

 **CENTR | INSPIRE**

# LIVE YOUR BEST LIFE

We help our members achieve limitless potential with everything they need to fuel their routines and build happier, healthier lives. What started with Chris Hemsworth's personal health and wellness journey has evolved to inspire millions to unlock total well-being.

## DIGITAL COACHING TO ENERGIZE YOUR EVERYDAY

### Movement

Daily workouts and specialized training programs

Personalized for every goal and experience level – beginner to advanced

Work out at home or in the gym

### Meals

Healthy and delicious recipes

Personalized meal plans

Caters to all dietary preferences and tolerances

No more counting macros – we've done the work for you

### Mind

Meditations and breathwork to reduce stress

Soundscapes and sleep visualizations

Learn to Meditate series for beginners narrated by Chris Hemsworth

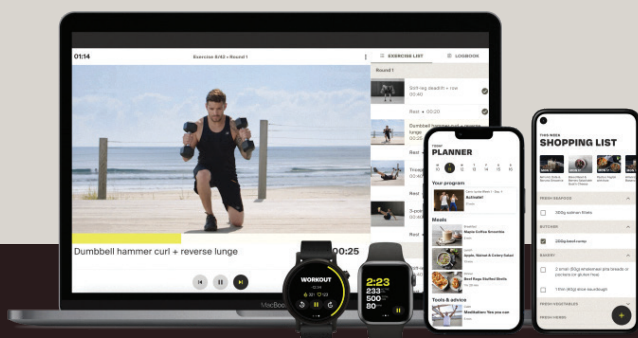
## EQUIPMENT THAT MOVES YOU

Elevate your workouts with Centr and Inspire Fitness home gyms, strength equipment, and new commercial functional trainer. Unlock the power of expert-approved fitness products with tailored workouts and total well-being coaching from Centr's award-winning app.



- ✓ Personalized Daily Planner
- ✓ Weights/Reps Tracker
- ✓ History & Progress Tracking

- ✓ Shopping List
- ✓ Wearables Integration
- ✓ Airplay and Chromecast



Contact: [media@centr.com](mailto:media@centr.com)

Learn more at [centr.com](https://centr.com)





## SCAN TO ACTIVATE A HEALTHIER YOU

**START WITH 1 MONTH FREE**

Claim your complimentary 1-month Centr subscription to get the most out of your equipment and unlock limitless new ways to move, eat and meditate.

Activate at [centr.com/join](https://centr.com/join) with code

**FIBOCENTR24**

# CENTR

Offer valid for new and return customers until May 31, 2024 and cannot be used in conjunction with any other offers.