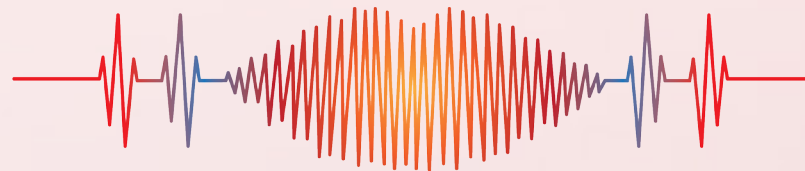


GET 132% HEALTHIER
IN 98% LESS TIME

CAROL



HIIT IS OVER
SUPRAMAXIMAL IS HERE



MEET CAR.O.L (CARdiovascular Optimisation Logic)

The world's first artificially intelligent exercise bike which compresses a 45 minute jog into 2, 20-second maximum intensity sprints.

HOW DOES IT WORK?

1. CAR.O.L uses artificial intelligence to apply the exact and personalised maximum resistance, that is a percentage of your weight.
2. At this resistance you will reach your maximum power within 5 seconds.
3. When you reach max power, you will deplete glycogen.
4. Glycogen depletion triggers a host of molecular changes that make you fitter, slimmer, healthier.
5. There are 6 calibration rides of shorter 10 second and 15 second sprints which allow you to get used to CAR.O.L's protocols and for CAR.O.L to know your ability.
6. After 6 calibration rides, CAR.O.L will apply her algorithms to generate the exact resistance for you and all of her protocols will be unlocked (6 plus 2 professional ones).
7. As you ride, CAR.O.L will gather biometric data from on-board sensors to assess your performance against CAR.O.L's algorithms.
8. CAR.O.L will then tailor each session to give you the most effective workout. If you get fitter, resistance increases, if you are struggling, resistance decreases. Because there are 1000 resistance settings and none controlled by the rider, any change happens in small, precise increments. She will let you know what she is doing – she can be a bit evil!
9. CAR.O.L will know when you have reached your maximum possible fitness ability and will inform you.
10. If CAR.O.L's safety algorithms detect any abnormality in your heart rate, the ride will automatically abort.
11. CAR.O.L calculates many metrics, especially your fitness metric called your Octane Score. It is your power per heartbeat and a close VO2Max proxy.

HOW DO YOU USE CAR.O.L?

1. You create an account at my.carolfitai.com, or on mobile app.
2. Tell CAR.O.L your weight, height, gender and age.
3. Complete 6 calibration rides.
4. After the 6th ride you get access to all protocols. From now on, all you have to do is log on, choose your workout and ride! CAR.O.L will do the rest.
5. All protocols are linked, so if there is a change in settings on one, the others will adjust accordingly.
6. At the end of each ride, you get your performance data, which is also available in your personal web and mobile accounts.

WHO IS CAR.O.L FOR?

1. People who recognise the need for exercise but don't have the time or see exercise as a long, boring slog.
2. People who want to maximise time efficiency.
3. People who love technology and science.
4. Busy, smart young professionals (30+) wanting to get fit and look good.
5. People (40+) who have work and family commitments and want a quick but effective fitness option that allows more time with loved ones.
6. People wanting a new, proven way to manage heart health and prevent diabetes.
7. Athletes/sports people wanting to supercharge their cardio regime.
8. People who want to lose weight quickly.
9. People who travel a lot. People who like looking good. People who like feeling good. People who want to workout and go to the bar in the same 20 mins!



**Everyone has 24 hours a day.
Successful people optimise them.**

“

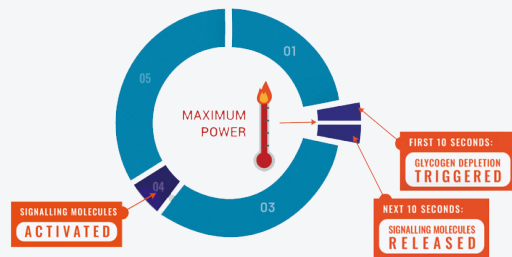
“I have run 30 marathons
and after using CAR.O.L
I am fitter than ever.”

- Dr Marvin Lagstein

OUR CLIENTS

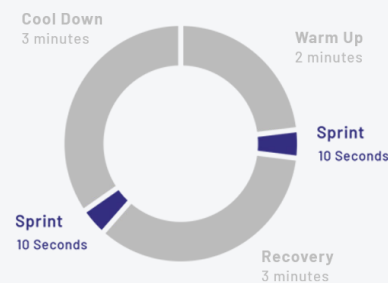
1. Investment bankers, lawyers, consultants, managers and CEOs.
2. Bio Hackers.
3. Studios of the future like Upgrade Labs (CA), HACKD Fitness (NY), AURUM Fitness (Zurich), Quantify Fitness (TN), Healthy Body Solutions, Bio-Hack Studios (FL), and counting!

CAR.O.L'S WORKOUTS



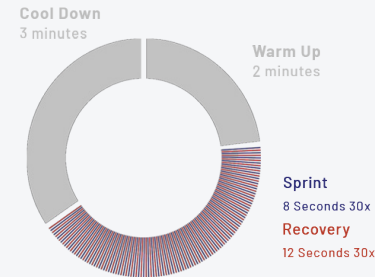
INTENSE RIDE

Our lead protocol. 2x 20 second sprints. Total time: 8 minutes, 40 seconds. No sweat, no shower.



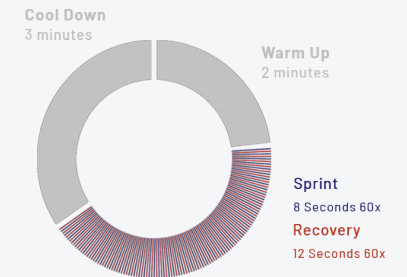
ENERGISER RIDE

2x 10 second sprints. This is a shortened REHIT protocol. This is for a quick spritzer – something to wake you up! 8 minutes, 20 seconds. No sweat, no shower.



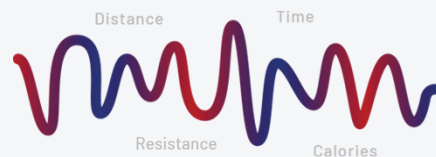
FAT BURN 30

30 sprints, 8 seconds on, 12 seconds off... back to back. This lasts 15 minutes and burns 9x more fat than a 45 minute run.



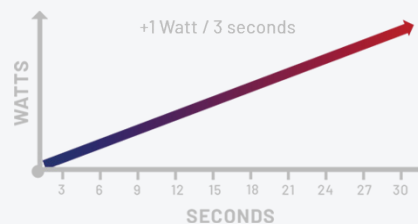
FAT BURN 60

This is the same as Fat Burn 30 but this time it's 60 sprints... BRUTAL!



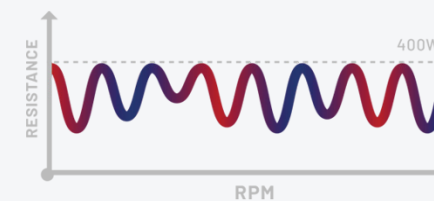
FREE RIDE

In this mode you can use CAR.O.L like any other stationary exercise bike. You can adjust the resistance on screen, see distance travelled, calories burned and your speed.



CONSTANT RAMP UP

(VO2MAX testing protocol)
The bike will increase the resistance by 3W every 3 seconds until the rider fatigues. This is the standard VO2MAX testing protocol, so if you are a commercial user with a portable VO2MAX analyser you can use CAR.O.L to test it.



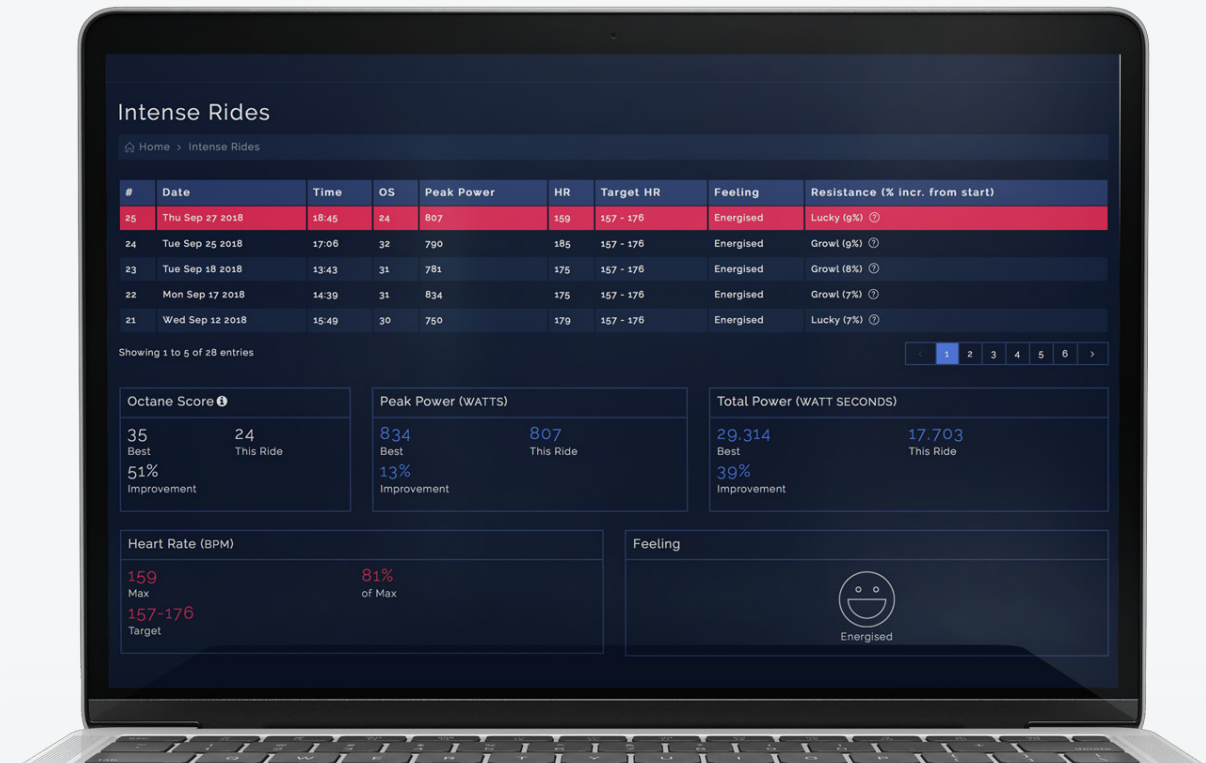
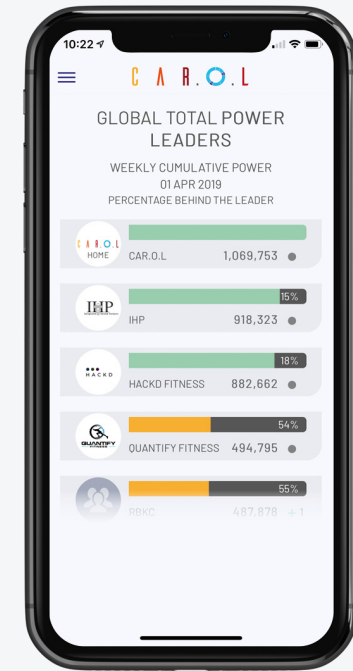
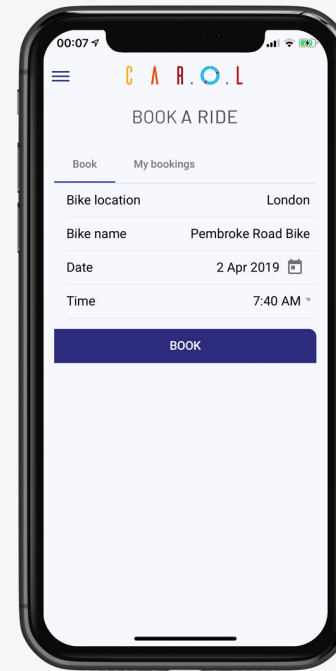
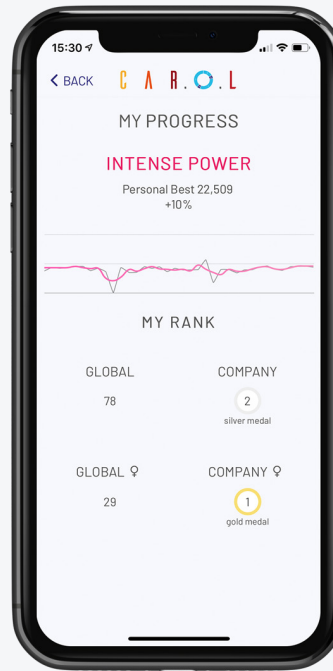
Set your power and see how long you can cycle. CAR.O.L automatically adjusts resistance as your RPM changes to keep you at your chosen power. Great for FTP measurement.

WHAT ELSE CAN YOU DO?

CAR.O.L comes with a tonne of off bike features, like the mobile app which let's you track and monitor your performance metrics and fitness improvement.

DATA, METRICS & MOBILE APP

1. You get access to your performance data including:
 - i) fitness score
 - ii) peak power
 - iii) heart rate variability (coming soon)
 - iv) power/lb
 - v) total power
2. You can compete with friends and join the global leader boards to engage with other riders.
3. The app shows your performance metric trends.
4. Personal trainers have a special app which they can use to access their clients' data and optimise their programme.



WHY NOT ANY SPIN BIKE?

- 1. No other system has the required software and hardware capabilities.**
- 2. No other system can do supramaximal sprints.**
- 3. Our patent proves it.**
- CAR.O.L is the only machine able to replicate the exact lab protocols in the real world, so you get lab results at home.
- CAR.O.L is fully personalised. The resistance setting uses your weight (50 years of empirical evidence around this method) and your performance to ensure the resistance is set to your maximum. We have a patent on this.
- CAR.O.L is progressive. Every workout is responsive to your fitness level so you don't plateau unless you reach your max capability.
- CAR.O.L tells you your fitness score (Octane Score) and tracks your progress which is your power per heart beat.
- User data is cloud based, so users can login and ride wherever they are.
- CAR.O.L is certified by TUV to ISO standard 20957-5 class A: the most accurate class of commercial grade ergometers.
- CAR.O.L has inbuilt safety algorithms which auto abort the ride if your heart rate is too high or does not recover quickly enough to make sure you are safe when exercising.

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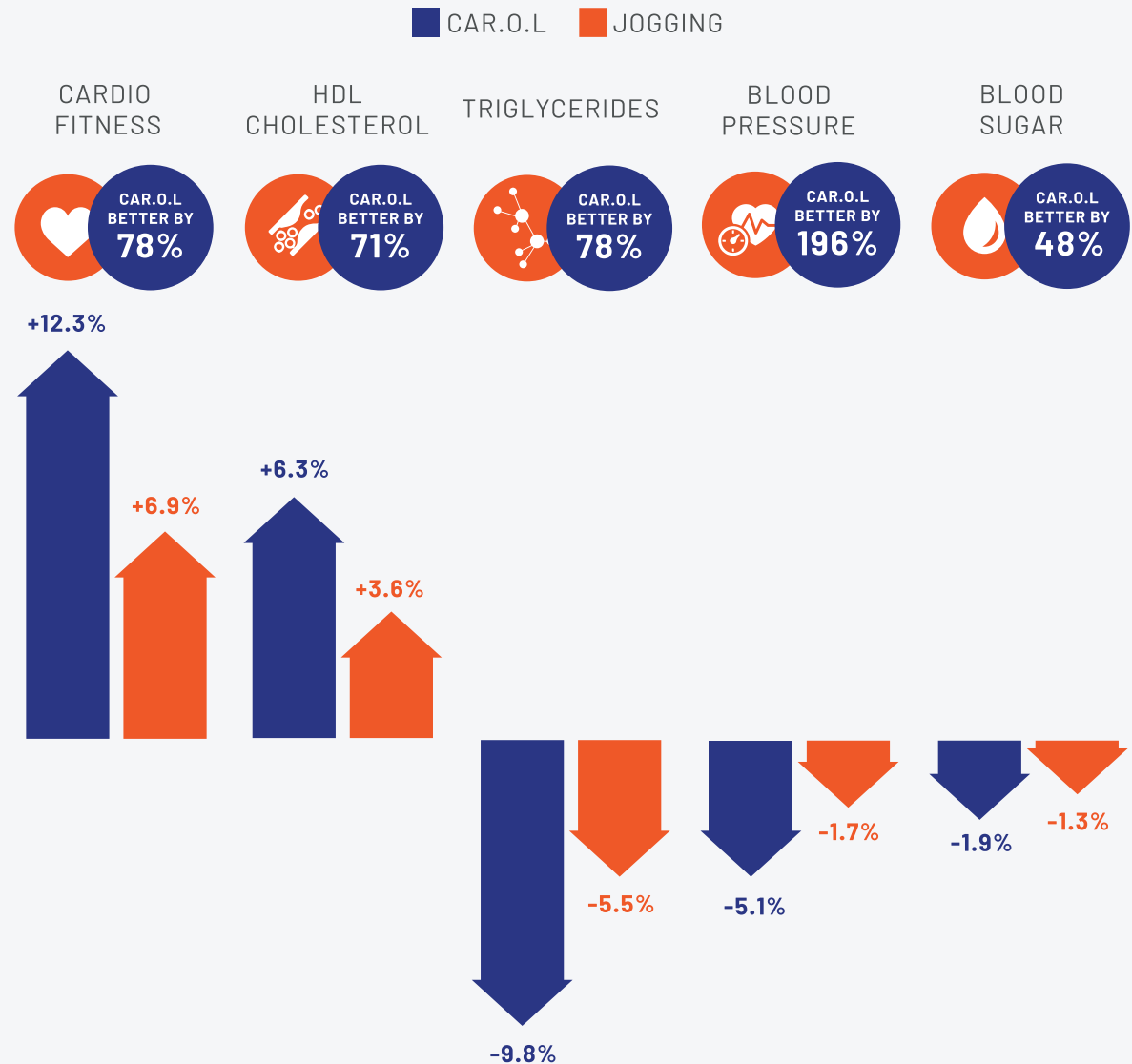
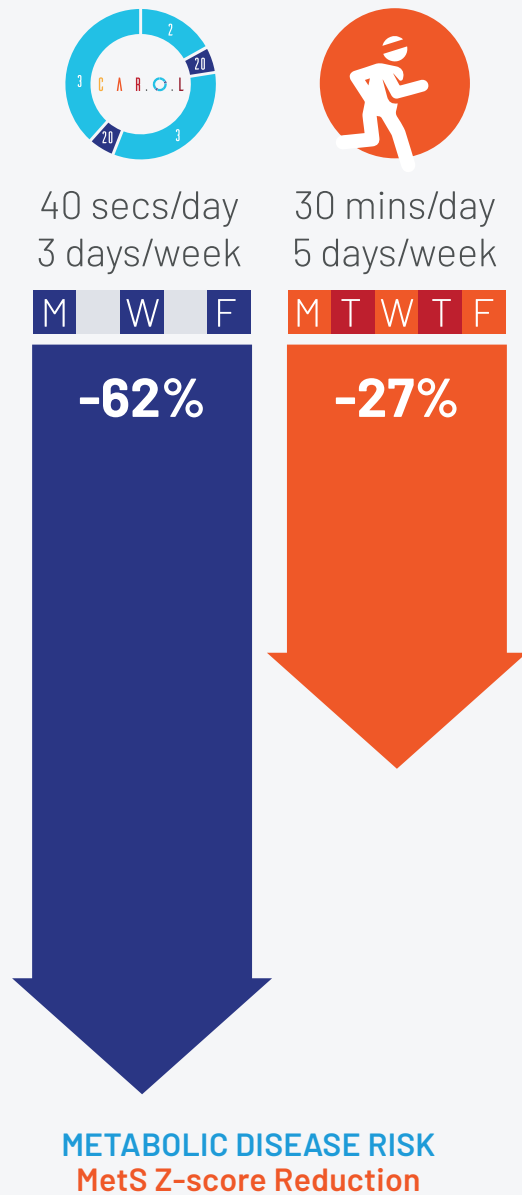
“CAR.O.L is the only system that accurately replicates my research - REHIT - outside of the labs. This scientific exercise cannot be done on a regular bike because of the supramaximal resistance required that also needs to be tailored to each person's physiology.”

- Dr Niels Vollaard



CAR.O.L HAS MADE GOVERNMENT GUIDELINES OBSOLETE

CAR.O.L outperforms on every measurement



Source: International Journal of Environmental Research and Public Health, Feb. 7th, 2019

LESS INSULIN. LESS FAT.

**Look great,
feel great,
be great!**

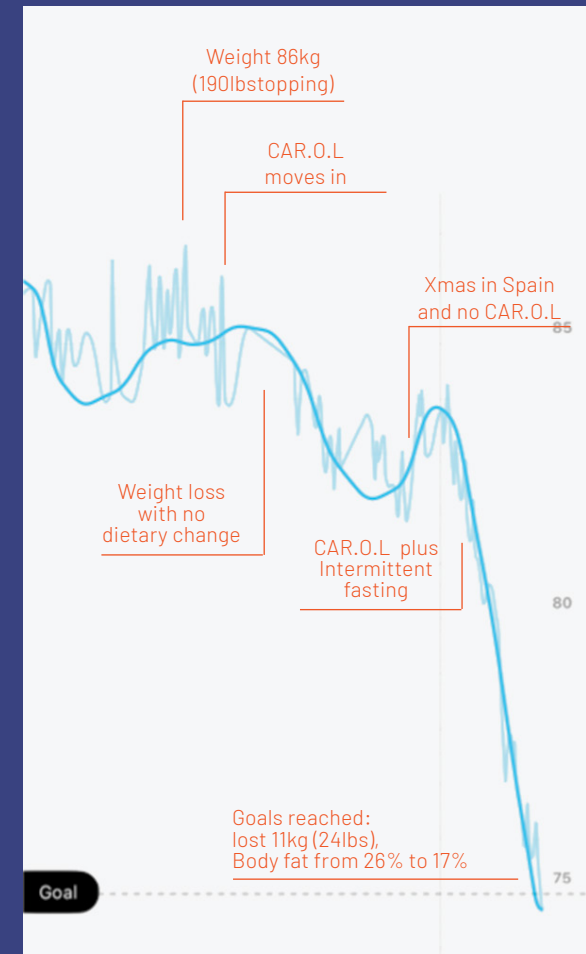
- CAR.O.L's Fat Burn protocols have been proven to lose 9 times more fat than endurance exercise.
- CAR.O.L does this by lowering insulin levels within 4 weeks. This means you will burn fat for energy and process sugar better.
- The afterburn with CAR.O.L is harder and stronger.
- You build more mitochondria. This means your metabolic rate increases.



ULRICH'S CASE STUDY

- Busy co-founder with three boys under 10. No time for exercise – weight hovering around 86kg (190lbs).
- Started CAR.O.L and began losing weight without dietary change.
- Break over Xmas and no CAR.O.L caused weight to creep back.
- In New Year, back on CAR.O.L plus intermittent fasting caused dramatic weight loss of 11kg (24lbs) with body fat dropping from 26% to 17%.

Feeling fitter and healthier than ever before.



WHERE CAN USERS BUY OR TRY CAR.O.L?

ONLINE

1. Visit **<https://carolfitai.com>** to purchase
2. We also have 2 financing options available:
 - i) \$1495 downpayment + \$136.99 for 12 months
 - ii) \$1295 downpayment + \$294.99 for 6 months

We ship anywhere in the United States and can offer assembly on site.

SHOWROOMS

1. Kensington, London (showroom open 7 days a week)
2. Manhattan, New York City (showroom open 7 days a week)
3. Austin, Texas (showroom open 5 days a week)
4. St. Petersburg, Florida (showroom open 5 days a week)
5. Los Angeles, California (showroom open 7 days a week)
6. Zurich, Switzerland (showroom open 7 days a week)

Coming soon:

7. Boulder, Colorado
8. Seattle, Washington
9. Denver, Colorado
10. Chicago, Illinois
11. Miami, Florida
12. San Francisco, California
13. Ontario, Canada



"CAR.O.L has been a game changer because I am in 3 different continents per month. I can now easily fit my fitness in and have never felt better. "

- Robert Bensoussan
Board Director, Lululemon
Previous CEO of Jimmy Choo



F.A.Q.

1. WHAT IS SUPRMAXIMAL EXERCISE?

The absolute maximum load against which your body can handle exercising.

2. WHY IS SUPRAMAXIMAL IMPORTANT?

Because it forces your body to deliver its maximum power capability in the shortest possible time.

Exercise benefits are closely linked to how fast you deplete your sugar stores (glycogen).

You can do it with long and slow exercise or very short and very sharp.

For people who want “minimum effective dose of exercise”, it has to be supramaximal.

3. HOW DO YOU DETERMINE WHAT IS SUPRAMAXIMAL?

Your weight is an approximation of your muscle mass. The more muscle you have, the more power you will produce.

In the laboratories, scientists use a formula that has been developed by the prestigious Wingate Sports Institute to determine the correct load against which subjects exercise.

They use rider's weight to approximate muscle mass and set resistance that is a percentage of muscle mass. The more muscle mass you have, the more power you can produce and so the higher the resistance.

This resistance however isnt just guessed. It follow a formula that has been developed and tested over 50 years by the prestigious Wingate Institute in Israel.

CAR.O.L is the only system outside the labs to use this formula and method of resistance setting.

NOTES

[illegible]



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