

Struggling to Stick with Exercise?

Help Shape the Future of Exercise Training!

Researchers at SEMLI (University of Pretoria) are studying how **AI-guided, personalised** exercise programmes can **help people stay active for longer**.

Volunteers are invited to join a structured cycling training study to identify enjoyable, sustainable training approaches.

Who can participate?

- **Males** aged **23–37 years** (this phase of the study)
- Physically **inactive**: less than 30 min exercise per week for the past few months
- Healthy*, non-smoking

**Medical screening will determine eligibility to participate*

What does participation involve?

- Pre-screening questionnaire
- WattBike training twice weekly
- VO₂ testing (mask worn in some sessions)
- Heart rate monitoring
- Short exercise questionnaires
- Minimum 12 weeks of training
- All sessions at UP SEMLI

What's in it for you ?

- Free 12-week training with Sport Scientists at UP SEMLI
- Free InBody body composition assessment
- Improve fitness
- Contribute to research on personalised exercise

Participation is voluntary - withdraw at any time.

Interested ?

For more information,
please scan QR code



Questions: research@semli.co.za

Ethics approval for this research has been received from the Faculty of Health Sciences Research Ethics Committee, University of Pretoria.