

SMART GYM EQUIPMENT CONVERSION KIT



SGECK

Do you track any of your workouts?

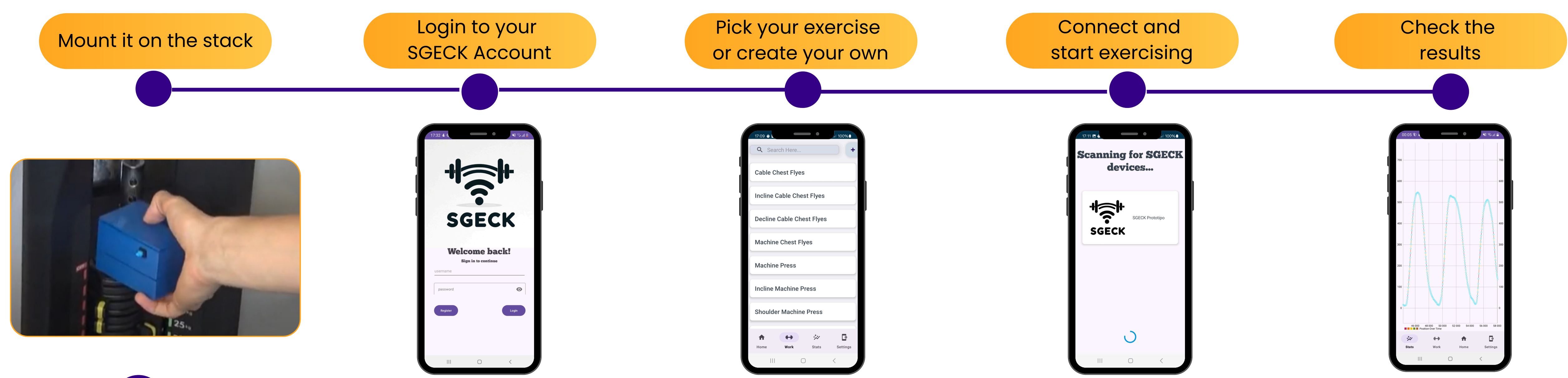
If so, you know the hassle!

Personalized feedback is key for your **progress** and that's why **the old pen and paper have to go!**

- Automated & personalized gym progress tracking is not available for your everyday gym machine.
- There is no way for a traditional gym to avoid replacing equipment to get equivalent benefits to that of a state of the art smart gym machine.



We have a solution!



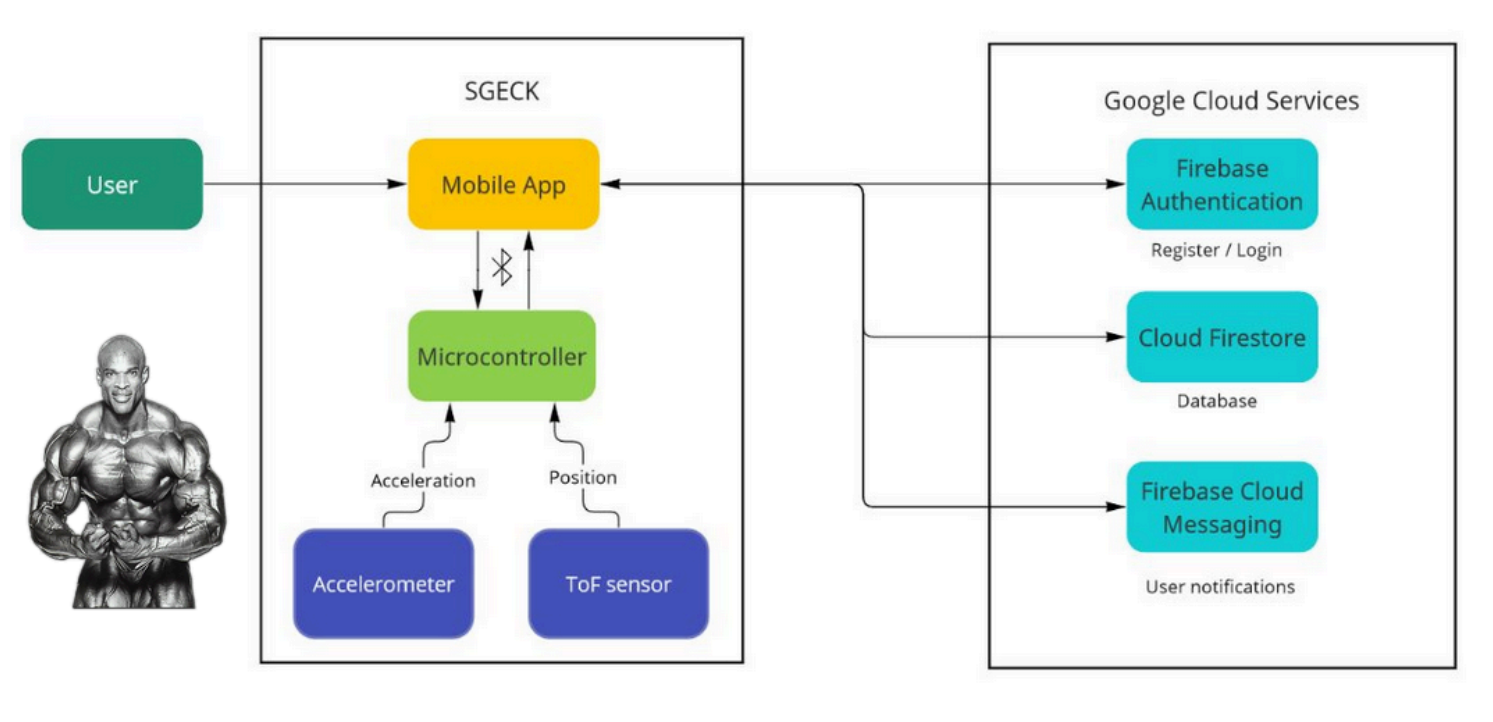
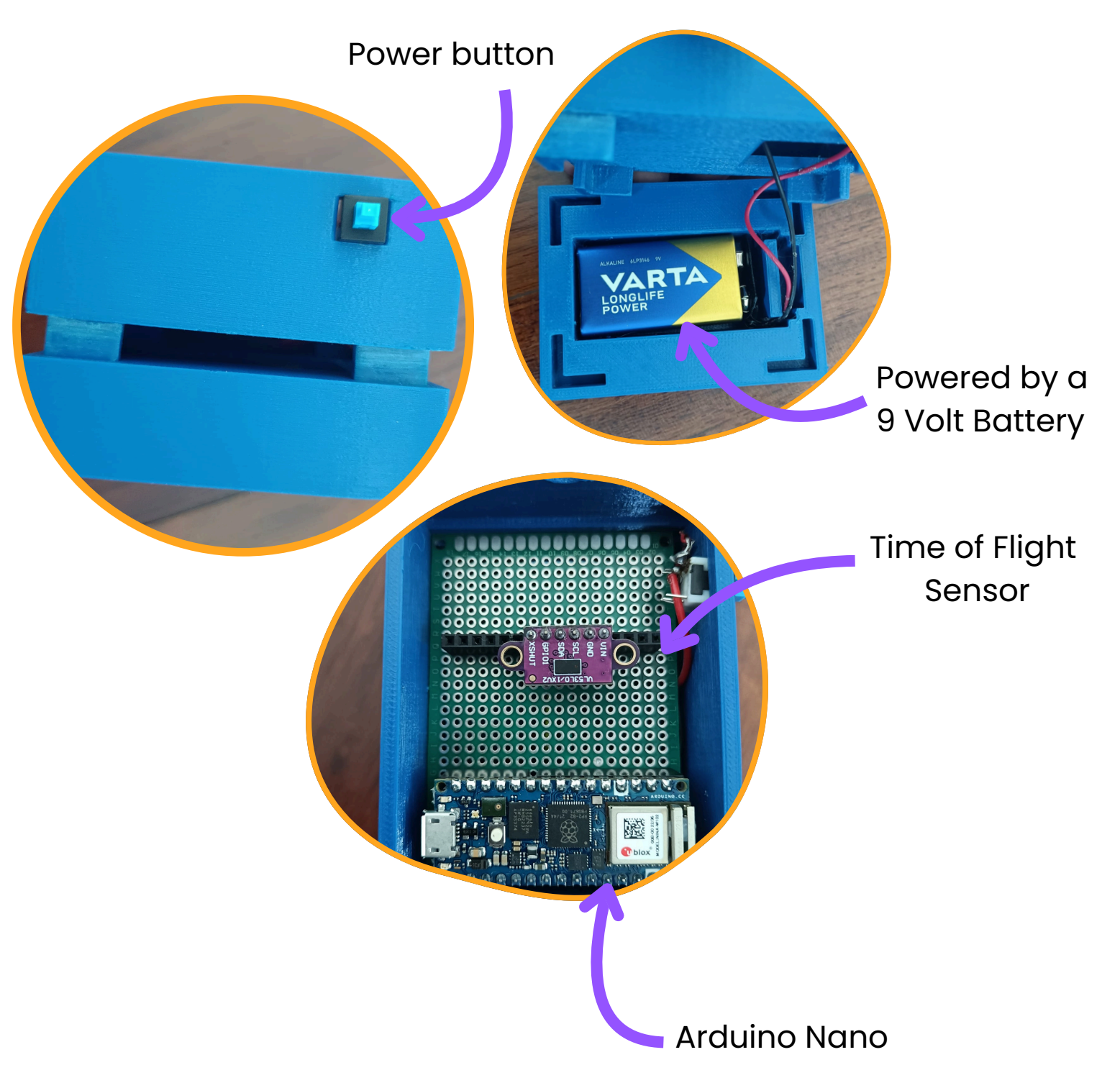
It's as simple as that! ✓

- Check how we evaluated your execution** based on the performance of accredited personal trainers!
- No more messy tracking.** The exercises performed are saved to your profile **automatically** and displayed so you can **effortlessly track your progress.**

The Technology

- Hardware**
- A Time of Flight sensor measures distances between the device and the top of the gym machine.
 - The data is then sent via the BLE interface on the arduino nano
 - The system is powered by a 9V battery

- Software**
- We use the Firebase Google Cloud service to store all data related to your workouts.
 - Exercise information received in your app is then processed and filtered
 - Now finally your performance can be compared to benchmarks collected from fitness specialists.



Who wins?

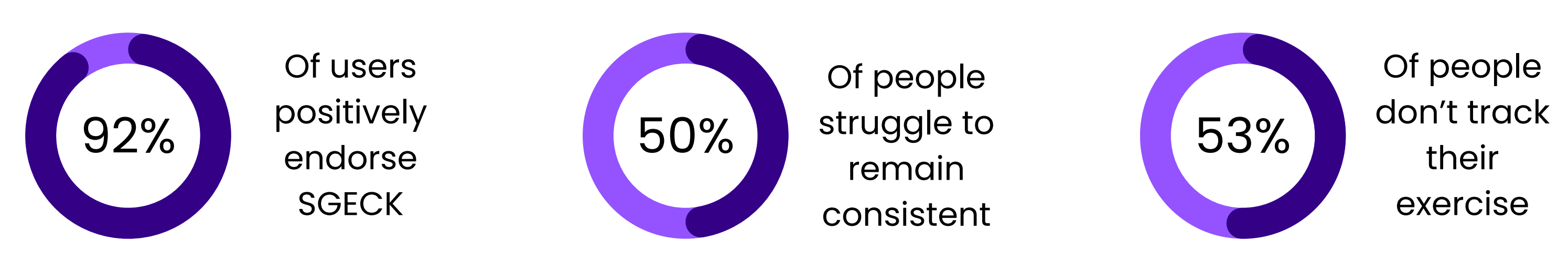
Gym-goers of **all experience levels** can benefit from our product, from newbies to professional athletes. 89% of gym-goers quit within the first year, SGECK is a great tool to keep you **motivated** by visualizing all your progress. Gym owners will also have an **affordable option** to modernize their establishments

What do people think?

“SGECK translates your workouts into measurable progress and attainable goals”
— Lucas Agostinho, Estudante de Educação Física e Desporto

“With every rep tracked and every stat recorded, SGECK transforms dedication into data, unlocking your full potential”
— Diogo Gouveia, Personal trainer

- Over 70 **positive** Google Forms answers.
- Dozens of **positive** responses from in person interviews.
- Interest from professionals in the field.

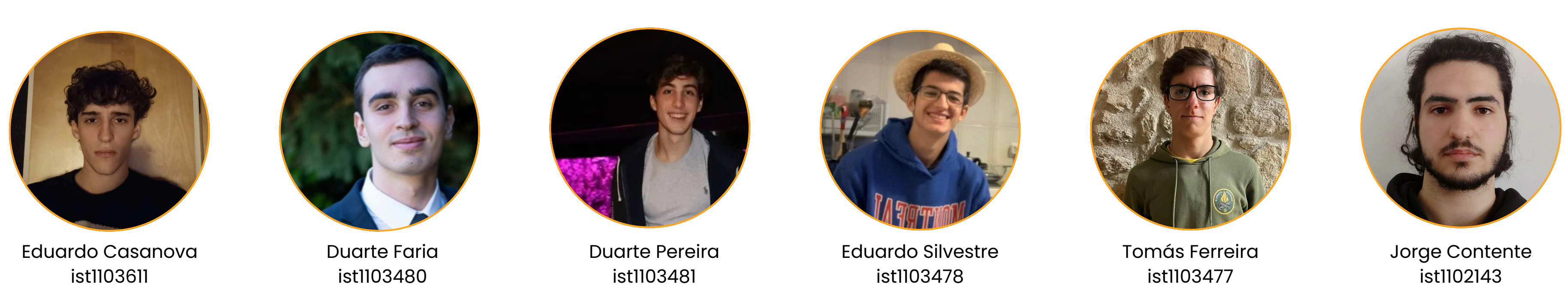


Why choose SGECK?

	SGECK	PELOTON	TONAL	TECHNOGYM	Others
Affordability	✓	✗	✗	✗	✓
Portability	✓	✗	✗	✗	✓
Personalized Feedback	✓	✓	✓	✗	✗
Feedback on exercise quality	✓	✗	✓	✗	✗
Visual indicator of your progress	✓	✓	✓	✗	✗

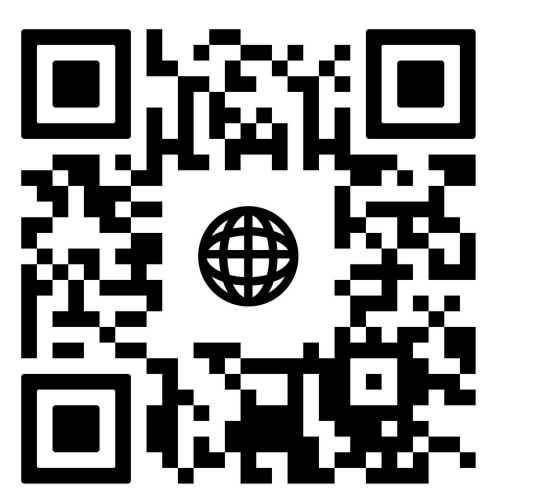
SGECK differentiates itself by taking a **personalized** approach to its users while maintaining a **portable** design.

All this within a **healthy price point.**



FIND OUT MORE!

[Our Website](#)



web.tecnico.ulisboa.pt/ist1103611/SGECK