



PREVA® NETWORKED FITNESS

The inspired connection of people and technology that enables both operators and exercisers to achieve their goals.





Click or tap the video to learn more about Preva.

Preva works for you by providing a solution that enables you to manage and grow your business while engaging with your exercisers.

Preva works for exercisers by letting them set weekly goals, track progress and receive steady encouragement.

Making it yours...works!™

First introduced by Precor in 2011, Preva is now the chosen solution for over 1500 facilities in 56 countries. Available exclusively on the Experience™ Series 880 cardio line, Preva connects the P80 touch screen console, the Preva mobile app and Preva Business Suite, a web portal, via the cloud.

Preva helps operators and exercisers meet their goals. For operators, Preva provides tools to optimize equipment management, communicate directly to exercisers, and drive revenue. Designed for fitness results, Preva connects exercisers with a personalized fitness experience that motivates and keeps them focused on their workout goals.

With the industry's only dedicated in-house software Experience Development Center, Preva will continue to grow and remain a powerful tool for your business and exercisers.

And Preva is pure Precor. Precor has an established reputation of bringing new, vital innovation and world class customer service to the fitness industry.



FOR OPERATORS



PREVA MOBILE



FOR EXERCISERS





DELIVER AN EXPERIENCE THAT IS DESIGNED FOR FITNESS RESULTS.

It all starts with the P80 console, a natural evolution of the Precor 'Fitness is Foremost' philosophy. With an upright screen position for proper posture and biomechanics, and large, easily accessible motion controls, the P80 is made for ease of use.

Combined with Preva, the P80 becomes a complete fitness and media offering for your exercisers. Exercisers can set and track their fitness goals through Preva Accounts, while enjoying the best of internet, TV and video content to keep them engaged during their workout.

PRECOR

Total Distance
MENU

Calories
310

Time Remaining
23:06

Strides/Min
120

Heart Rate

Featured

BusinessWeek

Business Week



Wired

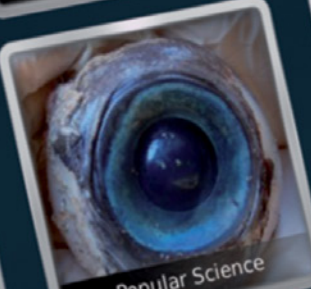


ESPN

Cool

FASTCOMPANY

Fast Company



Popular Science

SI.com

Sports Illustrated

WARNING: Before beginning any fitness program, see your physician for a thorough physical examination. Seek advice from your physician to learn the target heart rate for your fitness level. Do not allow children, or those unfamiliar with the operation of this equipment, on or near it. Read the product owner's manual or consult a qualified instructor before operating this equipment. Improper use of this equipment can result in serious injury. If you feel pain, faintness, or dizziness, stop exercising immediately.

VOL

PROVIDE THE BEST OF WEB AND VIDEO FOR IN-MOTION EXERCISERS

Preva Net provides in-motion exercisers with the best Internet content in a format that is extremely easy to navigate and read, even during intense workouts. Exercisers can enjoy an extensive variety of online and video topics including fitness and health, news, sports, technology, business and more. If you choose, you can also give exercisers fast access to a web browser.





PRECOR

This Week's Progress
5 days left

Call Track
-100

Remaining
1420



Suggested Target
375

Target
350



5

8

FMT
EACH STRIDE

ENGAGE YOUR EXERCISERS WITH PERSONALIZED EXPERIENCES.

In it's simplest form, the P80 console provides exercisers with:

- **Library of preset workouts** designed for specific fitness goals, along with workout tutorials for each piece of equipment.
- **A new Featured Workout daily** to help combat routine boredom and promote muscle confusion for better results.
- **Customizable workout statistics** via easy-to-use menus across the top of their workout screen.





PREVA ACCOUNTS

Preva take this personalized experience one step further...

Networking our 880 line cardio equipment provides exercisers with the full benefits Preva has to offer. With Preva Accounts, exercisers can set and track weekly workout goals and receive fun achievement badges. Additionally, exercisers can record their favorite workouts for replay at another time. All this works together to keep exercisers engaged and motivated to come back to your facility.

31%

Studies show that 31% of exercisers work out more often with a Preva Account.



MAKE IT EASIER WITH A SIMPLE TOUCH OF A PREVA TOKEN

4X

Studies show that exercisers with goals and Preva Tokens work out on average 4 times more than exercisers without goals or tokens.

A simple “touch” of the Preva Token to the reader on the top right of the P80 console will seamlessly sign the exerciser into their Preva account. Before the exerciser can set down their water bottle, they gain access to their favorite workouts, goals, progress and badges.

[Click or tap to video to learn easy ways to carry and use your Preva Token](#)



PREVA MOBILE APP

**EXPANDING
MEMBERSHIP
VALUE BEYOND
FACILITY WALLS.**

The **Preva Mobile** application extends the value of your facility by allowing exercisers to track fitness activities with their Preva account while on the go - in and outside of your facility. Workouts entered in Preva Mobile are automatically credited toward weekly goals.

With the Preva Mobile application, exercisers can:

GET FOCUSED Set a weekly fitness goal. Preva tracks progress as duration, distance or calories.

GET ACTIVE Stay on track and capture all other fitness activities on the go. Every workout counts.

GET CONNECTED Preva Mobile workouts count towards weekly goals and can be viewed on Precor fitness equipment.

GET MOTIVATED As lifetime totals add up, Preva challenges users to achieve the next level.

GET RECOGNIZED Preva acknowledges hard work with badges, points, and bonuses.



AND PREVA IS PROVEN TO WORK FOR YOU AS THE OPERATOR.

Along with exerciser-focused features, Preva gives you access to powerful tools that are proven to help you manage your business, drive revenue and retain members.

- **Preva Business Suite**, a web portal, allows you to view real-time statistics of your networked cardio equipment. You can also view usage and trend reports to make educated decisions on equipment usage, location and replacement.
- **Preva In-Touch**, accessible through Preva Business Suite, gives you three powerful communication tools that allow you to reach your exercisers in engaging ways during their cardio workout:
 1. **Workout Messages** enable you to add high-impact, customizable, and targeted messages that appear during the workout. You can schedule the messages to appear at specific days and times, and direct exercisers with a simple click to any web page that supports your message with detailed content.
 2. Use **Welcome Screen Messages** to greet your exercisers with a short text message of your choice.
 3. **Feed Publisher** is another powerful feature that gives you the ability to choose specific feeds, or even create your own custom content featured on the console through the Preva Net panel. Use this feature to communicate, promote and drive interest in group classes, personal trainer information, club promotions, special events and more.

RETAIN

HealthGlo Fitness Club in Australia saw a **95%** month over month increase in membership renewals two months after Preva was installed.

EARN

Fitness Evolution saw a **\$900** increase in revenue after one month of a membership upgrade promotion: a potential **\$10k/year** in additional revenue.

ATTRACT

Valley Athletic Club increased monthly membership by **60%** using Workout Messages to drive a referral promotion.





YOU NEED THE RIGHT SOLUTION. THREE REASONS WHY PREVA IS THE BEST CHOICE.

- 1 A proven solution for your facility.** Since 2011, Preva has more than 70 million logged workouts and 100,000 software updates across more than 22,000 networked P80s worldwide. Combined with a deep experience in market and Precor renowned quality and customer service, you can be assured that your investment is on solid ground.

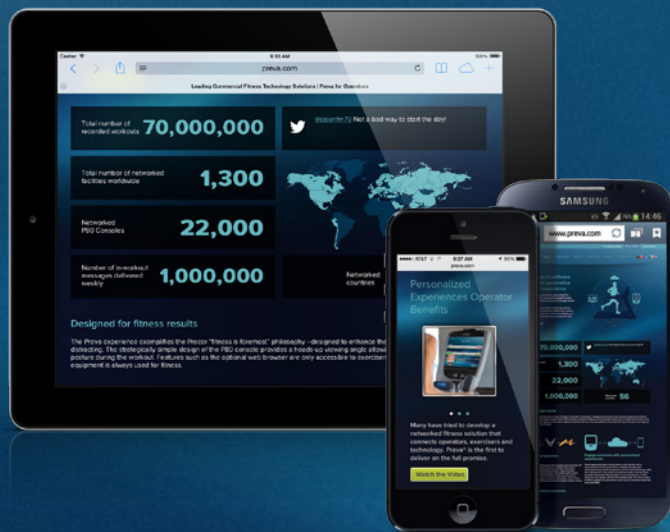
2 Unparalleled user experience. With our 'Fitness is Foremost' design philosophy, it's all about a user interface that is dedicated to the fitness experience. An uncluttered screen, large buttons for easy navigation and Featured Workouts all keep exercisers fitness focused. Preva Accounts provide a goal-focused workout that, combined with the Preva Token, daily goal progress tracking, and badges, help exercisers stay engaged with their workout and coming back to your facility.

3 Innovative cloud-based technology. Designed as a cloud-based solution from the ground up, Preva automatically tracks exerciser workouts and delivers software updates remotely to each networked P80 console. Preva is designed and built by a dedicated team of software engineers, so you can be sure of world-class quality and ongoing innovation.



A woman with dark hair tied back, wearing a black zip-up athletic jacket and white earbuds, is smiling while looking at a black smartphone. She is holding the phone with both hands. The background is a bright, clear blue sky with a strong sun flare effect on the left side, creating a warm, energetic atmosphere. The overall image conveys a sense of active lifestyle and technology integration in fitness.

PREVA IS FITNESS EVOLVED.
JOIN THE MOVEMENT.



**DESIGNED FOR
FITNESS RESULTS.**

**ENGAGES EXERCISERS
WITH PERSONALIZED
EXPERIENCES.**

**PROVEN TO WORK
FOR YOU.**

Contact us to learn more, and you'll see the potential. And you'll also immediately sense that this is a profitable addition to your facility that will help distinguish you from your competition and boost your facility performance.

To learn more, visit www.preva.com/operators
Experience a short video at www.preva.com/makeityours

preva.com

Precor Incorporated
20031 142nd Avenue NE
P.O. Box 7202
Woodinville, WA
98072-4002
+1-866-717-4697
commsls@precor.com



©2014 Precor Incorporated