

**NEW!**

**Jrny**

now with

**Motion Tracking**



Available for SelectTech® dumbbells.

The JRNY® app with Motion Tracking uses AI technology to count your SelectTech® dumbbell reps, guide your form, and recommend weight selections as you become stronger. With tracking so personalized you can put your focus where it matters – your workout.

iPad or Android tablet required.



### Form Guidance

Provides real-time feedback to assist you with your form.



### Rep Tracking

Simplifies your workout by counting how many reps you complete.



### Adaptive Weight Targets

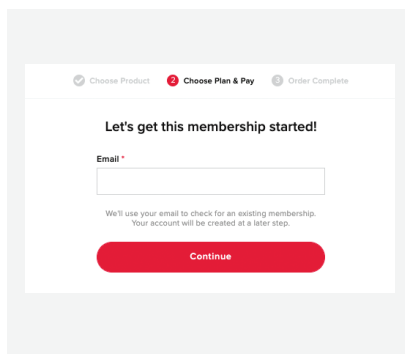
Learns as you progress, recommending when to increase or decrease your weight.

# FREE JRNY® TRIAL AVAILABLE FOR NEW USERS\*

with purchase of SelectTech® dumbbells



1. Visit <https://www.jrny.com/> or <https://ca.jrny.com/> to start your free JRNY trial (new members only).



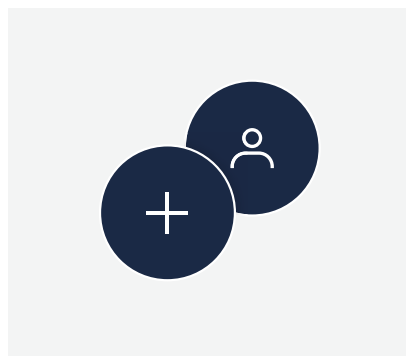
2. Select "Start Free Trial" and follow the steps to create your JRNY account.



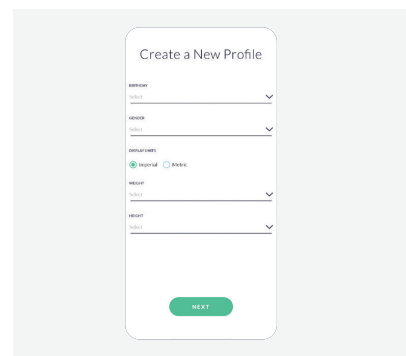
3. Download the JRNY app on your iPad or Android tablet to pair with your SelectTech® dumbbells.



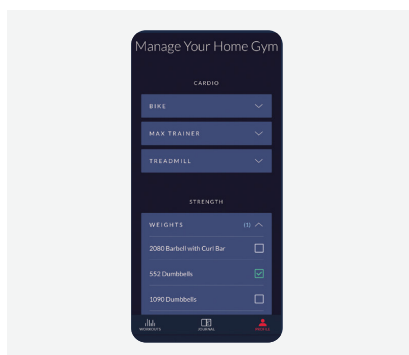
4. Enter your billing information.



5. Open the JRNY® app, tap "Create Profile", and fill in the information.



6. Check your email for a unique confirmation code. Enter the code within the app, then tap "Next".



7. Select the product you intend to use with JRNY. You can choose between Bike, Max Trainer, Treadmill, Weights, and Bodyweight.