

ALL YOU NEED TO KNOW ABOUT

# SILENT FITNESS



PROUDLY BROUGHT TO YOU BY



# WHAT IS SILENT FITNESS

Silent fitness is a new fitness craze taking off around the world. Fitness instructors wear a wireless head mic & their voice is transmitted directly to any quantity of wireless headphones. This enables any size class to listen to their instructor clearly without any outside noise disturbances. Our wireless headphone technology is ideal for fitness classes such as zumba, boxing, piloxing, yoga, cardio training, bootcamps & aerobics, without limiting the number of participants per class

Silent Discotek's comfy wireless headphones are adjustable & extra tight fitting which prevents them from falling off when maneuvering the body with forcefully or flexibly into various poses & positions

## ENVIRONMENT

Silent Discotek has developed a wireless fitness system, which uses wireless headphones & head-mics along with a specially developed transmitter to enable fitness instructors to deliver nearly any type of exercise class. Now instructors can use our technology to deliver their fitness or dance classes with selected back-round music at any desired location

With a range of up to 300 meters, silent fitness classes can be held practically anywhere & with the ability to cancel out loud outside noise interference, silent fitness classes are particularly popular at festivals, outdoor events, parks, shopping malls & gyms

# HOW DOES IT WORK?

**1. Fitness instructors communicate to their class by speaking into a wireless head mic**



**2. Instructors voice & music is transmitted directly to any quantity of wireless headphones**

**3. Wireless headphones pick up the signal from the instructor & music device via radio transmission**



**Volume Control**



**4. Class participants wear a pair of Silent Discotek wireless headphones & receive loud & clear directions from their instructor while engaging in their fitness activity**



# COVID-19 SOP GUIDELINES



**STRICT SAFETY OPERATIONAL PROCEDURES FOLLOWED**

**INTERACTION WITH OUR STAFF IS CONTACT FREE**

**HEADPHONE DISTRIBUTION CONTACT FREE**

**P.P.E COMPULSORY FOR OUR ON-DUTY STAFF MEMBERS**

**ALL HEADPHONES CLEANED & SANITIZED REGULARLY**

**HEADPHONES USED ONLY ONCE PER EVENT**

