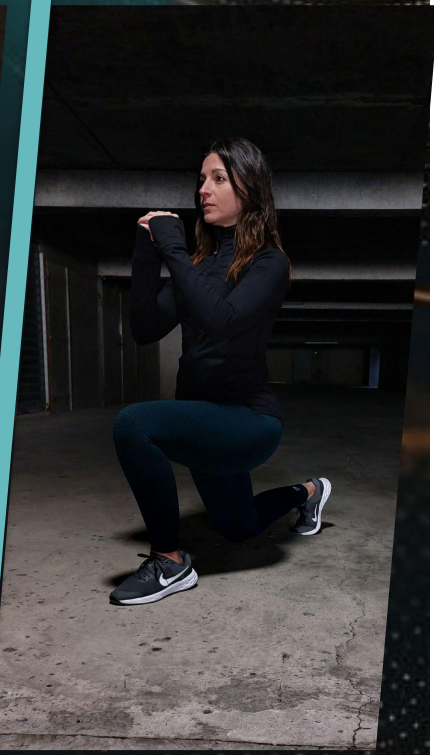
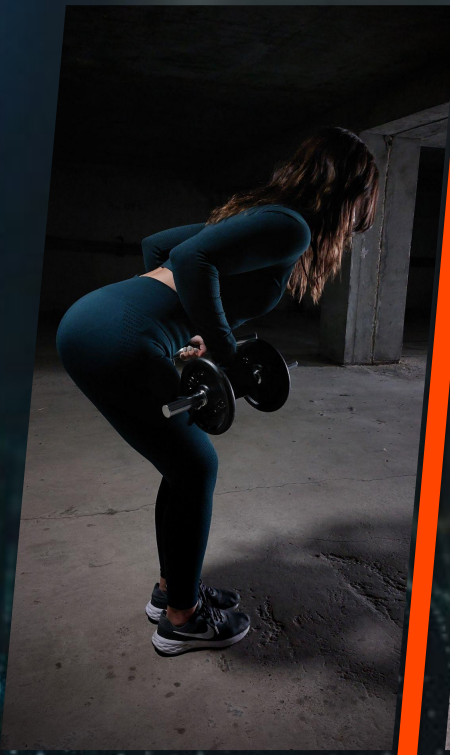




Your Training **Companion**

# Brochure Pratiquants

*June 2026*



# Vision and Mission

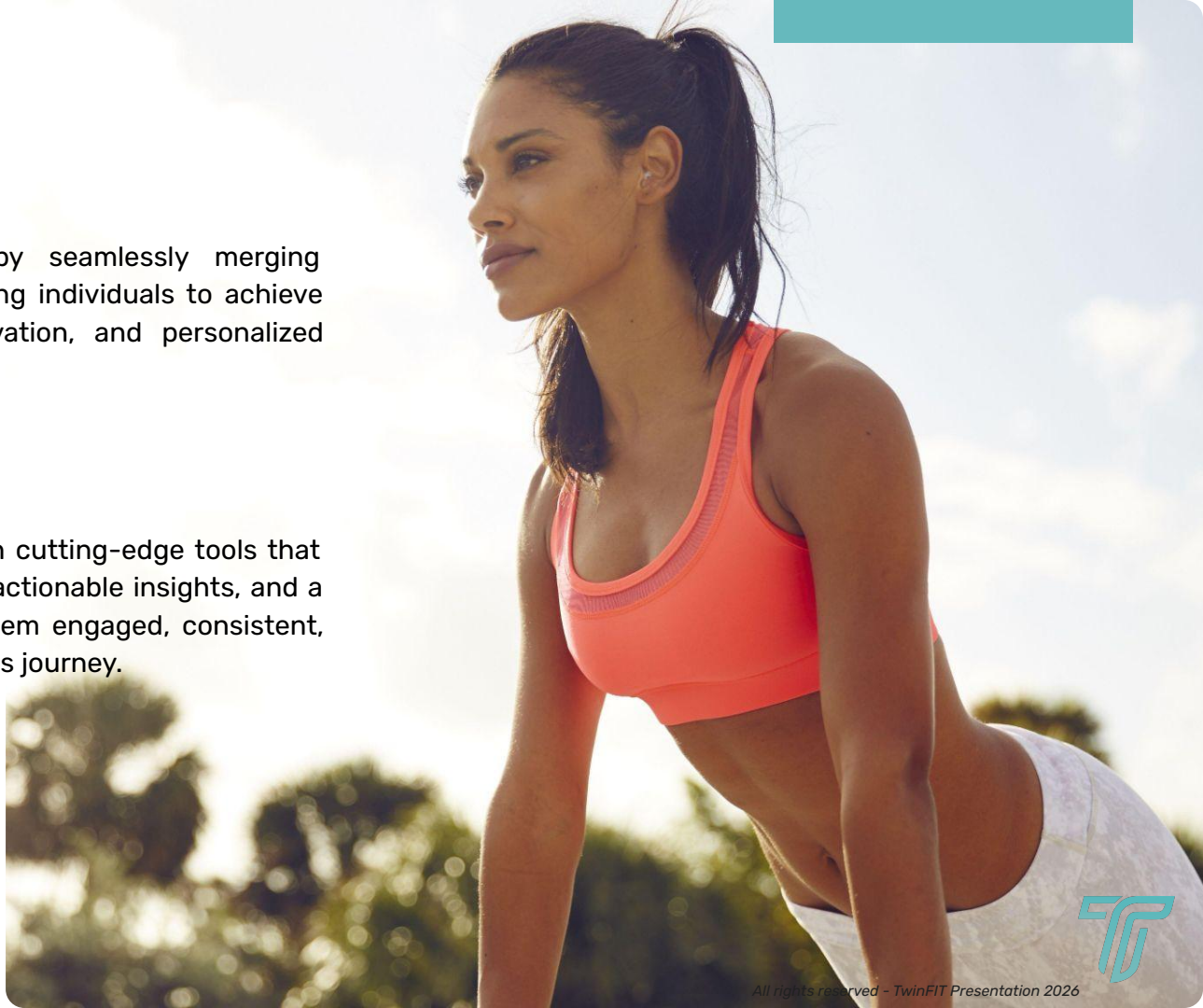
## TwinFIT

### **Vision**

To redefine strength training by seamlessly merging technology and fitness, empowering individuals to achieve their goals with precision, motivation, and personalized guidance.

### **Mission**

To provide fitness enthusiasts with cutting-edge tools that deliver accurate workout metrics, actionable insights, and a gamified experience that keeps them engaged, consistent, and inspired throughout their fitness journey.



# The Problem we're addressing

## Manual Tracking Challenges

Manually logging workout details like sets, reps, and weights, leading to inaccurate or incomplete progress tracking.

## Lack of Guidance

Strength training often lacks personalized insights on form, progress, and optimal plans for improvement.

## Inconsistent Motivation

Fitness plateaus and lack of engaging experiences often lead to workout drop-offs.

## Injury Risks

Improper form or overtraining without real-time feedback increases the risk of injuries

## Accuracy & Precision

Existing solutions often lack accuracy which brings frustration and loss of interest. Other solutions are too niche specific with limited scalability



# Non-Intrusive Solution

## Smart Sensors

**VB T Training**  
**Reps & sets Counting**  
**Exercises** recognition  
>100 + variants

## Mobile App

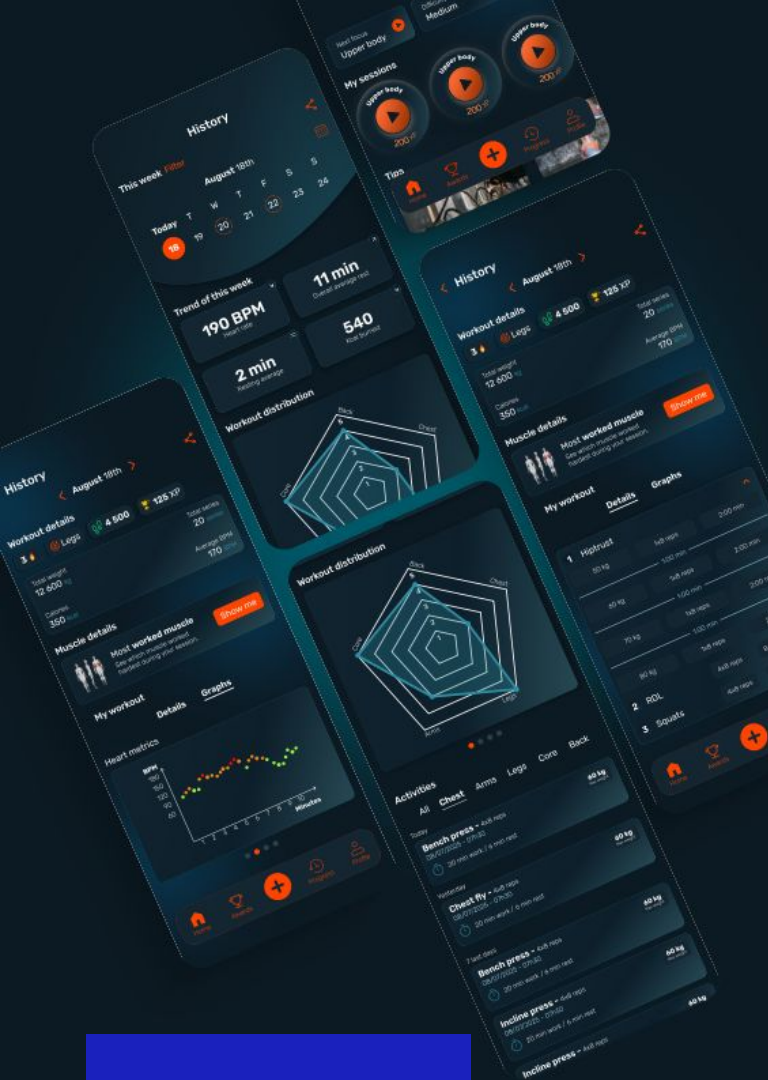
**Muscle Maps:** Highlight active muscle groups during workouts.

**3D Digital Twin:** A personalized model of the user's progress over time.

## Gamified Progress

## Personalized Guidance

Data-driven workout recommendations and **real-time form** correction to improve performance and **prevent injury**



# Value Proposal for Fitness enthusiasts

## Your 3D Digital Twin

Visualize your muscle evolution on an interactive interface

## Dominate your routine

An attractive and fun interface so you never miss a workout

## Exceed your records

Smart challenges based on your athletic capabilities

## Progress at your own pace

Your sessions self-adjust in real time based on your progress

## Master your vitals

Heart rate, calories, and fatigue: manage your fitness with precision

