A New Face

At the heart of every piece of interactive equipment lies the control panel, the interface between the members and the iFe. User-friendly, the control panel easily guides them through their workouts so that they can master the equipment and view their progress. The high-resolution and eye-catching screens allow users to sift through the multitude of captivating entertainment options that are unique to the iFe: television, digitized video-on-demand and music, videoconferencing, radio, virtual training, and the Internet. Each time your members come face to face with the control panel, the gateway to the world swings wide open.
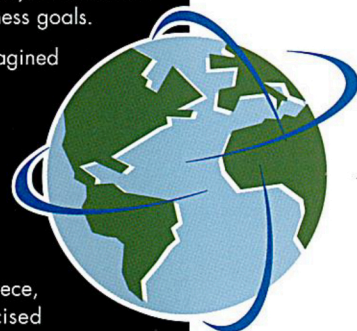
A NEW PARADIGM

Imagine computerized fitness equipment with crystal-clear, touch-screen control panels. Imagine that they are connected to the Internet as well as to a complete interactive entertainment and information system. Imagine powerful software that keeps track of each member's progress. Finally, imagine an expert system, orchestrated by your fitness instructors, that guarantees that your members reach their fitness goals.

You've just imagined the iFe.

In ancient Greece, athletes exercised physically and mentally. The gymnsium where the athletes trained was divided into two sections: one area where they trained their bodies and one area where they trained their minds.

The two sections of the gym, although distinct, were connected by an open colonnade bordered by trees. This meeting place, where the athletes analyzed and planned their training with their mentors, was called the xystox (pronounced ZISS-tiss).

This ancient practice of combining the physical and the mental continues today. By creating exercise equipment that combines movement with the mind, XYSTOS has borrowed from the past to revolutionize the future of fitness.
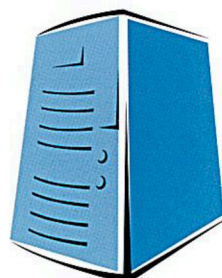
iFe ™

INTERACTIVE FITNESS ENVIRONMENT

XYSTOS Headquarters

From XYSTOS headquarters, a team of expert programmers and software developers can hook up to any iFe server around the world. This means that in a flash, we can upgrade your software, modify the options on your equipment, add entertainment and feedback features to your system, and provide you with the excellent service you deserve.

XYSTOS ™

Server

Each server is the nerve center that controls all interactive equipment within each iFe. The server feeds the exercise machines, coaches' stations, interactive kiosks and personal computers with the information needed to run the iFe features.

Interactive Kiosk

All iFes include one or more interactive kiosks that allow users to keep track of and gain a better understanding of both their workouts and overall fitness. With these kiosks, users can also reserve equipment and communicate with their fitness instructors.

Interactive Treadmill

Interactive Stepper

Interactive Recumbent Bike

Personal Computer

Thanks to the personal computer and the Internet, members can communicate with the iFe server of their fitness club and access their workout programs as well as receive E-mail from their instructors.
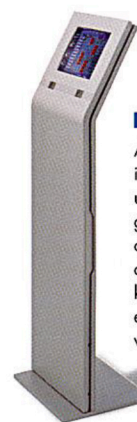
Coaches' Station

The coaches' station allows fitness instructors to continuously oversee the workout progress of each member. Instructors can also provide feedback and encouragement as well as build programs specific to each member—the type of service required in today's competitive market.

Interactive Bike

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