

# Speed LetiX<sup>®</sup>

THE INTELLIGENT TRAINING REVOLUTION



*One should pray for a Healthy Mind in a Healthy Body as either of the two makes an incomplete human being.*

*"By Roman Poet Juvenal from First Century"*

The pandemic has had a detrimental effect on physical activity, as we all witnessed. Quarantine or self-isolation typically causes a rise in sedentary behaviour and inactivity, further decreasing physical activity quantity and quality. Even after such a circumstance, people still require an ideal setting that inspires them to work for "Physical and Mental Health" progress.


Our product, **SpeedLetix**, is a fantastic tool that educates people about the benefits of having a "**Healthy Body & Healthy Mind**" and encourages them to work out in their comfort zone. **The fields of Education, Fitness, and Healthcare are where SpeedLetix can be used most effectively.**

It is a venture born out of a passion for health and education for the learners of the Next Generation. Technology at its best has been used in SpeedLetix to make today's generation more articulated and communicative through exercises.

*Using these products, one will become  
Faster: Smarter: And Better*



# Our Vision



*To create a holistic  
and healthy life for  
Learners through  
technology-infused  
Physical Training  
and Education.*

# Born Out of Passion

My additional passion is technology. What does that have to do with sport? Here, too, my motto is: **“anything is possible”**.

As the owner of a young, innovative software company, my aspiration is to bring technology into harmony with sporting experiences - and to do so at the highest level and on the premise of combining physical and cognitive challenges.

Our enthusiasm for sports and our love for our profession in research and information technology inspired my team and me to professionally set up exactly this training system.

With SpeedLetiX, we have succeeded in developing a revolutionary product that is a new challenge for body and mind that is a new challenge for body and mind ning options.

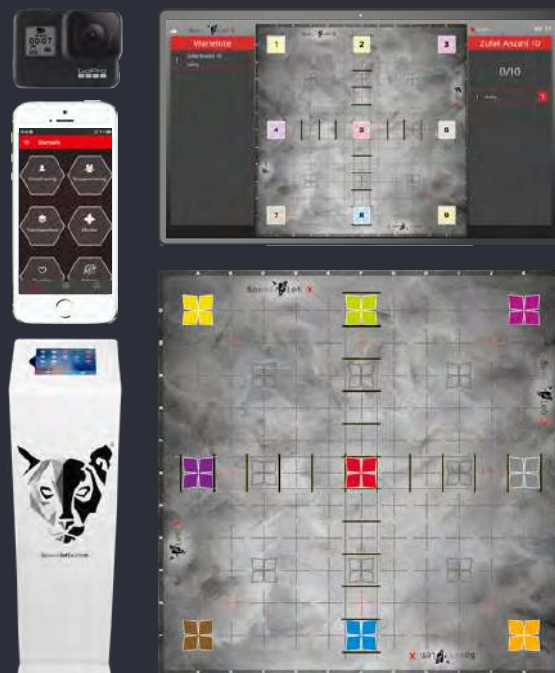


## SPEEDLETIX

With the digital transformation, the sporting needs of mankind are also changing, which poses new challenges **for the entire sports and fitness industry**. This is exactly the gap we are closing with SpeedLetiX - a high-tech training arena equipped with the latest sensor technology and a powerful software solution.

## MADE IN GERMANY

A holistic training concept that improves physical fitness (coordination, agility, endurance, strength) and cognitive performance with the help of a digital approach.



Complex movement patterns from everyday life, work **and sport are specifically transferred to the training and** continuously improved, in the spirit of purpose-oriented training.

# Area of Application

- ✓ **Fitness facilities**
- ✓ **Cross Training / Personal Gym**
- ✓ **Professional and club sports**
- ✓ **Corporate fitness facilities**
- ✓ **Sports and conference hotels**
- ✓ **Schools and health facilities**
- ✓ **Physiotherapy and rehabilitation sports**
- ✓ **Public facilities**
- ✓ **Authorities and organisations**





# Your Benefits

- ✓ Complementing or expanding your training and service offer
- ✓ Expansion of the target group approach
- ✓ Positioning in the market and competitive advantage through digitalisation
- ✓ New customers and cooperations

# Speedletix & its Educational Benefits

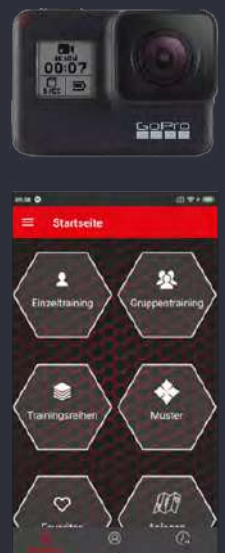
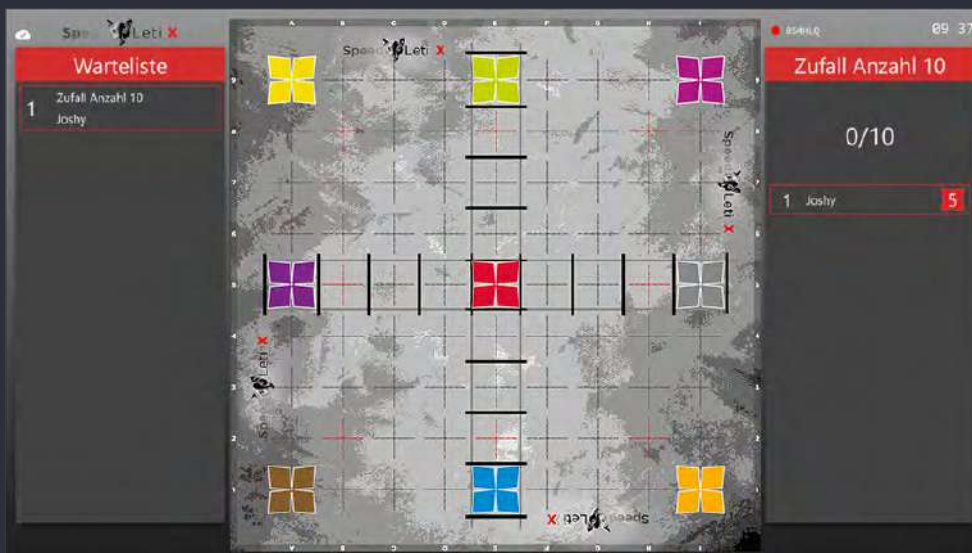
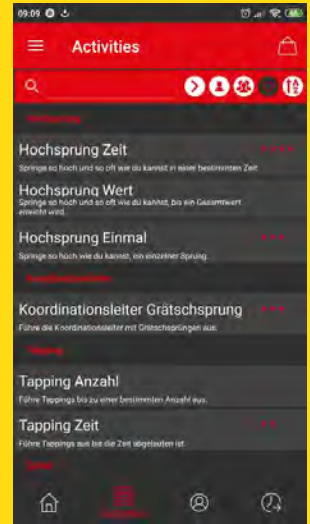
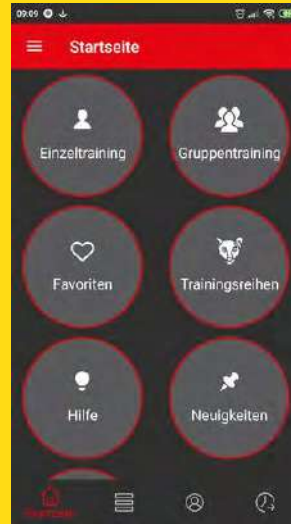
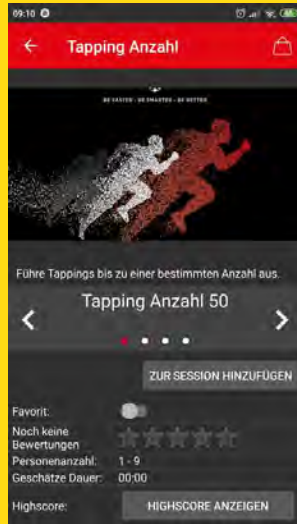
**Speedletix** has been brought into India from Germany, a one-stop module that inculcates Physical fitness with Education for India's young, intelligent minds. Hence, it is a perfect technology for educational learning and physical activity.

It provides a holistic training approach that helps students to enhance their physical fitness and cognitive performances at their Schools/Academies. It has several benefits for students;

- ✓ Mental and Physical Performance improvement
- ✓ Smarter and Better Cognitive Skills
- ✓ Learning through Body Movement Patterns
- ✓ Evaluations-based Performance Monitoring



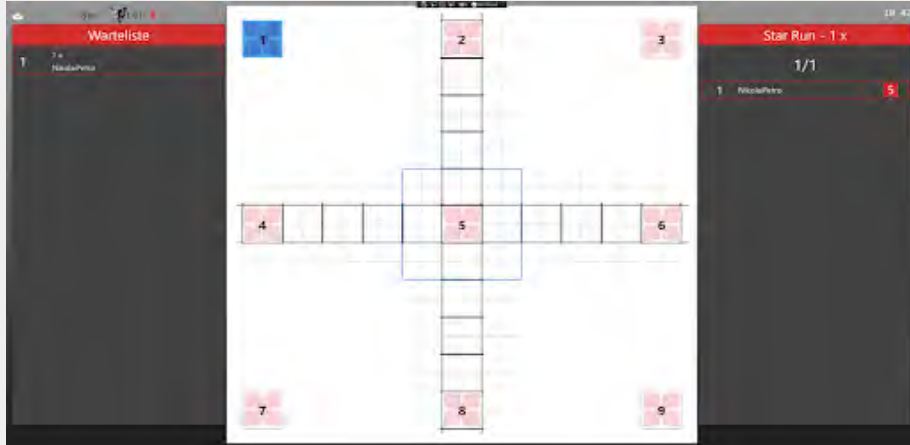
# For Schools/Academy, it provides a complete set-up with Kits with Mobile Apps





# Activities details to engage our little ones to learn in a playful and keep them fit through Physical Activities such:

## Activities



**Making Star Patterns**

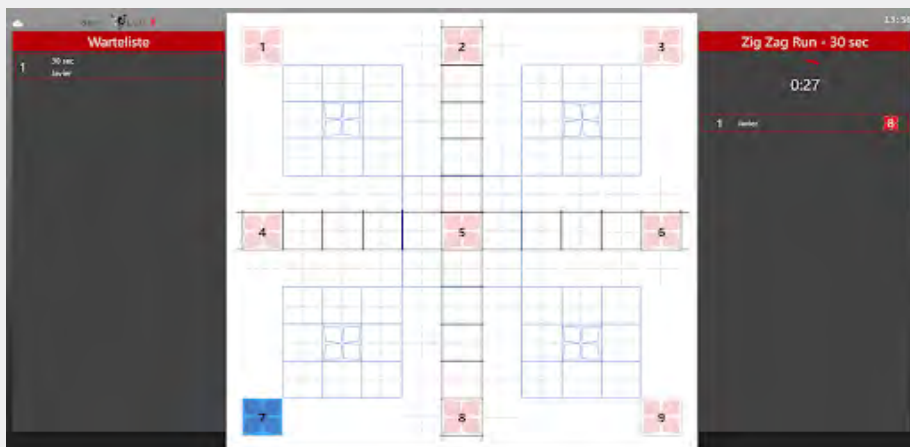
## Learning Outcomes

*Pattern Drawing:  
Each time students  
will start from the  
center to form a  
star Patterns*



**Color Memory Route**

*Cognitive Thinking:  
Each student provides  
with color that he must  
remember its sequence  
of organization.*



**Zig Zag Run**

*Directional Awareness:  
Identify the direction  
to run when students  
begin to run from a  
fixed place and follow  
the instructions.*

Through these activities, students are engaged in body movement with **brain training = increasing mental performances**

# A training arena adapted to your requirements

With four design variants in different sizes, all options are available to you in terms of space

## HARDWARE

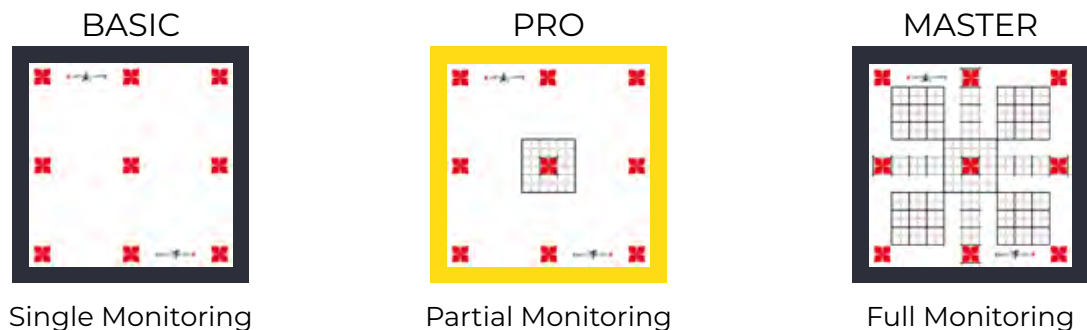
## FLEXIBLY APPLICABLE

The training surface additionally differs in the number of sensors and thus offers a wide range of training patterns and evaluation possibilities



can be combined

**Variant:**



# TRAIN WITH SPEEDLETIX



Every functional chain is as strong as its weakest link.

For many people, the trunk muscles are this weak link.

## GOALS

- Strong power centre through strong core muscles
- Performance development through fun in training
- Improved performance both in everyday life and in sporting competition
- Reduction and prevention of injuries and posture problems



## EFFECTS

- Improvement of all (sports) motor skills (strength, endurance, speed, mobility, coordination)
- At the same time, brain training = increase in mental performance
- Stress reduction and reduction of overload
- Increase in fat burning and activation of the fat metabolism
- Increasing the ability to react and the security in movement execution
- Improvement of agility, fine motor skills and basic stability



Speed  LetiXX®

 [www.speedletix.in](http://www.speedletix.in)