

“Outworx”

A free **interactive video platform** via QR code

Presentation of “Outworx”

The city of Graz in Austria wanted easy-to-reach public training instructions for everyone. They have set up stations called “Outworx” spread over **several locations** offering a **10-20 minute free training** with professional explanation.

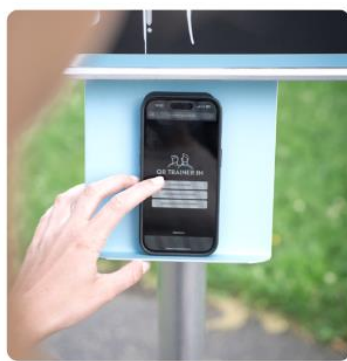
How it works?

The QR code on the “Outworx” station gives access to an **interactive video platform** with sports science-based content from the fields of exercise and health promotion.

Outworx – QR Code Training



Schritt 1
QR Code scan



Schritt 2
Choose training/difficulty



Schritt 3
Start Training

Priorities

- **A varied offer:** The training is varied, so it can be used frequently.
- **Easy to use:** With every scan a new training. Within the training categories of health strength training and fitness training, an algorithm generates a new workout.
- **Easy to access:** 60 locations in parks and public locations

Estimated cost: 35.000 €

www.pacteproject.com

Exercise examples

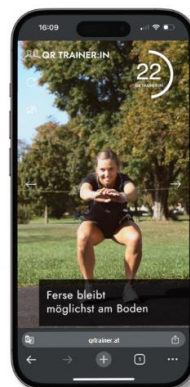


FITNESSTRAINING

Improve performance, increase well-being or simply get rid of a few kilos!

Fitness training gets the metabolism going.

Approach your ideal figure training by training and develop a strong and healthy cardiovascular system at the same time.



Target group

Sportive Trainings

Characteristics

Fitness
Cardiovascular boost
Bodyweight Workout
Strength endurance



HEALTH STRENGTH TRAINING

Relieve everyday pain and improve posture!

This is the goal of low-intensity health strength training.

Increase flexibility, strength and coordination, lower stress levels and improve everyday mobility and general well-being.



Target group

All ages

Characteristics:

Mobilization
Muscular control
strengthening Back health
Low-threshold training



RELAXATION TRAINING

Relieve stress and feel relaxed!

Moving relaxation, breathing meditations and mindfulness meditations.

The perfect ways to experience peace and quiet



Target Group

All Ages

Characteristics

Moving relaxation
Yoga
Qi Gong
Mindfulness Meditation
Breathing meditation