

Smart Balance Trainer

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STRONG FRIENDS



The exercise is the number one ranking of everyone's attention around the world. Everyone wants to manage and refresh themselves through exercise.

But not everyone has the time and place to exercise. Depending on different situations and various reasons, you may not be able to exercise.

Strong Friends Inc. started to eliminate the reason why everyone in the world can not exercise.

It is a Strong friend who produces and releases FAVE smart health care products and sensible contents that combine functional training exercise equipment and ICT technology.

Mission & Vision

The FAVE smart trainer has been working with fitness players for over 20 years. As a trainer, I won the Top 5 World Fitness Competition in 2015. It started with Hwang Se-don's idea.



CEO Greeting



“Hello, I’m Se-Don Hwang, CEO of Strong Friend, who brought up the idea of FAVE and actualized it. I am a pro bodybuilder. I was one of the representatives of Muscle Mania in Korea from 2014-2017 and received the No.1 bodybuilder championship. Unfortunately, I got injured 3 weeks before the competition and my coach didn’t think I would be the bodybuilder afterward. I thought my athletic career was over. I was very frustrated and couldn’t accept the fact that I can’t be the bodybuilder anymore.

However, instead of giving up, I started doing balance training to recover from the injury and finally I won the championship I attended. Based on my experience, in order to spread the balance training out further, I created FAVE.

Strong Friends Inc. CEO

Company Vision

Mission A healthy and happy world will be created by
“Strong friends” through exercise.

The corporate goal of healthy friends is to make health care products that all family members like. It aims to become the best brand in the world.



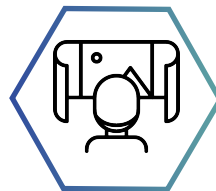
Family

1st domestic
healthcare gamification



Ace

Functional Training Global
TOP5 Products



Virtualize

VR, AR interlocking
TOP10 companies



Environment

Healthcare Big Data
professional enterprise

“Strong friends” will try to be a company that is made by the athletes’ CEOs as a brand name of “FAVE” which means Family, Ace, Entertainment and will make a happy world through exercise.

Product descriptions

Smart Balance Training: FAVE

We're a tech company and a
global fitness platform company
that transforms life through
exercises by millions of people
in the world.



Balance Board?



Balance training improves the function of **neuromuscular muscles** by varying the central axis during exercise.

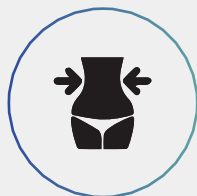
It improves muscle, tendons and ligaments to activate the body and protect the growth plate around the knee of the lower limb around the ankle and hip joints. FAVE has a very large amount of exercise in a short period of time.

Why Balance Board ?

Why use Balance Boards in many exercise equipment?



Muscle strengthening



Diet



Posture correction



growth plate facilitation



rehabilitation exercise

FAVE allows you to perform a variety of movements on a central axis of the hemisphere. It can also have the best exercise effect for adults who want to go on a diet and strengthen their muscles. It's used in a variety of ways, including for children and for senior citizens to prevent muscle loss.

FAVE is?

FAVE is a smart balance trainer, designed based on the combination of fitness equipment and ICT. A **motion sensor** built-in FAVE allows you to enjoy various sensible contents by playing mobile games. FAVE enables you to not only have fun but **build the body balance and core muscles**. Thru the **app**, you can be provided lots of health data information, Such as usage of exercise and center of pressure (Index of body balance) in real-time monitoring.



Lightening

FAVE is only **0.9kg** and **1.5kg**. It is lighter than other global products as a quarter.



Smart Device Compatibility

You don't need to buy a new station, just install on the FAVE Smart Trainer application in your smartphone.



Easy to Manage Material

When the product pollutes, you need to wipe the product by using wet tissue. After using the outside, it is possible to use the FAVE inside. Also, Eva material which gets a safety and management form FDA is safe.

FAVE! All kinds of exercises
in the world!

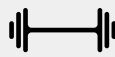
FAVE Feature

01. Light and simple

FAVE is light enough to carry compared to other competitors.



LIGHT AND SIMPLE



EXERCISE EFFECT



MOTION DETECTOR



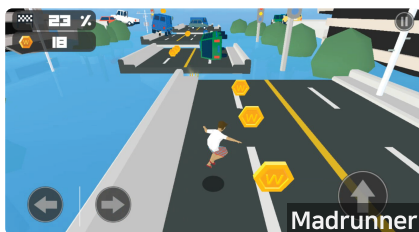
FITNESS APP



MOBILE GAME

02. Video game

We offer three kinds of games. Madrunner, Driving master, Smash world. With FAVE, you can work out an playing video games connection to a Tablet. FAVE makes exercise more fun!



FAVE offers game applications to help you exercise more happily.

Exercise is more fun by playing games.

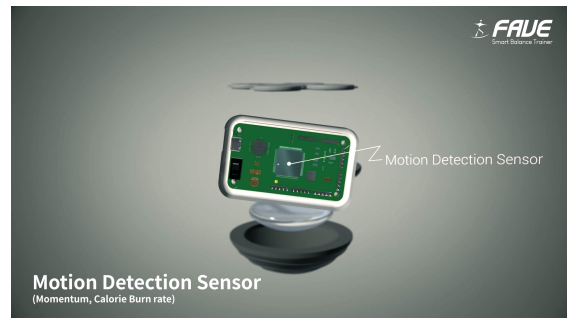
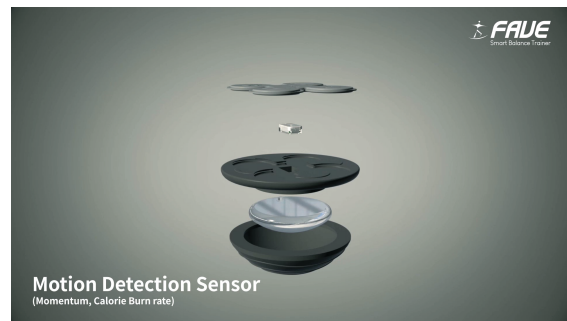
FAVE Feature

03. Motion detection sensor

A built-in motion sensor is put in FAVE. The sensor measures the quantity of motion of a moving body and calorie burn rate. The motion sensor is FAVE proprietary technology protected by a patent right.

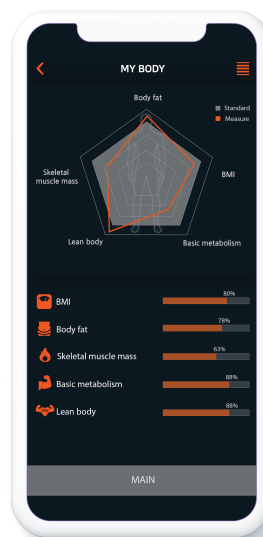
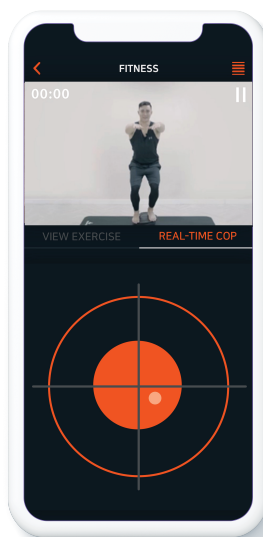
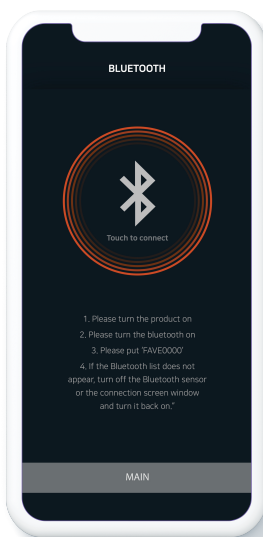


- Micro 5pin cable
- Bluetooth range up to 10M
- 3 Hour battery life
- Above Android 4.4 supported
- Above ios 10 supported



Motion detectable sensor of FAVE can check your motion 42times per second and send the data to the application.

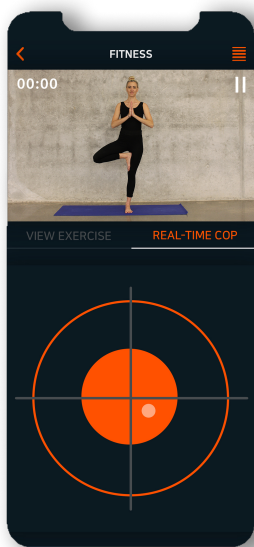
04. Fitness App



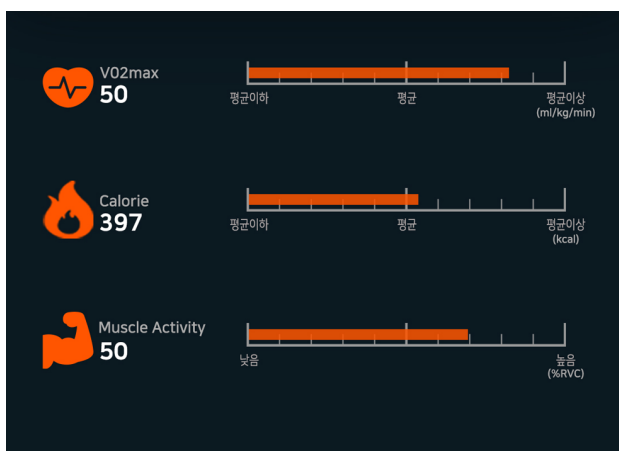
FAVE Fitness app

FAVE is a smart balance trainer, designed based on the combination of fitness equipment and ICT. A **motion sensor** built-in FAVE allows you to enjoy various sensible contents by playing mobile games.

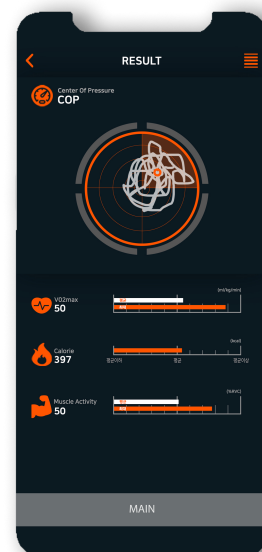
FAVE enables you to not only have fun but **build the body balance and core muscles**. Thru the **app**, you can be provided lots of health data information, Such as usage of exercise and center of pressure (Index of body balance) in real-time monitoring.



You can know the balance index through the COP (Center Of Pressure) index. You can see where your balance is tilted.



In addition to COP, you can see Vo2 max, calorie consumption, and muscle activity.

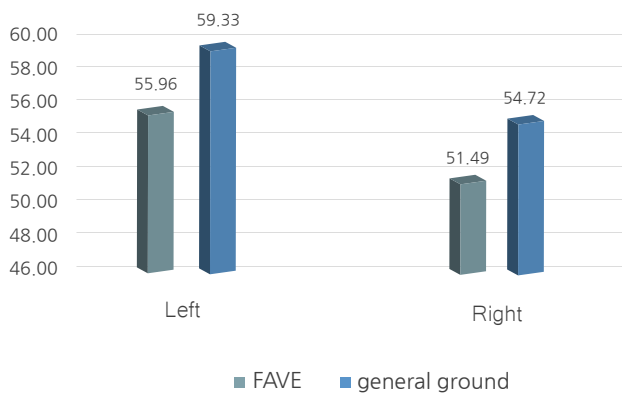


Exercise effect

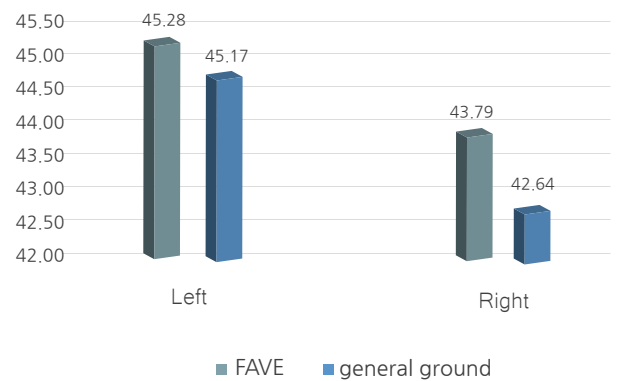
The Effect of Exercise on the Promotion of Newly Developed Industry in Busan with the Korea's state-of-the-art measuring equipment It is recognized as a biomechanical performance product.

COP Speed

COP Speed (Motion_Squart)

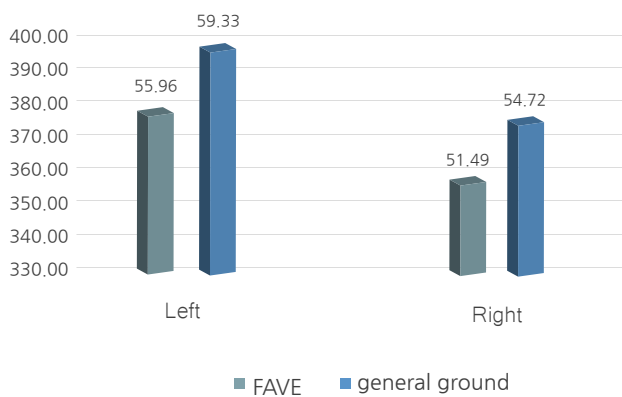


COP Speed (Static Balance)

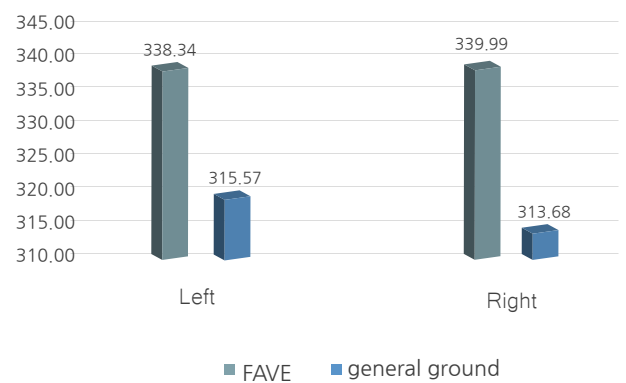


Maximum force

Maximum force (motion-squat)



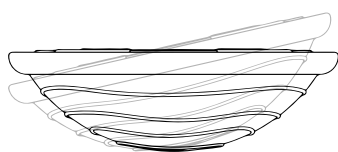
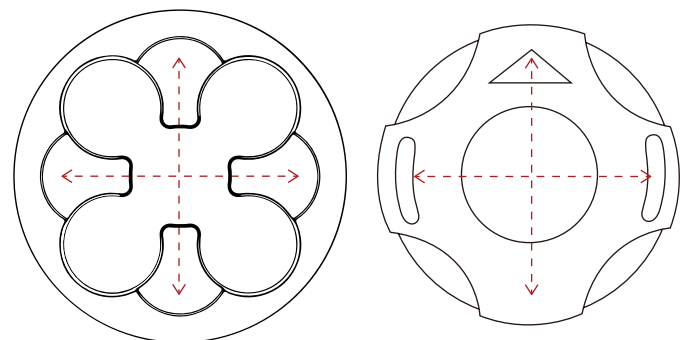
Maximum force (motion-squat)



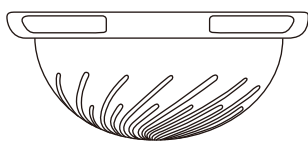
Conclusion

- The maximum force was all the highest in the unstable ground (FAVE).
- The maximum force appears to be high on both unstable ground (FAVE). Exercise on unstable ground increases body movements.

Product Specifications



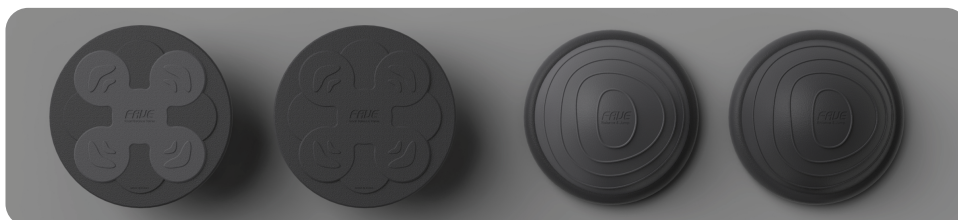
FAVE 450



FAVE 350

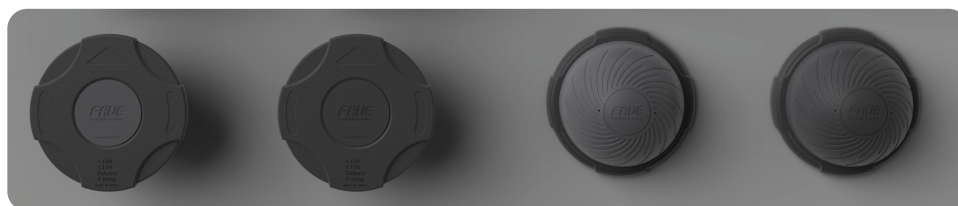
product name	FAVE smart balance trainer
size	FAVE350 (D350 X H150) FAVE450 (D450 X H130)
color	Pink, Green, Black, Gray
weight	FAVE350 (0,9kg) FAVE450 (1,4kg)
material	EVA Material
product composition	product, User's Guide, Pump
motion sensor	built in.
manufacturer	Strong Friend, INC
country of manufacture	MADE IN KOREA

FAVE 450



FAVE450 is ideal for the **general public and children**. The ground plane of the foot is wide and the height from the ground is low. You can use it with low stability.

FAVE 350



The FAVE350 is ideal for **professional athletes and athletes of all ages**. The ground surface of the foot is narrow and the height at the ground is high, so the exercise effect is high.

Patent



LIGHT

Compared to global products, FAVE450 & FAVE350 are 0.9kg and 1.5kg, lighter than 1/4 of the weight



SAFE

EVA material is approved by the US Food and Drug Administration (US FDA), and has been proven to be safe enough to enter food ingredients.



SIMPLE

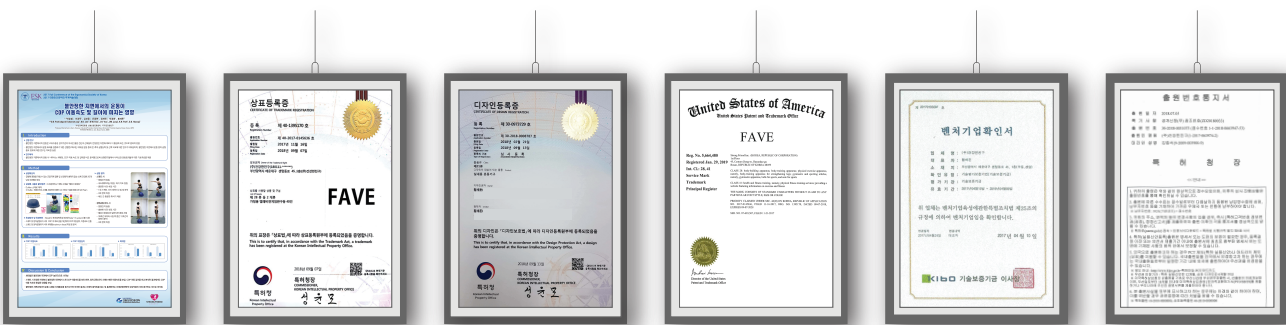
After using it outdoors, you can wipe it with a wet tissue and use it indoors as if it were new.



DESIGN

It is designed to be wide enough to be able to do various exercises with height not to be crowded on the ankle.

FAVE Patent



Our technology is based on the construction of the gay mission balance exercise system, our own developed motion detection sensor, user movement information providing algorithm, light weight, special material. All of these technologies are protected by seven patents and intellectual property rights.



Smart Balance Trainer

STRONG FRIEND .INC

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