

THE GYM: AN IOT SETTINGS USE CASE

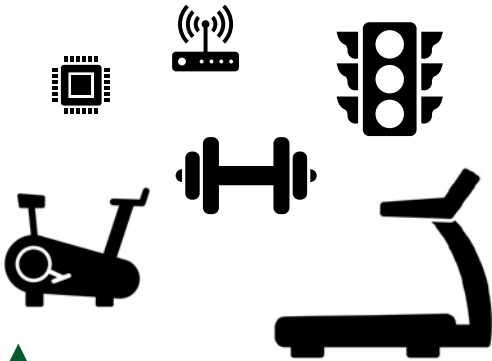


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Fitness equipment /

Training zones



Beyond performance data, it also adjusts programs/settings based on progress / recent history

Personal preference & abilities data of A/T will auto-set up equipment program as they start using it

Athletes / Trainees



Performance data, including body exertion, is provided to T/I

T/I can update training schedules, provide feedback and more

FM can remotely shut down equipment if it is awaiting service and more

Data on necessary maintenance, repairs and replacement needs are provided to FM

Facility Managers



Trainers / Instructors



OPPORTUNITIES
Improve performance & health | Hit goals more efficiently & effectively | Reduce injuries/down-time | Avoid over-training

THREATS
Data privacy (GDPR) | Security threats | Glitches in data analysis | Incorrect fitness guidance due to data corruption | Medical issues from improper use or poor guidance