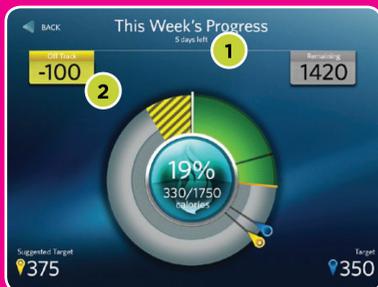


Managing your progress

You can navigate to your personal account during your workout, allowing you to view your real-time progress as you train.



1. This week's progress - starts on Monday, ends Sunday.

2. On track / off track - setting goals mean you commit to a target. If you exceed this will show how far ahead of the game you are.



3. Off track - shows if you need to do catch up to your weekly goal.

4. Weekly remaining goal - shows the total effort remaining to achieve your set goal.



5. Real-time progress - shows what you have achieved towards your goal.

6. Weekly goal summary - shows the portion of your goal you have completed.

7. Target marker - Shows how much exercise that you have committed to completing.

Lifetime goals

Preva will help you celebrate your fitness achievements, you will be awarded badges as you complete progress milestones.

If you need help in setting up your account or have any questions speak to one of our team.



set goals get motivated switch on to Preva...

have you got your **ise** Preva band yet?!



GOOD THINGS COME TO THOSE WHO SWEAT!

What is a Preva® Account?

We believe having a Preva account will give you the focus and motivation to help you reach your fitness goals.



Preva® Net

Is an exciting cloud based network on our touchscreen Precor machines. This allows you to keep yourself up-to-date with all the latest **ise** info, check out the internet, watch TV, and more importantly create fitness goals to keep you focused and motivated in your training.



Preva® Personal Accounts

This account works with our **ise** bands, all you have to do is swipe or tap the equipment to sign up for your own account on any of our Precor CV machines. This will allow you to manage and track all of your workouts.



Preva® Goal Setting

By logging in to your Preva account you can begin your fitness journey. It allows you to set your very own fitness goals by duration, distance or calories. Setting daily and weekly targets means it's really easy to track your progress and earn Preva rewards as you achieve key milestones and reach your fitness goals.



Preva® Mobile

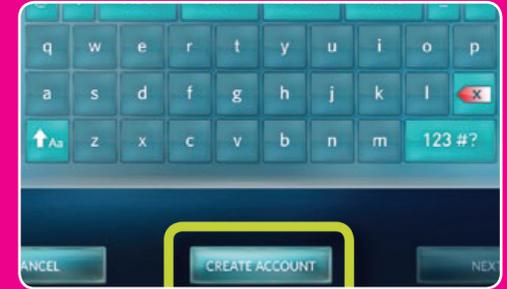
you can keep up-to-date with your progress by downloading the app (iPhone and android) you can track all fitness activities, even when you are away from **ise**!

How to set up your own account

Create your personal account

Touch 'sign-in' and then 'create account' - enter your email address, and then a password.

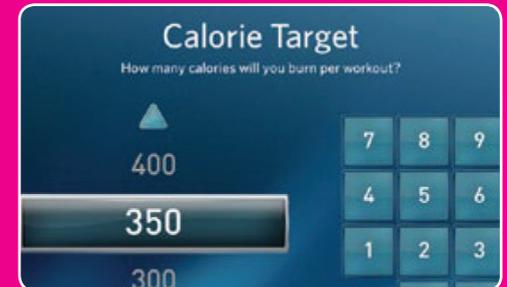
You will need to pick a display name and enter your date of birth then accept the terms of use and bingo, you will be logged in!



Setting your weekly goals

While signed in to your account swipe over to the personal account screen or touch the goal compass icon, touch weekly goal, then select the number of days per week you want to train.

Next choose your goal type: distance, duration or calories. No matter what your goal type Preva will track all 3 types.



Now enter your weight for calorie calculations and a workout focus; be fit lose weight, get toned or push performance. When you have entered all the info you will see a weekly goals summary screen.