

Stay In. 
Work Out.



Enjoy!

GIGABODY.COM

gigabody 

Anywhere



Work out anywhere you have an Internet connection and a video screen.

Anytime



Unlimited 24-7 access to all our videos, plans, and collections.

Awesome



So many ways to feel good! Exercise endorphins, staying on track, and rocking your goals.



igabody is a web-based fitness video service delivering professional workout videos to you on demand, whether you are at home or on the go. We help you get and stay fit on your schedule, with a library of diverse content & excellent instructors to motivate, inspire, and challenge you. Our platform, launched in April 2014, represents the logical evolution of digital workout distribution, streaming videos from the cloud straight to your internet-connected devices, for maximum convenience. We aim to be THE go-to brand for all types of wellness videos, to help you live a healthy, active life.

Curated Workouts



Training Plans



Themed Collections



Member Benefits.

- 1 **Convenient, on-demand access** to top quality workout videos in popular styles
- 2 **No spam, ads, or distractions**, just clean, curated content
- 3 **Browse, search, or discover** new videos by collection, to find your perfect workout
- 4 **Workouts for all skill levels**, with & without equipment
- 5 **Workouts for all time frames** from minutes to hours, specializing in highly efficient workouts (20-45 minutes)
- 6 **Optional training plans** for those who prefer a set workout schedule with expert guidance
- 7 **Tailored recommendations** based on your viewing and viewers like you
- 8 **Favorite videos** for easy repeat access
- 9 **Motivational quotes** to inspire you on every visit
- 10 **'Ask the Trainer'** gives you Q&A access to our expert instructors, with valuable tips and advice

Founder



Valerie Lanard is the founder & CEO of Gigabody. She holds a Masters degree from the UC Berkeley School of Information, where she also taught programming. Prior to founding Gigabody, she spent 11 years at Ask.com, working with and managing engineering teams, building large-scale public web applications, focusing on analytics, and creating internal productivity tools. Along the way, she inadvertently fell in love with fitness after joining a company Biggest Loser contest, to curb the weight gain from years spent at a desk. Gigabody was formed at the intersection of her passions: fitness and technology. ***"Gigabody offers instant gratification access to a ton of empowering workout videos online, and lets us take back our health using the very devices that made us inactive."***



Gigabody membership gives you unlimited access to our video library and custom workout plans, for a small monthly fee. Unlike YouTube, we deliver a clean, tailored user experience, with no spam, ads or distractions, and only professional-caliber content. And unlike niche video sites, we give you access to a wide variety of video styles & the latest in fitness trends to keep your workouts fresh. We offer Strength Training, Cardio, Yoga, Dance, Kickboxing, Barre & more!

Our mission is to empower our viewers through the benefits of exercise, which directly impact both health and happiness. We help you build healthy habits to stay on track and rock your fitness goals.



LET'S CONNECT

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