

WHITEPAPER

WorkoutApp



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Application description

WorkoutApp is the first functioning Web3 application from the Train2Earn movement. Our Ecosystem is a revolutionary development of the Move2Earn trend. **Thanks to the WorkoutApp you can train in the gym, ride a bike, run, swim or do yoga and at the same time earn money!**



Compatible with watches:

- Amazfit
- Huawei
- LG
- Samsung
- Sony
- Stryd
- Withings
- Mykronoz
- PowerWatch
- Garmin
- Fossil
- Xiaomi
- Pebble

Simplicity is the key to success!

To earn money without any fuss, we introduce you to **six easy steps** below. For your convenience, the algorithm is simplified as much as possible. You don't have to spend hours studying the models or making any calculations; you can simply train and do what you love in sports!



Download the **WorkoutApp** from App Store or Google Play Store.



Sign-up for **WorkoutApp** you will be asked to provide your e-mail address.



Allow access to your location & synchronise your **WorkoutApp** with your wearable device.



Connect your wallet (MetaMask or TrustWallet).



Purchase or **win** your unique **NFT** sport attribute.



Enjoy the WRT rewards and a new, better lifestyle.

The basic premise of the [WorkoutApp](#) is to motivate users from all over the world to lead an active lifestyle and earn from it! The application recognizes the type of activity performed on the basis of readings from wearables and the phone, thanks to which no one is limited only to walking or running.

There are many categories of sports to choose from:



WALKING



RUNNING



SWIMMING



CYCLING



CROSSFIT



TENNIS



YOGA/PILATES



GENERAL WORKOUT



STRENGTH TRAINING



INTERVAL TRAINING

Earn & recovery models

No initial contribution needed

- **The most important thing is realistic experience.** At the beginning of the adventure, shorter workouts are available, after which it is easier to recover. Over time, Users progress and increase the difficulty level of a training, which also means the body needs more energy and supplements to regenerate the Stamina.
- Regardless of the chosen sport discipline, recovery can be done with the same supplement, thanks to which the process of doing several sports is extremely simplified.
Only the Stamina needs refill, so there are no issues like repairing shoes after a 1-hour walk or replacing the barbell and dumbbells after one training session.
- **Users get 100 Stamina points at the beginning.** Thanks to that, any training can be performed. If one has its own NFT, Stamina consumption is 10% lower than in the case of renting the NFTs.

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

Many move to earn ecosystems have been created, however most of them are incomplete. We decided to change it and introduce plenty of **additional features** that can be found only in the [WorkoutApp](#).

This is our competitive advantage.

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

Our assets

- Our biggest asset is the number of sports that enables earning, because there **are as many as 10** of them. We do not focus only on walking and running.
By combining wearables with a mobile phone, we have developed an ideal anti-bot system. It is based on such values as heart rate during training, User's speed of movement, accelerometer, gyroscope and GPS signal. There is no place for cheaters like in other projects where the dog or a hamster could earn tokens instead of the User.
- Another advantage of the **WorkoutApp** is the activation of Users by introducing challenges and the WRT league. This is to add competition and inspire app users to train on the daily basis. For taking part in challenges, they will be able to get additional gifts and mystery loot boxes.
- The cherry on the top of our project will be integration with the metaverse in which the User will be able to train with fitness stars and the best trainers in the world. The place where the training will take place is the virtual **WRT GYM**.

Fan Tokens

WorkoutApp is constantly developing and has established detailed strategy of the project expansion. One of the milestones is creation of a unique collection based on **NFTs** of the biggest celebrities from multiple sport disciplines. The main focus of the creators are the sports with the biggest number of fans in the world. There are over **400 million** pro athletes globally, so potential interest and demand is very high.

With a proper NFT - Fan Token, you will get access to premium servers where you will have the chance to chat with your favorite sport celebrities. Ask them all the questions bothering you, send your respect and support!



Create your collection and build your dream team. When you are ready, challenge other users, win tournaments and enjoy the victory & prestige.

The team builds relationships and partnerships with the most recognizable sport celebrities who have hundreds of millions of followers. What is more, we also cooperate with fit influencers to deliver their signed collectables, which will be used in the VR trainings in the next stage of the project development.

NFTs

The NFTs serve as your ticket to real rewards from the training!

- The **WorkoutApp** team has created 5 NFT levels for 10 sports. In addition, 2 **LEGENDARY** levels will be released. These will significantly increase your “efficiency” and earning rate. **Legendary NFTs will be super rare and extremely desirable.**

Users who have NFT in their treasury can lend them to other trainees and get half of the reward remaining after deducting the cost of the Stamina needed to perform the next training. One NFT can be lent once at the time. However, a single User may own multiple NFTs for the same or different sports and levels and lend them all at a clip.

Earn 24/7!



This is the perfect way to start your adventure!

Privacy and anonymity

In the cryptoverse privacy always comes first!

- **Your privacy is our priority.** **WorkoutApp** can be fully anonymous, forget about recording training or sharing your face! No identifiable data is collected. Earning algorithm is based solely on training information from wearables and phones.
- In addition, the application will introduce the possibility of in-app tokens SWAP, which is why full anonymity has to be guaranteed. **Maintaining high-level privacy will be ensured by introducing your own Workout Wallet!**



2 ways to get a WRT token:



Get **reward** for
the training



Purchase
the token

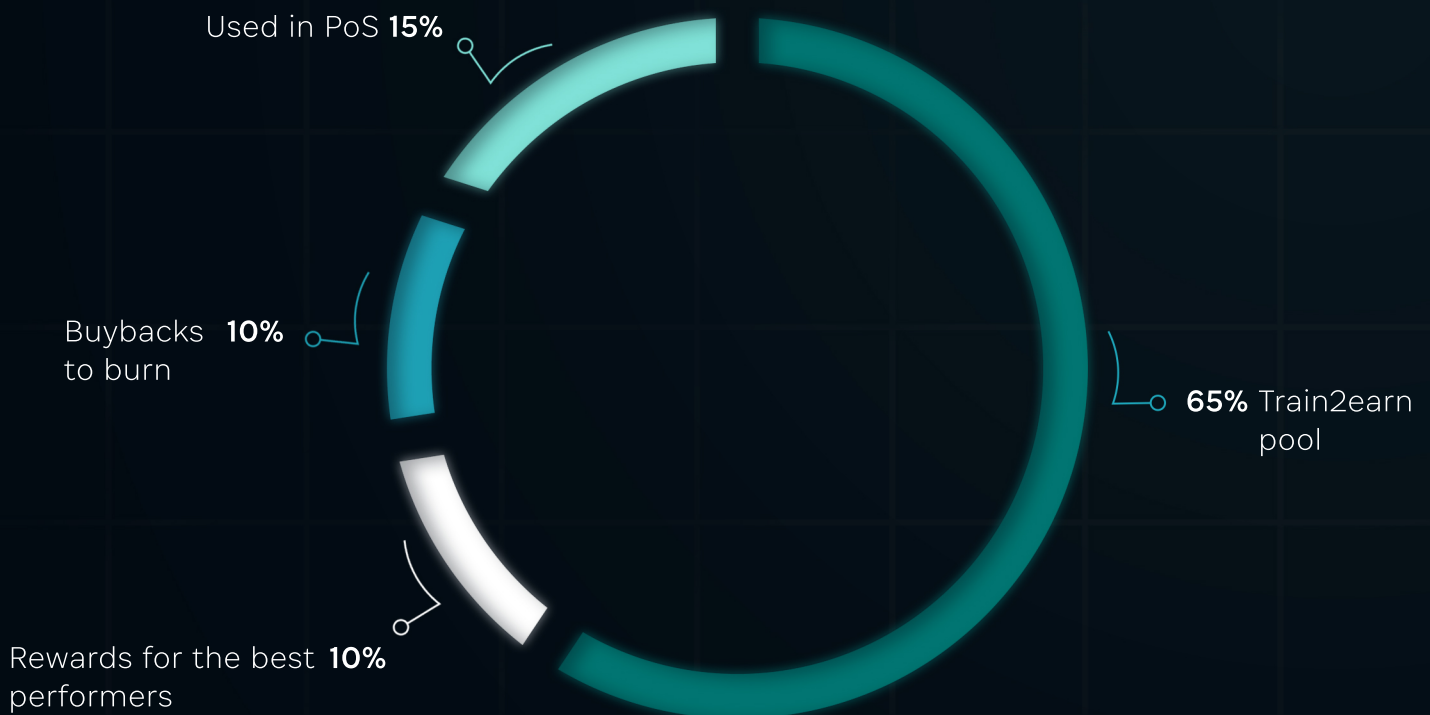
Main assumptions:

- One deflationary token with total supply of **15,000,000,000 WRT**
- Systematic token burning **every 6 months**
- Buy-back to assure the sustainability of the project
- The final number of tokens will reach **5 billion**
- Not less than **5%** of the **2%** fee will be returned to the ecosystem

Safety & Sustainability

- **Safety and sustainability** of the Project are the **main goals**.

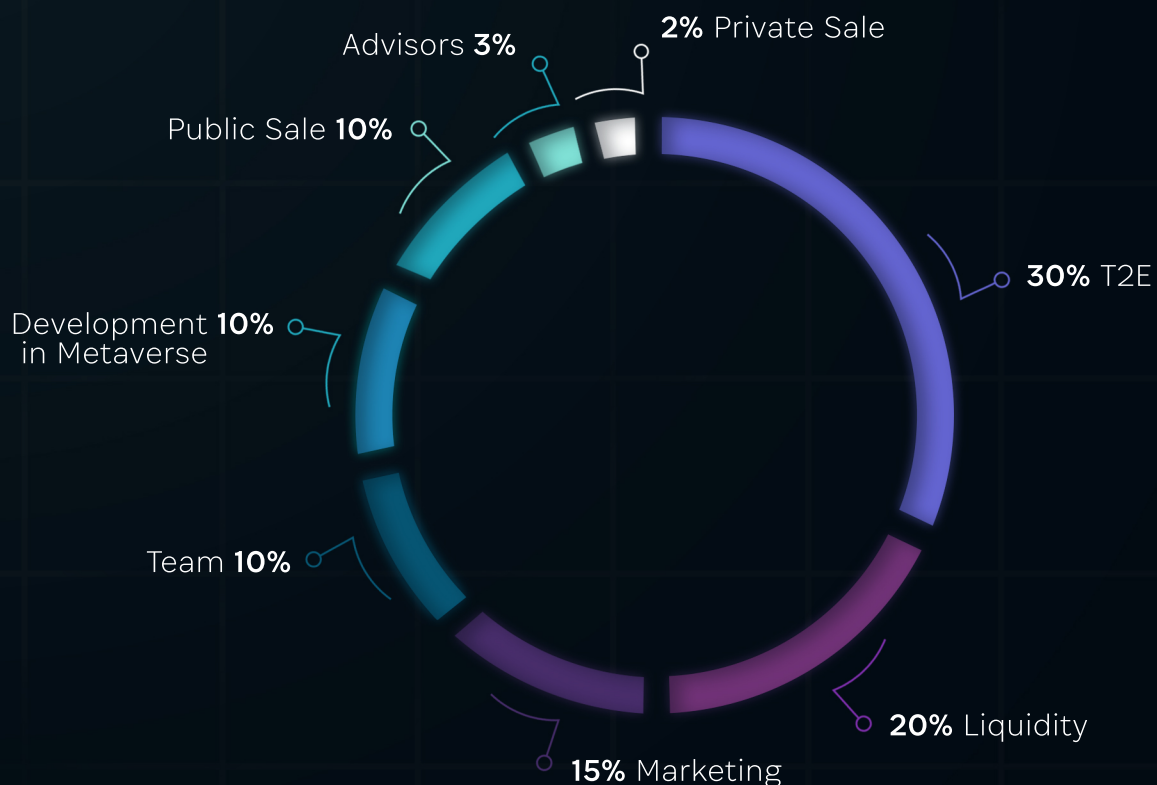
That's why the app earnings and fees will be put into customized and safe strategy. First of all, the majority will be used in proof-of-stake for stablecoins. On the other hand, the vast minority will be held in the **BTC** and **ETH**, and from these, prizes will be given away to the top active users each month. What's more, NFT collections sales will be fully returned to the **Ecosystem**:



The WRT token will be used to manage the entire Ecosystem.

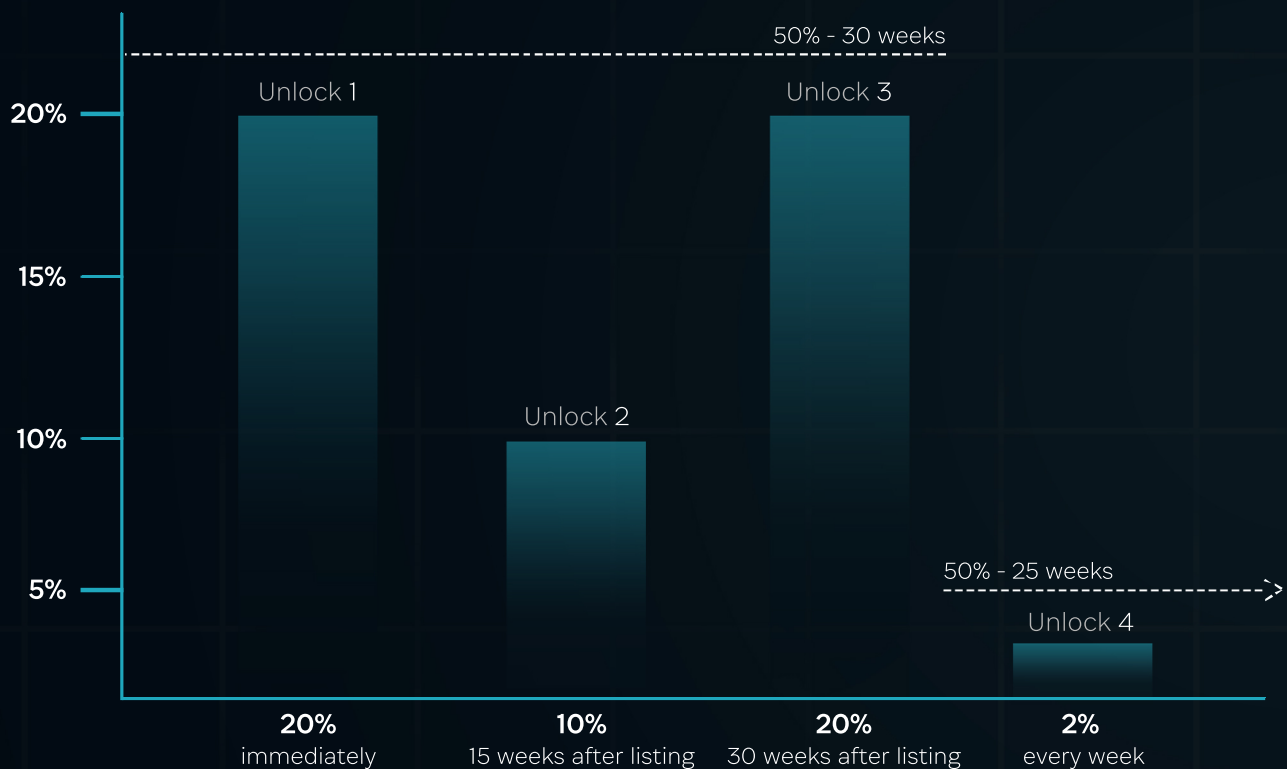
But what does this mean in practical terms?

- Receiving **WRT** tokens for the workouts
- Buying a next level NFT or a new sport NFT
- WRT token used for recovery before the next workout
- Until the end of **Q4 2024**, it will be possible to use **WRT** tokens to pay for personal training in VR
- In further stages of the project, one will be able to pay with the tokens for the gym membership cards in the real world and in the **Metaverse**



Vesting

- All the buyers who purchase WRT tokens in the pre-sale will receive **20%** just before listing, **10%** - 15 weeks after listing, **20%** - 30 weeks after listing and the remaining 50% will be released in **2%** batches unlocked every week. All the tokens will be unlocked in **55 weeks**.



Marketplace

- In the mobile application you will be able to **purchase NFT** of any level to do one of the selected sports.
- All the statistics of a given NFT, price and number of created NFTs of a given **level will be available in the Marketplace tab**.

WRT Leagues

- As the **WorkoutApp** team, we want to bring competition to the crypto world, making people even more motivated to play sports and train. We hope our idea will positively impact the crypto environment, attract new people to the **WorkoutApp** community and show the power of the WEB3 world.

The League will rest on two pillars. Competition and more rewards for the Users. Players will compete both individually and in teams. Everyone can join the League and benefit from it on a pay-to-play basis. Prizes are selected in direct proportion to the achieved position.

The individual League consists of 1000 Users and the group League consists of 100 Teams of 5-10 people each. **WRT** tokens will be the main prize in both Leagues.



The Individual League

1000 users



The Group League

100 Teams of
5-10 people each

Teams

- The Team League competition will take place between **teams of 5-10 users**. The most active group in a given discipline will win the grand prize dedicated to that discipline, receiving **WRT** Tokens as a reward. This prize will be provided by the league sponsors and will be shared among all the Team members.

Individuals

- Individuals compete with other Users to win more and improve their health at the same time. **WorkoutApp** plans to create several leagues where every participating User will gain a new way to get **WRT** tokens. The number of tokens received will depend on the place in the global ranking. The higher the User ranks, the bigger the prize. Eventually, the creation of several sports leagues is planned, to give the opportunity to compete in many different sports. The Leagues will differ in the number of tokens received and the deposit allowing the User to take part in the selected League. In addition, all the **WRT** tokens will stay in our community. The collected entry fees exceeding the value of the prizes will be returned to the **Train2Earn pool**.



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
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

WorkoutApp - statement of inclusivity

- As the **WorkoutApp** aims to revolutionize the fitness industry through the integration of blockchain technology, it does not forget about the less fortunate.
- The team try to build an inclusive environment which everyone can benefit from, regardless of the level of ability to move.
The **WorkoutApp** has the potential to disrupt the traditional fitness industry by implementing the state-of-the-art AI technology.
The Artificial Intelligence helps recognizing the type of activity and determine the amount of effort that person with disability puts to the training.
- AI powered logarithms are the foundation of creating fully inclusive environment in the fitness industry. It enables people with disabilities to earn in the real world and elevate their training experience.
To make a real difference, part of the fees and sales will be donated to the charity and spread among foundations helping less fortunate.
Popularity of the WorkoutApp will be used to increase recognizability of its partners - **charity foundations**.

Metaverse

WorkoutGym will be the first gym network in Metaverse!

- **WorkoutApp** will not rest only on the Application and Wallet. The fight for an active community will invariably be at the forefront of the goals of our Team! One of the elements that will allow expanding the community will be the largest activity of **WorkoutApp** among the competition in the already existing Metaverses. And we will fight every day to be present in each of the biggest Metaverses. Projects as advanced as Everdome, Decentraland, Sandbox, Axie Infinity, Netvrk etc. create perfect virtual worlds so that we can focus on what we do best. Taking care of the fitness of our Users and the thickness of their wallets.

Personal training in Metaverse

- “Lack of motivation” is provided as the most common reason for a low physical activity. **1 : 1 workout with a user-selected trainer from anywhere in the world will allow you to develop physically and improve your health while getting rewards at the same time!** Many people are ashamed to train among others (for many personal reasons), but now personal training in Metaverse will allow you to choose your own avatar and maintain complete anonymity while having fun and hitting the gym whenever and wherever you like! In addition, it will be also possible to **train with a FitCelebrity** of your choice. **Who would not like to train with their favourite?!**

Real world payments with WRT token!

- The worldwide adoption of Web3 and Metaverse is accelerating, but users of these concepts still do not constitute the vast majority of people practising sports.

That is why a very large number of athletes still use only the traditional gym. The entire **WorkoutApp** Ecosystem supports all active people, which is why we will build a bridge between virtual reality and the real world for everyone to enjoy. **The possibility of buying gym memberships, supplements and trainer's advice for WRT tokens** can change the world of modern sports and personal training. We are doing everything we can to fulfill the promise of everyday care for the health and wallets of our Users.



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

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CMO
Jakub Gęsiak

Marketing consultant,
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UX Designer
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UX designer, graphic designer



Advisor
Marcin Kasica

PL National Tennis Champion



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Consultant, financial mathematician
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