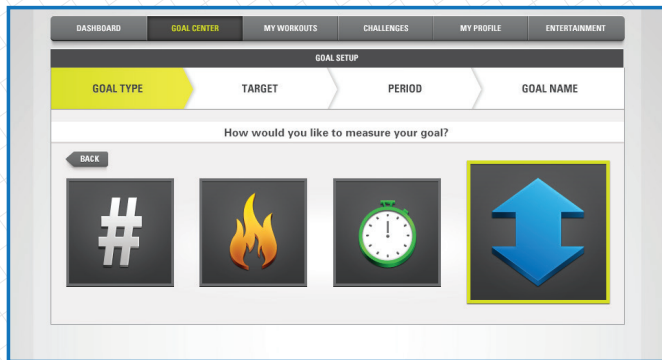


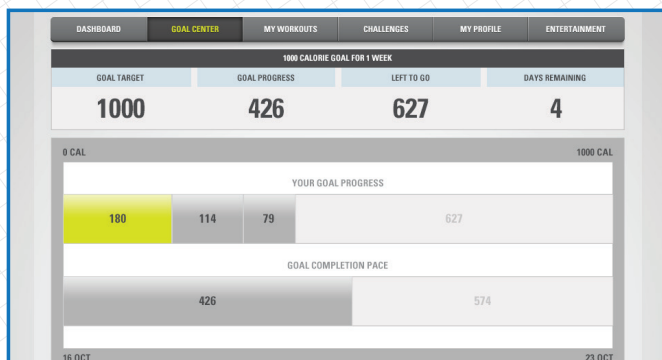
HOW TO CREATE A PERSONALIZED GOAL

SET A GOAL, MONITOR YOUR PROGRESS, AND ACHIEVE RESULTS!



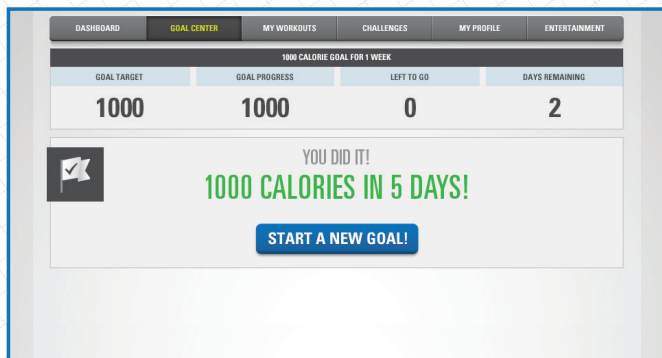
Create a Personalized Goal Based on:

- Number of Workouts
- Calories Burned
- Distance
- Time



Your Workouts are Tracked with:

- Netpulse-connected Equipment
- Mobile xCapture
- 3rd Party Tracking Apps & Devices
- Manual Entry



COMPLETE YOUR GOAL
AND ACHIEVE RESULTS!