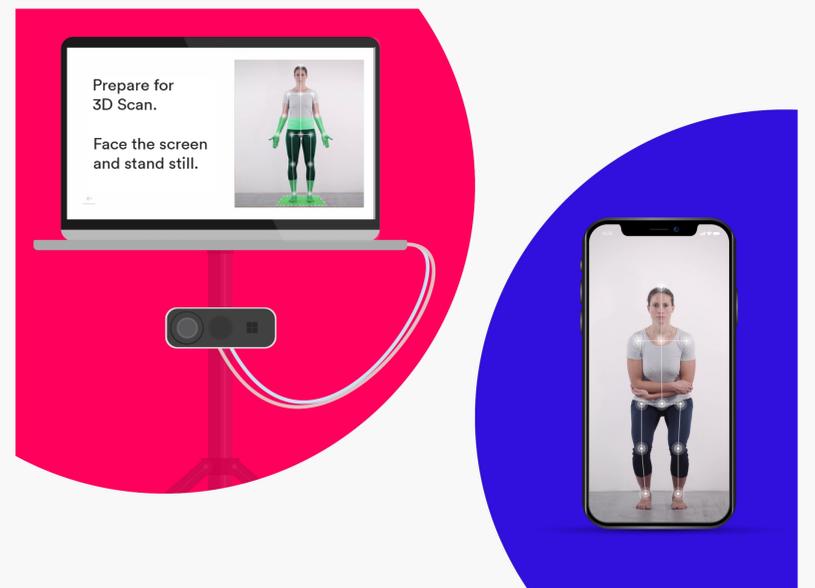


# 01

## SCAN

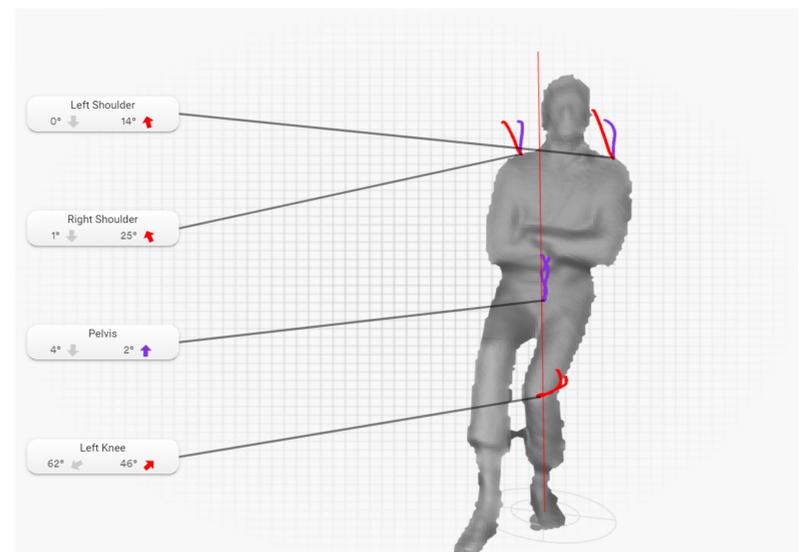
Health and fitness experts around the world use our state-of-the-art 3D Moovment Scan for detailed analysis and objective measurement of essential movements, balance and posture. Clients can monitor their own progress from home using the 2D Moovment.Pro mobile phone app, and get remote advice.



# 02

## ANALYSE

Scan results are visualised and reported online through the Moovment.Pro Portal. Clients and Specialists connect in the Portal for fast and borderless remote services.



# 03

## EXERCISE

Moovment Specialists design individualised exercise programs and coach their clients towards their specific goals. Getting the basic foundational movements right, without delay, is the key to improving movement and quality of life. Accurate measurement is the key to correct exercise selection! 3D visualisation is the key to understanding core problems and to motivate compliance.

