



# Press Kit







## Who We Are

Gymondo is a leading health and fitness app offering a wide variety of short and effective workouts and easy-to-make recipes to users united by the desire to get fit and feel happy. We understand the obstacles people face on their fitness journey and empower them to create life-long healthy habits and routines.





# What We Do

## Mission

Our mission is to empower others to lead a fit and positive life. Whether you want to lose weight, get toned, build muscle or increase your flexibility, we're dedicated to helping you reach and sustain your long-term health and fitness goals.

## Vision

We're committed to creating a world where fitness and positivity become a part of your everyday life. We do this by providing a wide variety of programs suitable for every fitness level, offering modifications for each exercise, working with expert and motivational trainers and catering to busy lifestyles with flexible training programs.

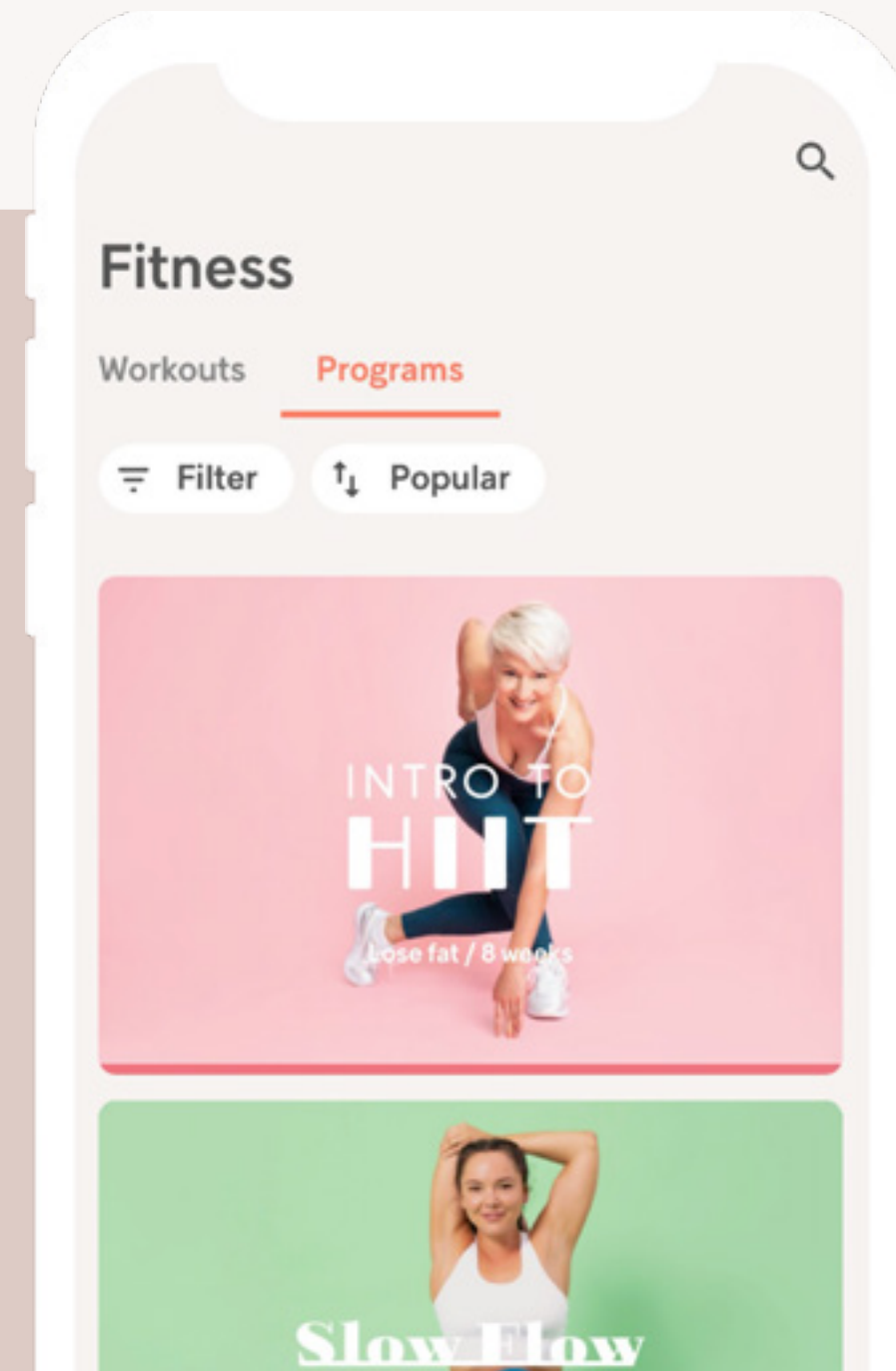


# Our Product



## Get Fit. Feel Happy.

It doesn't matter who you are or where you're at, you can get fit and feel happy with us.



## Find What Moves You

Move at home or on-the-go with unlimited programs and workouts for every fitness level.



## Create Your Perfect Plan

Choose from 100s of workouts by duration, style and skill level.

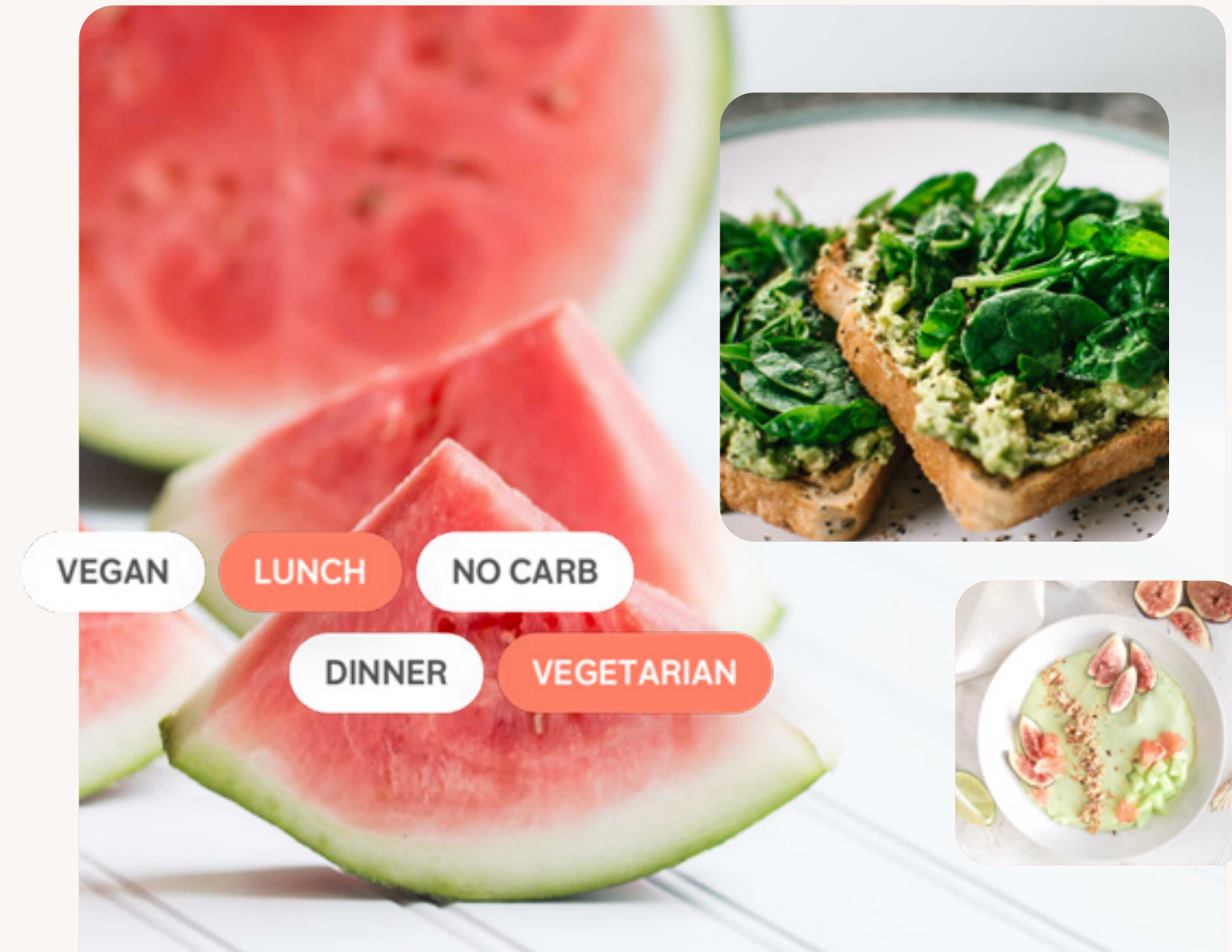


# Our Features



## Sweat With the Best

Train with expert coaches from all over the world. Our coaches will empower you to learn new skills and achieve your goals.

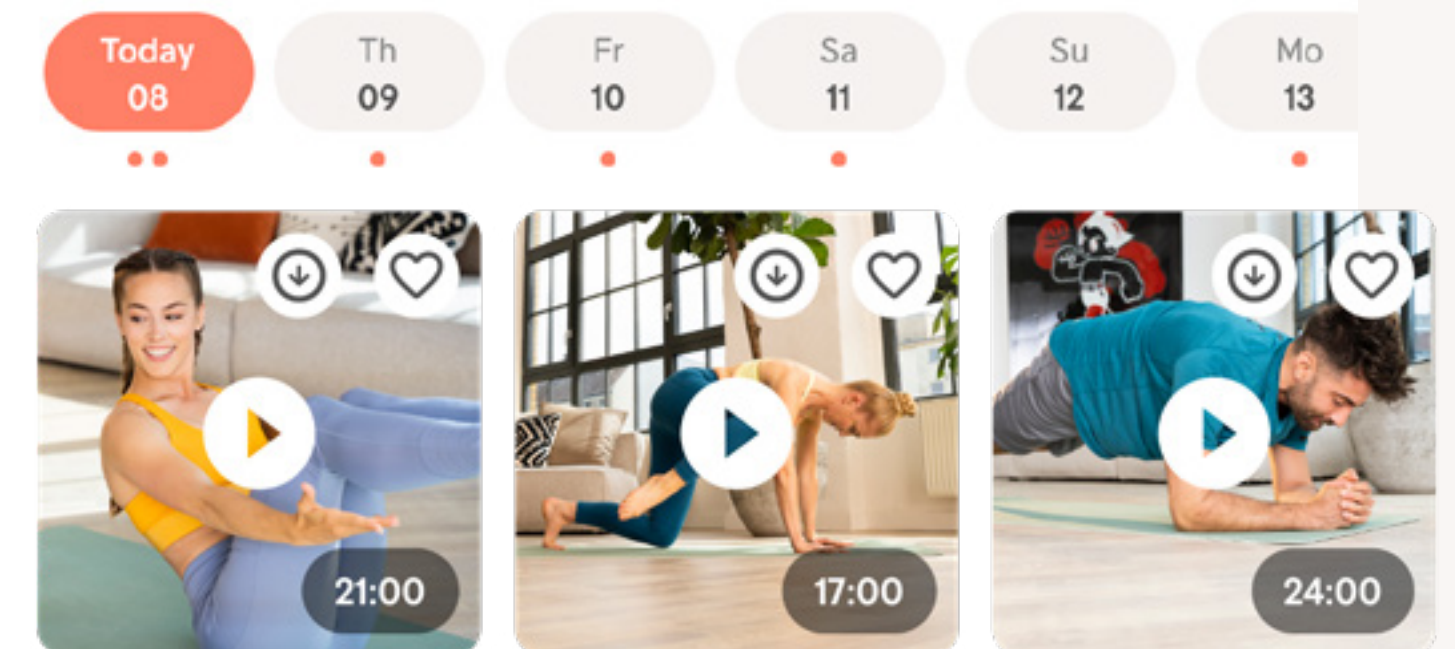


## Get Nutrition Support

Explore 1000s of easy-to-make recipes perfect for your body and goals. Access offline shopping lists to simplify your time at the grocery store.

Good morning,  
Jane!

You have 2 workouts today



## Say Bye-Bye to Missing Workouts

In case you miss a workout, we'll shift your training plan. This way, you can pick up right where you left off!



# Training Bundle

## Program Variety

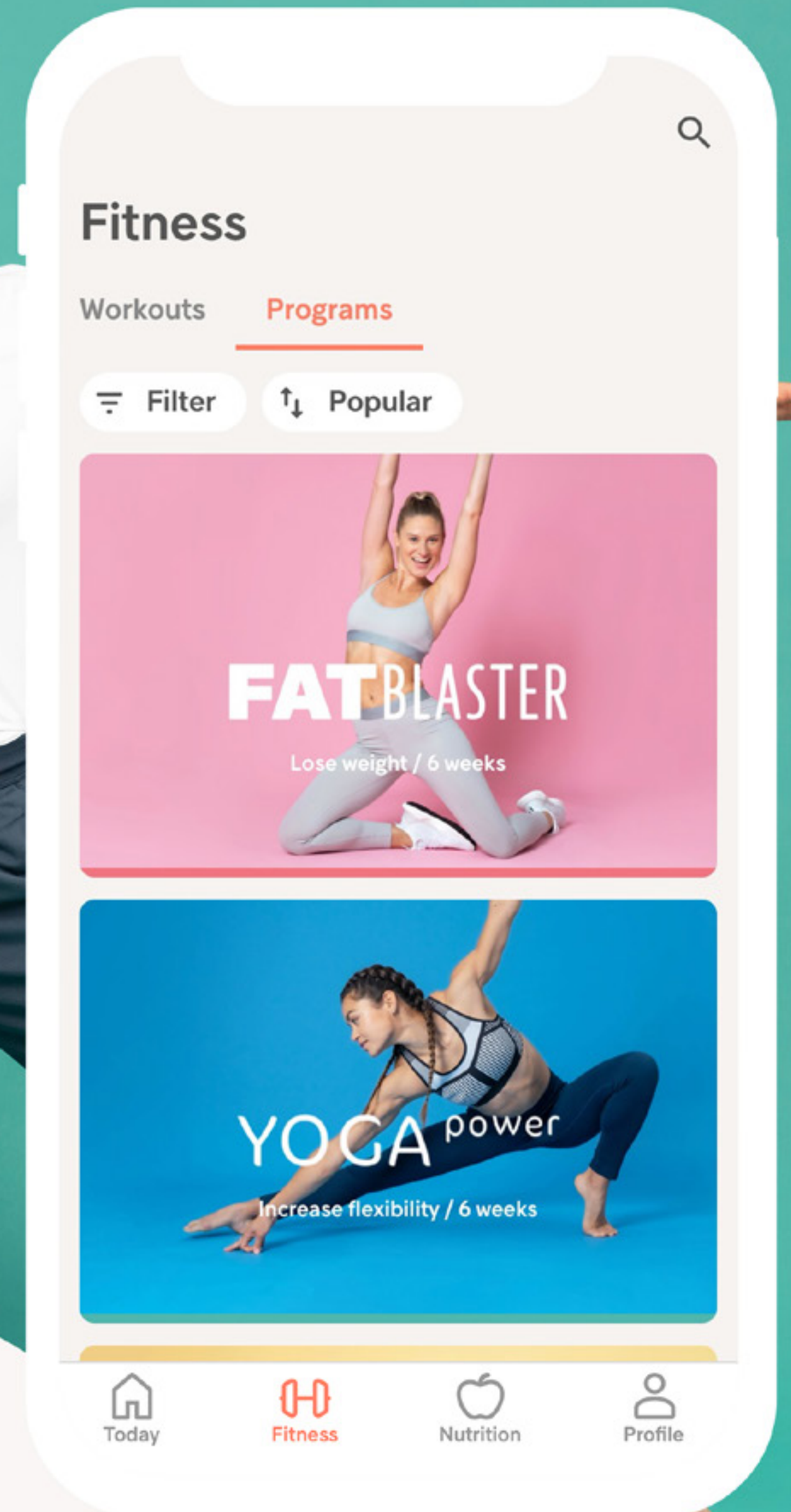
Add variety to your training. Explore 35+ home fitness programs and 350+ challenging workouts. From HIIT to Yoga, Barre, Pilates, Weight Training and more, we've got a huge selection of programs for all fitness levels.

## Mix & Match Programs

Train two fitness programs simultaneously or customize your own program to stave off boredom. Choose the days you'd like to train and we'll take care of the rest.

## Gym-Like Classes Taught By Motivational Coaches

Gymondo workouts feel like you're attending a gym class from the comfort of your living room. Our motivational coaches will push you to reach your goals, provide real-time cues and offer appropriate modifications.





# Nutrition Bundle

## Access 1000s of Easy-To-Make Recipes

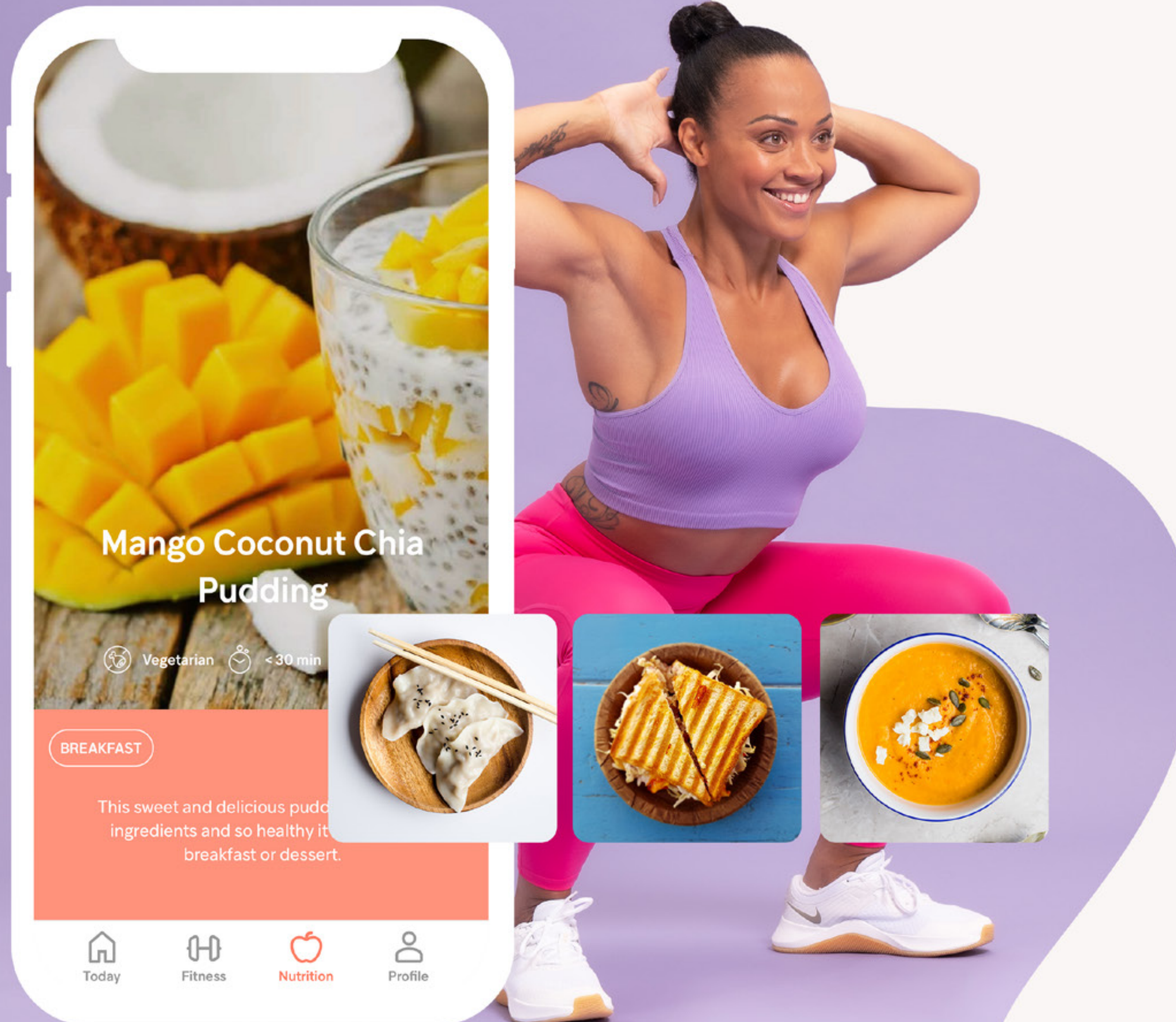
Delicious and healthy 15-minute recipes catered to your dietary needs and lifestyle, including vegan and vegetarian options for breakfast, lunch and dinner. No calorie counting required!

## Offline Shopping List Function

If you're not one for grocery shopping, Gymondo's Offline Shopping List function will certainly save you time. Choose your favorite Gymondo recipes and serving size, then add them to your Shopping List. Check off the ingredients as you go. It doesn't get much easier than that!

## Offline Cooking Function

Tired of your screen going black right in the middle of reading the cooking instructions on your phone? Enable Gymondo's Offline Cooking Function and never get left in the dark. Say bye-bye to greasy handprints on your phone and say hello to cooking made easy.





# Tools to Reach Your Goals

## Available on Your Favorite Devices

Access Gymondo on your favorite device or download your workouts for an offline experience. We offer desktop apps for Windows & macOS, mobile apps for iOS & Android & TV apps for Fire TV & tvOS. The choice is yours.

## Sync Spotify & Gymondo to Train Even Harder

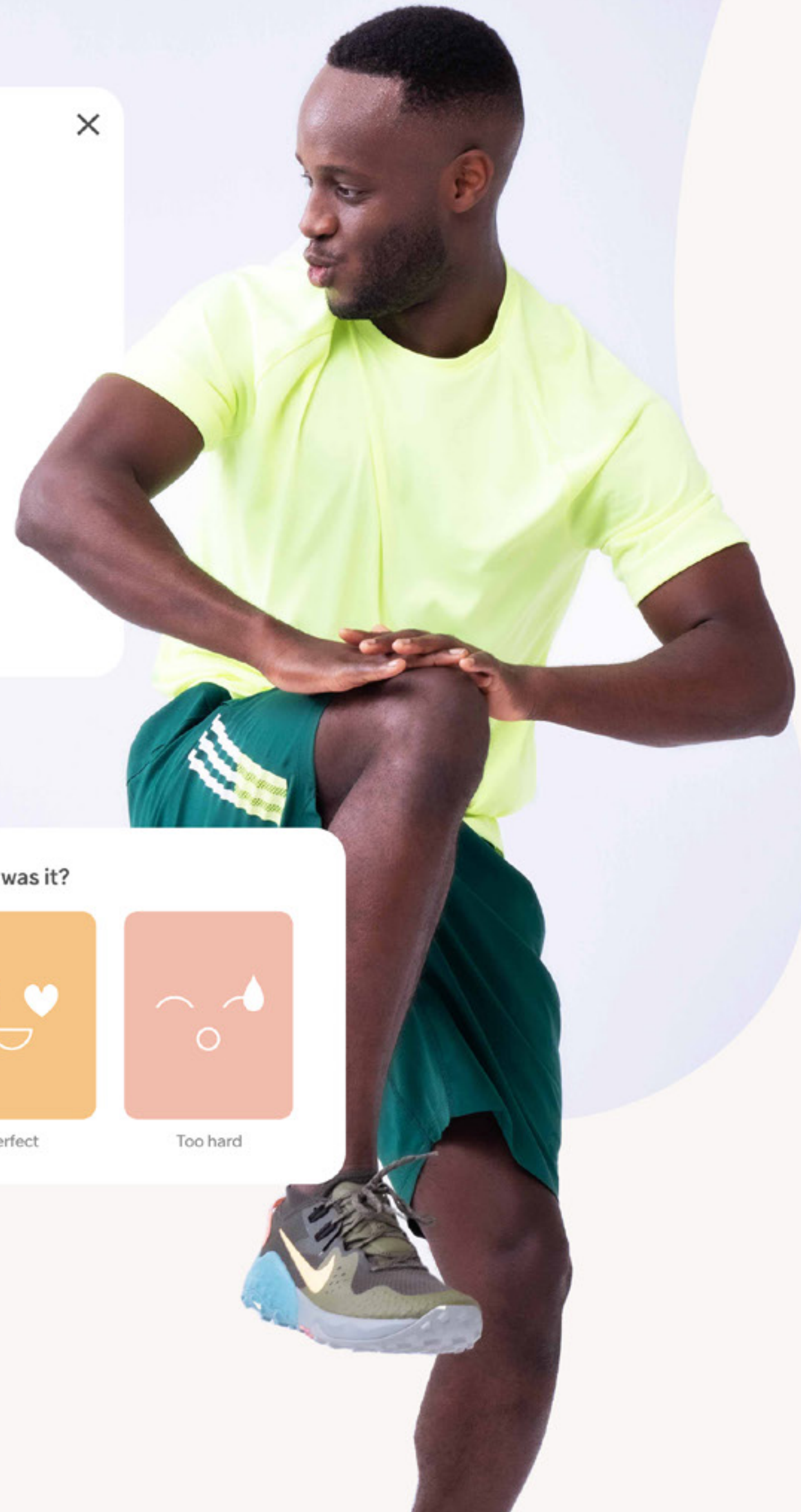
Curate your own Spotify Premium playlist and sync your favorite tunes with every Gymondo workout to get you pumped and keep you motivated.

## Track Your Progress

Get real-time results after every session. See how many calories you've burned and how many workouts you've completed. This will keep you motivated to keep going!









Challenges ×

High Knees



How many did you do?

How was it?



Too easy      Perfect      Too hard

# Embrace Your Journey

## Workout Challenges

Our expert coaches will provide challenges in most workouts. The results of these challenges will be saved in your profile settings, so you can try to outperform yourself every time!

## Customized Fitness Journey

Was the workout too easy, just right or too difficult? Give each workout a rating so we can continually customize your fitness journey.

## Visual Workout Timer

Let the visual timer guide you, so you'll always know how many more seconds you have left of each exercise and workout. This added bonus goes a long way in helping you stay motivated throughout each workout.



## A Sneak Peek of Our Favorite Toning Workouts



## One Mother's Inspiring Weight Loss Transformation



# Get Free Workout & Nutrition Tips

## A Weekly Dose of Health & Fitness Insight

Sign up to Gymondo's insightful newsletter for your weekly dose of health and fitness news, weight loss tips, recipe ideas and amazing workouts sent straight to your inbox.

Gymondo

### Gymondo's 30-Day Summer Body Challenge

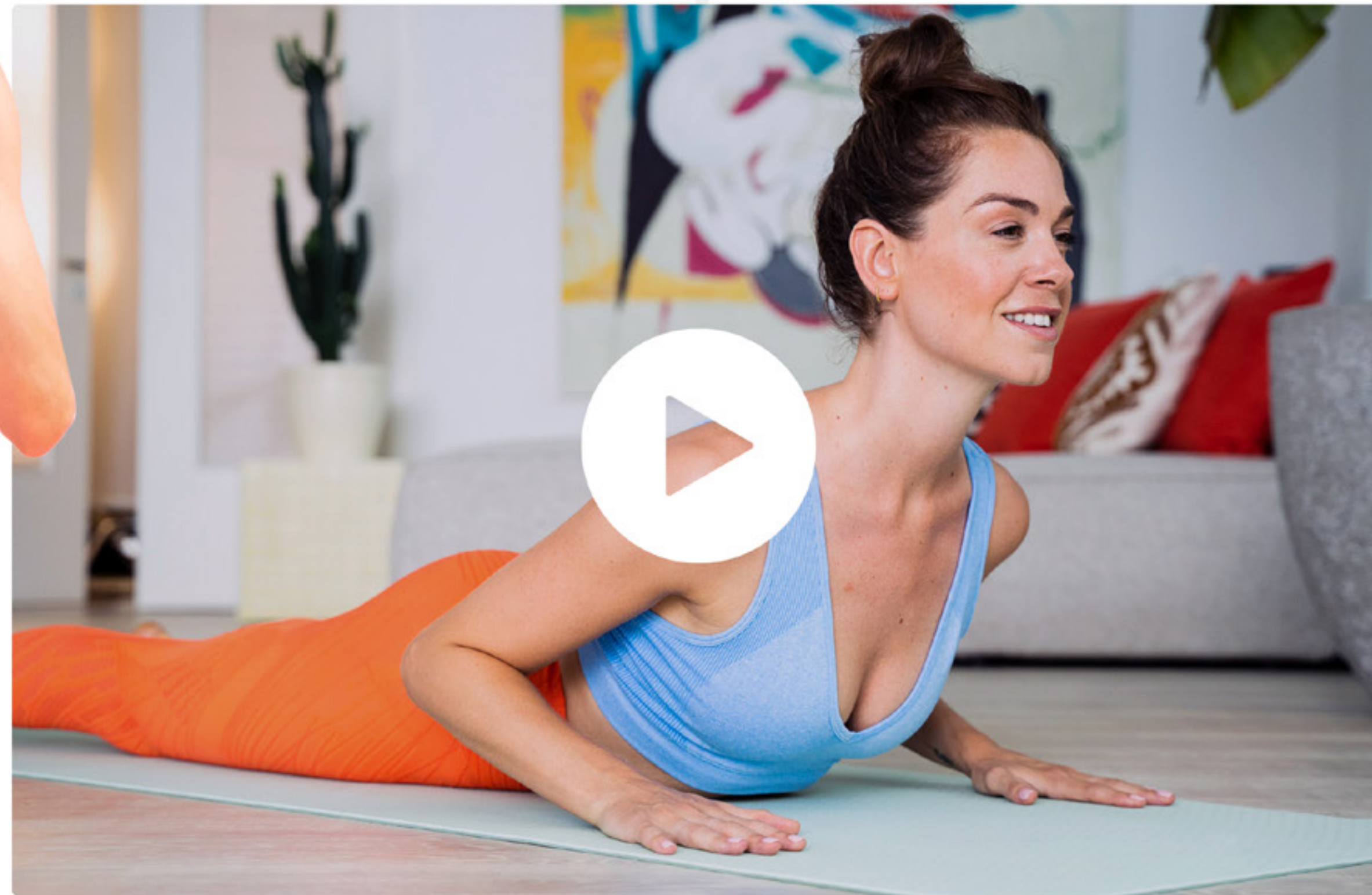
<b>DAY 1</b> Cardio	<b>DAY 2</b> Lower Body	<b>DAY 3</b> Upper Body
20 Seconds Each High Knees Butt Kicks Skaters Plank Jacks Mountain Climbers	25 Squats 20 Lunges 15 Mountain Climbers 10 Jumping Lunges 5 Burpees	10 Push-Ups 10 Tricep Dips 10 Shoulder Taps 10 Commando Planks 10 Back Extensions
<b>DAY 4</b> Cardio	<b>DAY 5</b> Core	<b>DAY 6</b> Cardio
25 Power Jacks 20 Scissor Jumps 15 Donkey Kicks 10 Squat Jumps 5 Half Burpees	20 Seconds Each High Plank Forearm Plank Side Plank (right) Side Plank (left) Plank Hip Dips	25 Seconds Each High Knees Butt Kicks Skaters Plank Jacks Mountain Climbers

## Top 5 Superfoods to Boost Your Strength





# Gymondo in Action





# Gymondo Stats

Over  
1.6 Million

Happy Customers

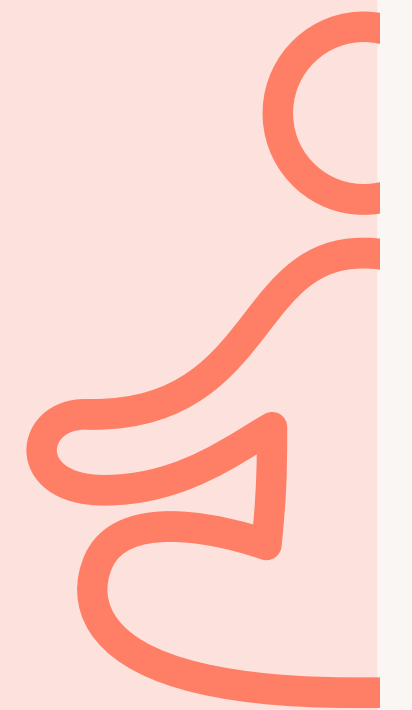


4.8 Stars  
12K+ Reviews

on App Store

Our Platform

35+ Fitness Programs  
350+ Workouts  
1000+ Recipes



Gymondo App  
Downloads

Over 1.9 million downloads  
and counting



Net Promoter  
Score: 62

69% of our users would  
recommend Gymondo



Awards

2016 Apple App of the Year  
5 x Award-Winner



# About us





# Victory Stories



Guaranteed to get you  
**extremely fit and firm.**

- Helen



**Finally, something  
I can stick to.**

The trainers are super motivating and I  
only need my mat to get it done.

- Fran



**This is awesome.**

You can find some healthy and nice  
recipes and you lose weight, too.

- Mary-Kate



**I love the workout variety.**

- Rosa



**Love the workouts  
workouts I've done so far.**

The time is just right (20-30 mins), perfect  
to do before work in the morning!!!

- Juliane





# Our Culture

We value perspective over experience. With over 25 nationalities on staff, we make every effort to recruit the best talent from all over the world. It's how we learn and grow. Our openness towards diversity is what makes working at Gymondo so special—that and our love for helping others to get fit and feel happy!



# Our Partners





# What Our Partners Have to Say



## PANTAFLIX

"Gymondo motivates our staff both mentally and physically. We literally couldn't hold on to the vouchers—they went like hot cakes. This offer gives our company the power needed to go the extra mile."

Daniela Papic, Senior Payroll Specialist



"Gymondo's online fitness platform composed of training experts and sports scientists is extremely popular among our staff."

Sasha Schmidt, Head of HR & Cultural Development



"We're looking forward to expanding our long-term partnership with Gymondo and continuing to make this exceptional offer available to our employees for years to come."

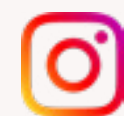
Annet Graf, Head of HR



# Our Community

We pride ourselves in creating a safe and shame-free environment for our Gymondo members. Within our supportive online community, members can find valuable tips and tricks on everything health- and fitness-related, plus delicious (and healthy) recipe ideas. Our supportive community is here to encourage one another every step of the way. We share our wins and frustrations, knowing our community always has our back.

Become a part of #TeamGymondo & stay connected:







**Gymondo GmbH**

Rungestr. 22-24  
10179 Berlin  
[service@gymondo.com](mailto:service@gymondo.com)