

A set of reaction-time exercises

What is Smopod ?

It is a new training system that helps you to run and control your training. Smopod consists pods with colored lights LEDs that are managed and controlled by the App on smart phones. By choosing various exercises training in the App or personalizing the exercises according to the coach's opinion, you can react appropriately to the pods. Smopod motivates you to perform faster, break boundaries and increase your performance, challenge yourself, or compete with others.



Scope of Smopod application:

- Sports and fitness exercises
- Personal and home exercises
- Physiotherapy and sports rehabilitation
- Physical education of children and adolescents
- Cognitive and memory rehabilitation
- Firefighting, military, and Police exercises



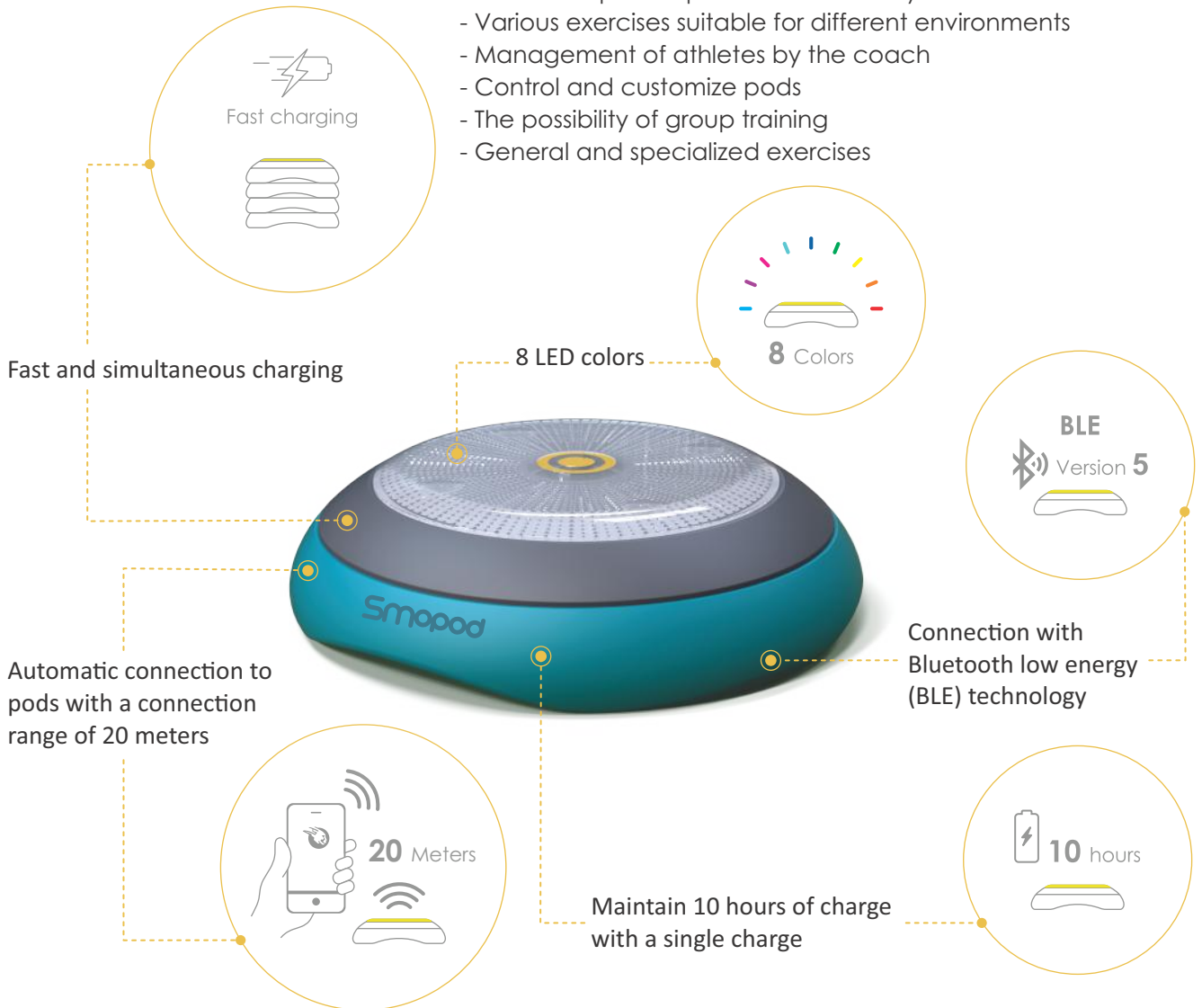
Smopod features:

- Improve reaction speed
- Improve agility
- Improve memory
- Improve cardiovascular system
- Increase focus and accuracy
- Increase muscle strength



Smopod App

- Reports and statistics of sports performance in the form of graphs
- Connect up to 16 pods simultaneously
- Various exercises suitable for different environments
- Management of athletes by the coach
- Control and customize pods
- The possibility of group training
- General and specialized exercises



Smopod can be used in sports clubs, CrossFit clubs, EMS clubs, sports medicine centers

