



1. Why is this app better than any of the others?

Unlike any other offering, the PEAR for One Pass App makes getting active and staying active fun and easy! The app is built on proven, evidence-based PEAR Training Intelligence® AI and 25 years of working with thousands of people just like you. PEAR for One Pass will create a personalized training plan just for you based on your biometric data, fitness level, goals and needs. No more guessing what you should be doing, is it working and what to do next. We do the work for you!

2. How do I get in touch with support?

Send an email to onepassupport@pearsports.com or Call: (619) 431-2335

3. Can I use the app with Friends?

Yes! Take the app on a walk or run with your closest friends or have them over to workout by casting one of the yoga, HIIT, flexibility or strength classes to your TV.

4. How do I know if I'm doing the exercises correctly?

Exercise moves are shown in detail during each workout. You can always pause your workout and rewind to see an exercise move performed again.

5. What does the app do with my data?

The app uses your data to adapt your training plan to improve your overall fitness level and allow you to continue doing what you love! You can share your data with your doctors and track your progress.

The app is a highly secure environment that is HIPAA Compliant, GDPR and CCLPA Compliant, we operate on OWASP Security Standards and we conduct regular security audits and scans.

6. What equipment do I need?

Before you start your workout, check the list of equipment to see what you need before beginning. Your coach will also tell you what you need at the beginning of the workout. You can always pause the workout to gather what you need, set up and then resume the workout.

7. How much does it cost to use the app?

The cost of the app is determined by your insurance carrier. Check your current benefits plan.

8. What is the app?

The app includes hundreds of workouts and hyper-personalized training plans in a variety of formats built with the PEAR Training Intelligence® AI engine. Your training plan adapts to you based on your progress to help you reach and potentially exceed your goals. Our hyper-personalized interactive training plans are led by world-renowned athletes, National Champions and Olympians. Following a fitness training plan will help improve your physical



fitness, overall health and fitness goals such as toning, endurance, losing weight and improving strength.

9. Who is the app for?

This app is for One Pass subscribers who:

- Had a doctor recommend they begin an exercise program
- Want to get active and don't know where to begin
- Are already active and want to stay active
- Active adults looking for new challenges

10. Who are the coaches?

- Nora Tobin, Certified Performance Enhancement Specialist and Personal Trainer - Nora is a health and wellness consultant to 5-star hotels, Fortune 500 companies and premium publications. She's a certified Performance Enhancement Specialist, Nutrition Specialist and Personal Trainer. Nora is the creator of the 5-week fitness and nutrition program: Kale, Cardio and Cocktails.
- Deena Kastor, Olympic Medalist and American Record Holder - Deena is a record-breaking Olympian whose career is earmarked by her groundbreaking 2004 Olympic Bronze Medal in the marathon in Athens, Greece, which shattered a 20-year medal drought for U.S. women in the event. Yet the accomplishments of the 3-time Olympian don't stop there. Deena is currently the American Record holder in the marathon at 2 hours, 19 minutes and 36 seconds and half marathon at one hour, 7 minutes and 34 seconds. Deena has held American records in distance running from 5K to marathon.
- Jenny Hadfield, Endurance Expert & Coach - Jenny is a walking, running and fitness expert and adventure-preneur who inspires everyone to live their best life. For over 20 years, she has inspired walkers and runners with her Flow-Based Training System (SM). Coach Hadfield teaches us to train with the rhythm of the body and everyday life to achieve success and reach our goals. She has twice been voted the Greatest Top 100 Influencers in the Health and Fitness industry. Jenny is a best-selling author and a popular Runner's World Columnist. She holds a Bachelor's Degree in Education and Health Promotion and a Master's in Exercise Science.
- Matt Fitzgerald, Acclaimed Author and Running Coach - Matt is a world-class coach, fitness expert, author and certified sports nutritionist. Specializing in endurance sports, Matt helps to train the first-time marathoner or the experienced triathlete. Matt's workouts and training plans range from starter, intermediate to advanced levels to 5K, 10K, half-marathon and marathon training programs.
- Josh Crosby, National Champion and Third Generation Rowing Expert - Josh's impressive background makes him not only an adrenaline addict, but also no stranger to intense physical competition. As a third generation rower and a gold medalist at the Junior World Rowing Championships, Crosby went on to race with Brown University to two National Championship titles. He later led the U.S.



National Lightweight Team and placed at the World rowing Championships in Finland. Josh was chosen by the 1996 Olympic Selection Team and U.S. National Team.

11. Why use the app?

This app is for anyone who wants to increase their activity levels and improve their overall fitness. It's easy-to-navigate and makes getting active and staying active both easy and fun!

12. Why is it important for me to get active and/or stay active?

The CDC recommends at least 150 minutes a week of moderate intensity exercise such as walking or running including two days a week of muscle strengthening and balance exercises.