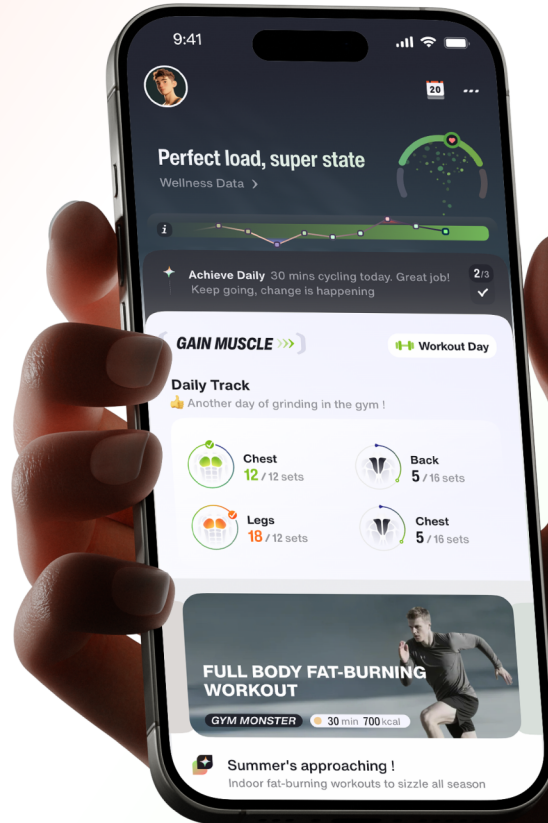


SPEEDIANCE

Wellness+

The Ultimate AI Fitness Agent



Wellness+

The AI fitness trainer that learns from both your body and your machine
— evolving with every session.

Monitoring

Real-time Data Capture

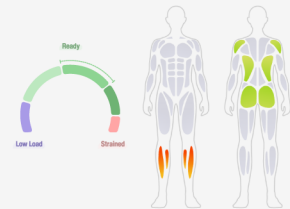
- Smart Nutrition Logging
- 24/7 AI Fitness Companion AI
- Compatibility with Wearables and Smart Scale



Analysis

Readiness Insights

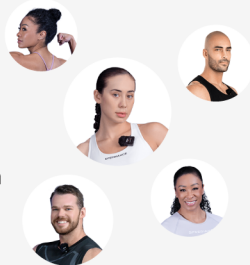
- Cardio & Muscle Readiness Tracking
- Actionable Insights



Action

Dynamic Daily Workouts

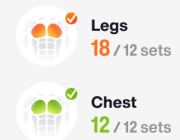
- AI Workout Builder
- Smart Weight Recommendation based on VBT



Suggestion

Personalized Programming

- Muscle Gain & Fat Loss Goals
- Personalized AI Fitness Plans



Set a Goal >
Wellness+

Customized Fitness Plans

Exclusively Designed for Your Body

Wellness+ doesn't offer one-size-fits-all workouts. Your fitness journey is personalized using the data that matters most:

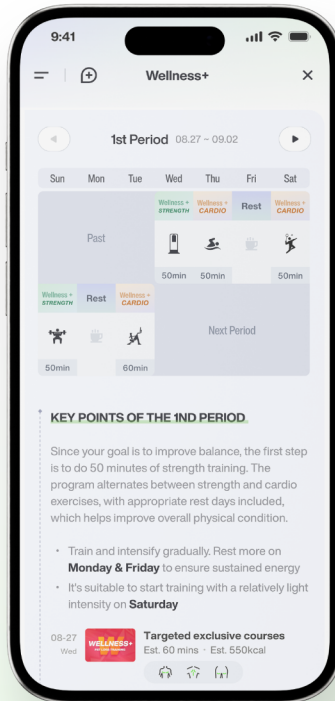
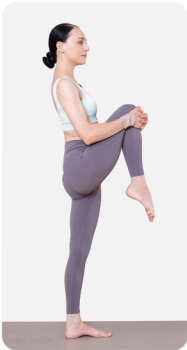
- **Your goals:** build muscle, lose fat, sculpt your body, boost cardio, and more.
- **Your preferences:** target muscles, workout length, and training schedule.
- **Your style:** strength, cardio, HIIT, or functional fitness.



AI-Driven Connected Workouts

Seamless Training, Just for You

Your Wellness+ plan updates instantly across devices like **Gym Monster**, **Velonix**, and the **APP**. AI customizes exercises, weights, reps, and intensity, making every session stay on point.



Real-Time Fitness Updates

Your Plan, Always in Tune

01:30

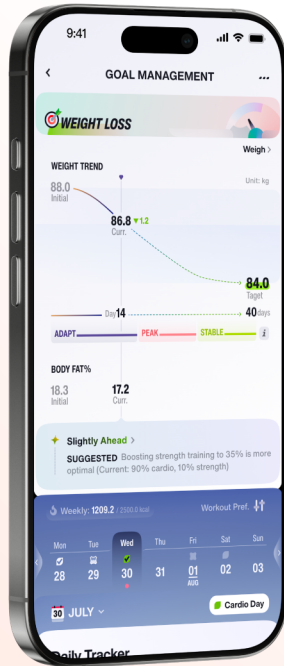
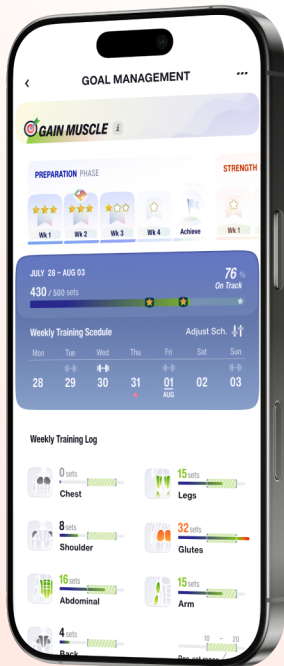
Standard

Heart Rate **145** BPM

Squat RM **100** kg

145 bpm

When your device and body data sync with Wellness+, **your training plan evolves automatically** — ensuring each workout stays effective.



Smart Periodized Training

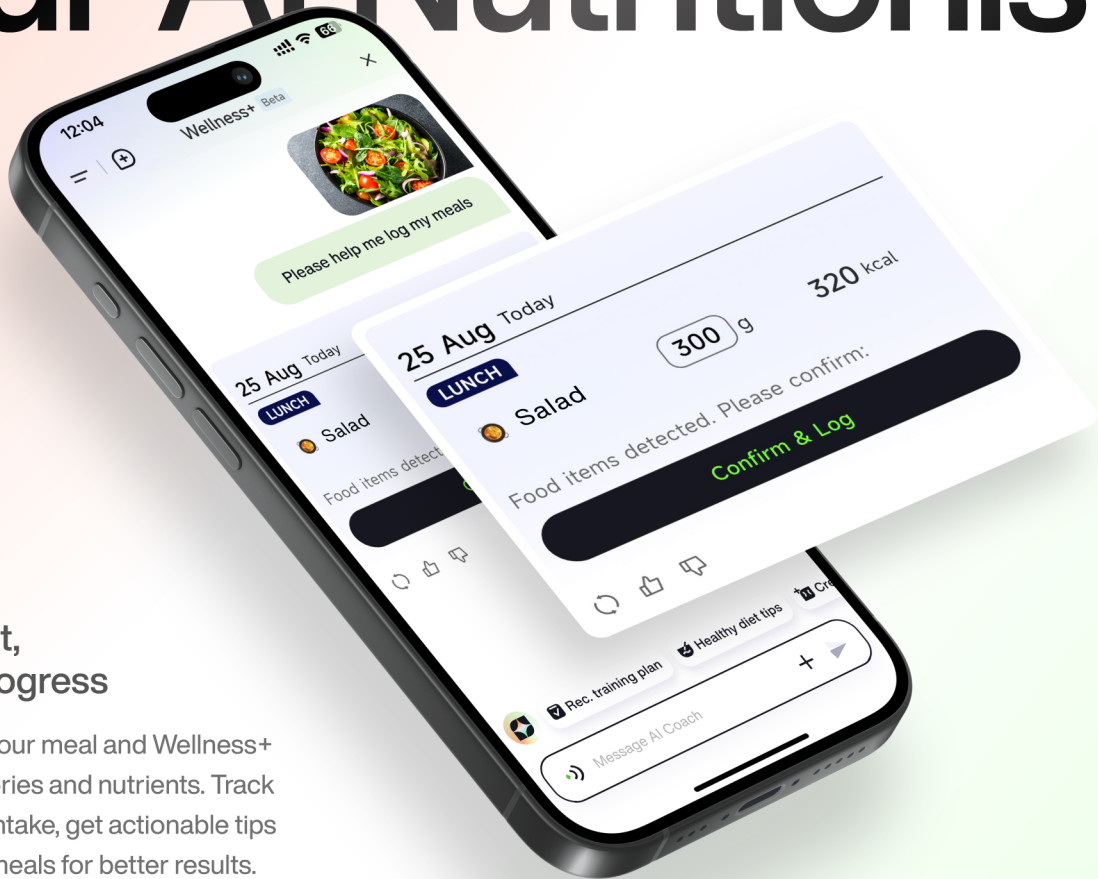
Every Step Moves You Forward

Each program follows structured, science-based phases. For example:

- Muscle Gain: Preparation → Strength Building → Hypertrophy
- Weight Loss: Adaptation → Sprint → Stabilization

Every stage blends strength, endurance, and recovery to deliver sustainable, measurable results.

Your AI Nutritionist



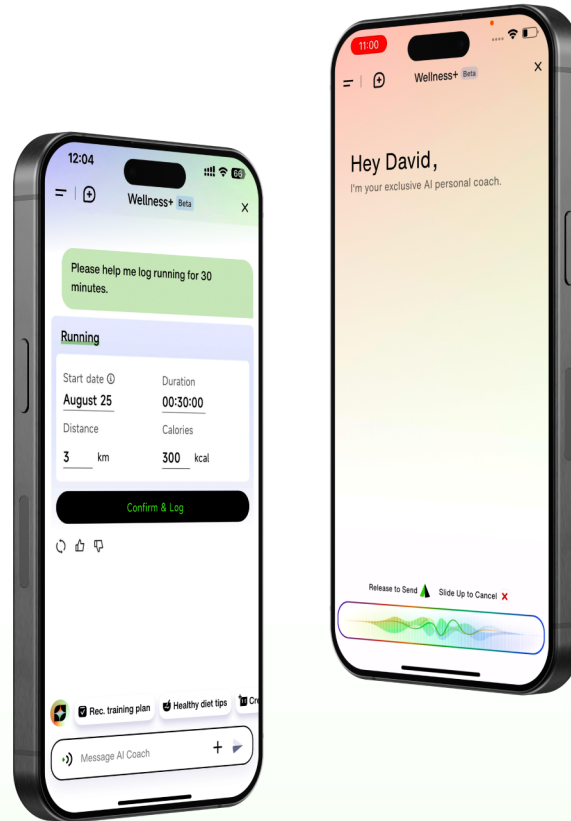
Eating Smart, Fuel Your Progress

Snap a photo of your meal and Wellness+ instantly logs calories and nutrients. Track up to 30 days of intake, get actionable tips to optimize your meals for better results.

Always-On Fitness Guide

Personalized Support, 24/7

Chat with your AI trainer to log workouts and daily activity. Wellness+ delivers tailored class suggestions, recovery advice, and nutrition insights to keep your lifestyle aligned with your goals.

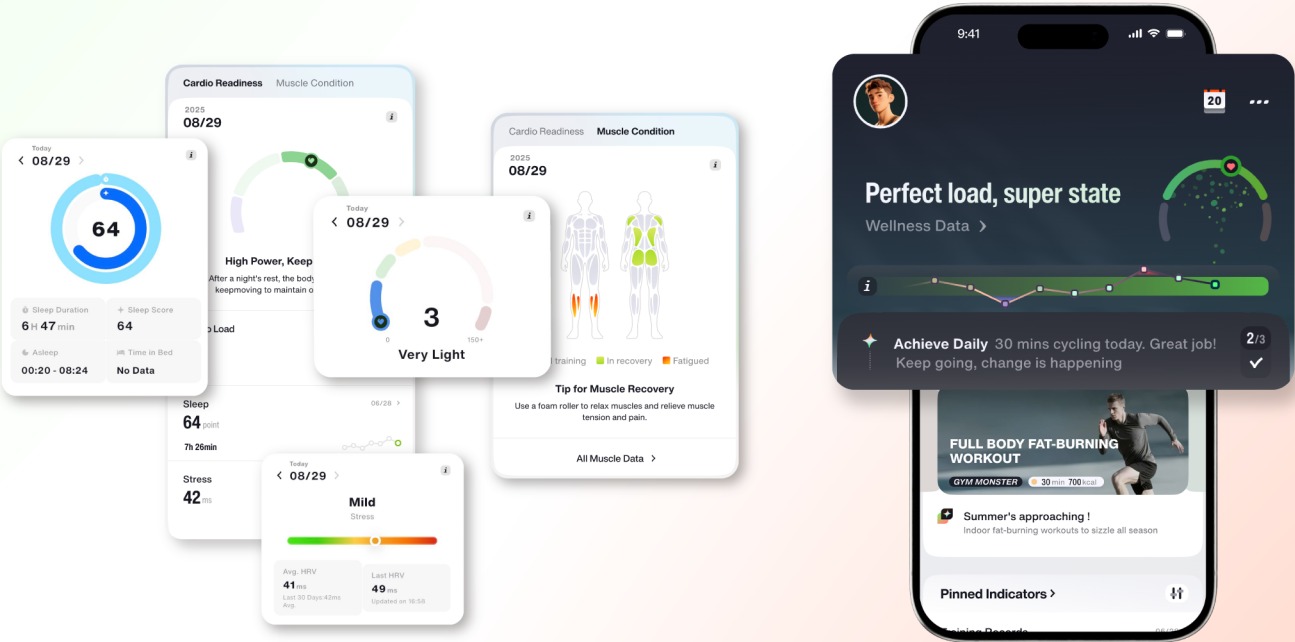


Daily Health Dashboard

Know Your Body, Live Better

Wellness+ converts muscle readiness, recovery, stress, and sleep into **easy-to-follow insights**, helping you train smarter, recover faster, and live healthier.

Connect the Speediance Smart Scale to monitor body fat, muscle mass, and overall composition, so every workout and recovery insight reflects the real transformation happening in your body.



Monster	Basic <small>(Without Wellness+)</small>	Wellness+
Monster Workout Library	✓	✓
AI-powered personalized training plans	\	✓
Goal Setting & Planning	\	✓
Periodized training algorithm support	\	✓
Goal-Focused Workouts	\	✓
Custom workout with dynamic training methods	\	✓
Muscle Gain & Weight Loss Plan Training Data Tracking	\	✓
VeloNix		
Goal Setting & Planning	\	✓
Progress Tracking	\	✓
AI-powered workout insights	\	✓
Pal		
Goal Setting & Planning	\	✓
Progress Tracking	\	✓
APP		
Workout Library	✓	✓
Personalized training plans with and without equipment	\	✓
AI Food Recognition & Calorie Tracking	✓	✓
Health Profile	✓	✓
Physical training status, cardio fitness, and sleep quality assessment	\	✓
AI-Powered Health Insights	\	✓
Personalized Course Recommendations	\	✓
Progress Tracking	\	✓

Family Plan

Wellness That Grows With Everyone

With support for up to 6 profiles, each user can enjoy a personalized AI-driven training plan — designed to match their unique age, lifestyle, and goals.



Start your **7-day free** trial today on **Speediance App.**

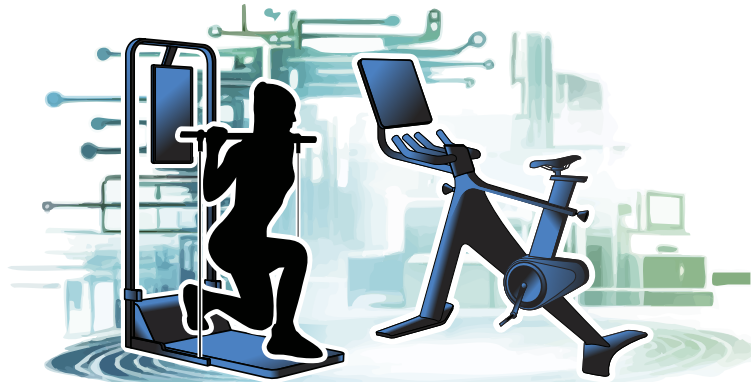
Experience the full power of Wellness+ and discover what smarter wellness feels like.



Scan Here For Full Story

Email: Business@speediance.com

— SMART HOME GYM —



SmartGym.nu

— NEXT-GEN AI FITNESS —