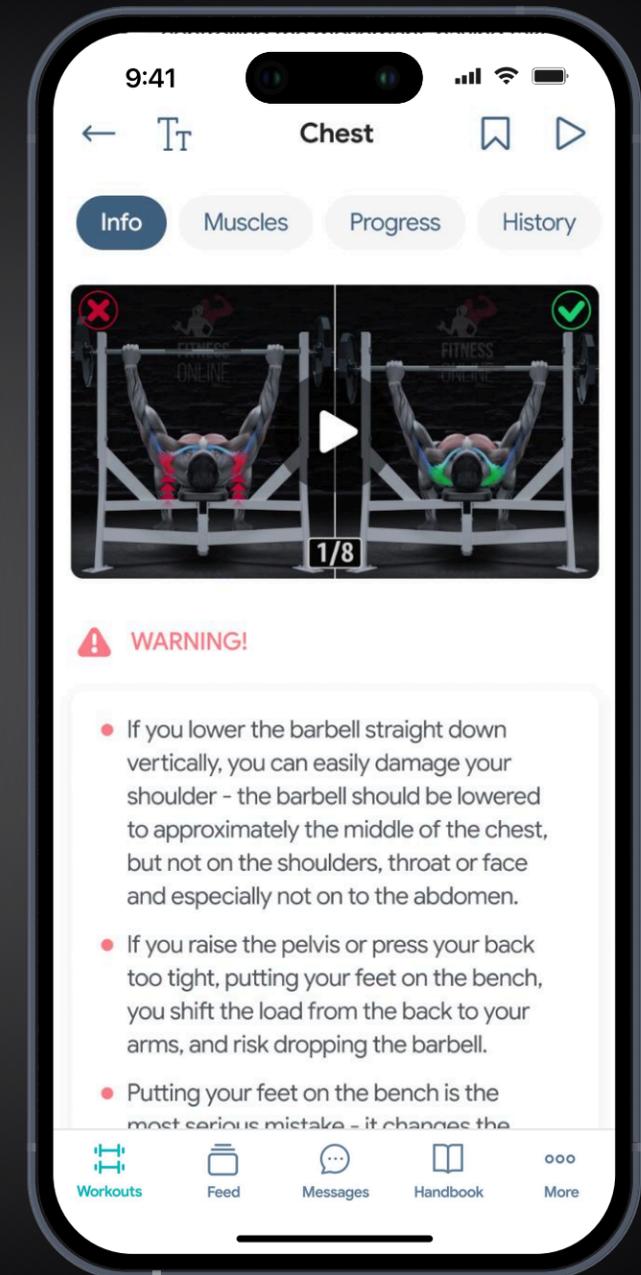
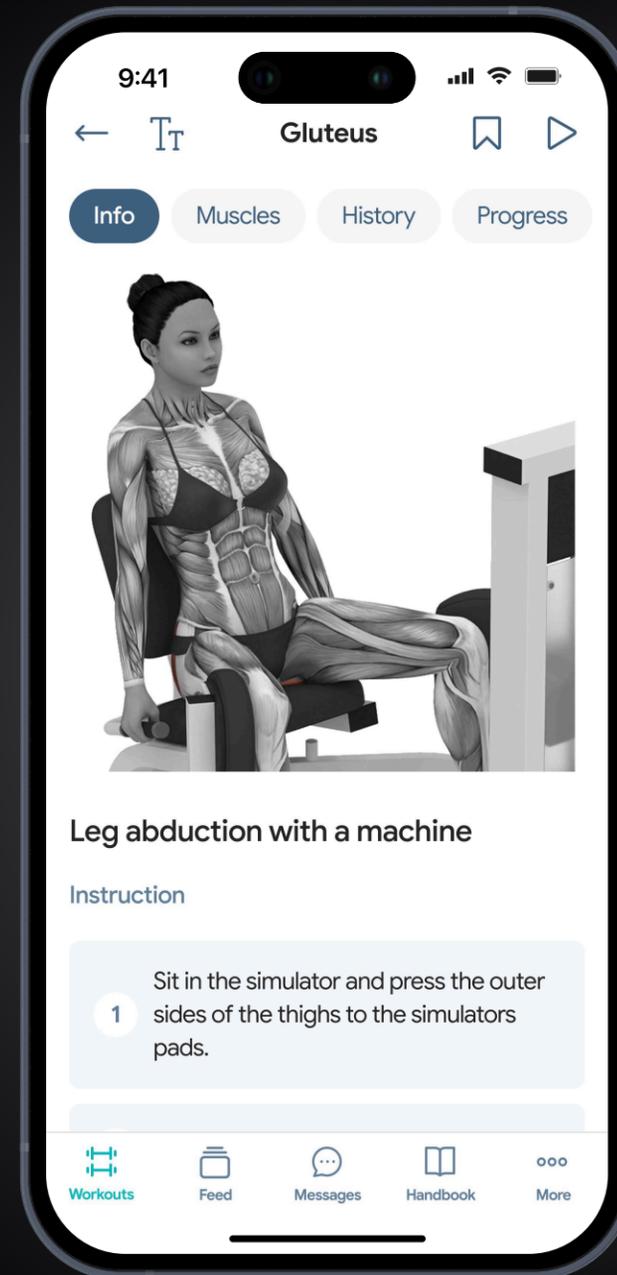
Vetted content ecosystem featuring over 850 exercises

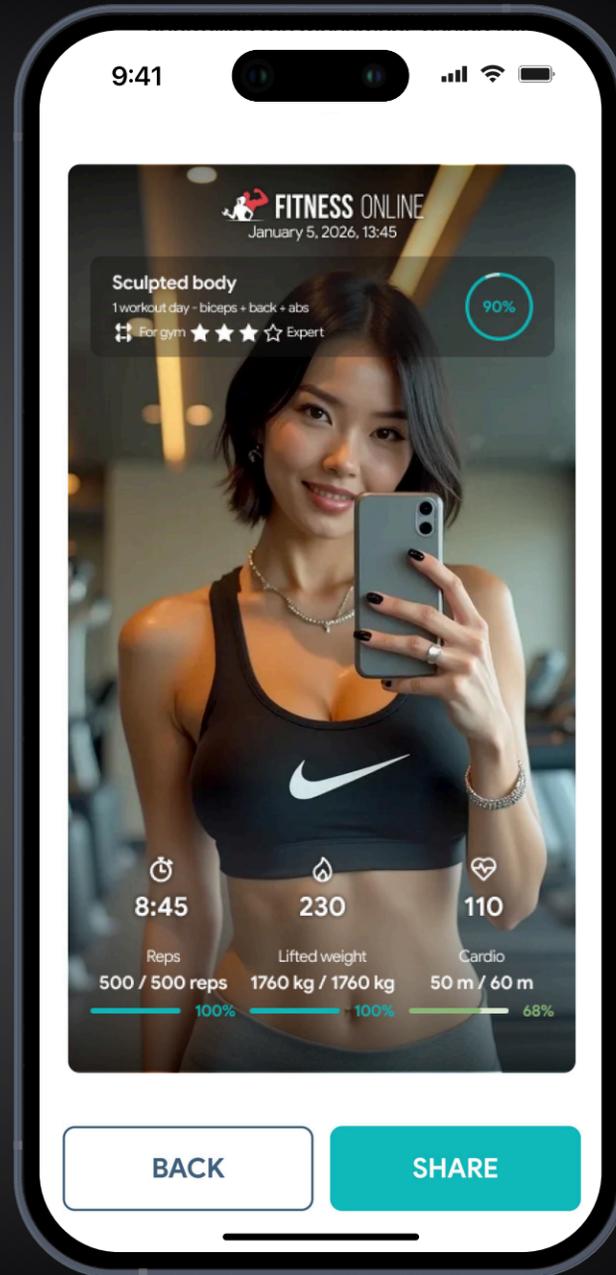
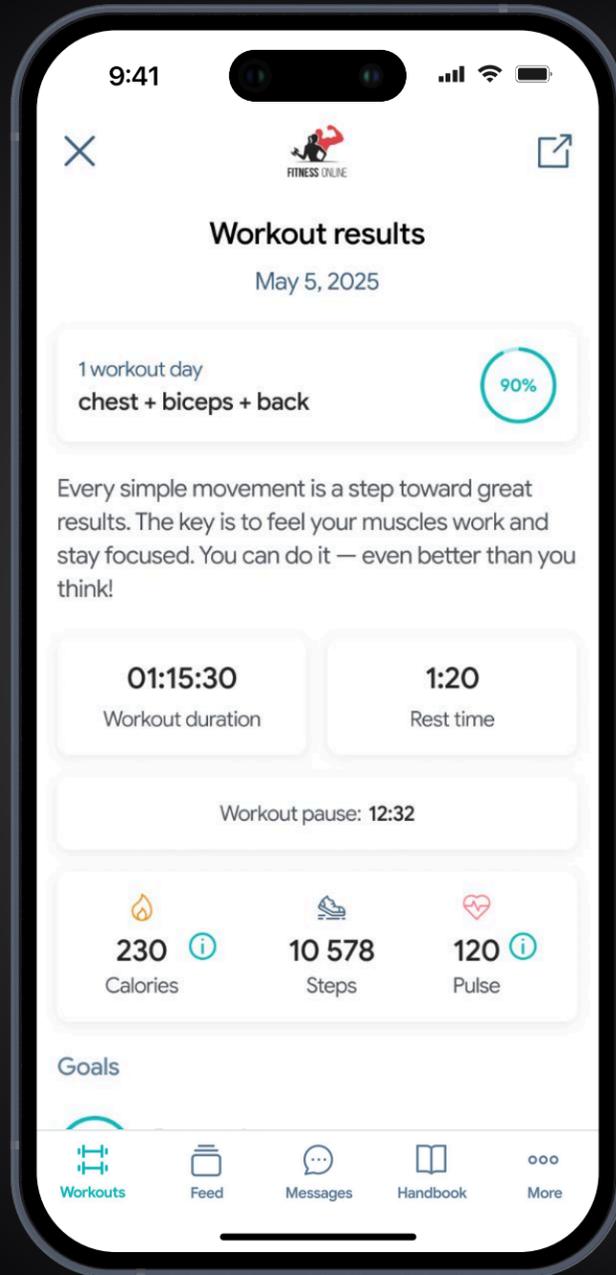




A powerful **workout builder** designed specifically for those who prioritize autonomy and customization

**“Right vs. Wrong”  
visual cues:  
real-time form  
correction to prevent  
injury and ensure  
technical mastery  
without a physical  
coach**



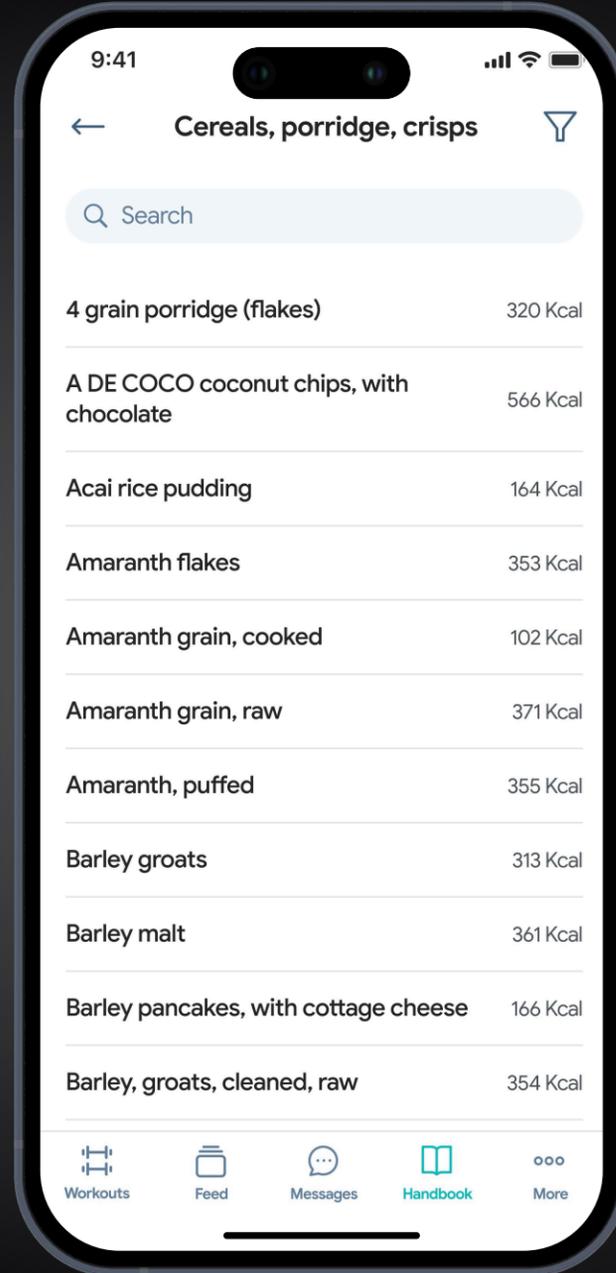
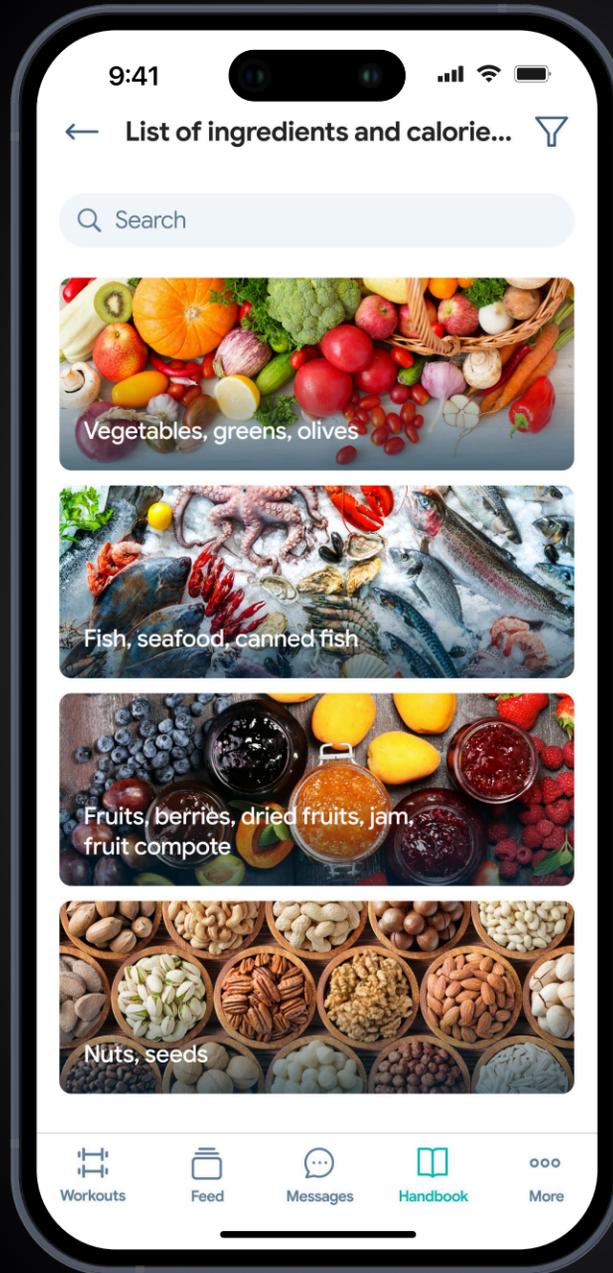


Every session is converted into a visual record of success - driving consistent long-term growth and **sparking motivation across the community**

# MACRO-ADAPTIVE NUTRITION

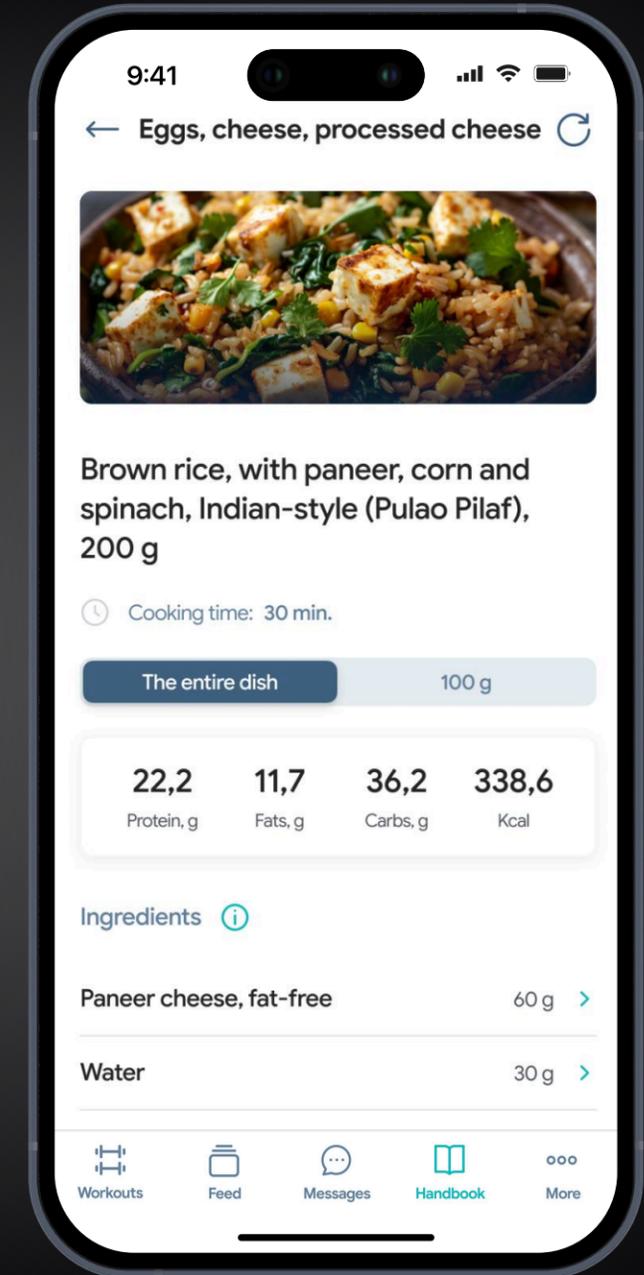
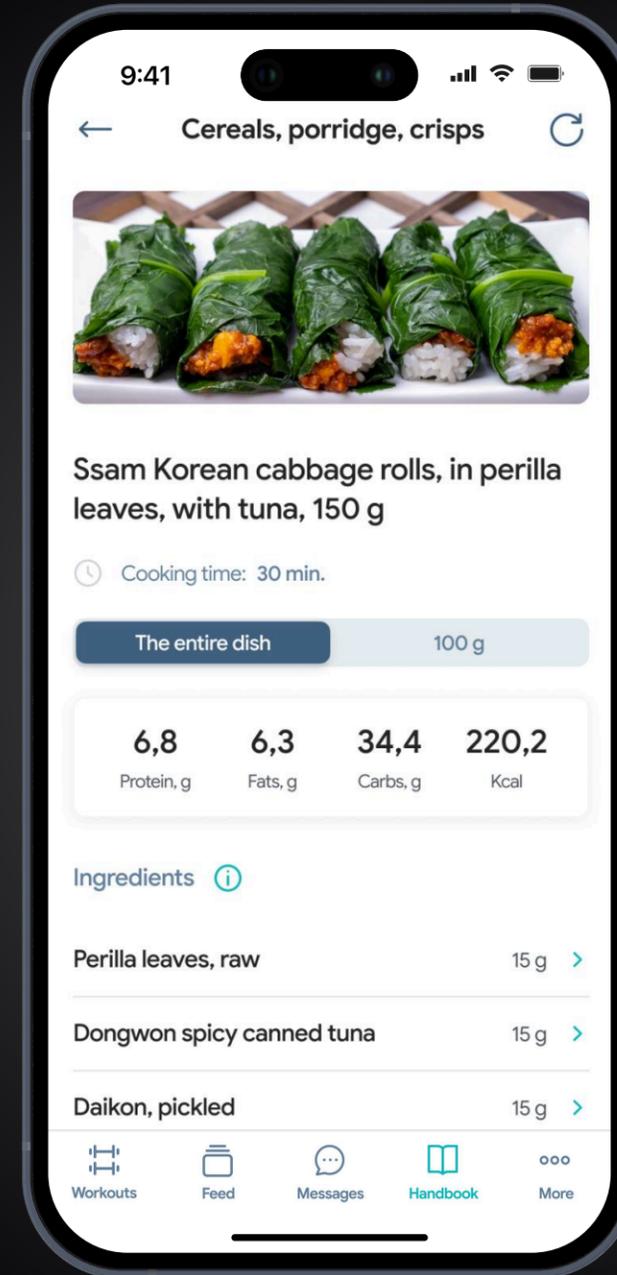
Designed by  
**Registered Dietitian  
Nutritionists (RDN)**

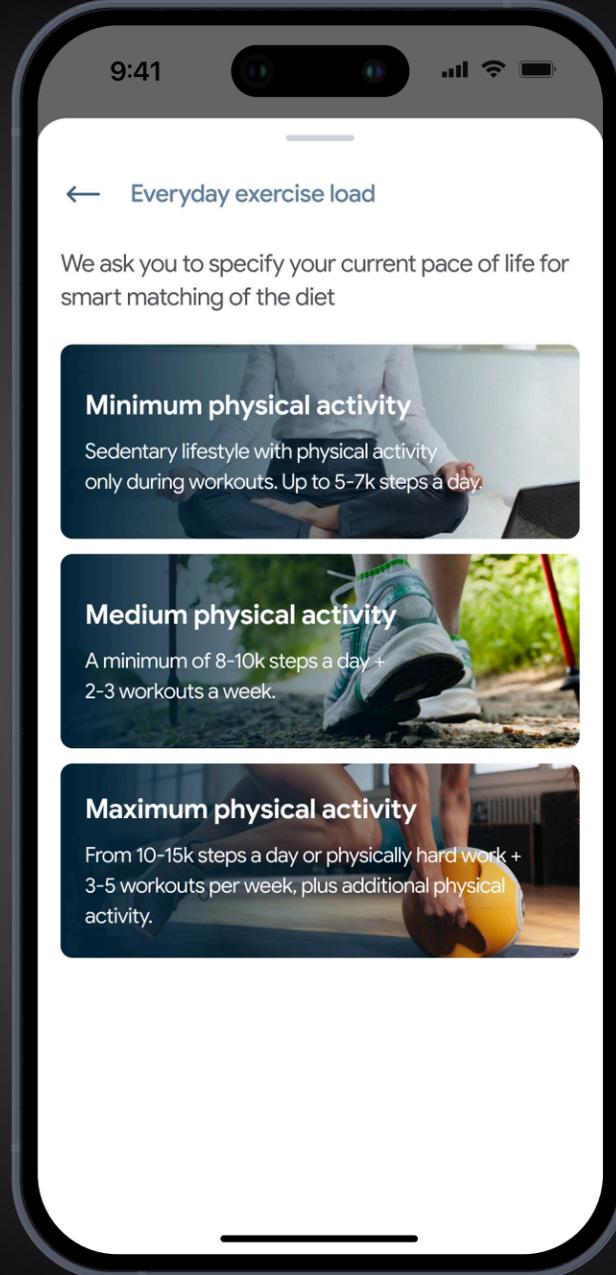
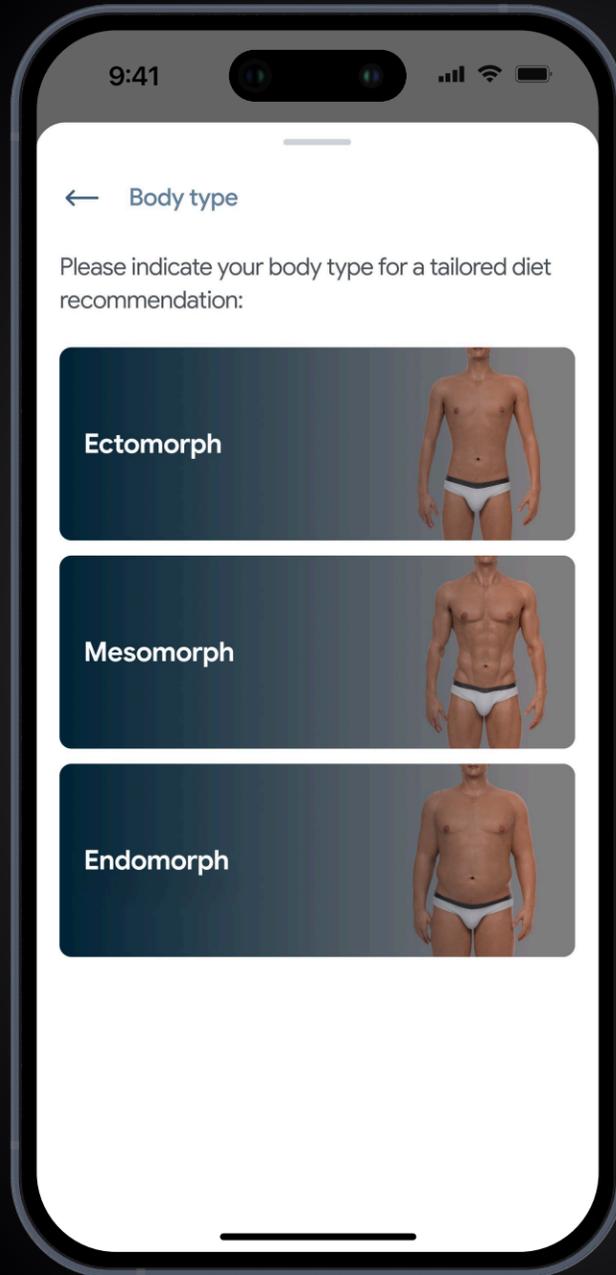




**Curated Database:**  
access to 10,000+  
tailored meal options

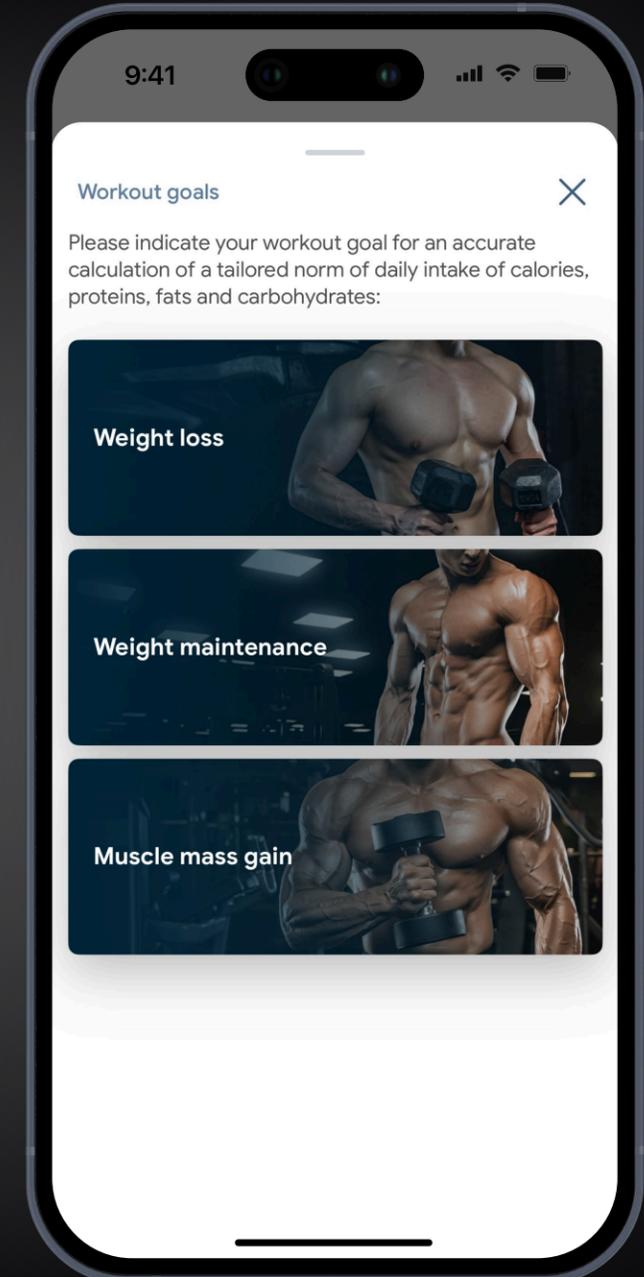
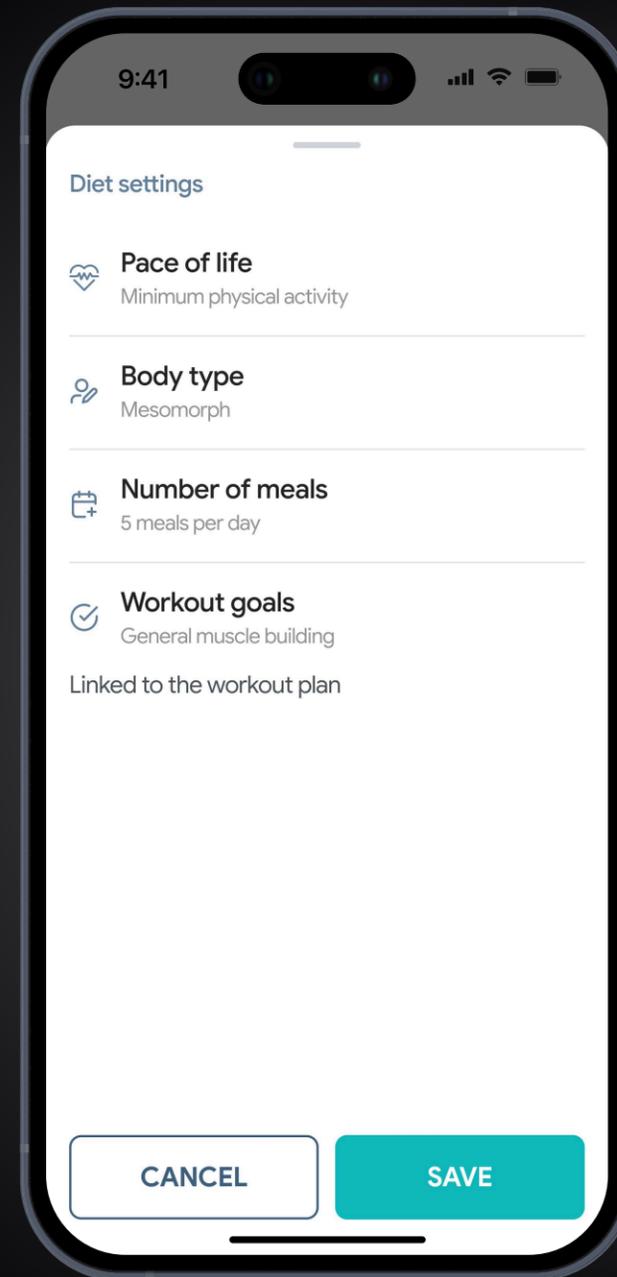
**Local-First  
Precision:**  
built around **local  
ingredients** and  
lifestyle preferences

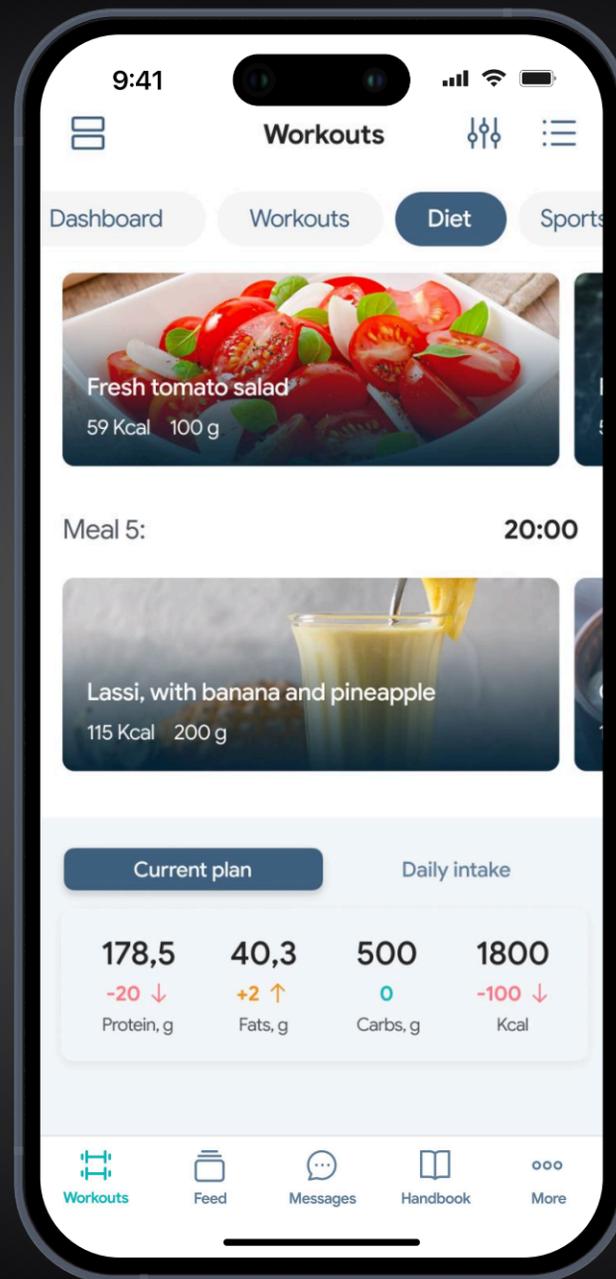
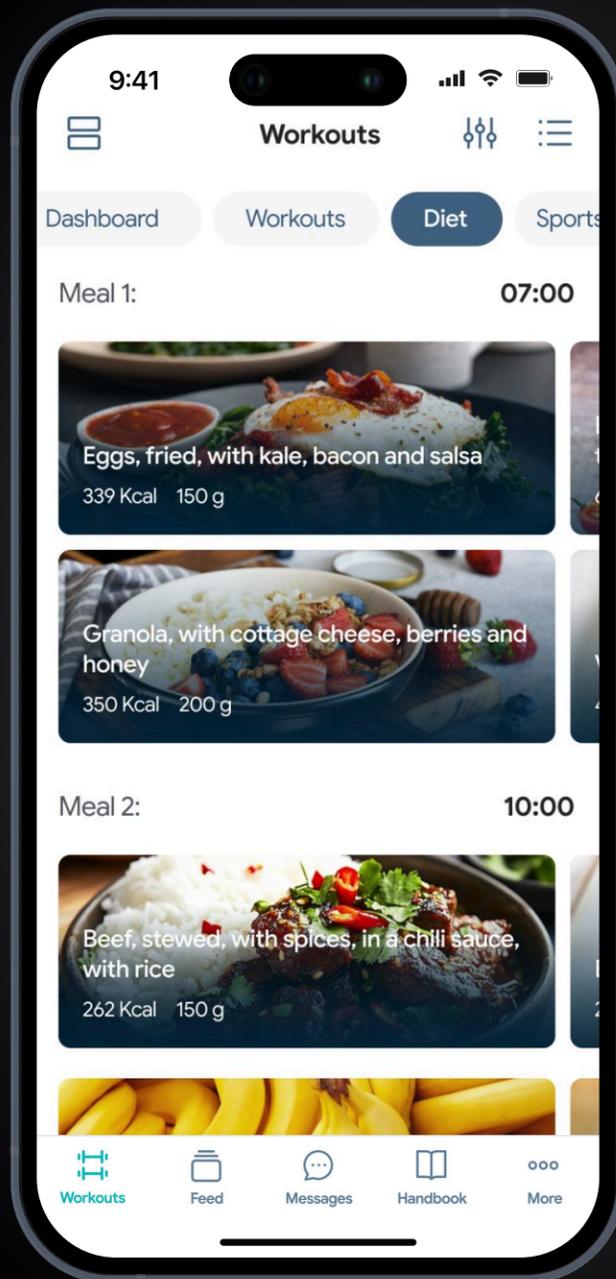




**Adaptive Nutrition Targets:** tailored to your body type and activity level

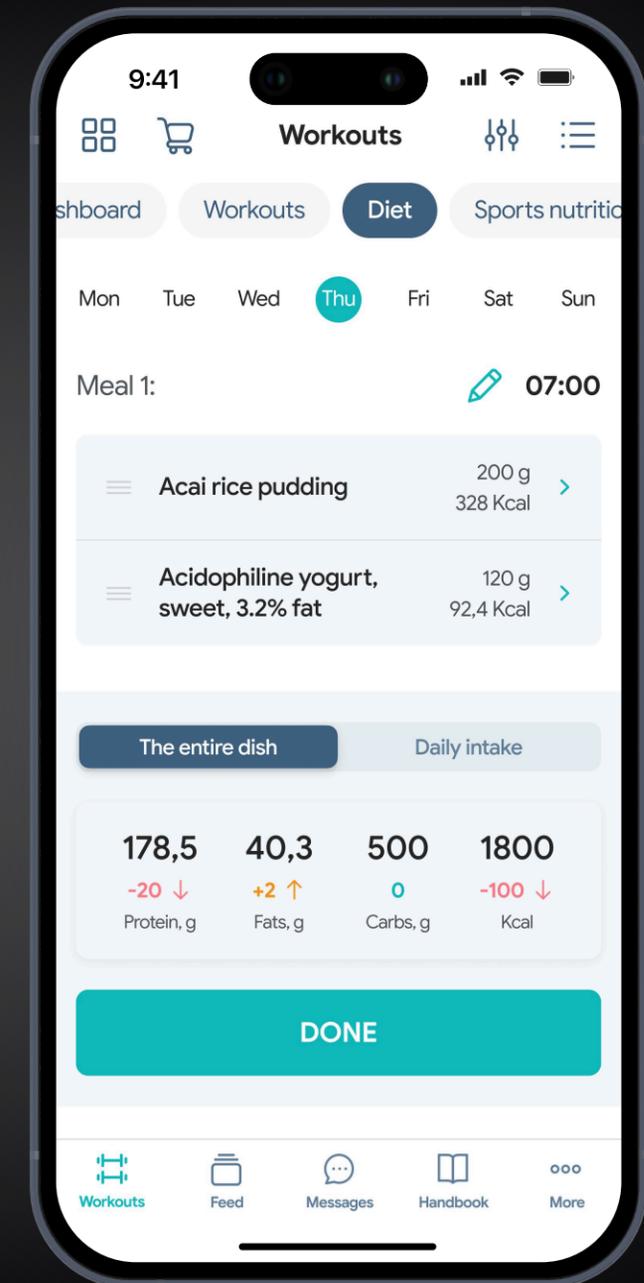
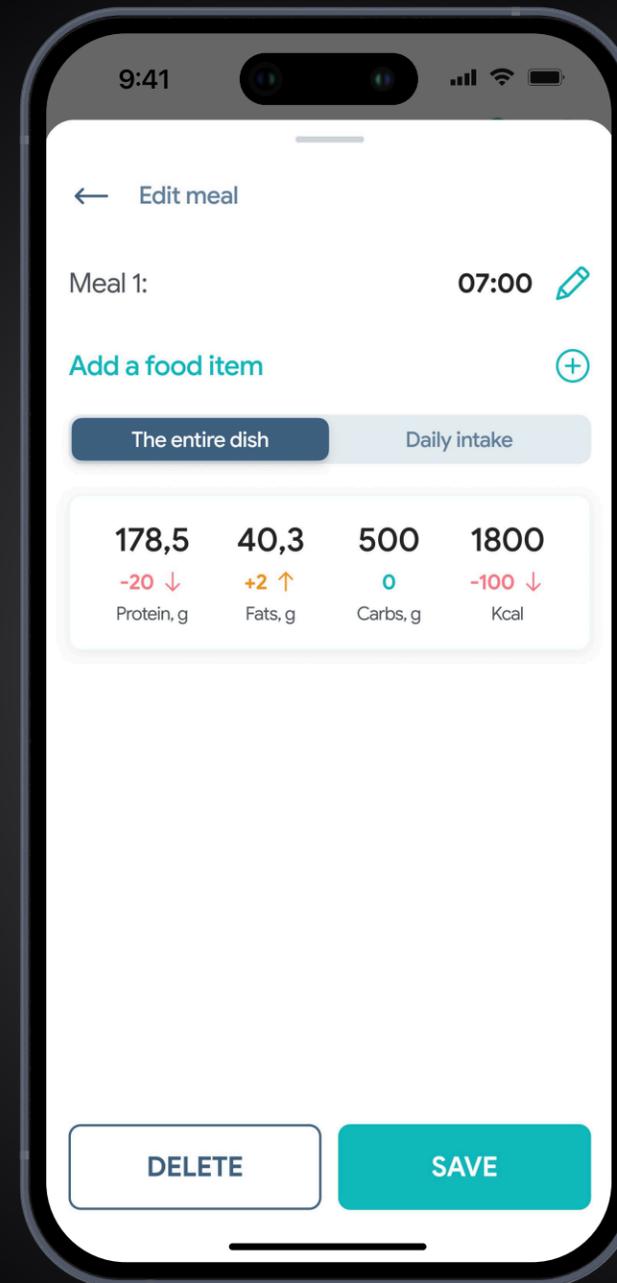
**Peak Performance:**  
aligning caloric  
intake with real-time  
physical output for  
maximum results





Diverse meal plans featuring unique products and recipes, all powered by personalized calorie and macronutrient calculations

Flexible nutrition tracking with a self-management mode, allowing users to **build custom menu** from our extensive database



# KEY PERFORMANCE INDICATORS

**450k+** ratings  
and reviews

**35+** million  
downloads

**17** available  
languages

**4.8+** Average  
Rating



4,8 (377 260)



No more useless working out. I am seeing results daily with this app and it motivates me with new exercises daily. I don't need to overwork the same muscles anymore.

— Rohan



4,8 (71 800)



The only workout app I can genuinely recommend. The exercises aren't boring, the stats are displayed in a clear and convenient way, and most importantly — it really gives me an intense workout and makes me sweat.

— Yuna





# FITNESS ONLINE

Elevating the standards of fitness, **Fitness Online** is your ultimate digital partner. We've stripped away the friction to create a sleek, inspiring path to peak physical progress.



Scan the QR code  
with your phone camera  
to download the app!

