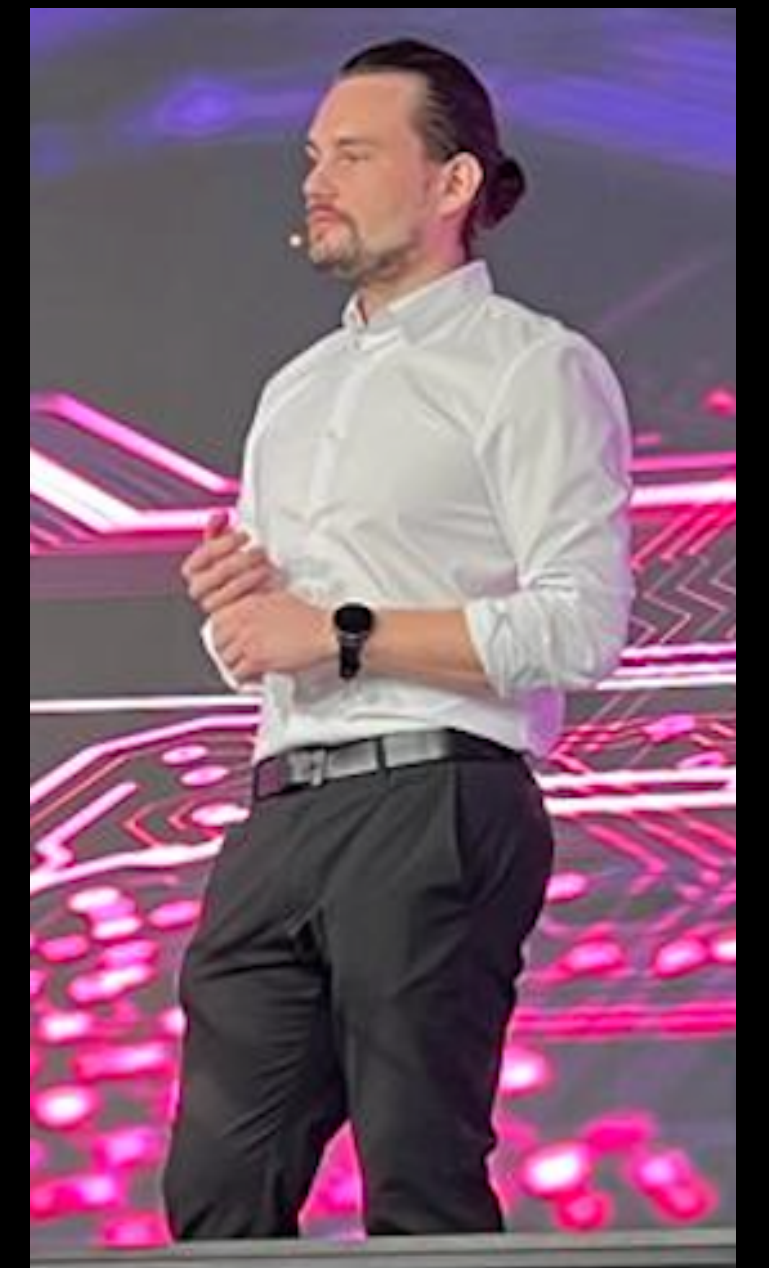# QuantumGainForge Team

Kamil Godlewski - Team Leader and Quantum Enthusiast

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The Problem

- High Cost of Personal Training

- Limited Access

- Inequality in Fitness

- One-Size-Fits-All Approach

- Lack of Motivation and Accountability

- Knowledge Gap

- Safety Concerns

The Challenge
Enhancing Accessibility in Fitness Training

In the fitness world, the quest for health meets a roadblock: personal training is often expensive and hard to access. Many yearn for a healthier life, but the steep costs and scarcity of trainers impede progress.

Significance

- Rising demand for personalized fitness guidance amid growing health awareness
- High cost of personal trainers limits access for many
- Solution: Affordable, detailed fitness plans with minimal compromise

The Solution

- **Advanced Image Recognition:** Personalize training with just a photo scan
- **Accessible Fitness:** Redefining how users access training and dietary plans
- **Tailored Guidance:** Get customized workouts and diet advice effortlessly

How It Works

1. **Image Analysis:**

    - User takes a photo of the body
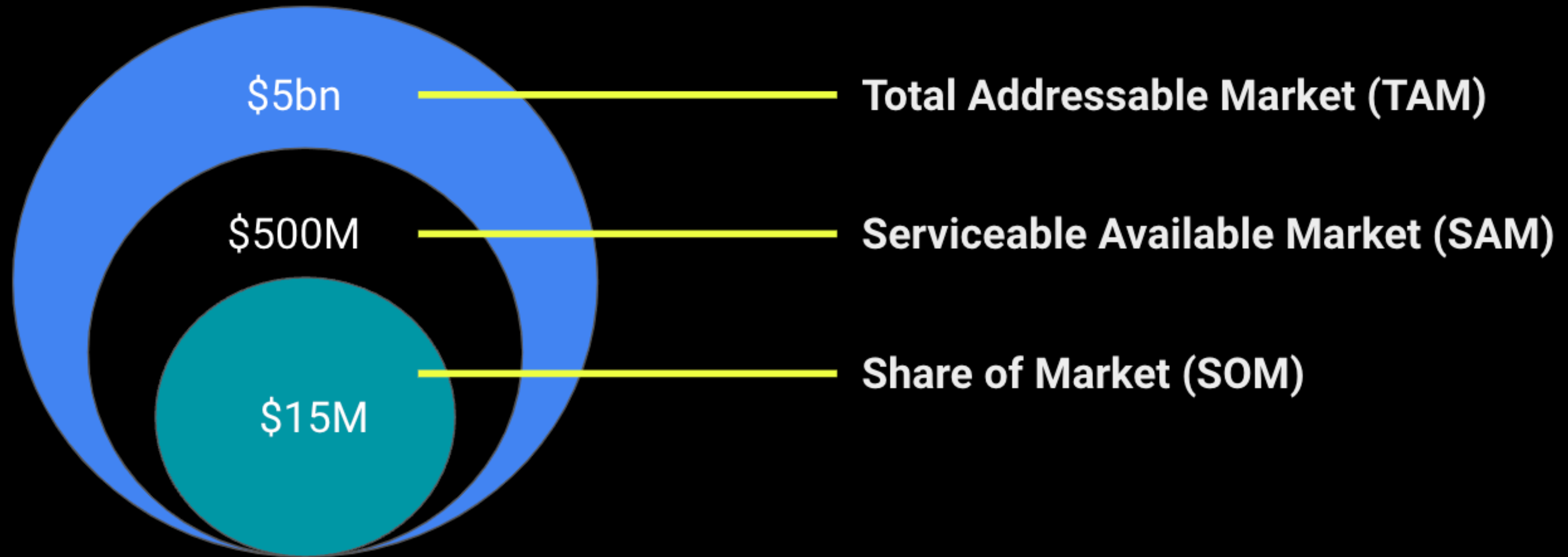   - AI analyzes physical indicators for a custom fitness profile

2. **Personalised Training Plans**:

    - Tailored workouts based on AI analysis
    - Adaptive algorithms for ongoing effectiveness

3. **Dietary Guidance**:

    - Personalised diet recommendations
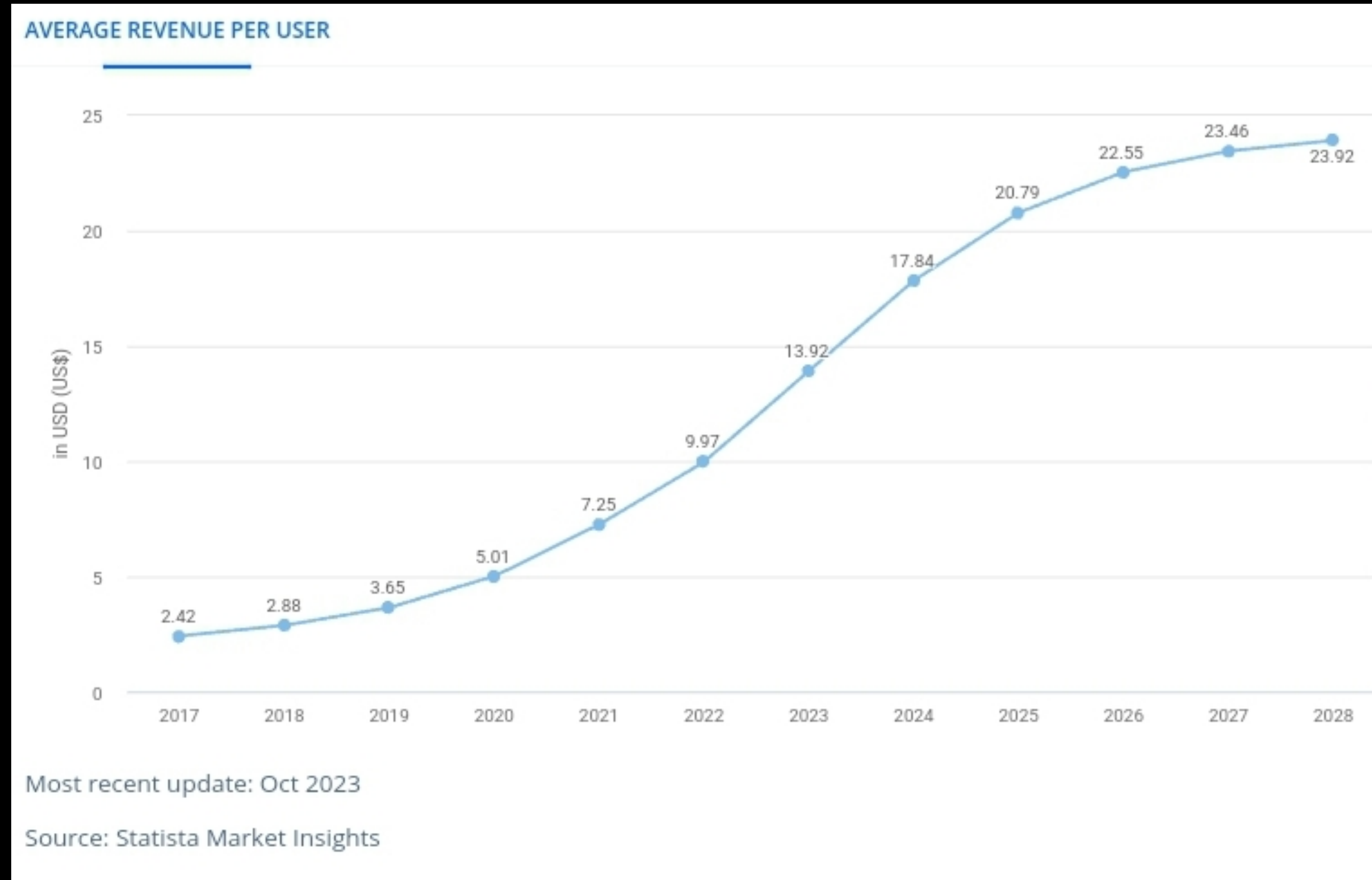   - Nutritional plans aligned with fitness goals

Market Size of Fitness Mobile Applications

$5bn — Total Addressable Market (TAM)

$500M — Serviceable Available Market (SAM)

$15M — Share of Market (SOM)

Revenue Stream

In establishing a robust revenue stream, our focus lies in diversification and sustainability. By offering premium subscription plans, personalized coaching services, and strategic partnerships with affiliate companies, we aim to create a resilient income flow. This multifaceted approach not only ensures financial stability but also provides added value to our users, fostering a mutually beneficial ecosystem.

Next Steps

- Designing a system for achieving specific body shapes and personalizing results based on fitness goals.

- Integrating the application with widely-used fitness smartbands, watches, and smart scales to ensure precise measurements.

- Possibility for users to conveniently order meals from affiliated catering companies, including options like box meal catering.

- Incorporating a program to enhance the intensity of training progression.

- The incorporation of AI allows for real-time monitoring of exercise correctness through phone camera scans.

- Generating automatic shopping lists aligned with their diet plans, with the added convenience of online purchasing from partner stores.

- Tailored supplementation advice to enhance their fitness journey, , with the added convenience of online purchasing from partner stores.

- Introducing subscription plans as a strategy to enhance app monetization.