

Software Training Manager

CUBE by Profit



CUBE

Training manager
for Schnell training
equipment

Functions

The software simplifies your everyday work in the areas of strength and cardio training. ProFit CUBE supports you in the creation of training and exercise plans, takes over the control of strength and cardio equipment and provides you with documentation which records the training progress in detail and enables various evaluations. With the available extensions, the software easily adapts to your needs. Among other things, this also gives you the option of including exercises and equipment without electronics or existing equipment. With an anamnesis and body measurements you will get an overview of the performance and training level of your customers and can monitor the development of the later course of the training. In addition, ProFit CUBE offers various interfaces for importing and exporting customer data and training results. The software is suitable for use in gyms as well as in physiotherapeutic facilities and is always up to date thanks to automatic updates.

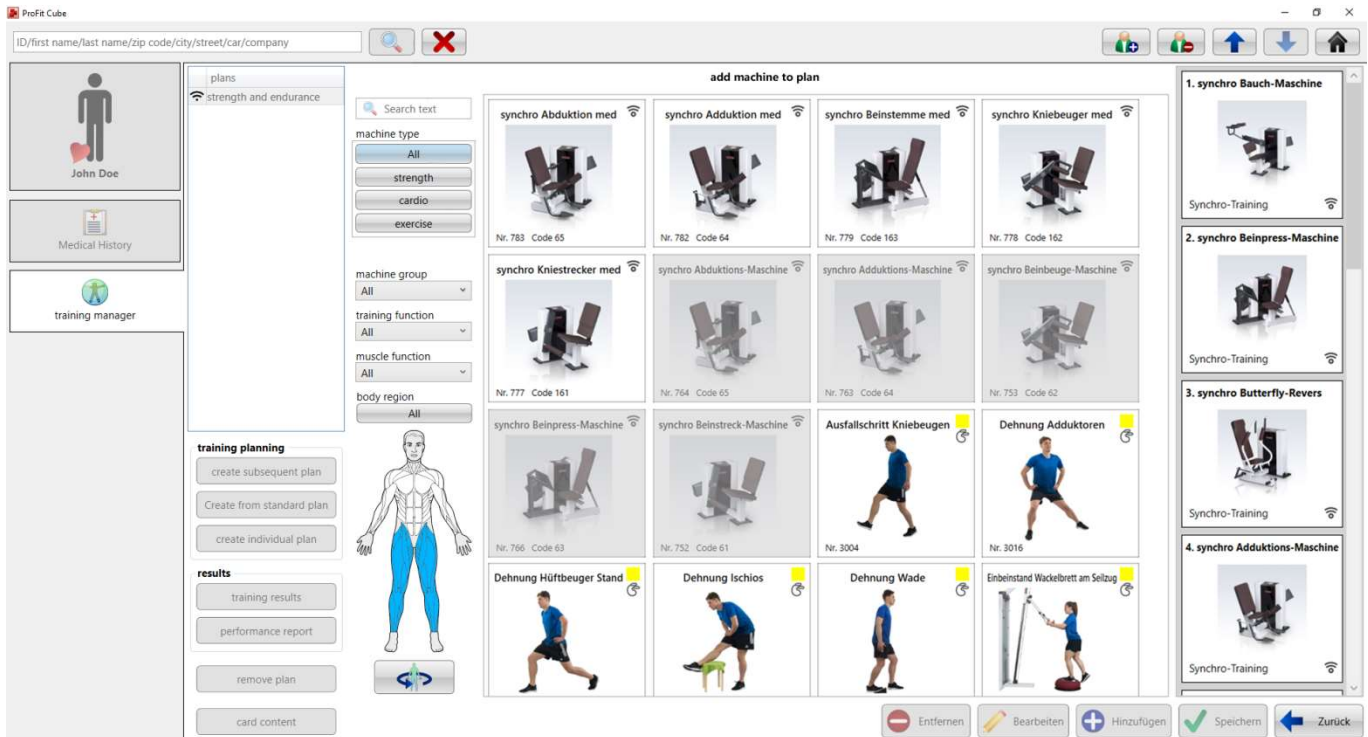
Benefits

- Workout planning
- Anamnesis & body measurements
- Customer Terminal / Additional Exercises / Virtual Trainer
- Documentation & evaluation
- Data transfer & expansions
- Service

Compatible Machines:

- SYNCHRO Line & SYNCHRO Line Med
- ALL NEW TARGET Line & ALL NEW TARGET Line Med
- CARDIO Line & CARDIO Line Med
- Free exercises (cable pulls etc.)

Software Training manager CUBE by Profit Workout Planning



Functions

With ProFit Training Manager you have many options for creating plans. With a few clicks you can create a new individual training plan or a follow-up plan. It is even faster with standard plans. Once created, these can be used again and again and easily adapted to the respective customer.

Once created, standard plans can be used as often as desired and assigned directly to your members or customized by adding or removing equipment.

Benefits

- Easy training plan creation
- Performance development in focus
- individual adaptations

Compatible Machines:

- SYNCHRO Line & SYNCHRO Line Med
- ALL NEW TARGET Line & ALL NEW TARGET Line Med
- CARDIO Line & CARDIO Line Med
- Free exercises (cable pulleys etc.)

Software Training manager

CUBE by Profit Anamnesis & Body measurements

ProfFit Cube

ID/first name/last name/zip code/city/street/car/company

John Doe

Comments

Physician

Diagnosis

Lifestyle

Fitness level (needed information for Work-out plan)

noticeably below average below average average above average noticeably above average

Occupation posture

predominately seated predominately standing equally standing & seated

Occupational physical demand

no pressure very easy light moderate somewhat hard very difficult maximum

Occupational mental stress

no pressure very easy light moderate somewhat hard very difficult maximum

Spare time physical demand

no pressure very easy light moderate somewhat hard very difficult maximum

Spare time mental stress

no pressure very easy light moderate somewhat hard very difficult maximum

Diet/Nutrition (personal estimate)

perfect very good good moderate occasionally bad poor very poor extremely bad

Sleep per 24 hours 0

Relaxation per 24 hours 0

Weekly exercise frequency 0 Units

Time per training session 0 minutes

Print Save Discard

Functions

The anamnesis contains a detailed catalog of training-relevant aspects. The following are recorded: physical and mental stress at work and during leisure time, risk factors such as chronic illnesses or recent surgeries, training goals and much more. Of course, you can also customize the anamnesis to your needs by removing areas or adding additional ones.

Body measurements taken at regular intervals allow you to calculate the best default values for individual training and evaluate training progress. In addition to weight, waist and hip circumference, factors such as body fat percentage, resting pulse and blood pressure are also recorded. The software supports various measurement methods, such as bio-impedance and Tanita body scale.

Benefits

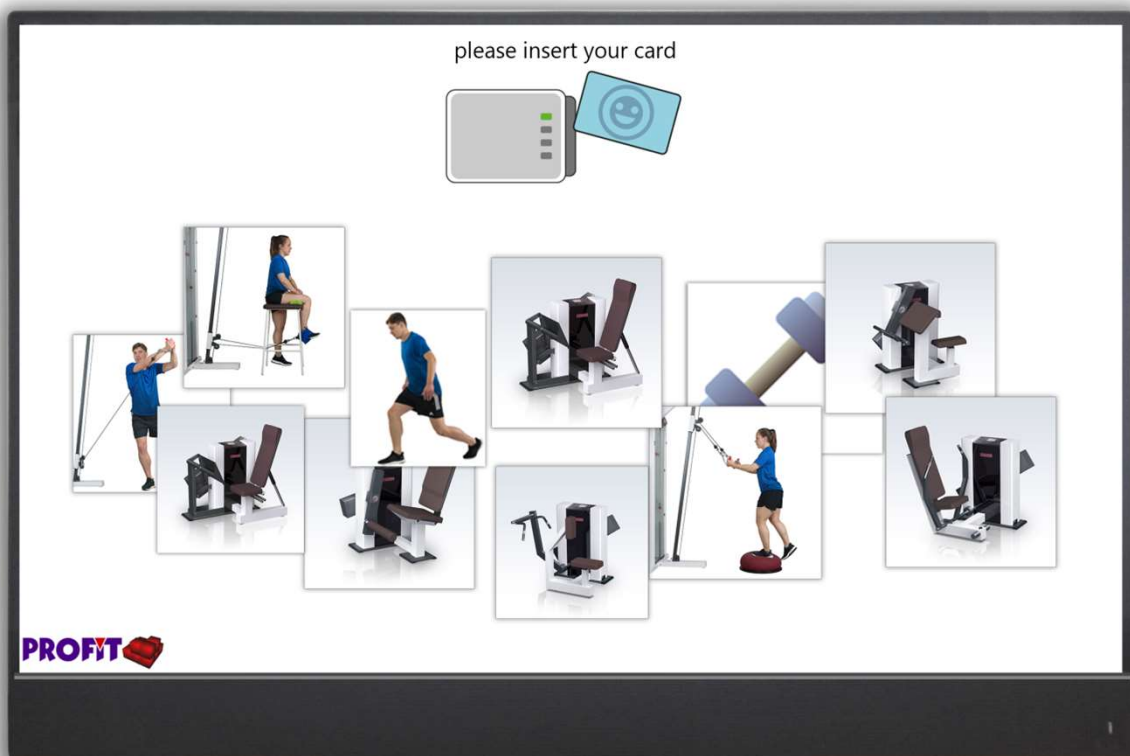
- Detailed anamnesis for better customer care
- Body measurement for detailed training planning and periodization

Compatible Machines:

- Various body analysis systems (manufacturers on request)

Software Training Manager

CUBE by Profit Customer Terminal



Functions

A special feature of the CUBE software is the optionally available customer terminal. This offers your customers the possibility to view their current training plan, specifications and settings for equipment as well as their training progress. At the same time, trainers can add new members via the same station. You can also use this station to access advanced functions for creating individual plans, taking body measurements and creating standard plans. The functions that can be accessed depend on whether a trainer or customer card is used for registration. After a certain period of time without input, both trainers and customers are automatically logged out and pictures of your training equipment are displayed instead of personal customer data. This prevents unauthorized access, even if someone forgets to log out.

Benefits

- Additional exercises
- Documentation with Virtual Trainer
- Catalog with 140 exercises preinstalled
- Add your own exercises (pictures & videos)

Compatible Machines:

- SYNCHRO Line & SYNCHRO Line Med
- ALL NEW TARGET Line & ALL NEW TARGET Line Med
- CARDIO Line & CARDIO Line Med
- Free exercises (cable pulls etc.)