



# WorkoutApp

LITEPAPER

Live a healthy life by exercising and making money.

**"Success is the sum of small efforts repeated day in and day out"**

Live healthy, train and earn with [workoutapp.io](https://workoutapp.io)

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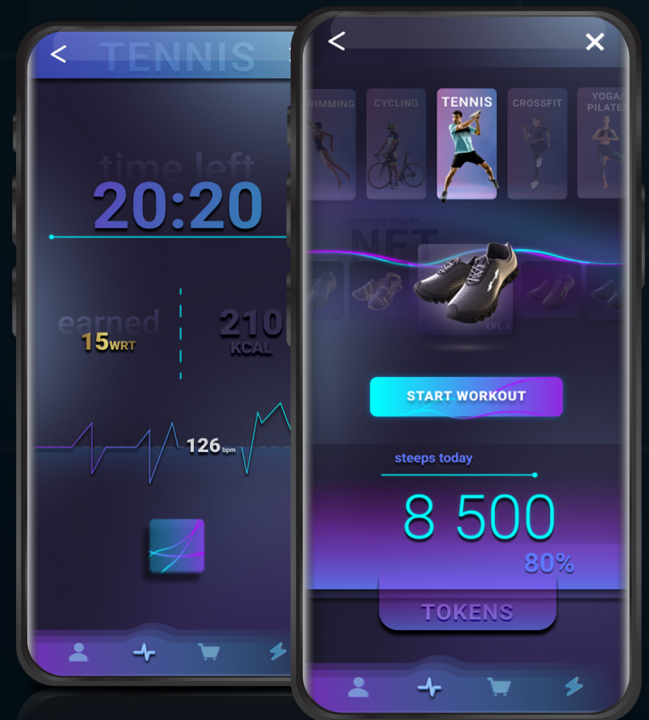
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# WorkoutApp EcoSystem

**WorkoutApp** is designed to motivate users from all around the world to lead an active lifestyle and earn from it. The app is based on the premise that any physical activity, regardless of type or intensity, can be rewarded.

**AI technology** has revolutionized the fitness industry, and **WorkoutApp** is a prime example of how AI can be leveraged to motivate people to lead an active lifestyle. The app's AI-powered features enable it to provide a personalized and engaging user experience that keeps users motivated and on track with their fitness goals.

- ✓ **Train2Earn**
- ✓ **Compete to Earn**
- ✓ **The latest technology:**  
Accelerometers, Gyroscopes,  
Heart rate monitors & GPS
- ✓ **Backed by Artificial Intelligence**
- ✓ **The first crypto league in the world**
- ✓ **This is the move to earn trend revolution**



# WorkoutApp move

The **WorkoutApp** incorporates an advanced AI-driven algorithms that reward users with **\$WRT** tokens for performing different sport disciplines, such as swimming, running, strength training, cycling and more.

With **WorkoutApp**, users can demonstrate their skills and earn **WRT** tokens by competing with others in various real-world sports, games, and activities. This incentivizes users to lead an active lifestyle and earn money while doing so, regardless of the type of activity they perform.



# Fan Tokens

The **WorkoutApp** is expanding and plans to create a unique NFT collection featuring top celebrities from various sports disciplines, with a focus on the most popular sports. With over **400 million** pro athletes worldwide, the potential demand is high. **NFT-Fan Tokens** will grant access to premium servers, allowing users to interact and chat with their favorite celebrities, ask questions, and show support.



The **WorkoutApp** team partners with famous sport celebrities with millions of followers and fit influencers to create signed collectibles for use in the next stage of the project's VR training development.

# WorkoutApp - for whom?



## **Individuals seeking earning opportunities:**

The app's rewards and compensation system may attract individuals who are looking for a new and innovative ways to earn money and improve their financial wellbeing.

## **Fitness enthusiasts:**

The app appeals to individuals who are passionate about fitness and who are looking for rewarding way to track their progress and engage with others.



## **Health-conscious individuals:**

The app may attract individuals who are focused on their health and wellness and who are looking for a comprehensive and effective way to improve their overall fitness.

## **Gamification fans:**

Gamification is becoming increasingly popular in the fitness industry, and the app is targeted to individuals who are looking for a more engaging and entertaining way to exercise.



# Earn & recovery Models

Users need a real workout experience. Shorter workouts are available initially, allowing for easier recovery. As users progress, they increase the training difficulty, which requires more energy and supplements to regenerate **Stamina**. Regardless of the sport, the same supplement can aid in recovery, simplifying engaging in multiple sports.

Only **Stamina** needs replenishing, so there are no concerns about repairing equipment after a single session. Every user receives **100 Stamina** points initially, allowing them to train as desired. Owning an NFT reduces Stamina consumption by **10%** compared to renting.



# Application Features

- **Community features:**  
Users can connect with other people in the app and participate in group challenges, join workout groups, and more.
- **Health metrics:**  
Users can monitor and track their health metrics, such as heart rate, calories burned, and distance traveled.
- **Step tracking:**  
Users can track the number of steps they take each day and earn rewards based on their activity levels.
- **Daily challenges:**  
Users can participate in daily challenges, it will encourage them to be more active and earn additional rewards.
- **Exercise tracking:**  
Users can log and track their workouts, including crossfit, tennis, strength training and other forms of physical activity.
- **Connected devices:**  
Integration with wearable fitness devices such as smartwatches and fitness trackers to track physical activity and health metrics.
- **Social sharing:**  
Users can share their progress with friends and family and motivate each other to be more active.





# We are not the first, but we are the best!

As the **WorkoutApp** aims to revolutionize the fitness industry through the integration of blockchain technology, it does not forget about the less fortunate.

	WorkoutApp	Step'n	Amazy	Defit
<b>Activities</b>	10	2	2	4
<b>Sensor Used</b>	Accelerometers, Gyroscopes, Heart rate monitors and GPS	GPS, Pedometer	GPS, Pedometer	Gyroscopes, Heart rate monitors, and GPS
<b>Compete to Earn</b>	✓	50%	✓	✓
<b>Daily Challenges</b>	✓	✗	✗	✗
<b>Token Utility</b>	✓	50%	✓	✓
<b>Software Wallet</b>	✓	✓	✓	✓
<b>Community Features</b> (challenges for friends, group training)	✓	✗	✗	✗
<b>Metaverse VR Integrations</b>	✓	✗	✗	✗
<b>Pulse &amp; Calorie Counter</b>	✓	✗	✗	✗
<b>Free Loot Boxes, Spinners &amp; other gifts</b>	✓	✗	✗	✗
<b>Virtual Training</b>	✓	✗	✗	✗

# Train2Earn in Metaverse

The **WorkoutApp** leverages the **Train2Earn** trend by offering a comprehensive solution that combines fitness training with financial incentives. This integration is expected to create a more engaging and satisfying experience for users, encouraging them to pursue their fitness goals and achieve better health outcomes. By taking the Move2Earn trend to the next level, the **WorkoutApp** aims to transform the fitness industry and provide users with a more dynamic and incentivizing way to achieve their health and wellness objectives.



# NFTs

The **WorkoutApp** team created 5 NFT levels for 10 sports, with 2 additional LEGENDARY levels coming soon. The **Legendary NFTs** will increase efficiency and earning rates and are expected to be highly desirable. NFT owners can lend them to other trainees and earn half of the remaining profit after deducting Stamina costs. One NFT can be lent at a time, but users can own multiple NFTs for different sports and levels and lend them simultaneously.

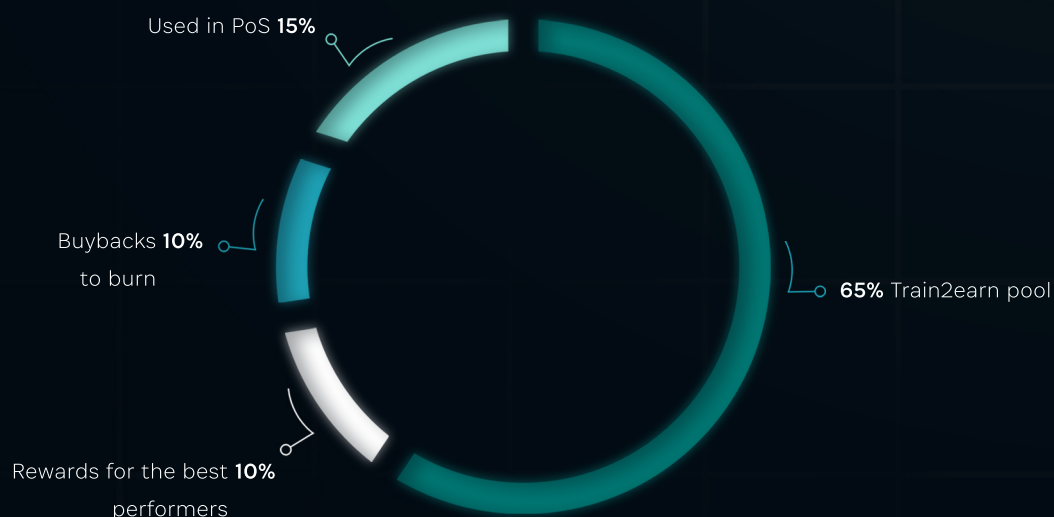


Tier 5

Tier 3

Tier 2

## NFT sales allocation



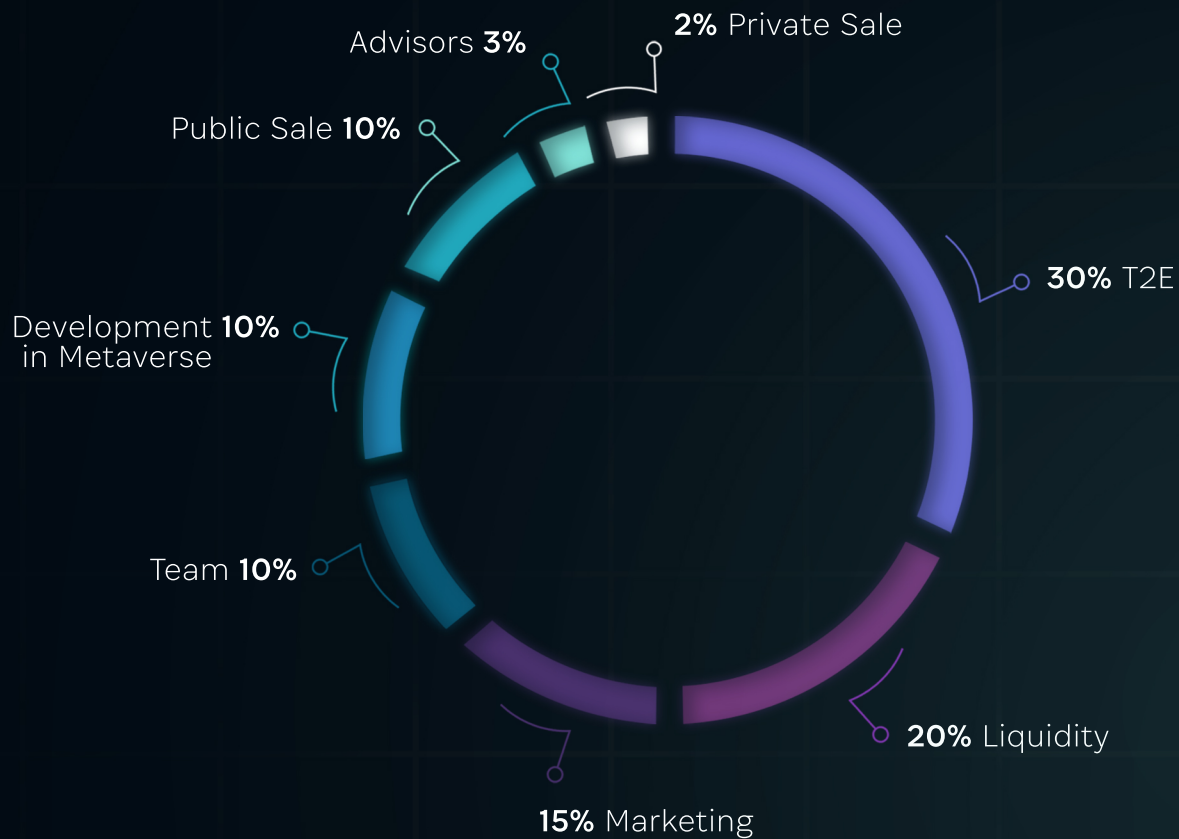
# WorkoutApp - statement of inclusivity

The **WorkoutApp** integrates blockchain and AI technology to revolutionize the fitness industry and create an inclusive environment for all, including those with disabilities.

AI algorithms recognize the type and amount of effort put into training, allowing for a fully inclusive experience. Part of the profits will be donated to charity, increasing the recognition of **WorkoutApp's** partner charities.



# Token distribution



EcoSystem T2E	30%	Minted by Users	4 500 000 000
Liquidity	20%	Depends on the Exchanges number	3 000 000 000
Marketing	15%	10% TGE + vesting	2 250 000 000
Public Sale	10%	20% TGE + vesting	1 500 000 000
Future Metaverse	10%	10% TGE 3 month cliff	1 500 000 000
Team	10%	One year cliff + vesting	1 500 000 000
Advisors	3%	10% TGE half year cliff + vesting	450 000 000
Private Sale	2%	10% TGE individual cliffs + vesting	300 000 000

# Roadmap

## 1Q 2025

Work on integration with existing Metaverses  
Introduction of VR personal training  
Integration with the most popular Meta-worlds  
Creating own WorkoutGym network in the most popular Metaverse

## 3Q 2024

Introduction of Workout Wallet  
**Fan Token Event**  
**Announcement of the WRT league main sponsor**  
Passive earning and project investments  
Classification of the most active users  
Launch of the unique NFT collection  
Enable token swapping in the application  
Launch of the NFT lending

## 1Q 2024

Presentation of the NFT collection  
Creation of an MVP  
Application tests  
Application optimizing  
Creation of a website v2

## 3Q 2023

Building and engaging the community  
Collaboration with athletes  
Consultations with partners and experts  
Marketing strategy adjustments  
Definition of WorkoutApp requirements

## 1Q 2023

The idea of creating the WorkoutApp  
Gathering a team  
Market research  
Development of a marketing strategy  
CEO's initial funding deposit

## 4Q 2024

Introduction of WorkoutApp Crypto League  
**Creation of the training platform with the world's top trainers**  
**Introduction of the Train to Earn economy for the people with disabilities**  
Partnerships with gyms in the real world  
Organization of WorkoutApp.io competitions  
Land purchase in the Metaverse for the first WorkoutGym

## 2Q 2024

Refining the remuneration algorithms  
Audit  
Beta application introduction  
Presale  
Listing on Tier 1 CEX & DEX  
**Top sports star announcement**  
Start of staking  
Application introduction  
**Partnership with a charitable foundation**  
**Airdrop event**

## 4Q 2023

Further application development  
Cooperation with sports brands  
Refining the tokenomics  
2nd round of private sale

## 2Q 2023

Creation of a website v1  
1st round of private sale  
Establishing contacts with partners

# Team



**CEO & Founder**  
**Witold Witkowski, MBA**

Entrepreneur, strong crypto-believer,  
investor and academic



**COO & Co-Founder**  
**Łukasz Kończak**

Athlete, entrepreneur,  
crypto-enthusiast and trainer



**NFT concept artist**  
**Filip Drywa**

Graphic designer, architect,  
CGI expert



**Head of Partnerships**  
**Ola Rutkowska**

Experienced leader and head of  
sales in number of MNCs



**CMO**  
**Jakub Gęsiak**

Marketing consultant,  
crypto devotee, head of SM



**UX Designer**  
**Patrycja Kulińska**

UX designer, graphic designer



**Advisor**  
**Marcin Kasica**

PL National Tennis Champion



**Advisor**  
**PhD Piotr Kasprzak**

Consultant, financial mathematician  
and tax expert

