

CAROL

Meet the **Bike of the Future**



www.carolbike.com



Double the health and fitness gains in **20% of the time**

The shortest, most effective cardio — thanks to AI-powered workouts that help you reach your full potential.

The CAROL workouts are based on the science of **REHIT — Reduced Exertion High-intensity Interval Training** — a scientifically validated and time-efficient alternative to traditional HIIT exercise.

REHIT makes it possible to achieve double the health and fitness benefits vs. traditional exercise, in 20% of the time.

Working out with CAROL 3 times a week for 8 weeks results in double the health and fitness gains compared to traditional exercise.

Bring the power of **REHIT to your gym**

CAROL is a commercial-grade bike that's built for performance. We're trusted by the world's top exercise researchers and biohackers, and used in gyms, health and fitness centers, and biohacking studios across the United States and around the world.

This is the first and only equipment that makes it possible to get the results of REHIT exercise outside of a lab.

It's the shortest, most effective cardio workout you can do, with maximum results in minimum time.

Give your clients the workout they didn't even know they were waiting for.





A workout that pushes you to your limits

Every CAROL's workout is personalized to keep you working at your optimal fitness levels — so you can get fitter, faster. The bike knows precisely how hard to push you to get results — and keeps adapting as you get stronger and fitter.

See the results, in real time

CAROL tracks your heart rate and power in real time, so you can track your performance as you ride. Post-ride performance metrics will show your fitness gains after every workout, including your Octane score — a proxy for VO_2 max — your peak power, calorie burn, cadence and more.

A great workout for everyone

CAROL's REHIT workouts are a good fit for any age, fitness level, and even those with pre-existing health conditions. Even though the sprints are intense, the workout's short duration and the joint-friendly bike put less strain on the body than other forms of exercise.

Get **double** the results



Get healthier

Riders working out with CAROL show significant improvements across a range of key health markers. In studies, working out with CAROL for 8 weeks has been proven to:

- + Reduce the risk of type 2 diabetes by 62%
- + Reduce blood pressure by 5%
- + Reduce triglycerides (the fat found in your blood) by 10%
- + Increase good cholesterol by 6%
- + Reduce blood sugar by 2%



Increase your cardiorespiratory fitness (CRF) by 12%

CRF refers to the efficiency of the body to supply oxygen to your muscles – essentially, it's your power per heartbeat. Working out with CAROL has been shown to increase VO_2 max by 12% in 8 weeks.



Keep burning calories after your workout

CAROL burns over twice as many calories, minute-per-minute vs. traditional exercise. This is thanks to the afterburn effect (also known as EPOC or excess post-exercise oxygen consumption). This boosts your metabolism and keeps your body burning calories for up to 3 hours after a CAROL workout.



Turn back the clock

A 10% improvement in VO_2 max adds 2 years of healthy life expectancy. Additionally, VO_2 max tends to decline by about 10% per decade after the age of 30. Since CAROL increases VO_2 max by 12% in 8 weeks, it effectively turns back the clock on your fitness by a decade.

The **science** behind CAROL

CAROL's workouts are based on extensive scientific research into REHIT and the "minimum effective dose" of exercise – the quickest, most effective way to achieve maximum health and fitness benefits.

And those benefits all come back to the power of "glycogen depletion."



What is glycogen?

Glycogen is sugar that is stored in your liver and your muscles as a short term energy reserve.

How does glycogen depletion increase fitness?

CAROL's short, intense sprints create a sudden spike in energy demand, which forces your muscles to burn muscular glycogen instead of sugars from your bloodstream.

This muscular glycogen is your body's "emergency energy reserve". Tapping into these stores sends a signal that your body needs to get fitter and stronger.

Why is CAROL the best way to do this?

CAROL's two 20-second sprints rapidly deplete glycogen stores by 25-30% and "saturate" the signaling response mechanism. It's like flipping a switch; more or longer sprints have no additional benefit, which is why CAROL is so effective with such a short workout. These maximum intensity sprints make it possible to achieve the same level of glycogen depletion you'd get from a 45-minute run in one 8-minute and 40-second workout.

Because our AI is able to apply precisely the right resistance, at exactly the right moment, CAROL is the only fitness equipment that makes it possible to achieve these results outside of the lab.