

EXERGAME[®]

Boys & Girls Clubs of Greater Northwest Indiana
Valparaiso Location





WHAT IS EXERGAMING?

FITNESS
+
GAMIFICATION
+
TECHNOLOGY





EXERGAME YOUTH X

Seven to fourteen year olds - too old to be in the Exergame Playground or day care area but too young to be in the main fitness areas. Whether they are athletes or not, they still need a place to call their own at your club. Enter the **Exergame Youth X Room**, a room specifically designed for kids ages 7-14.

This concept room is customized to fit the new model of social interaction, movement and engagement. It comes fully equipped with items that are not only gamified, but have proven fitness methodology behind them. They are strategically put in place to balance out a fitness program and can be used in circuit style group classes.

AGES: 7-14

FEATURED PRODUCTS

TWALL 64

3 KICK

iWALL

HEAVYBALL

EXERBIKE SYSTEM

IDANCE 2

FIT PACK



EXERGAME YOUTH X

AGES: 7-14



The Youth X Room engages kids and teens through their virtual world to get them moving. Using similar concepts of gamification found in video games, kids won't even realize they are working out.

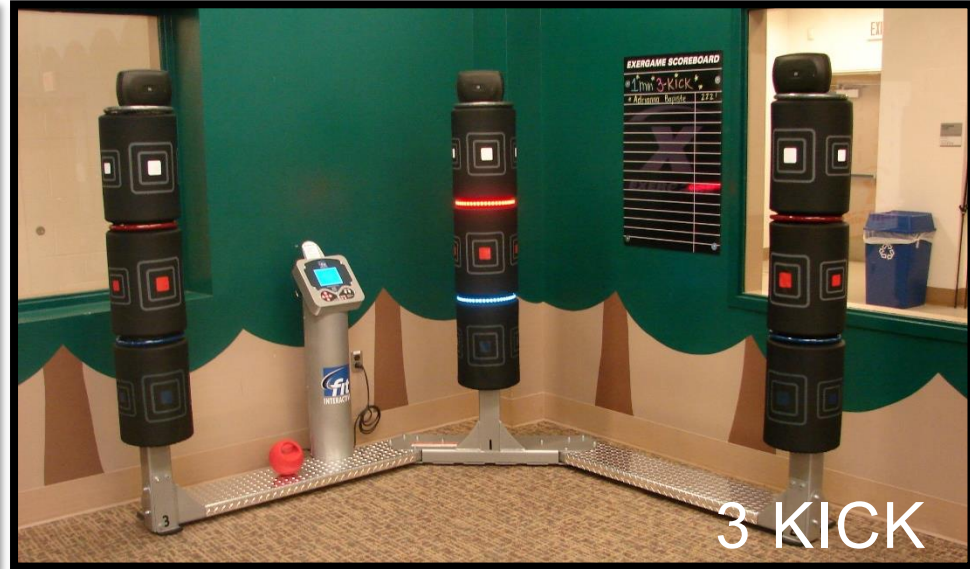


YOUTH X ROOM

AGES: 7-14



T-WALL 64



3 KICK



iWALL



YOUTH X ROOM

AGES: 7-14



IDANCE 2



EXERBIKE



HEAVY BALL

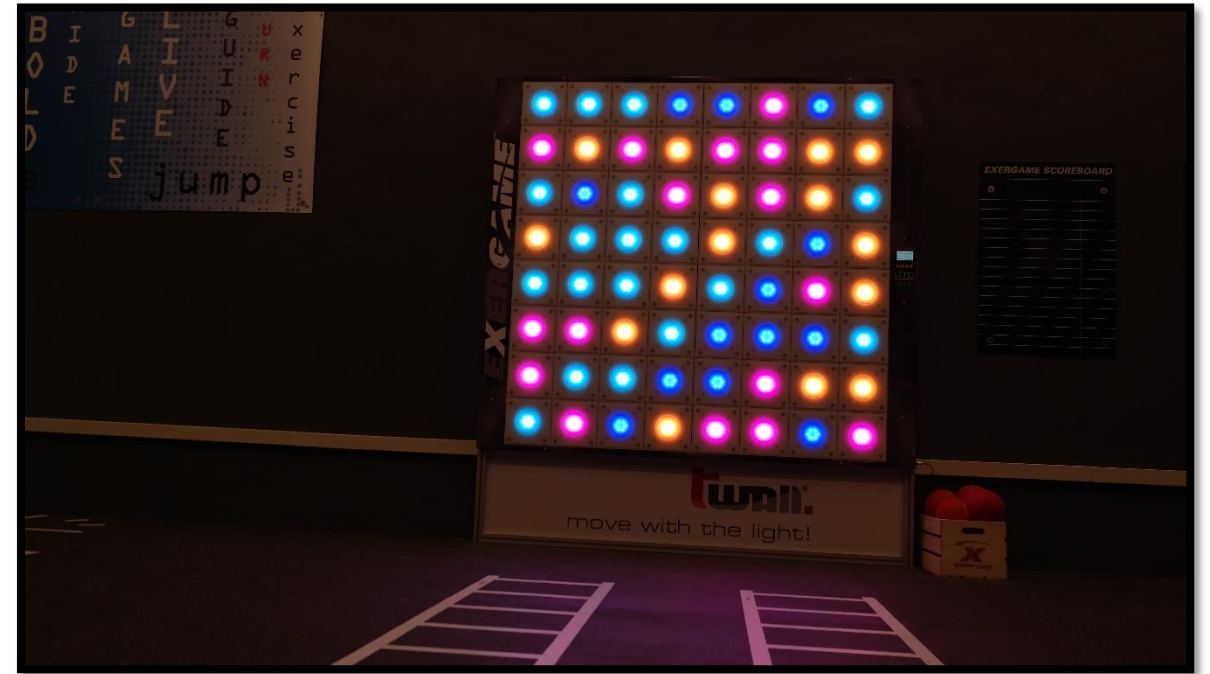


T-WALL 64

Whether training for power, agility, endurance, flexibility, or reaction, tWALL tests your personal limits resulting in the ultimate fitness gaming platform for any challenge.

FEATURES

- Reaction Training & Programming
- Hand-Eye Coordination
- Neurological Development
- For Any Age, Any Ability, at Any Level



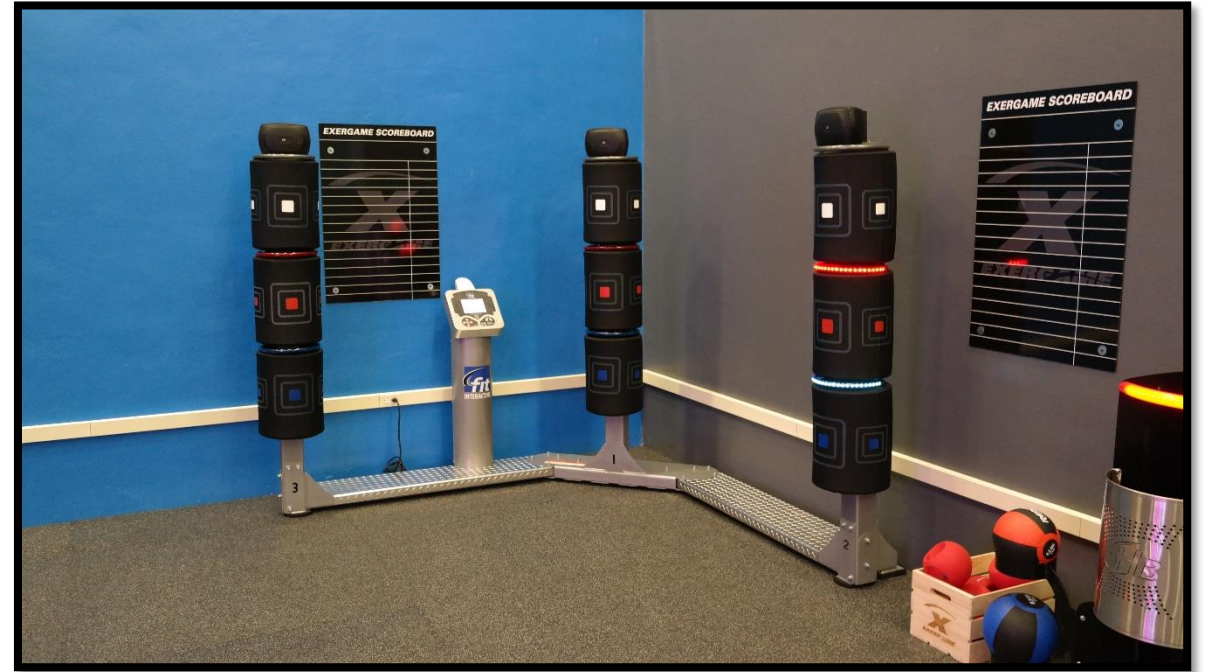


3 KICK

3 Kick is designed with proprietary and resilient foam pads that can be punched, kicked, slapped, or tapped with shoes or bare feet, a fist, or an open palm.

FEATURES

- Full body and hand-eye coordination, improved reaction time, foot work, balance and mental acuity.
- Elevated heart rate for fat burning and cardio effect
- Provides Fun & Exciting Fitness For All Ages.
- Compete with High Scores and Timed Games





iWALL

iWall is a fun and versatile exergaming product that lets you become a part of the game! Play on your own or share the fun with someone in multiplayer mode in one of the several fitness games.

FEATURES

- Mobility, balance, muscular endurance
- Coordination, reaction speed, spatial awareness
- Strategy, timing, and focus





IDANCE 2

iDance is a fun and challenging group exercise dance game of visual perception and physical skill. It is simple to learn, exciting to play and offers a wide range of levels to take on and master. With over 100 songs, the fun is never-ending.

FEATURES

- Train Agility, Speed, Balance, Coordination, Reaction Time & Cardiovascular Endurance
- Easy to Set Up & Take Down
- Lightweight & Durable Platforms
- 4-32 Players





HEAVY BALL

The object of this fun, interactive game is to put the medicine ball into the hole with the light on and retrieve it from the archway below. Then, quickly move it to the next hole with the light on.

FEATURES

- Great Training Tool for Lateral Movements & Squats
- Games & Programs Allow 1-6 players at once
- Compete with High Scores and Timed Games





EXERBIKE

Video gamers no longer need be couch potatoes – simply pedal to activate the attached controller and play your favorite Xbox games.

FEATURES

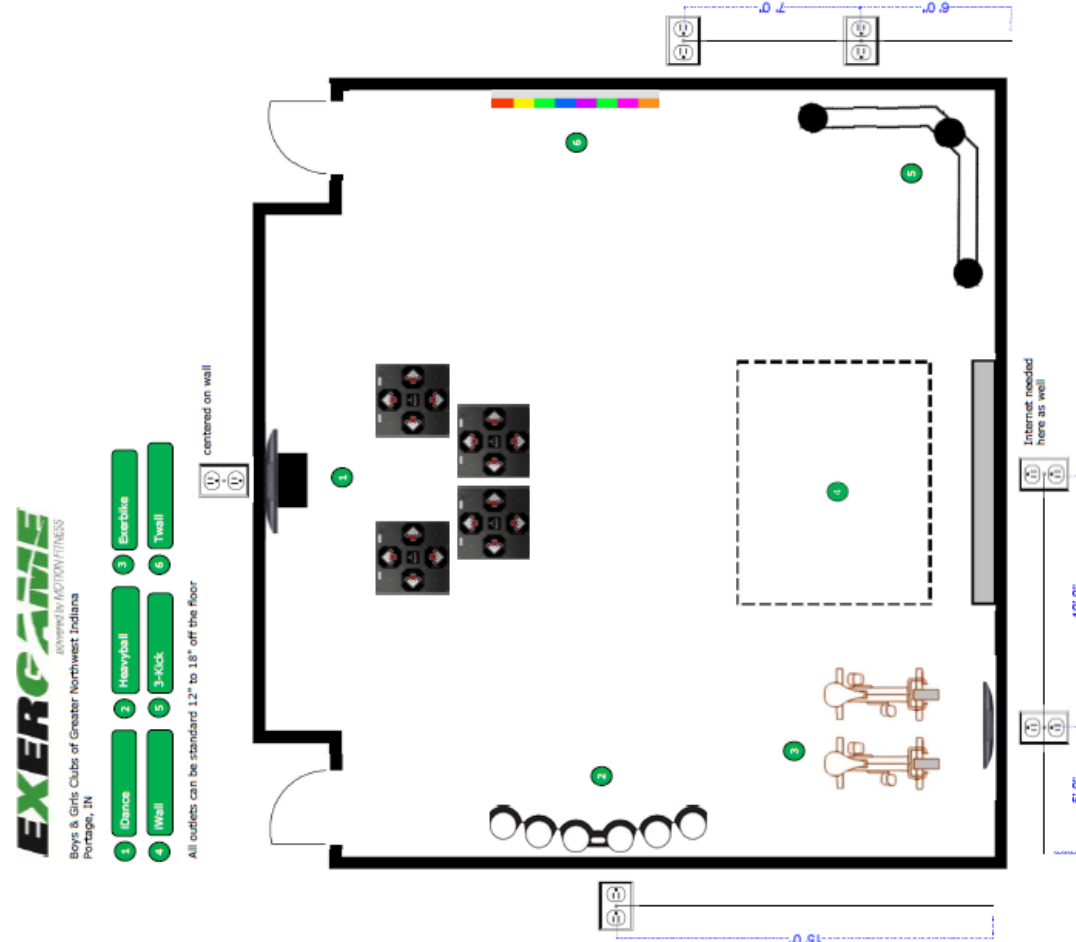
- Pedal-To-Play Technology
- Resistance Programs keep you working, engaged & comfortable
- Commercial-Grade Stationary Bike





EXERGAME YOUTH X ROOM

AGES: 7-14



This Interactive Room will combine the best parts of our Youth X room. This room will engage both kids, and teens, while providing opportunities for rewards and achievements within the facility



EXERGAME YOUTH 3-D

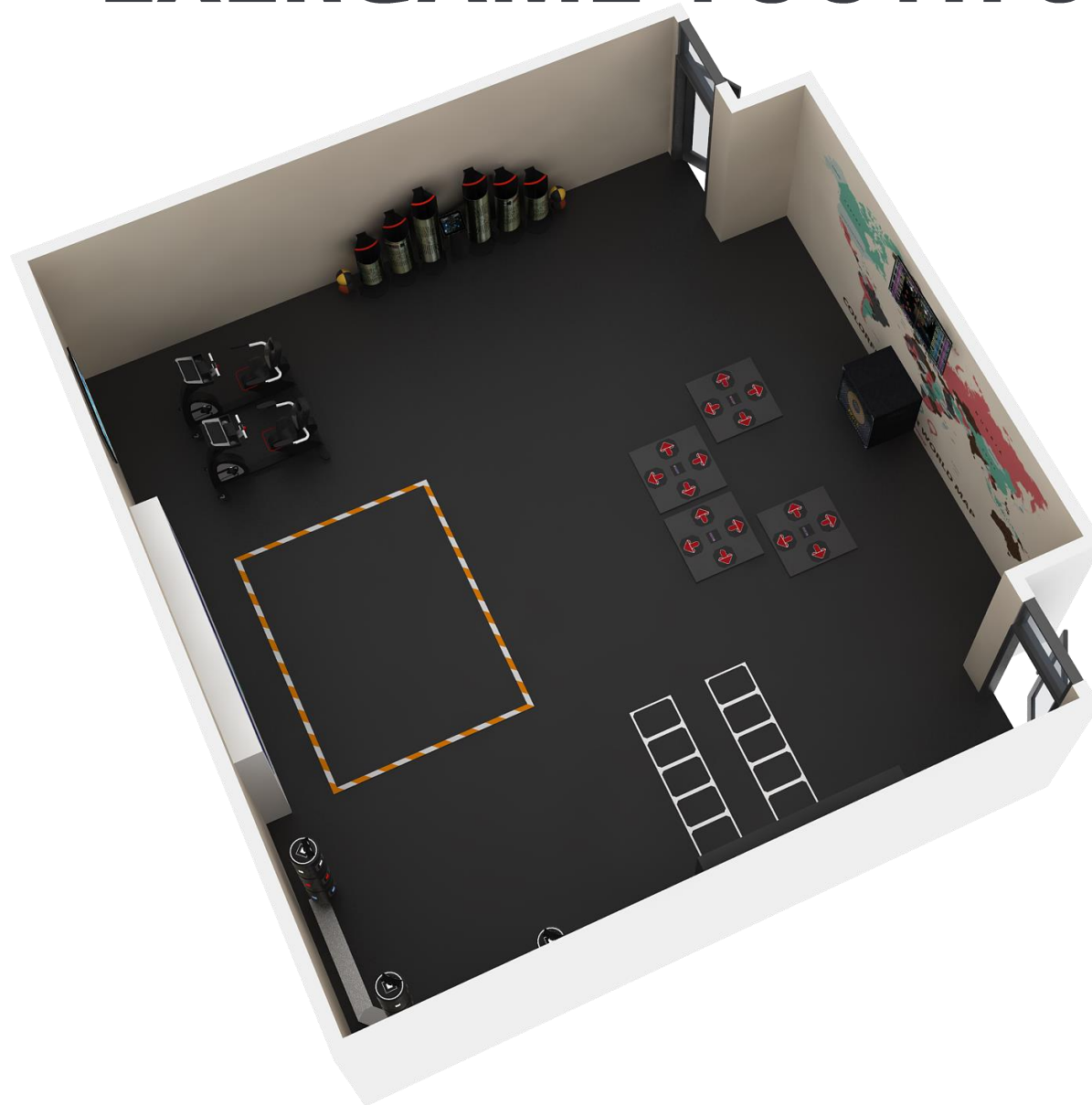
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EXERGAME YOUTH 3-D

AGES: 7-14





EXERGAME YOUTH 3-D

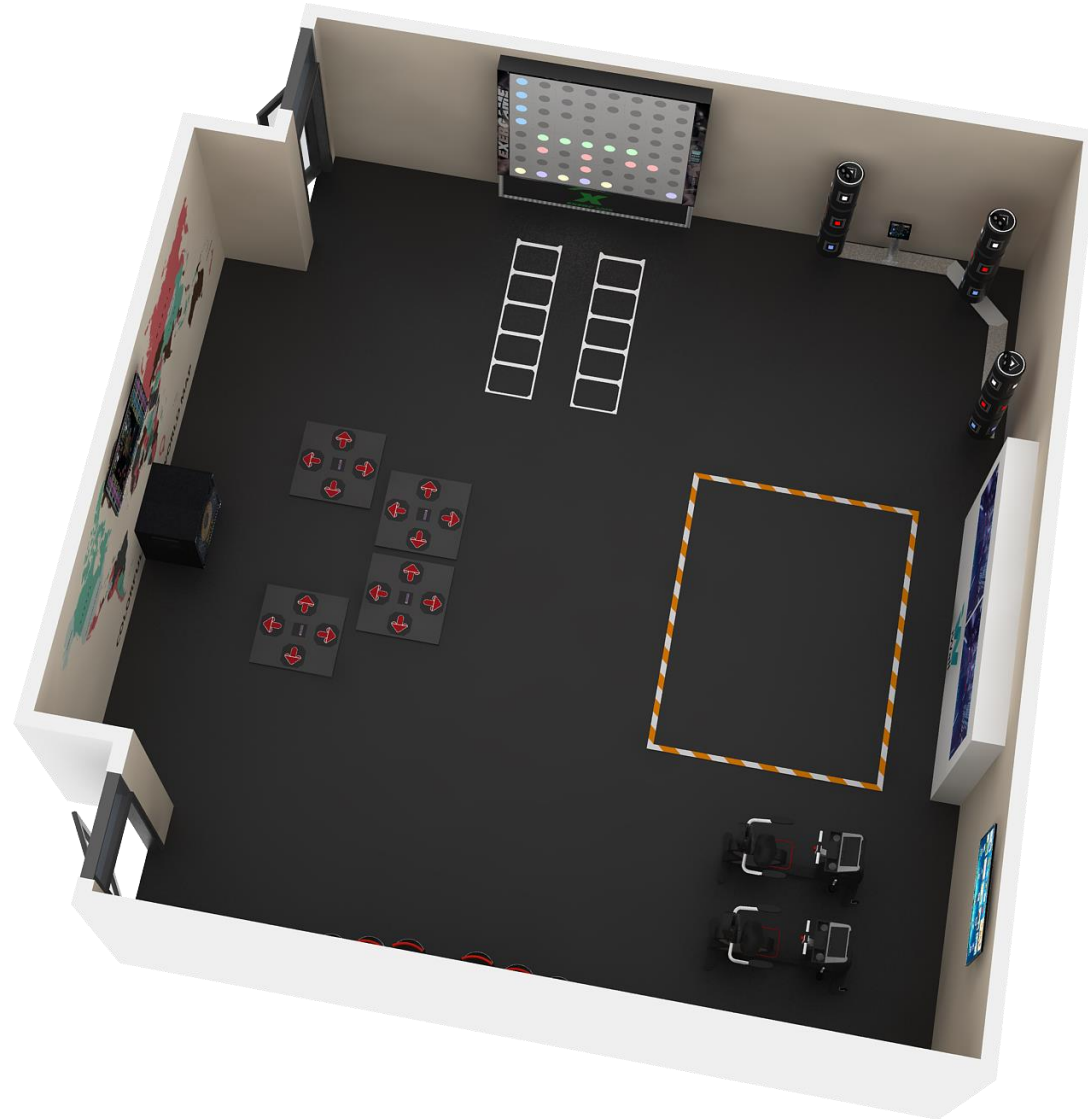
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EXERGAME YOUTH 3-D

AGES: 7-14





PROGRAM EXAMPLES

All Exergame partners will have access to our online portal for fitness programming. Including WOW (Workout of the Week), kid and family challenges, kids weekly fitness program, lesson plans, curriculum goals, instructor training, marketing materials.



55-MINUTE CLASS LESSON PLANNER:

- WELCOME and PERSONAL BEST**
 - Making both returning and new students alike feel comfortable, establishing a sense of belonging. Emphasizing Personal Best as the only measure of success.
- WARMUP - Body and Brain**
 - Getting the heart rate up to prepare for activity. Interesting thoughts to engage the brain to prepare for motion.
- PHYSICAL LITERACY UNIT**
 - One or two of the Physical Literacy units.
- FIT LOOP CIRCUIT**
 - Featuring Core, Strength, Endurance and Mobility (flexibility over a range of Motion).
- GAMES**
 - Continuing fitness through the Joy of Play and Teamwork!
- NUTRITION**
 - Perfect environment for encouraging understanding of nutritional concepts in conjunction with movement.
- CLOSING and HANDOUTS**
 - Reviewing the day, Personal Bests, Handouts, creating excitement for the next class!

EXERGAME powered by ACTION FITNESS

T-WALL WOW
WORKOUT OF THE WEEK

WEEK 3 GAME PLAY: CHASER NO. LEVELS COMPLETED

60s CONE CHASE
2 CONES AT 45° ANGLE, IN V PATTERN FORMATION. HIT WALL THEN CONE, ALTERNATING BETWEEN CONES.
PROPS: CONES (2)

30s SPIDERMAN
LAY PRONE WITH ARMS/LEGS EXTENDED. RAISE RIGHT ARM & LEFT LEG OFF GROUND AND HOLD FOR 5 SECONDS. ALTERNATE & REPEAT.

REST 30 SECONDS

60s GOBLET SQUAT
SQUAT AND THEN TOUCH LIGHT WITH SANDBELL. SQUAT AS DEEP AS YOU CAN WHILE KEEPING YOUR KNEES TRACKING OVER YOUR TOES.
PROPS: LIGHT SANDBELLS (2, 4, 6LBS)

30s HAMSTRING BRIDGE
LIE ON BACK WITH FEET ON THE GROUND WITH KNEES BENT, PALMS FLAT ON GROUND, USE HEELS TO LIFT HIPS UP STRAIGHT. HOLD.

REST 30 SECONDS

60s 2 HAND CROSSOVER
USING FULL WALL, STAND IN MIDDLE. IF LIGHT IS ON LEFT SIDE USE RIGHT HAND TO DEACTIVATE, VICE VERSA.
PROPS: NONE

30s SINGLE LEG REACH
STAND ON ONE LEG, EXTEND OTHER OUTWARDS AND RAISE HANDS FORWARD. MAKE YOUR BODY STRAIGHT AND PARALLEL TO THE GROUND AND HOLD.

REST 30 SECONDS
REPEAT (1-4 ROUNDS)

WWW.EXERGAMEFITNESS.COM 877.668.4554



MARKETING & SUPPORT

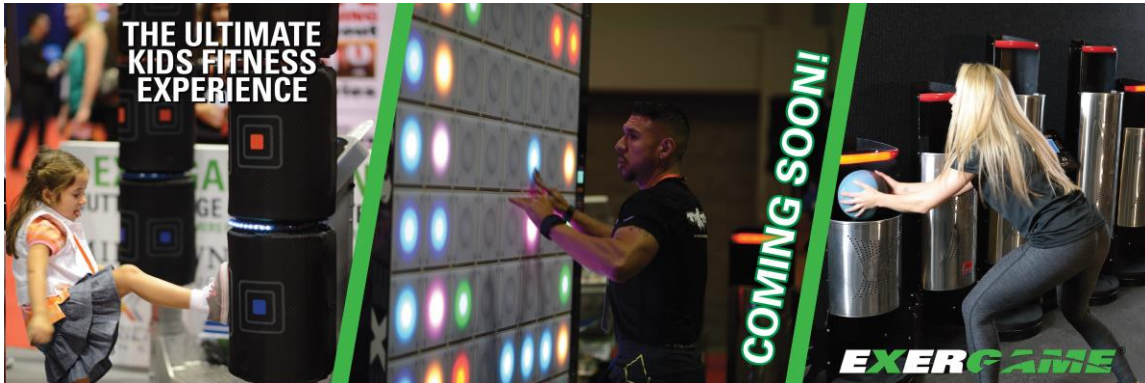
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EXPERIENCE
 -COLORFUL ROOM GRAPHICS
 -MARKETING SUPPORT
 -ONLINE PORTAL

PROGRAMS
 -WORKOUT OF THE WEEK
 -PROGRAM PLANS
 -CHALLENGES

ACHIEVEMENT
 -REWARD PROGRAMS
 -DATA TRACKING
 -SCORECARDS

SERVICE
 -CERTIFIED TECHNICIANS
 -LOCAL SUPPORT
 -PREVENTATIVE MAINTAINCE



EXERGAME SCORECARD

Name: _____
 Date: _____
 Final Score: _____

Target Time	Exercise Duration	Score	Difficulty
90-100%	< 5 minutes	10-9	Very Hard
80-90%	5-10 minutes	8-7	Hard
70-80%	10-15 minutes	6-5	Good
60-70%	15-20 minutes	4-3	Easy
50-60%	20-30 minutes	2-1	Very Easy

BONUS
 Create your own move and write it below.
 Add 10 points to your total score upon completion.

Level **1 2 3 4** COMPLETE

Did You Know?
 It's without 5 miles??

EAT 4+ EASY 5 FRUITS & VEGETABLES everyday

Exercise increases **BRAIN power** AND **MUSCULAR strength**