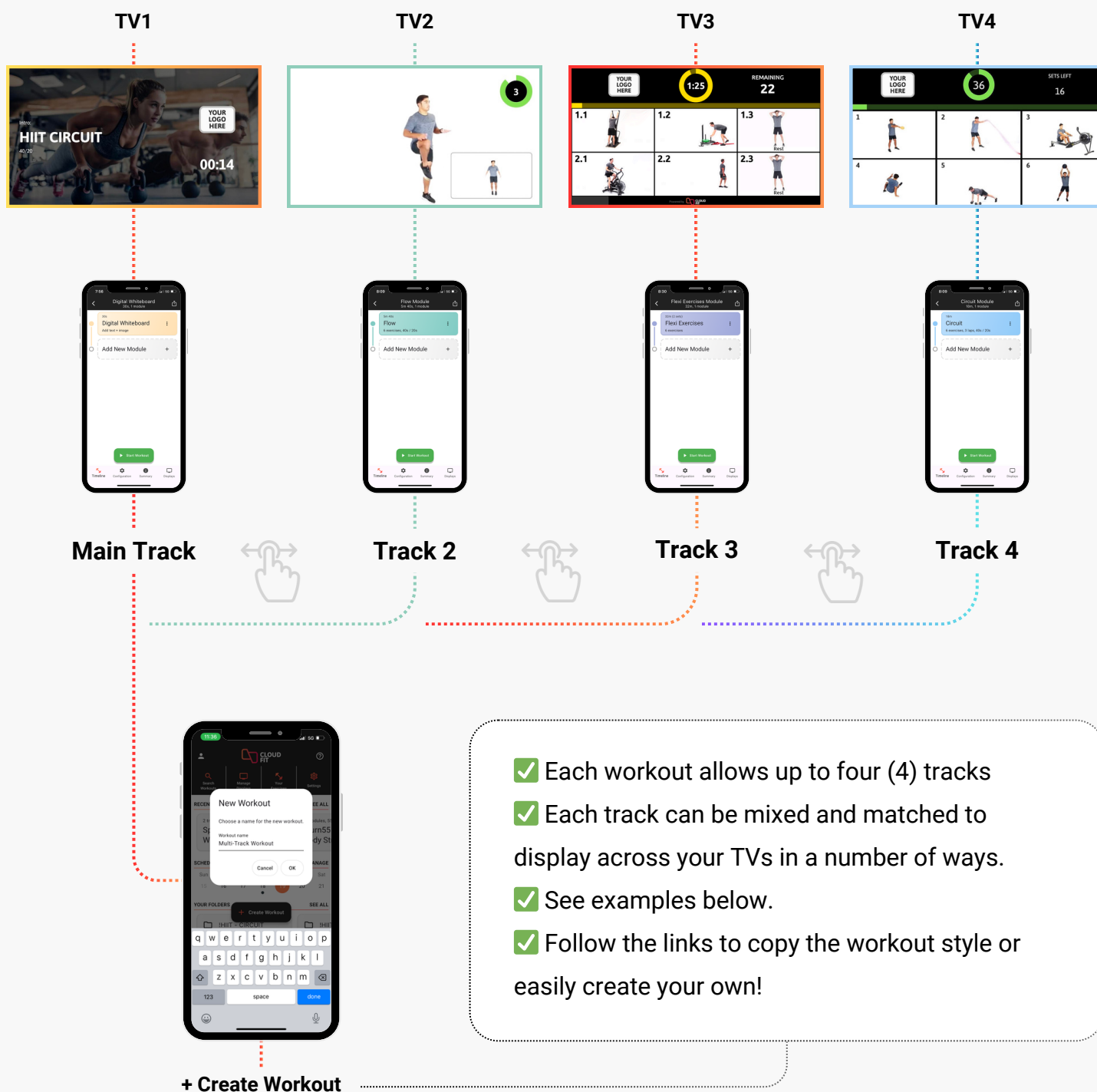


MULTI-TRACK

Multi-track allows you to mix up your screens with more options.

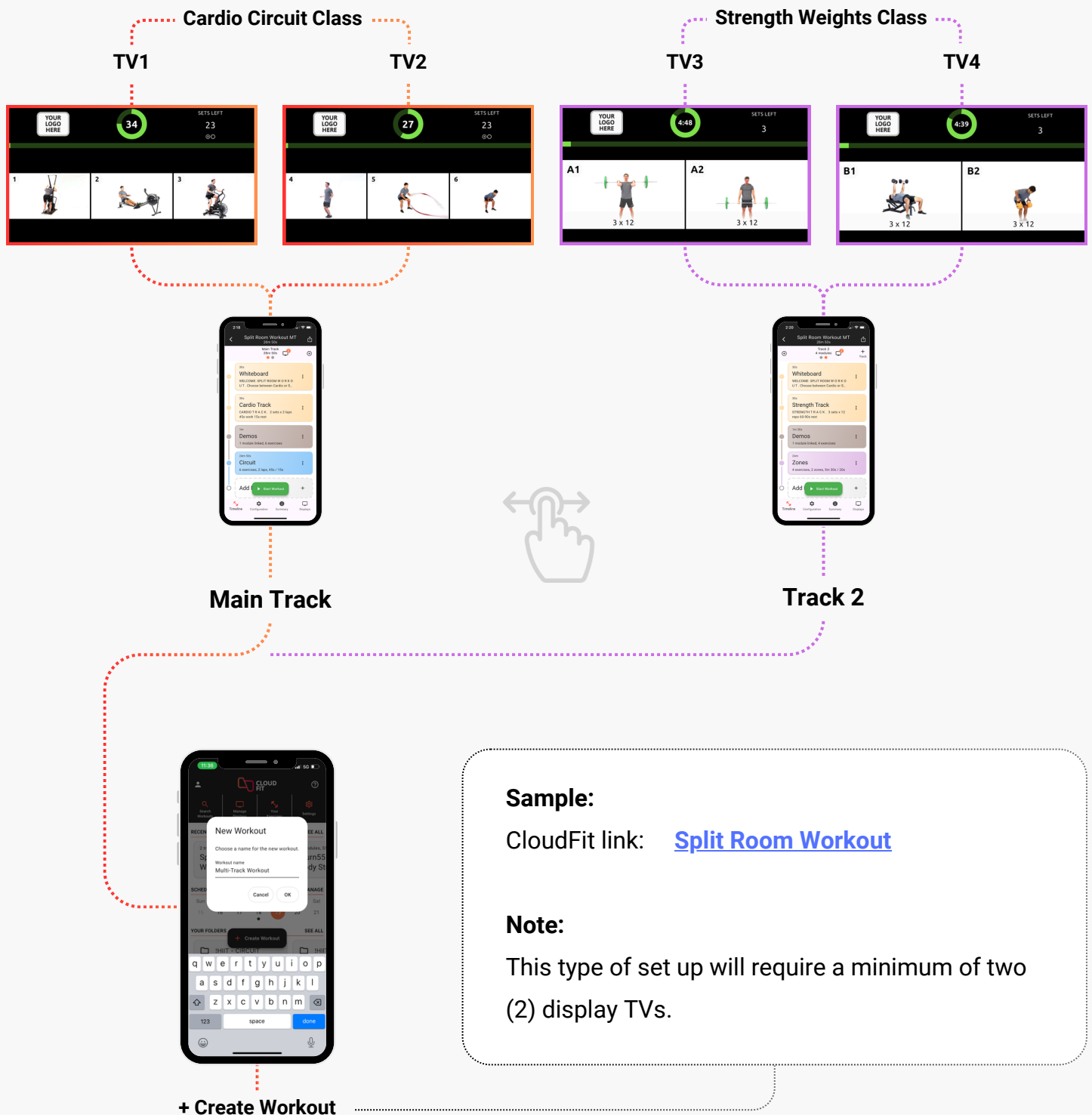
Deliver different types of workouts, with different timings as a **single workout** or as **seperate workouts** - you choose!

Review our help center articles with videos: [Using Multi-Track](#) & [Common Multi-Track Configurations](#) for more info.



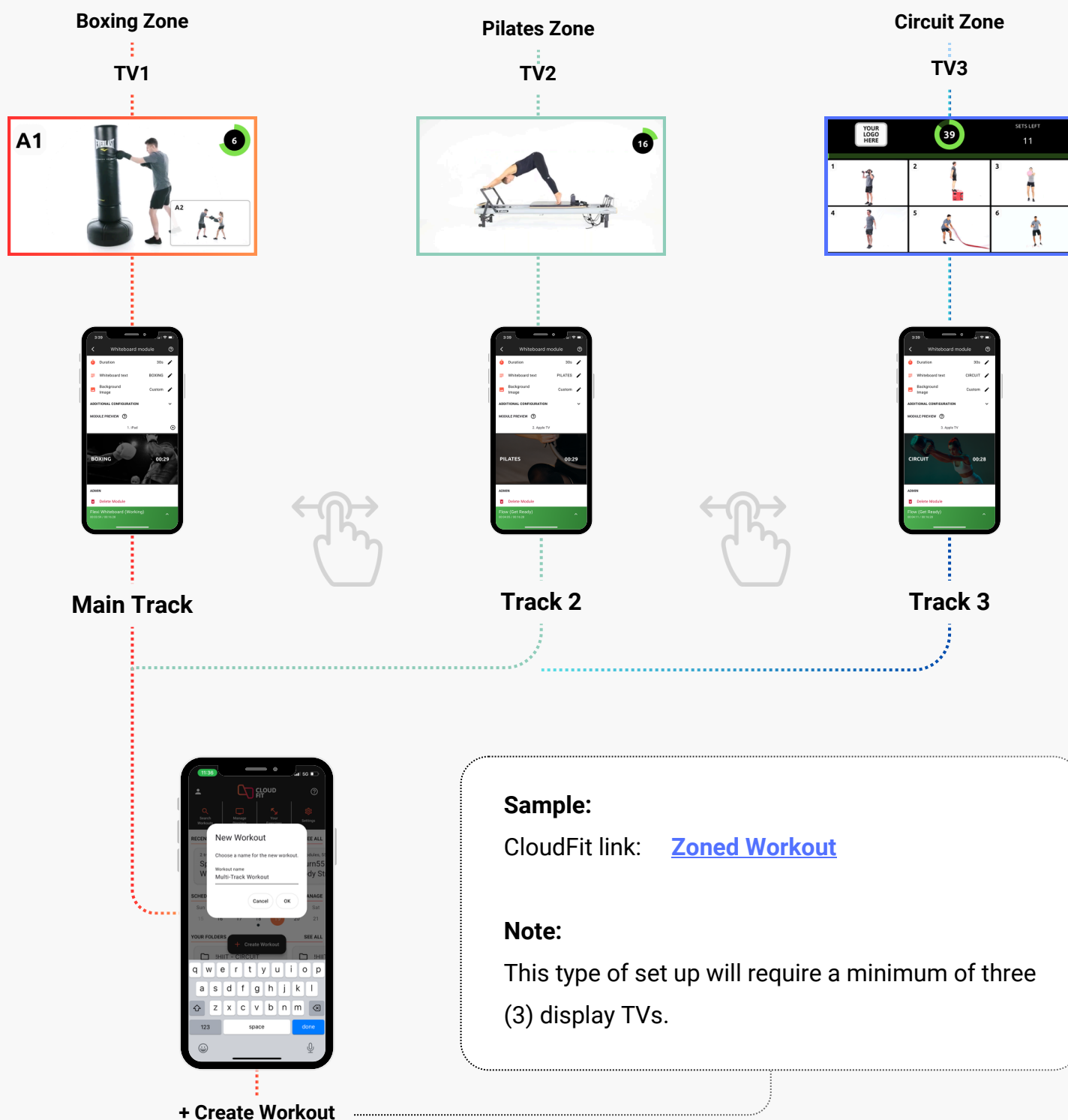
SPLIT ROOM

Utilize one half of the room for **cardio workouts** with sets and timers driving the pace i.e 40/20 x 3 sets, while dedicating the other half of the room to effort based **strength training**. Customize this setup to fit your unique offerings.



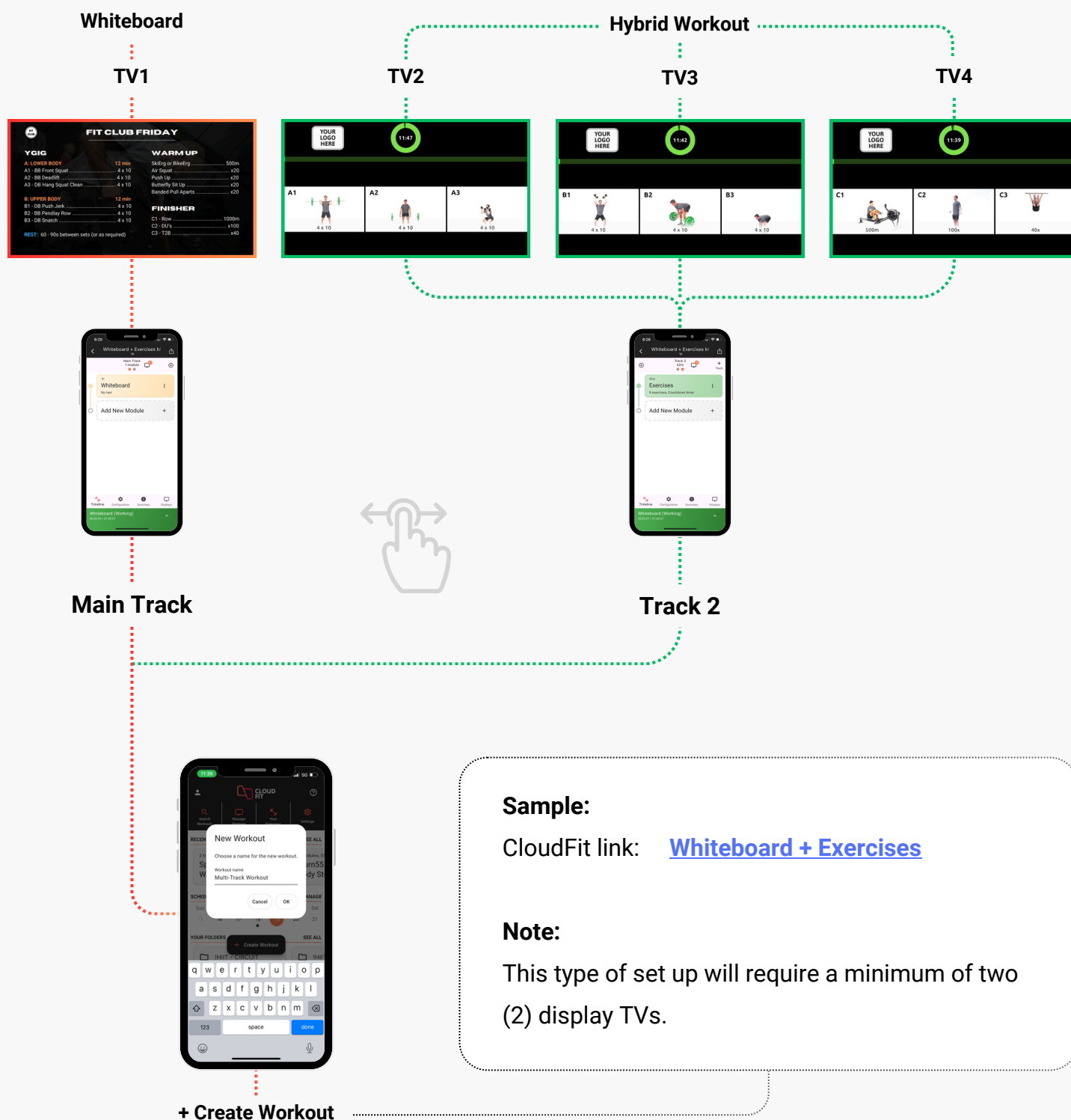
ZONED WORKOUTS

Assign different workout zones to each TV. For example, TV 1 could display **boxing**, TV 2 **Pilates** and TV 3 a **circuit training** session.



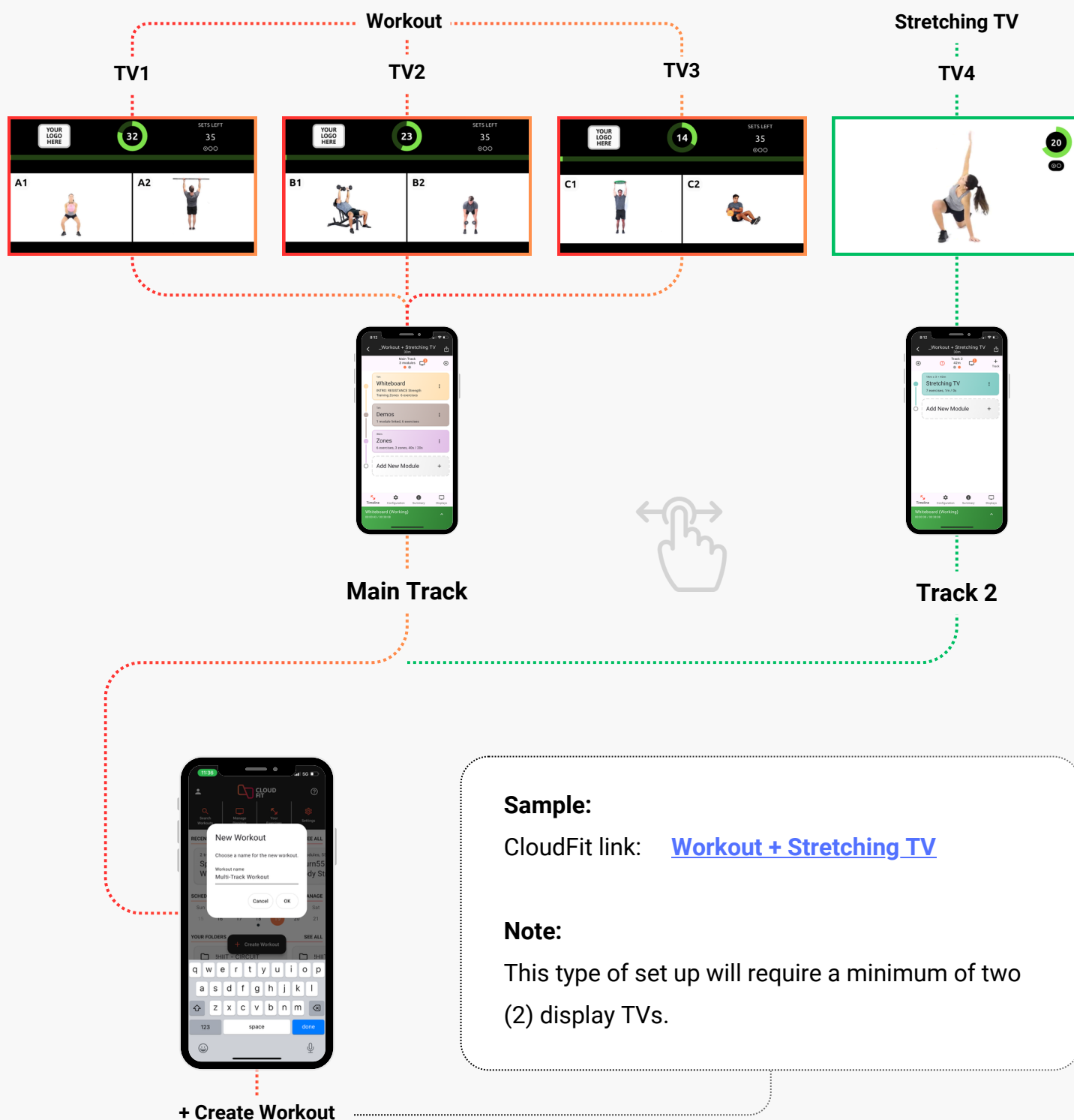
WHITEBOARD + EXERCISES

Display a **whiteboard** on one screen while showcasing **exercises** and timers on others for a comprehensive workout overview.



WORKOUT + STRETCHING TV

Dedicate one screen exclusively for **stretching** or warm-up/cool-down routines while the others focus on **active workouts**.



Sample:

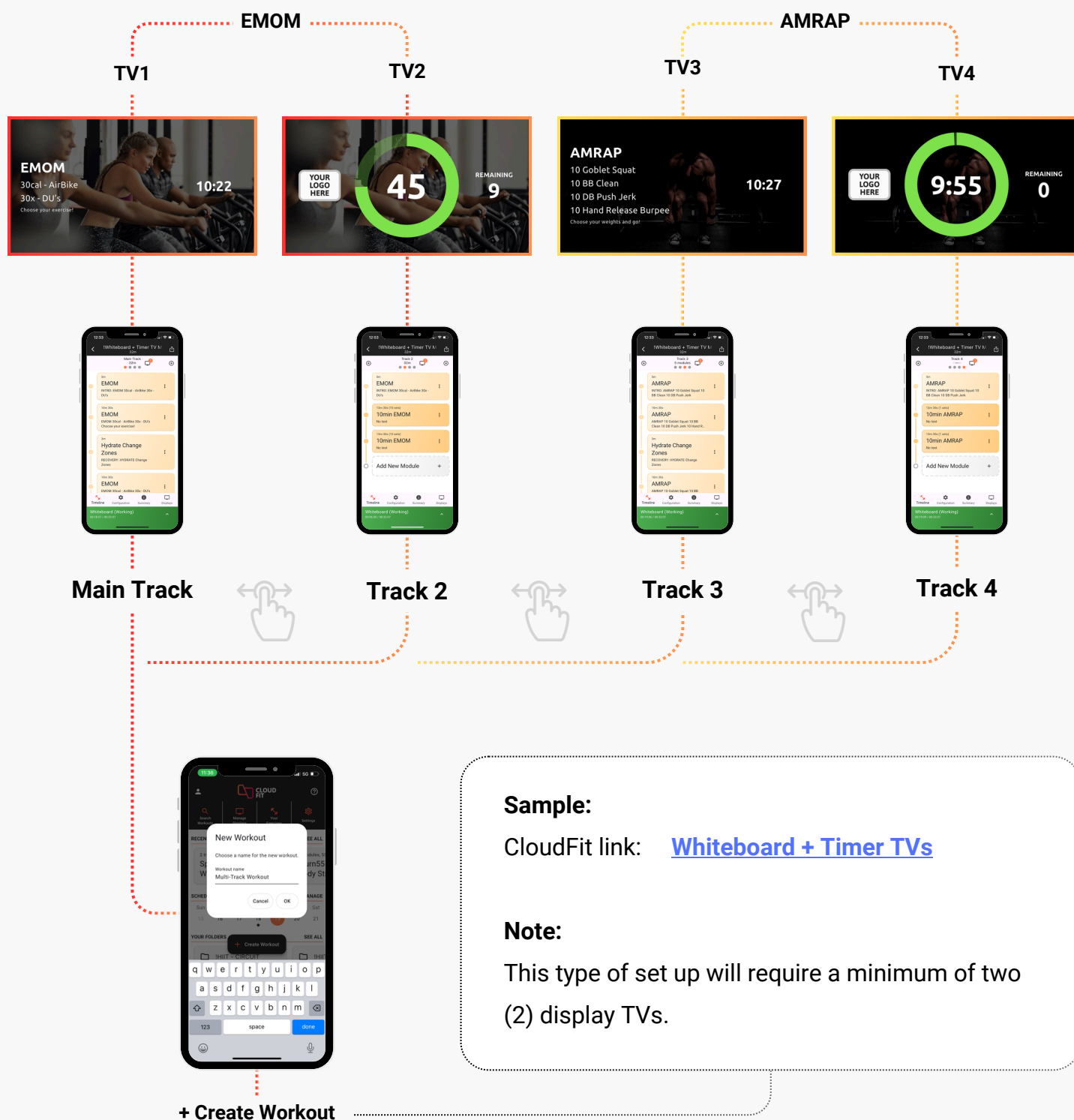
CloudFit link: [Workout + Stretching TV](#)

Note:

This type of set up will require a minimum of two (2) display TVs.

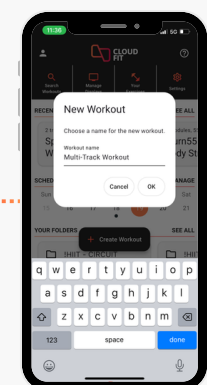
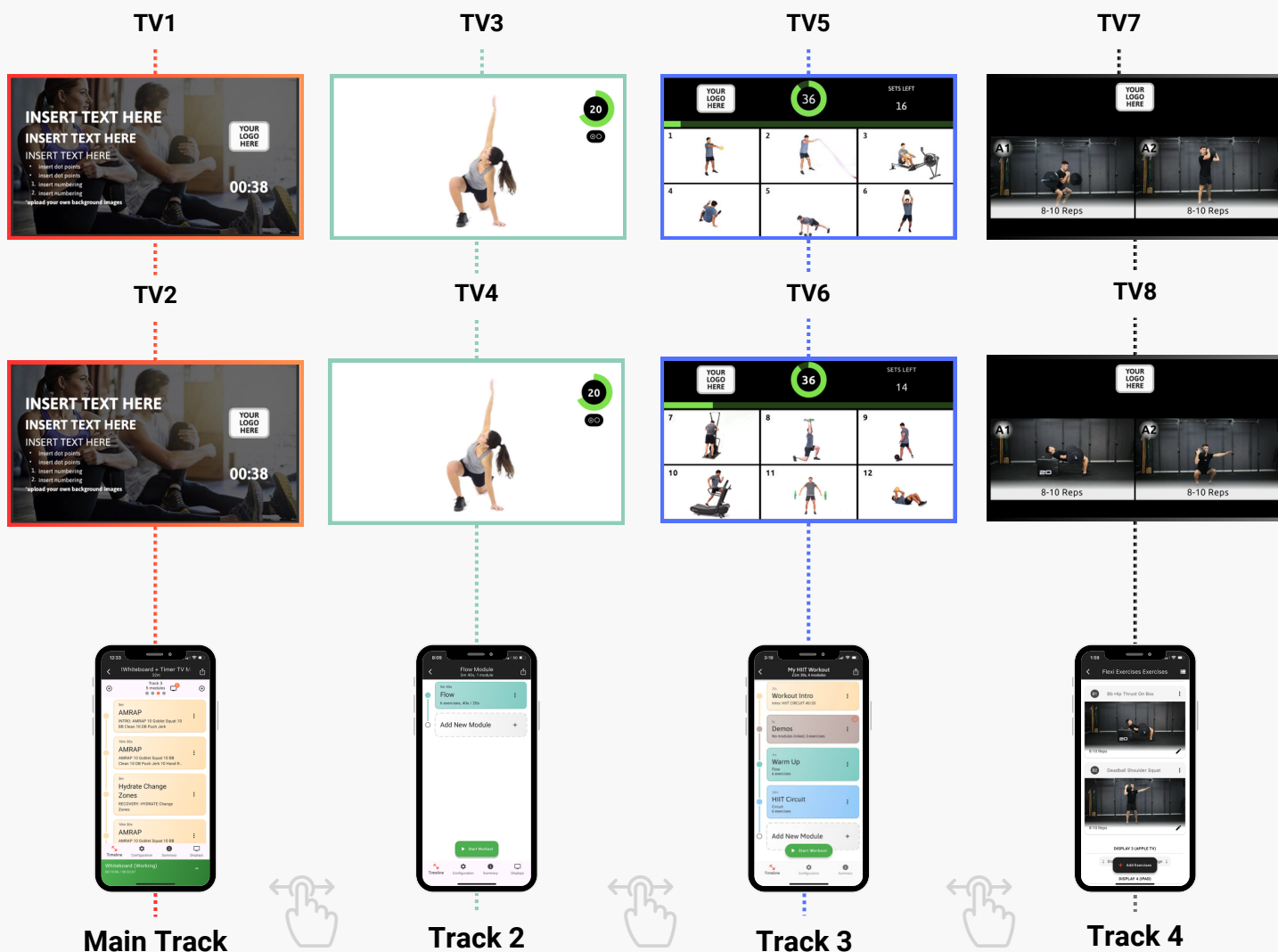
WHITEBOARD + TIMER TV

Use a whiteboard for workout explanations and a [Flexi Timings](#) module to show a [dedicated timer](#) for each session.



4 TRACKS + MULTIPLE TVS

Use multiple TVs for each track. Mix and match as you like.



+ Create Workout

Each business set up is differently and layouts vary. There are endless options available with multi-track. Find what works best for you.

Review our help center articles with videos: [Using Multi-Track](#) & [Common Multi-Track Configurations](#) for more info.