



OVERVIEW OF WELLSITE'S FEATURES

WELLSITE GENERAL SPECIFICATIONS

General Features of Wellsite Platform:	Description	FEE
General Layout:	Incorporates the "look and feel" of Partner. Includes internal/external headers on website and Internal style sheets.	<i>As quoted</i>
<i>At-a-Glance Fitness Dashboard</i>	Users can access their personalized workout calendar and preview workouts right from their dashboard.	<i>Included</i>
<i>Personalized Workout Calendar</i>	Users can access their workouts displayed on the workout calendar. Strength workouts are represented by dumbbells, and conditioning workouts are represented by a running figure. Users can easily add, delete and move workouts.	<i>Included</i>
<i>Expert Video & Written Instructions</i>	To see how to perform an exercise, users simply click "Full Details" to view Animated Exercise Instructions and Written Step-By-Step Instructions. Users also receive specific instructions for each individual exercise, including sets, reps and duration, and tips on how to properly do the exercise and how to avoid common mistakes.	<i>Included</i>
<i>Watermark logo on Exercises</i>	Appears in the Exercise lab.	<i>Included</i>
<i>Build a Custom Workout</i>	<p>With the Build a Custom Workout tool, users can create their own custom workouts and save them in their custom workout library. Other features include:</p> <ul style="list-style-type: none"> • Browse the exercise lab to find exercises • Personalize an exercise by setting the number of sets and reps, weight used, rest, duration and more 	<i>Included</i>

	<ul style="list-style-type: none"> Create custom workout library by naming and saving newly created workout <p>Includes the four foundational programs, plus other niche and focused options as well.</p>	
Invite a Buddy	This is a great way to get feedback on their progress or share their fitness routine with a friend.	<i>Included</i>
Audio for Exercises	Professional audio instructions accompany each exercise. *Not for photo exercises.	<i>Included</i>
Take Workouts On-the-Go	Workouts can be printed or downloaded to a Windows Mobile Device, iTouch, iPhone.	<i>Included</i>
Report and Track Fitness Progress	<p>Users can track their progress by reporting their workout results and other important metrics:</p> <ul style="list-style-type: none"> Body statistics: bodyweight, height and body fat % Exercise statistics: Sets, reps, load, distance, duration 	<i>Included</i>
Other Fitness Resources	Users can access over 150 fitness and nutrition articles and over 500 individual exercises.	<i>Included</i>
Pro: Trainer Access	<p>Trainers or coaches can monitor clients online:</p> <ul style="list-style-type: none"> Create and monitor custom fitness plans for Users Train clients when they are traveling 	<i>Included</i> <i>5 seats free, additional users @ \$15 per month/user</i>
Pro: Trainer Dashboard	<p>Provides trainers with single screen access to view their clients & workouts:</p> <ul style="list-style-type: none"> Track client progress online Increase client interaction through message board/email 	<i>Included</i>

FitScore	<p>Online fitness assessments Users and staff can measure and track "Total Fitness" through strength, power, agility, endurance, and flexibility.</p> <ul style="list-style-type: none"> • Target specific dimensions of fitness • Precisely record and measure progress 	<i>Included</i>
Wellsite Nutrition Product – Meal Planning	<p>Meal planning module integrated with fitness plan:</p> <ul style="list-style-type: none"> • Personal nutritional assessments • Customized meal plans • Goal tracking tools 	<i>Included</i>
Trainer Marketplace	<p>Allows for partners to create workout programs and then sell to consumers.</p>	<i>Included</i>
Goals and Measures	<ul style="list-style-type: none"> • Set your goals & track your progress • Create a network of friends & family • Find inspiration browsing our community 	<i>Included</i>

CUSTOMIZE WELLSITE FOR YOUR BUSINESS

IF YOU WOULD LIKE US TO DEVELOP YOUR NEW WEBSITE, PLEASE GIVE US A CALL FOR A CUSTOM QUOTE. WHATEVER YOUR NEEDS MIGHT BE, WELLNESS COACHING, FITNESS PROGRAMMING, OR CUSTOM BRANDED PORTALS, JUST GIVE US A CALL. WE'D BE HAPPY TO WORK WITH YOU TO FIND THE SOLUTION THAT BEST MEETS YOUR NEEDS. WELLSITE IS WELLNESS ON-DEMAND. SO DON'T WAIT. CALL US NOW AT 408.973.8080

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