

FUNXTION INTERACTIVE IS A UNIQUE ECOSYSTEM THAT CONSTIST OF A FUNXTION EXPERIENCE STATION IN YOUR GYM, A PERSONAL FUNXTION ACCOUNT AND THE FUNXTION APP. IT OFFERS A VARIETY OF FUNCTIONAL TRAINING POSSIBILITIES FOR YOU AT THE GYM, AT HOME OR ON THE GO. WITH FUNXTION INTERACTIVE YOU CAN TURN YOUR WORKOUT ROUTINE INTO AN EXCITING AND FUN CHALLENGE WHEREVER YOU ARE.

WHAT IS IT?



THE EXPERIENCE STATION

This is the beating heart of FunXtion Interactive, situated in the functional area of your gym.

- Extensive exercise library, workouts, challenges, timers and virtual group training.
- Links to the Funxtion app and works together with the website for an interactive experience.
- Personalised workouts based on your personal settings.



THE FUNXTION APP

Train at home or on the go with all the exercises and workouts in the palm of your hand!

- Review your results and monitor your progress.
- Share your workouts
- Challenge your friends their stats and training programs.
- Track your calories and have access to hundreds of recipes.



MY FUNXTION ACCOUNT

View your personal stats on funxtion.com by logging in with your personal details.

- Create your own workouts.
- Review your performance over time.
- Get social and access challenges and leader boards.



FUNXTION
INTERACTIVE DIGITAL FITNESS

facebook.com/FunXtion

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FUNXTION.COM

FUNXTION INTERACTIVE

FUNXTION
INTERACTIVE DIGITAL FITNESS

at home in the gym on the go



THE MOST FUN AND CHALLENGING WAY TO ACHIEVE YOUR FITNESS GOALS!
TRAIN WHEREVER YOU WANT, WHENEVER YOU WANT.

WELCOME TO
FUNXTION
INTERACTIVE

WHAT IS FUNXTION?



FunXtion makes functional fitness challenging, fun and accesible for everyone! With FunXtion Interactive you will move your body the way it's intended to move, through different planes of motion and using the whole body. You twist, bend, push and pull and will be constantly suprised by the variety in workouts, classes and exercises. The equipment is challenging, the environment inspirational and the FunXtion coaches are well educated. Join the FunXtion classes or workout for yourself using the Experience Station as your trainer!

WHO IS IT FOR?



That's the best part. FunXtion is for everyone who wants to enjoy their workout. Young, old, male, female, fit or not so fit. It doesn't matter what your current fitness level is. FunXtion Interactive is designed to be accessible for everyone while being able to workout with others. You can train by yourself, learn new excercises and try different workouts, or follow one of the functional training classes coached by a professional trainer. He or she can easily scale exercises up or down depending on your fitness level and personal needs.

WHAT ARE THE RESULTS?



You will work on strength, muscular endurance, cardiovascular endurance and core strength while burning an incredible amount of calories. After only a few weeks of working with FunXtion Interactive you will notice the difference in condition, strength, mobility and movement skills. Since FunXtion offers functional training you will feel better in daily life and will be more equipped to deal with the day to day challenges that we all face in our lives.



FUNXTION.COM

GET
STARTED
TODAY!

- 1.** Create an account on the Experience Station or by downloading the App.
- 2.** Connect the app to the Experience Station by registering your pincode or bracelet under "settings" in the app.
- 3.** Create your own community! Invite friends in the app to challenge each other anytime anywhere.
- 4.** Check in onto the FunXtion Experience station and start working out. Afterwards you can review your results and general stats in the FunXtion App. Everything is stored in your personal account.

