# New Expresso & CyberCycle Bikes for Embodied Health



Blue Goji has updated and upgraded both Expresso® and CyberCycle® bikes. Running GojiPlay®, these bikes are now Embodied Gaming & eSports devices that provide unparalleled embodied experiences for riders of all ages and abilities. Riders will re-center and focus on their physical, cognitive, mental, and social well-being - the essence of Embodied Health!



# EXPRESSO UPRIGHT

Featuring GojiPlay® and redesigned handlebars with new game controllers, GO-U2 now supports a new range of Embodied Games as well as our traditional, well-loved Expresso Trails! With the dynamic magnetic resistance control completing this immersive environment, GO-U2 is no longer just a stationary bike, but a new Embodied Gaming device that will transport the rider to many fantastical, virtual worlds, from being a pugnacious boxer to a daredevil jumping over a mountain pass! The new bike also features improved computing specs to run these new games smoothly.

#### TECHNICAL INFORMATION DIMENSIONS 47" x 24" x 62" WEIGHT 165 lbs SCREEN SIZE 25.5" – 1080p resolution WEIGHT LIMITS 350 lbs



## GO-R2 EXPRESSO RECUMBENT

GO-R2 provides low-impact exercise and features the signature GojiPlay® to give every rider the Embodied Health experience. Equipped with unique spring-loaded handlebars, GO-R2 will engage riders more immersively as they push and pull them rigorously during gameplay, enjoying a full-body workout while having fun. Just like GO-U2, GO-R2 is now a new Embodied Gaming device. The bike is ergonomically comfortable with an adjustable seated position to accommodate your entire community, from youth to active older adults. GO-R2 also features improved computing specs, supporting current and future Embodied Games

TECHNICAL INFORMATION DIMENSIONS 70" x 27" x 53" WEIGHT 232 lbs SCREEN SIZE 25.5" - 1080p resolution WEIGHT LIMITS 350 lbs Right Handlebars

#### CYBERCYCLE® RECUMBENT

CyberCycling has been shown to delay the onset of dementia better than traditional exercise (Based on independent research studies). Now upgraded with GojiPlay® and Embodied Games, the bike is more effective in challenging and re-integrating older active riders' physical, cognitive, mental, and social faculties. Cybercycle is built with a larger adjustable seat and larger supportive foot pedal, providing comfort for the entire ride. Similar to the GO-R2, the bike's unique spring-loaded handlebars offer more immersive, stimulating, and embodied gameplay and movements that promote healthy aging.

TECHNICAL INFORMATION DIMENSIONS 70" × 27" × 53" WEIGHT 232 lbs SCREEN SIZE 25.5" – 1080p resolution WEIGHT LIMITS 350 lbs

Blue Goji Embodied Gaming equipment, supported by GojiPlay®, provides the ultimate Embodied Health<sup>™</sup> experience.

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# ℅Embodied Health™

Embodied Health<sup>™</sup> is the unique vision of health and well-being developed by Blue Goji. We promote such an ideal state of health by providing embodied experiences that allow riders to re-center and re-integrate their physical, cognitive, mental, and social faculties.

#### PHYSICAL

Physical activity and exercise strengthen our bodies and bolsters the neuromuscular circuitries in our brains.



#### COGNITIVE

Cognitive & physical stimulations promote and maintain our brain health and slow cognitive decline.

# MENTAL

Physical and mental stimulations improve neuroplasticity by forming new neural networks and disrupting maladaptive ones that underpin common mental conditions.

# SOCIAL



Maintaining good social connections not only contributes to brain health but also plays a crucial role in keeping us HAPPY!

Playing Embodied Games on Expresso and CyberCycle bikes with friends and family, riders will enjoy the embodied moments and truly engage with the world as ONE -- the perfect antidote to a myriad of disembodied stresses of modern-day life! GojiPlay® is Blue Goji's signature innovative technology platform that advances the Embodied Health mission. GojiPlay® supports our Embodied Gaming equipment (Expresso & CyberCycle Bikes), and hosts Embodied Games and eSports Tournaments. Paired with fun and motivating challenges, everyone will get involved, moving, and competing. GojiPlay® strengthens our commitment to the social well-being of your members with community-building tools that allow you to set up and manage all community types to motivate members (eSports teams, shared activities/interests, dieting, etc.). GojiPlay® will feature regular updates and game releases, creating a more robust Embodied Gaming environment for all to enjoy.

# **GAMES & ESPORTS**

Challenge your physical, cognitive, mental, and social faculties with Blue Goji Embodied Games

Provides a broad range of Blue Goji games with regular updates and new game releases

Promote intergenerational gaming and connection with fun games everyone will love



GojiPlay<sup>®</sup>

### APP (MEMBER TOOL)

Participate in challenges of all kinds, Embodied Gaming & beyond

Connect with your friends & communities: supporting each other in the Embodied Health™ quests



Apple Health & Google Fit Integration

# PORTAL

Host Embodied Games & eSports tournaments

Manage and support Communities with motivating & fun Challenges

Host live, interactive GojiTalk video sessions

Offers virtual membership opportunities



With GojiPlay®, Expresso & CyberCycle bikes are now transformed into fully immersive Embodied Gaming devices. Contact us today to learn more.

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