

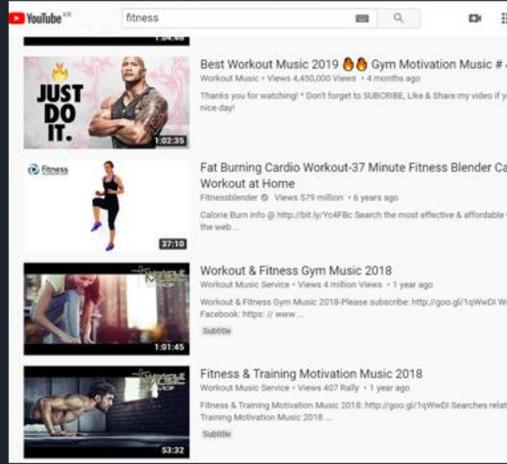


# One's Fitness

Daily Fitness for those who are  
formal, stylish, sporty



# Problem



Home

Fitness Center



Many books, Videos for fitness but too much... What is right or wrong?  
Actually everyone cannot go gym and swimming pool. We don't have enough time.

# Solution



## One's Fitness Video

teaches how to exercise for fitness and health



# Solution

There's something in it

**Applied**



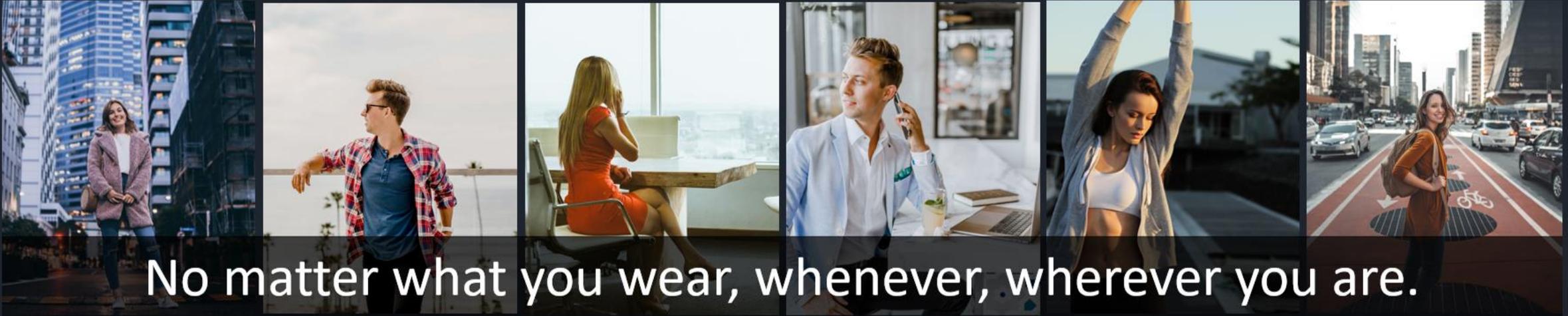
**Unheralded**



**Integrated**



# How it works



**85** motions

including  
correct walking for exercise

**Both** aerobic & anaerobic

exercise effect  
simultaneously

**Prevent**

the pain & defects during  
abdomen & muscular exercise

Completely new in comparison with any other exercise video in the world.  
This video includes selected, new, supplementary motions.

# One's Fitness Video



**Purely made in Korea**



Various contents about exercise and healthcare for Worldwide

Creating another Korean wave in the completely new zone



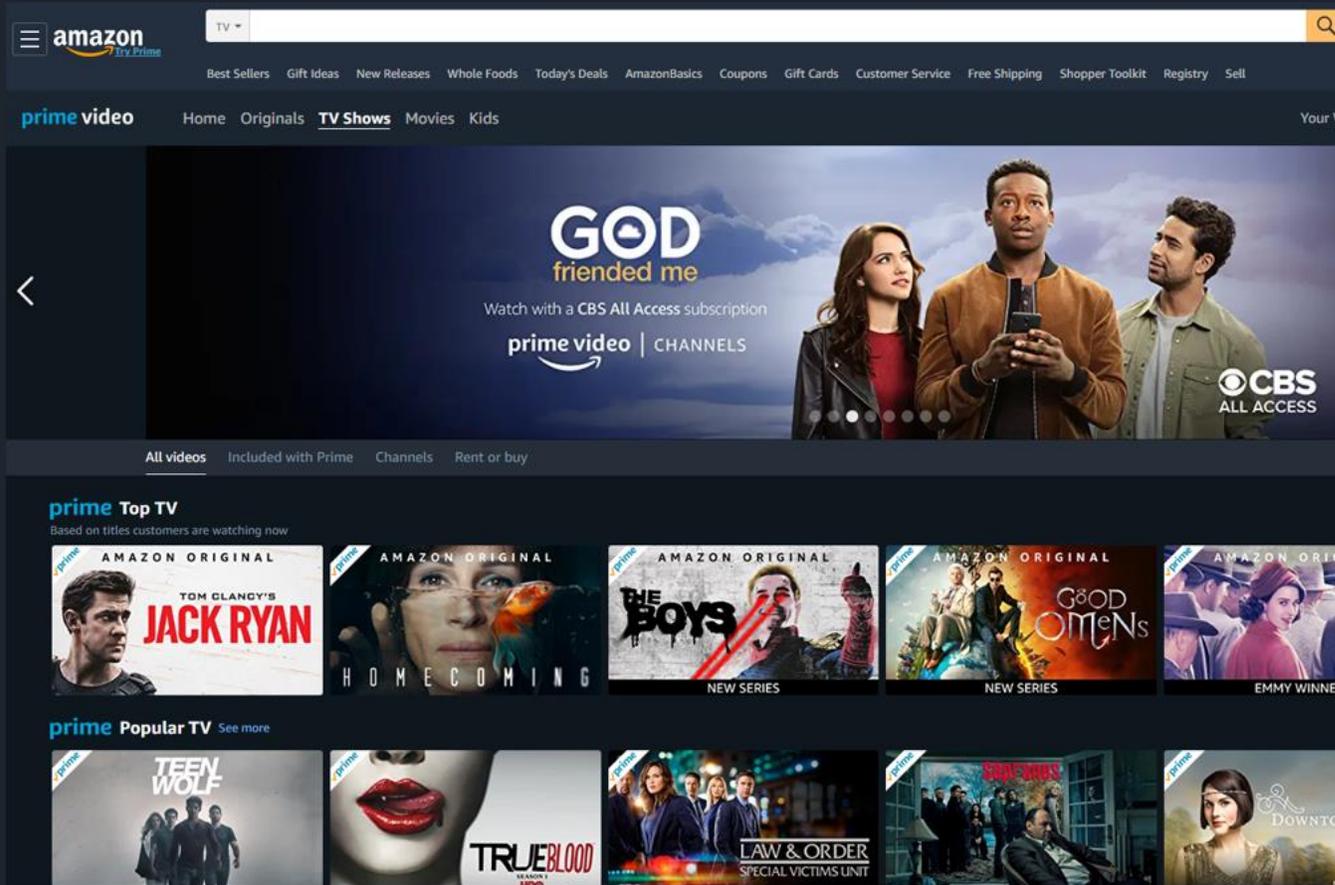
# One's Fitness Video



Spanish  
Thailand  
Indonesian  
Arabic  
Portuguese  
French  
Russian



# One's Fitness Video



**One's fitness full-video(47min) will be broadcast through Netflix, Disney+, or any other pay-tv platform all around the world.**

## Educational Contents



One's Fitness



## Screen of the in-flight seats



One's Fitness



## Screen of Public Transportation



One's Fitness



**One's fitness partial-video(5~30min) can be supplied as educational contents, on a screen of the in-flight seats or public transportation.**



Thank you

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