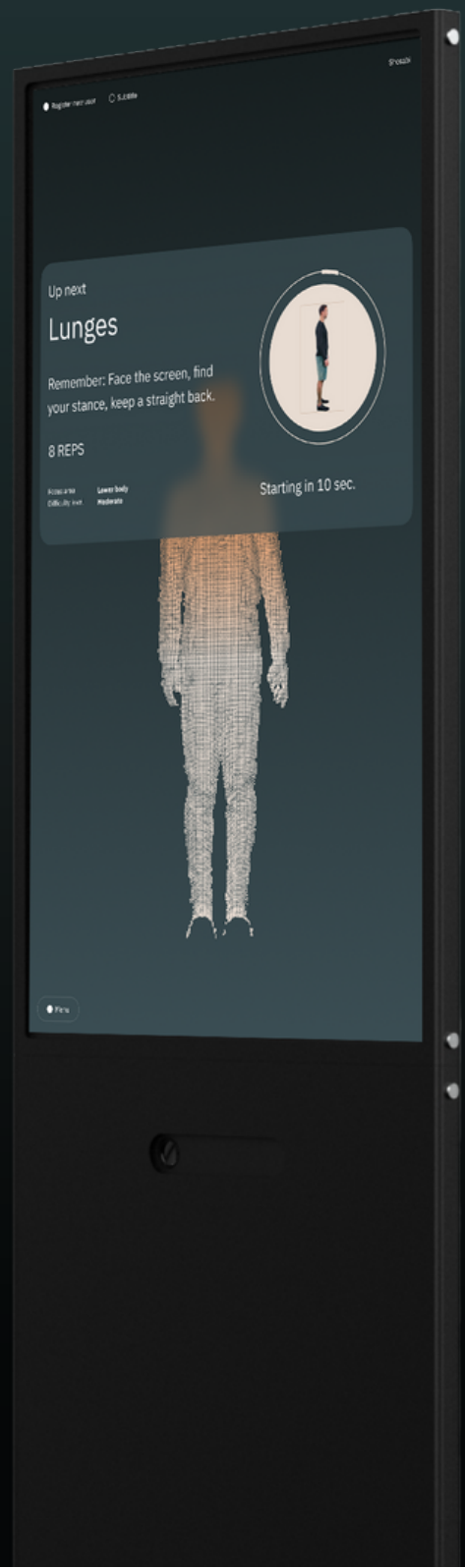


AI-Onboarding System

Improving your member journey



SHOSABI is a motion capturing AI personal trainer.

The AI-onboarding system ensures a personalised member experience and provides valuable insights to the gym staff and management.

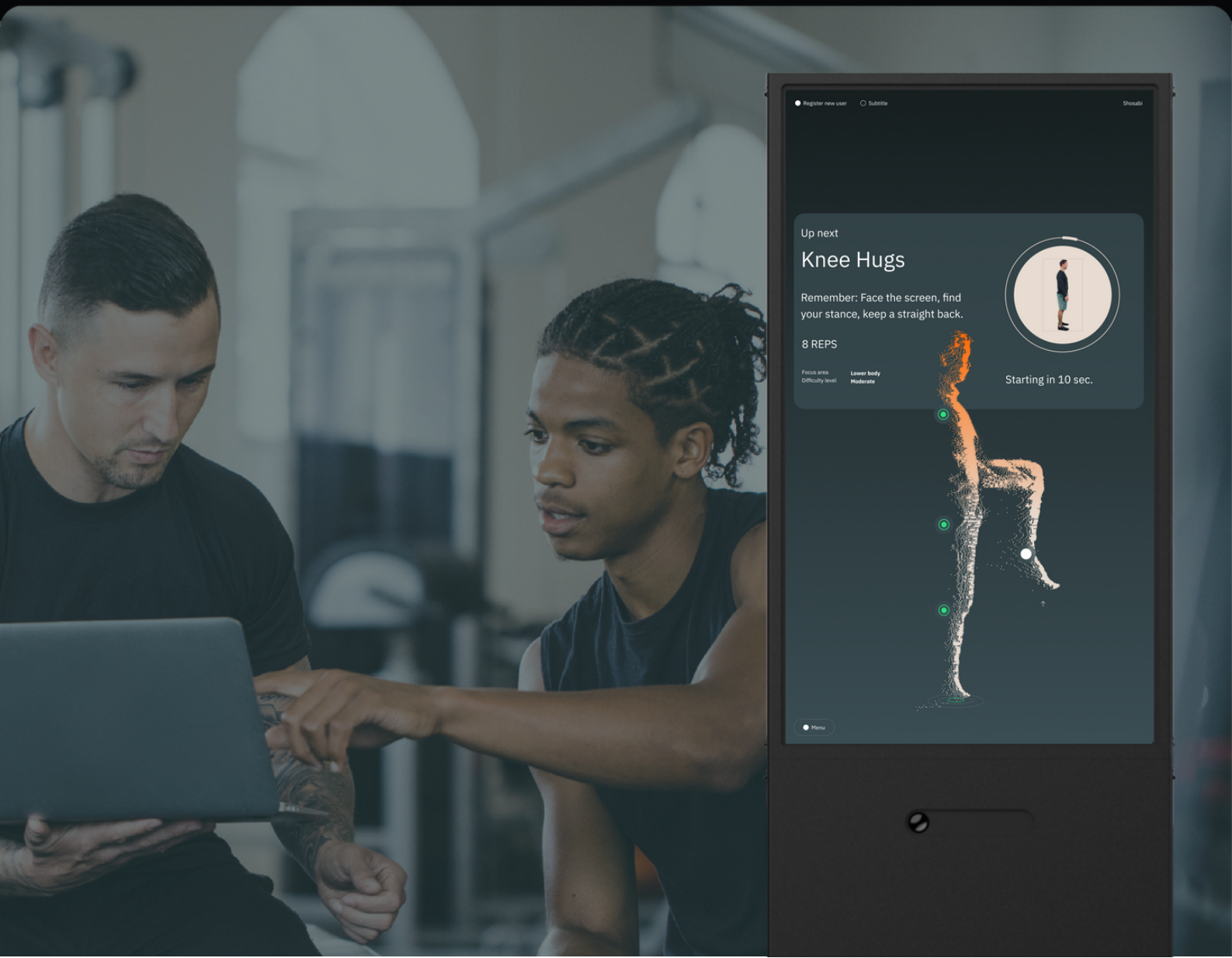
Shosabi - (/ˈʃosˈɑːbi/)
"Beautiful movement" - Japanese.

What we do

We help gyms enhance and prolong their members training journey.

- Fully onboard your members without requiring additional staff resources
- Provide an AI-movement assessment, custom training program and bespoke gym recommendations for your members
- Provide an effective assessment and sales tool for your personal trainers

A guided AI-driven onboarding process will put new members on the right track and enhance confidence and autonomy leading to better results and increased retention.



How this will help your gym

Let Shosabis AI trainer help your gym to decrease turnover in a fun and interactive way

-
-  **Give your members a great start**

No more confused members. Provide them a custom program from day 1.

 -  **Less dependent on human resources**

You are no longer vulnerable to limited or unpredictable human resources. Talent is hard to find and retain .

 -  **Reliable, consistent and objective**

Provide a consistent and objective AI-experience.

 -  **Easy for the member & the staff**

An easy 5 - 15 minute user experience, no supervision required.

 -  **Enhanced member satisfaction**

Provides movement feedback and insights, recommendations, custom programs and progress reports.

 -  **Increase personal training sales**

Our AI-sensors act as a value-adding biomechanical assessment tool, providing vital insights to both trainers and members.

 -  **Less churn**

More engagement = more satisfaction = less churn.

 -  **Customizable**

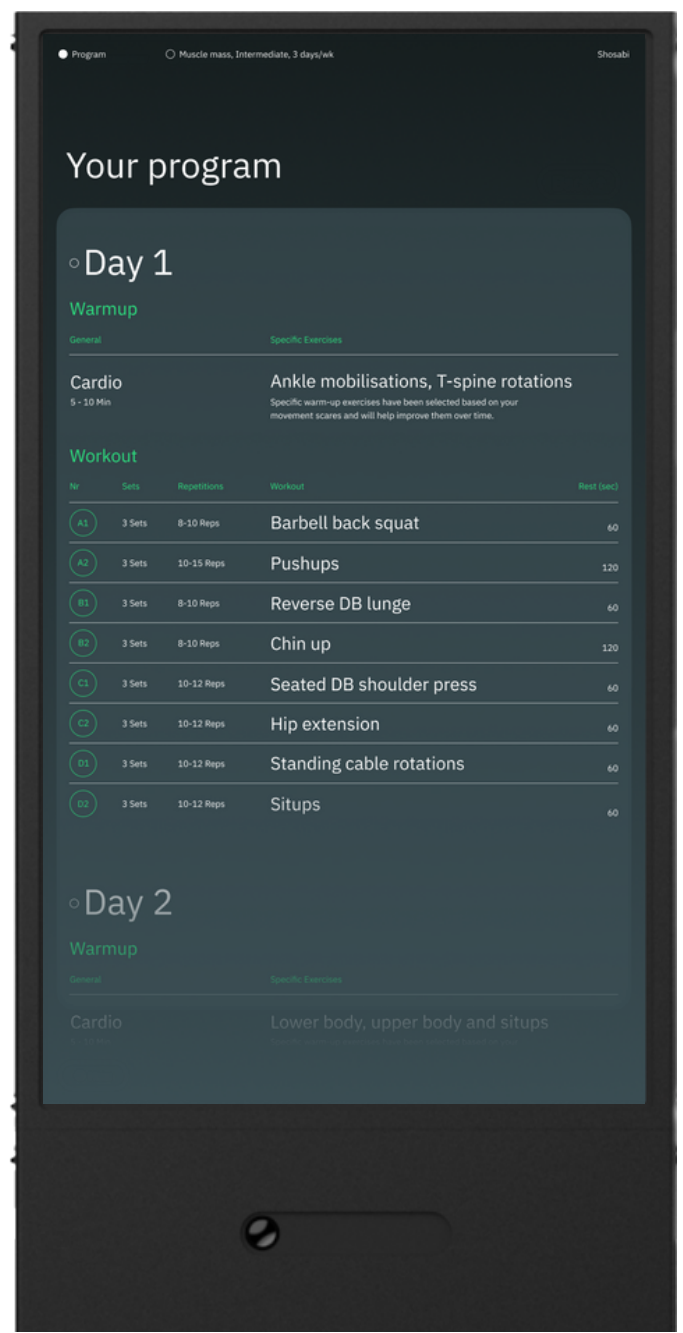
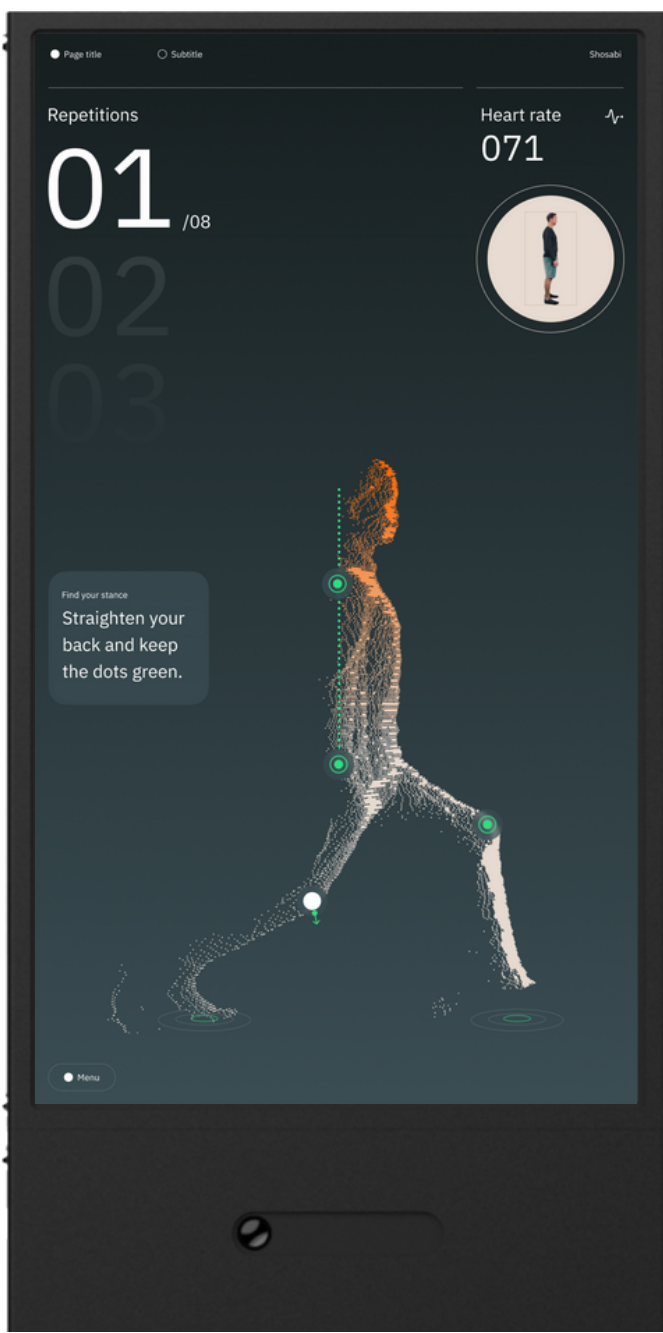
Provide your own content and branding. Turn on or off features to shape the user experience. Integrate with your CRM system or personal training software.

Technology

Shosabi is an AI powered on-boarding system for your gym members.

Using state of the art sensing technologies, Shosabi tracks a trainee's movement with in real-time with computer precision. Our digital trainer assesses pronounced movement limitations and prescribes suitable exercises using 3D-camera and AI-technology.

Shosabi's mission is to improve the gym members training experience and increase retention



How it works

Using state of the art camera vision technology, AI learning, and industry expertise, Shosabi can provide a reliable, objective, and scalable onboarding system for your members.

- Step One**

Select the full onboarding or a single test from the home menu. Returning members can do quick retests of certain qualities or skills to check progress
- Step Two**

Questionnaires, using our touch screen panel to better understand your members current situation
- Step Three**

Movement screen which consists of 4 simple exercises, followed by additional mobility and balance tests. The system can then identify potential movement limitations to help customise the program.
- Step Four**

Fitness test using body weight exercises and a heart rate monitor (suitable for all training levels) to identify and monitor exercise progress
- Step Five**

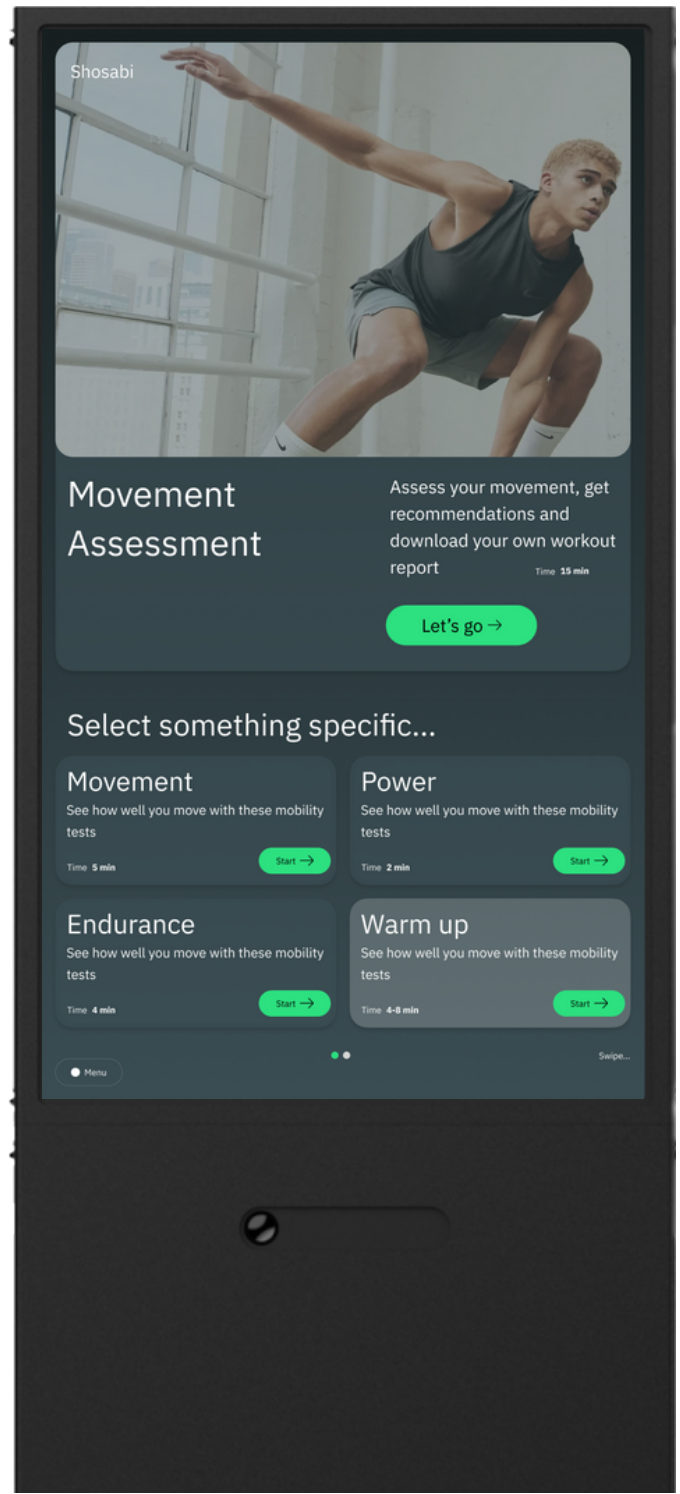
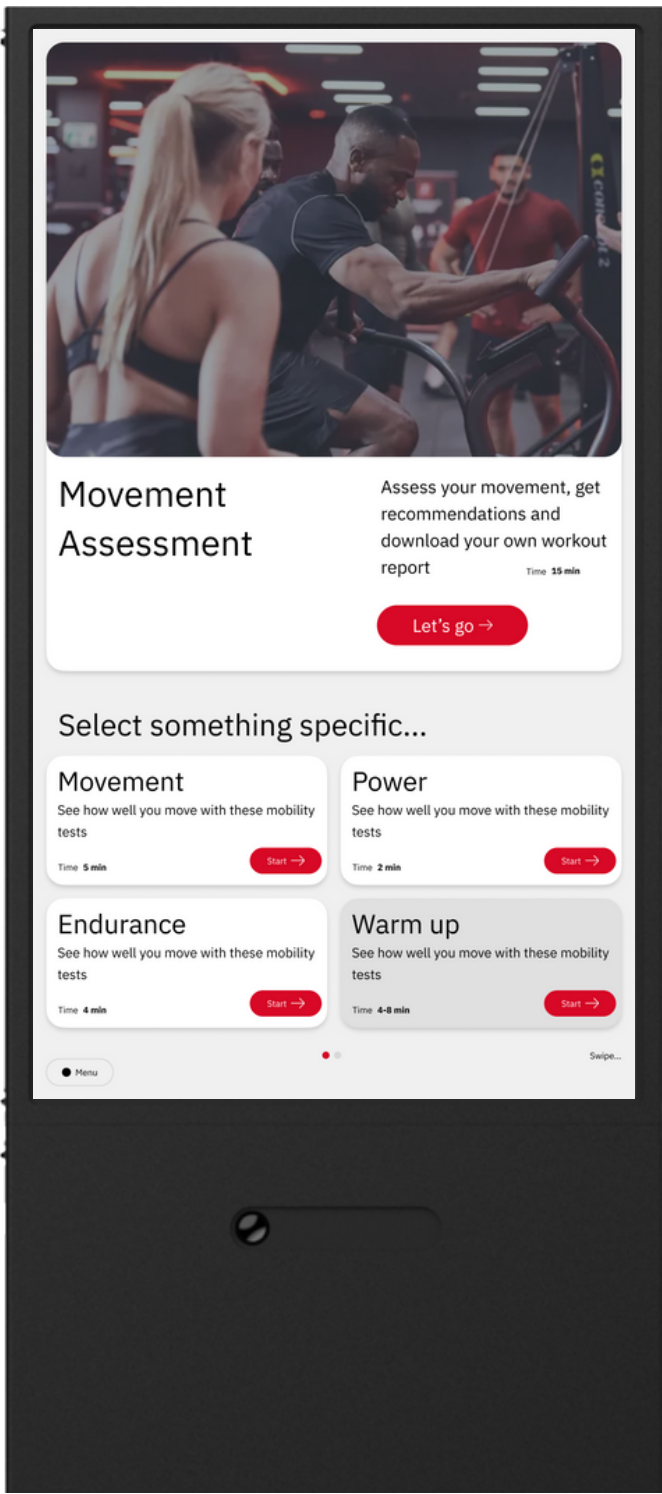
Bespoke program and report is selected based on the clients' goals, experience, injuries, and training frequency. The biomechanical analysis provides the basis for adjusting the exercise selection to suit their movement skills and limitations. A PDF-report is then downloaded to the client's phone as a PDF

Software is automatically updated through the air and remote support is readily available upon request

Customizable

Make the solution your own with our customization options.

- White-label options (color and branding)
- Add your own instructor videos
- Add your own exercise library
- Customizable questionnaire



About us

Shosabi was started by a team of technologists at Mitsubishi Chemical Group, one of the world's largest chemicals, pharmaceuticals, and life sciences corporations.

Based in Tokyo and committed to MCG's mission of building for the sustainable wellbeing of the global society, the Shosabi team set aim to democratize personal training and make it available and affordable for everyone.

Contact us

Website

www.shosabi.com

Email

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Current installations

