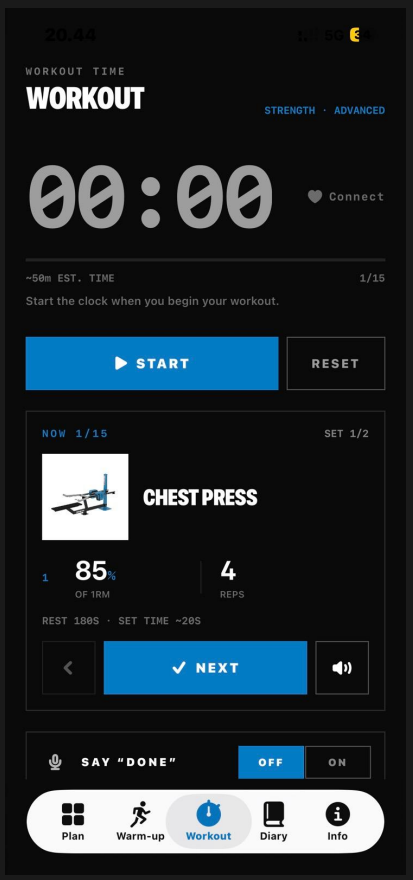
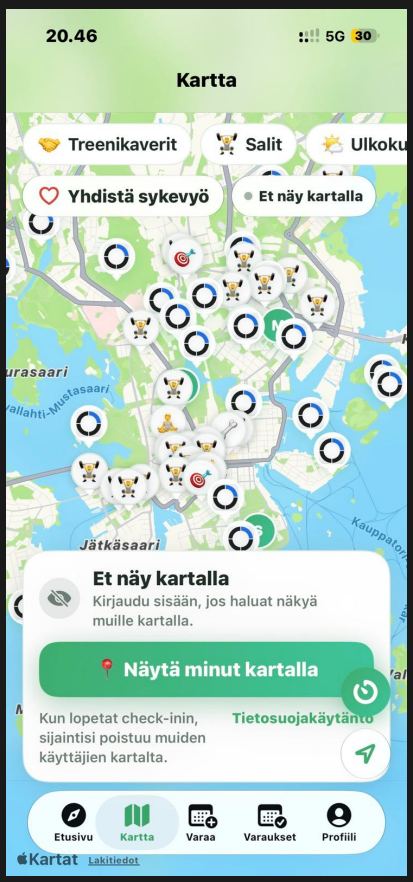
NORDIC OUTDOOR · BROCHURE

OMNICORE

× Treenikaveri

The smart training app for outdoor gyms. Find an OmniGym park on the Treenikaveri map, open OmniCore and train with guidance – alone or with a buddy.





Five tabs: Plan · Warm-up · Workout · Diary · Info

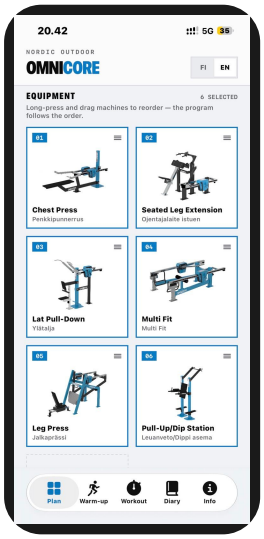
More info: omincore.vonx.app · treenikaveri.online

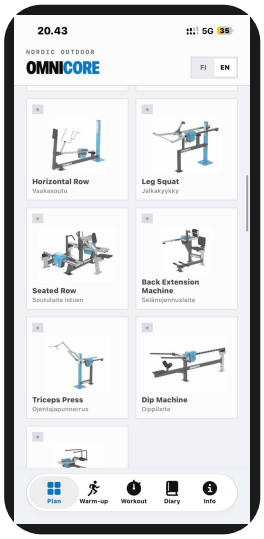
ALL FEATURES (1/2)

01 PLAN

Machine selection & order

Pick the park's OmniGym machines: bench press, leg press, lat pulldown, Multi Fit, pull-up/dip and many more. Long-press and drag to reorder – the program follows your order.

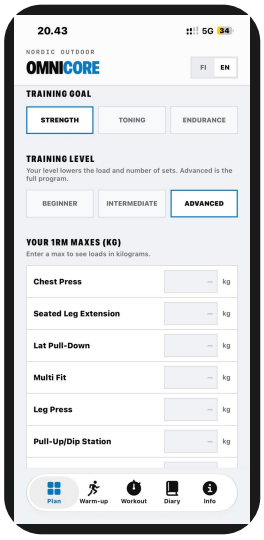




02 PLAN

Goal, level & 1RM

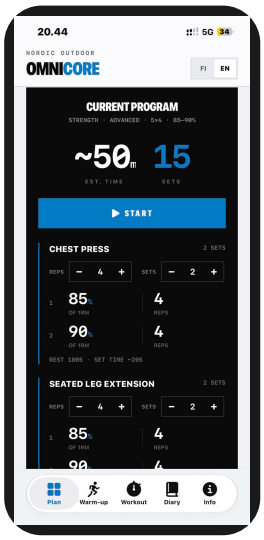
Choose a goal (strength, toning, endurance) and a level (beginner, intermediate, advanced). The level adjusts load and number of sets. Enter your 1RM maxes to see loads in kilograms.



03 PLAN

Automatic program

The app calculates estimated duration and total sets, % of 1RM, reps, rest times and set duration. Reps and sets can be adjusted per machine.

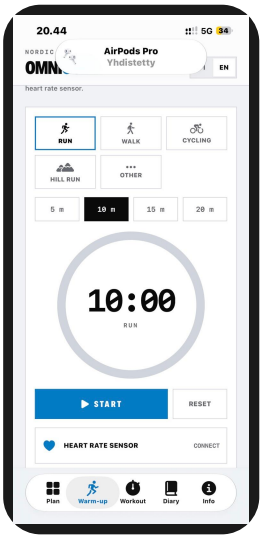


ALL FEATURES (2/2)

04 WARM-UP

Warm-up & heart rate

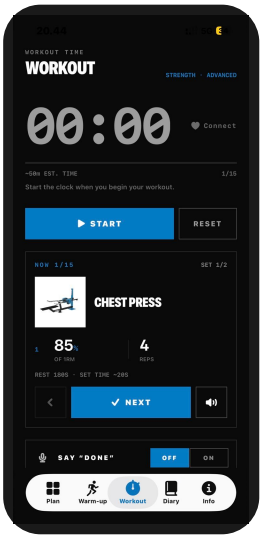
Running, walking, cycling, hill runs or other. Timer of 5, 10, 15 or 20 minutes. Connect a Bluetooth heart-rate sensor and follow your pulse live.



05 WORKOUT

Guided workout

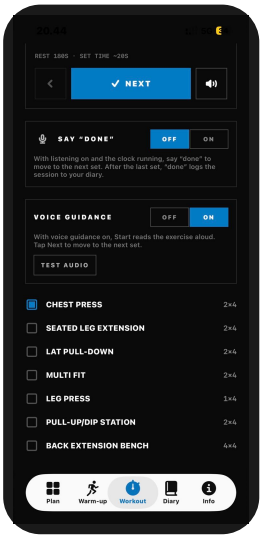
Workout clock, progress (e.g. 1/15), the current machine with picture, load and reps. The Next button moves you set by set, and the list shows the whole program.



06 WORKOUT

Voice control & spoken guidance

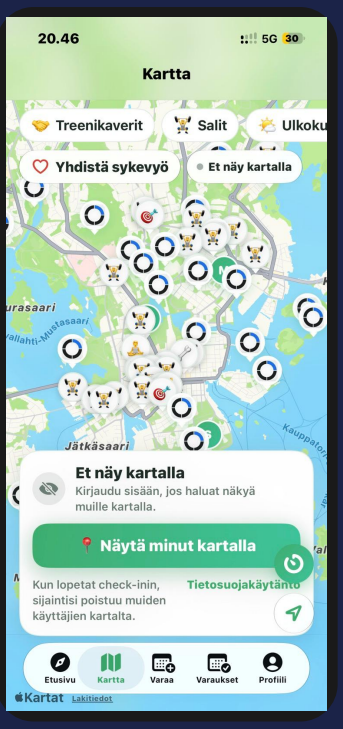
Say “done” to move to the next set – after the last one the workout is saved to your diary. Voice guidance reads exercises aloud into your headphones.



INTEGRATION

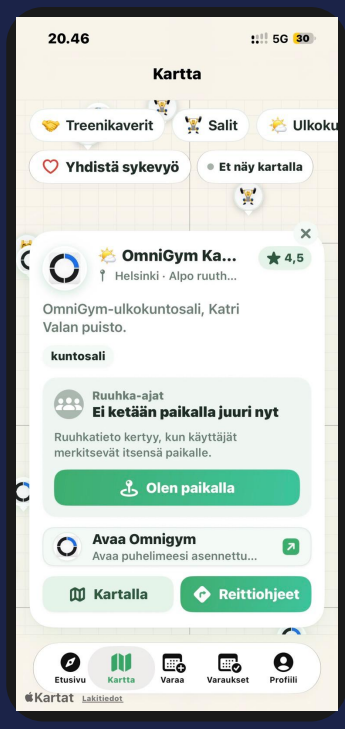
On the Treenikaveri map

Treenikaveri shows every OmniGym outdoor gym on the map with its own marker. Tap a gym and jump straight into a workout with OmniCore.



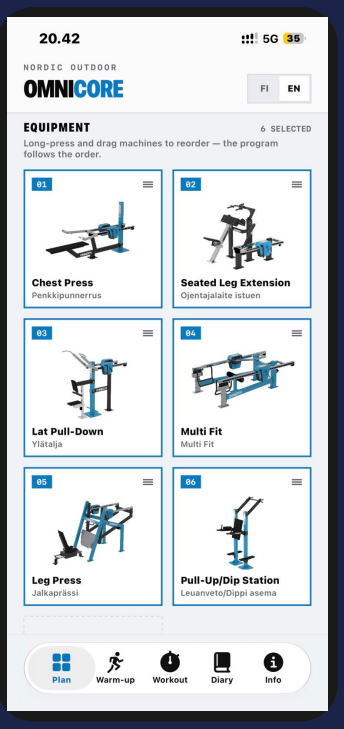
1. Find a gym

OmniGym markers alongside gyms, outdoor gyms and training buddies. Filter and connect your heart-rate strap.



2. Check & check in

Gym card: location, rating, busy hours and “I'm here”. Directions to the spot.

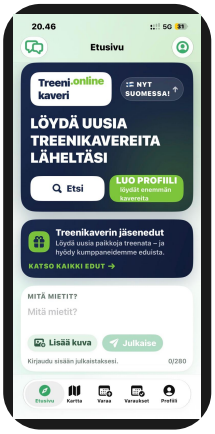


3. Open OmniCore

“Open Omnigym” launches the installed OmniCore app – pick machines and start.

Find a training buddy

In Treenikaveri you can find new training buddies nearby, appear on the map during your check-in and use member benefits. Your location is removed from the map when you end your check-in.



DIARY

Training diary – every completed workout is saved automatically.

INFO

Machine and app instructions plus information about OmniGym outdoor gyms.

FI / EN

The whole app in Finnish and English with one tap.

QUICK START

1. Open Treenikaveri and find the nearest OmniGym marker.
2. Check the gym card and tap “I'm here”.
3. Tap “Open Omnigym” – OmniCore opens.
4. Pick machines, goal and level, enter 1RM.
5. Warm up with the timer and heart-rate strap.
6. Train with guidance – say “done” after each set.
7. Your workout is saved to the diary automatically.

OMNICORE × TREENIKAVERI