SLOWTRAINING
JUST **30** MINUTES

RESISTANCE
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BINANCE
SMART CHAIN

PancakeSwap

RP Red Pill
Ventures

fittoken

Whitepaper
English version
June 2021

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1. INTRODUCTION

Disclaimer: some of the information in this document may be subject to minor changes small changes. Always seeking to improve the model and looking for its long-term equilibrium, giving value to each one of the stakeholders.

Sarriá Fitness SL in collaboration with RedPill Ventures Lda has developed the first tokenized gym in the world, consisting of the adaptation of a token (FITTOKEN) to an existing business (Slow Training & Resistance Institute) in order to ultimately improve the company's business and customer satisfaction.

FITTOKEN will provide access to unique functionalities, both in the Slow Training and Resistance Institute business as well as independently through DeFi services. Therefore, any of the company's customers or crypto-believers will be able to benefit from this unique token, with sustained long-term incentives that will inevitably cause the token to absorb value.

FITTOKEN will go on private sale to people close to the company or its entourage
in April 2021, and will progressively go live with internal and external services over the following weeks.

Once the private sale closes (limited to €100,000) the token will start trading on
a DEX on the Binance Smart Chain (Pancakeswap), at a price significantly higher than that of the private sale (+50%, 0.15€ vs. 0.10€).

We have selected the Binance Smart Chain because of its simplicity, functionality (since it allows you to execute any Ethereum contract) and, above all, the prices (transaction cost less than 1% compared to Ethereum). We also count on the commercial and marketing and commercial push from Binance's own people, making it easier to have a global impact.

2. VALUE PROPOSITION AND INCENTIVES

The FITTOKEN will give access to services only available by staking (i.e., by storing the token in a company contract). In addition, the more tokens accumulated, the more will be received as incentives, thus generating a "viral loop" that will ultimately always benefits the investor.

What does the token holder earn?

We can benefit from FITTOKEN in 3 ways, from least to most incentive:

2.1. We buy and hold.
● We automatically generate a capital gain of 50%, since the token will go out in the pool at 0.15€ and will be sold, in private sale, at 0.10€.
● We benefit from future price increases of the token.
● We sell the token whenever we want (there is a DeFi pool for this purpose).
● We access with it to services in SlowFit and Resistance Institute.

2.2. We buy and stake.
● We have the same advantages as before, plus:
● We earn an incentive (12.000 tokens/monthly provided from yield farming).
● We earn a percentage of the undistributed constancy incentive tokens.
● We gain access to incentives and privileges when training and taking courses, with the possibility of maximizing them according to your staking level.

2.3. We buy and provide liquidity.
● We have the same advantages as buying, plus:
● We earn an incentive (16.572 tokens/monthly provided from yield farming).
● We earn commissions (0.17% of pool transactions).
● We gain exposure to Bitcoin: as we expect FITTOKEN to go up more in the
same period of time as Bitcoin (due to the maturity of the latter), the investor who brings in liquidity will take out a pair (FIT-BTC) with a higher amount of BTC than he put in to enter.

3. BUSINESS MODEL

As we saw earlier, FITTOKEN targets different types of users:

● Customers of SLOWFIT centers and RESISTANCE INSTITUTE students who.
want to use it to access exclusive products.

● Fitness trainers who will receive incentives based on individual and collective results.
Individual and collective results.

● Crypto-medium users (who can also be clients) who want, in addition to.
the above, obtain capital gains and increased incentives with staking.

● Advanced crypto users (who may be the above) who want, in addition,
support the project by providing liquidity and thus obtain greater incentives.
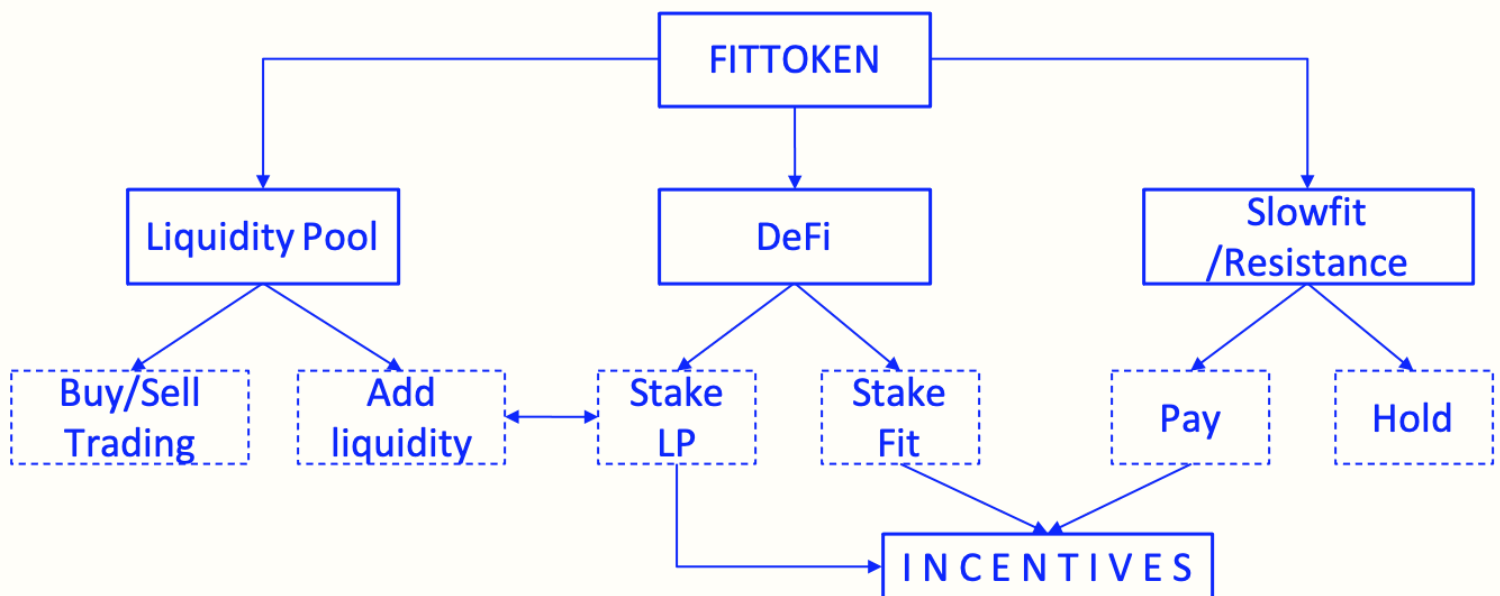
FITTOKEN can be managed in 3 different ways:

● In the liquidity pool, both to buy/sell and to add liquidity.
Anyone will be able to add LP tokens (liquidity tokens) and earn 0.17% of the transactions in the proportional share they hold of the pool.

● In the *DeFi* application (www.fittoken.io), where you will be able to stake it (either directly or as LP tokens) getting higher incentives (rewards) for it.

● In the company's products (Slow Training and Resistance Institute), both as a payment currency, as well as for holding it and getting incentives.

4. TOKEN DISTRIBUTION

A fair distribution of tokens will be made by rewarding the buyers of the private sale, and limiting the influence of the promoter team in the very long term.

Stakeholder	Fittokens	Characteristics	Distribution (month)
Promoter Team	1M	Vesting 4 years	13 to 48
Pre-sale	1M	Project Funding (100k€)	1 to 6
Treasury Stock	2M	Reserve Fund & Pool	1 to 48
Yield farming	2M	+ Incentives through staking	1 to 70
Incentives	4M	Distribution among customers	1 to 120
Total	10M		

The tokens associated with the promoter team will remain locked for 1 year and will start to be distributed over the next 4 years in a progressive manner. The rest of the tokens are distributed from month 1, the fastest being those sold in pre-sale.

Yield farming refers to the incentives for staking and farming, while the overall incentive pool will be distributed among Slowfit and Resistance Institute clients.

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Incentives will be spread heavily for the first 4-6 years, and then enter a deflationary model. After this period, the company will be able to use the tokens from its treasury stock to continue distributing incentives or buy them from the pool directly. All new franchisees will allocate a percentage of their marketing investment to the purchase of tokens to redistribute the value generated to their customers.

1% of the tokens transacted against the pool will be burned, from the beginning, thus, reducing supply and raising the price in the long run. See section 10 on Burning below (token burning).

5. OPERATION

Once the token is issued and distributed the following will occur;

5.1. The company sells all the tokens (1M). They are distributed in 6 months, thus avoiding speculation and the -unlikely but possible- possibility of knocking down the price of the token.

5.2. The company receives, in consideration, €100k. It uses this money to complete the technological and tokenomic developments, technical integrations, liquidity contribution to the pool and miscellaneous expenses.

5.3. The company also obtains, in the first month, 41,667 tokens from treasury stock. It thus becomes the creator of the liquidity pool, contributing those tokens and 6,250 Euros in BTC (the token is issued, at time zero, at a value of 0.15 Euros; but in private sale it was sold at 0.10 Euros, giving any investor a 50% capital gain at time=0).

5.4. From that moment on, any user may contribute liquidity to the pool.

5.5. The tokenized business starts up and incentives begin to be distributed (33,333 tokens/month). These will be reserved for incentives to Slowfit and Resistance Institute customers. These will not be distributed at 100%, but according to the results obtained by each client: from rewards for results, perseverance and referrals. Undistributed perseverance rewards will be added to the staking incentive pool.

5.6. Stakers will be able to stake their tokens to access privileges and multipliers according to each level. In addition, they will also receive 12.000 tokens/month as an incentive (from Yield farming).

5.7. At the same time the Yield farming rewards start to work (28,571 tokens/month for 70 months). Of these tokens, 16,571 tokens/month will go towards

will be used as incentives for providing liquidity. The remainder (12,000 tokens/month) will go to staking incentives (see point 5.6).

Under this model, the least intelligent thing to do is to sell the tokens: if you are a Client, it is in your interest to stake them to get access to better services at a lower price, and if you are a Holder, you earn more tokens for staking or farming actions.

6. STAKING LEVELS

With FITTOKEN you can unlock improved incentives and privileged access to services within Slow Training and Resistance Institute. Depending on the number of
tokens staked; each user will be able to unlock one of the 5 categories.

Stakers will also receive the tokens not distributed for constancy.

6.1. Level 1 - **"BASIC".**
● Between 10 tokens and 100 tokens in staking.
● Purchase of merchandising with FITTOKENS
Receive 5% of unallocated incentives + staking incentives.
● 1% payback on Slowfit programs

6.2 Level 2 - "**ADVANCED**".
● Between 100 and 1.000 tokens in Staking.
● Purchase merchandising with FITTOKENS
● Governance power to decide merchandising designs.
● Receive 10% of undistributed incentives + staking incentives
● 2% payback on Slowfit programs

6.3 Level 3 - "**SILVER**".
● Between 1.000 and 20.000 tokens in Staking.
● Purchase merchandising with FITTOKENS
● Governance power to decide merchandising designs.
● Unlocking for rewards multipliers in different programs.
● Possible purchase with FITTOKENS: Slowfit sessions, bonuses and products.
● 2x multiplier for incentives generated.
● Receive 15% of undistributed incentives + staking incentives.
● 3% payback on Slowfit programs

6.4 Level 4 - "**GOLD**".
● Between 20,000 and 50,000 tokens in Staking.
● Buy merchandising with FITTOKENS
● Governance power to decide merchandising designs.
● Unlocking for rewards multipliers in different programs.
● Possible purchase with FITTOKENS: Slowfit sessions, bonuses and products.
● 3x multiplier for incentives generated.
● You will receive 30% of the incentives not distributed.

6.5 Level 5 - "**PLATINUM**".
● More than 50,000 tokens staked.
● Buy merchandising with FITTOKENS
● Governance power to determine:
● Merchandising designs.
● Proposals to incorporate new machines.
● Unlocking for rewards multipliers in different programs.
● Possible purchase with FITTOKENS: Slowfit sessions, bonuses and products.
● 10x multiplier for incentives generated.
● Receive 40% of undistributed incentives + staking incentives.
● 5% payback on Slowfit programs

7. DISTRIBUTION OF TOKENS AMONG CLIENTS

Clients receive tokens in *3 different ways*:

7.1. At the time of purchasing a product, in the form of payback.
● 1%-5% of all Slowfit programs, percentage varying depending on the staking level. Does not include bonuses or merchandising.

7.2. Referral Program
● With each new client referred, he/she will get a monthly bonus in.

FITTOKENS. This is valid for referrals in Slow Training as well as in the platform "Resistance Biomechanics Club". This reward may increase depending on the program and the staking level of each user.

7.3. When completing activities and meeting objectives.

Consistency:
● Training frequency +1 time/week for 90d: 1€ in Fittokens.
● Frequency of training +1 time/week for 180d: €2 in Fittokens.
● Training frequency +1 time/week for 365d: 5€ in Fittokens.

If a customer does not miss a week in 1 year he/she would receive: 13€ in Fittokens for constancy. Without calculating the multiplier effects (both by type of program and by staking level) that could could multiply these incentives by 30.

The undistributed constancy incentives are going to be distributed among the stakers.

Results:

● Density of 60% or more in training. Reward: 0.1 euros in Fittokens.

● Improvement of 5 or more improvement training arrows. Reward: 0.1 euros in Fittokens.

● Monthly improvement of more than 25%-50%-75%-100% in compare with the beginning for any exercise. Reward: 0.5 euros in Fittokens.

Progress in the SLOWFIT TEST. Change of color (towards green) in the final result.
Reward: 3 euros in Fittokens.

Incentive multiplier depending on the customer's program.

● Pro-Conditioning: Normal incentive plan.

● Pro-Shape: Multiplier 1,5

● Pro-Life: Multiplier 2

● Total-Conditioning: Multiplier 3

7.4 Incentives for being in Resistance Institute's Biomechanics Pro Club.

● Viewing minimum 2 hours of videos per week for 1 month.
Rewards: 0.5 Euros in Fittoken.

● View minimum 2 hours of videos weekly for 3 months.
Rewards: 1 Euro in Fittoken.

● View at least 2 hours of videos per week for 6 months.
Rewards: 2 Euros in Fittoken.

● Complete 1 block videos (Fundamentals, HIST).
Rewards: 0.5 Euros in Fittoken.

● Pass TEST (any test of the Biomechanics pro club). Rewards: 1 euro in Fittoken.

8. DISTRIBUTION OF TOKENS AMONG COACHES

Trainers are a fundamental part of Slowfit and a key part of ensuring its growth and the satisfaction of all our clients. For this reason, the token will integrate all of them in an incentive model to maximize their individual and collective results.

This mechanism will allow to compensate the people responsible for the gym proportionally to the increase in business generated by the gym.

8.1 Individual incentives:
● 5 Euros in FITTOKENS for each DEMO that a trainer gets DISCOVERY done.
● TRAINER SESSIONS: an extra reward if a trainer exceeds 225 monthly sessions.
● DISCOVERY: an extra reward if a trainer achieves 8 or more DISCOVERYS (initial program) monthly.

8.2 Collective incentives:
● TOTAL PT SESSIONS: an extra reward if a trainer exceeds 10% of the sessions the same month of the previous year (this year we compare with 2019).
● DISCOVERYS: An extra reward if you exceed 30 DISCOVERYS in a month.
● BILLING: An extra reward if you exceed 15% of the BILLING of the previous year's same month of the previous year (this year we compare with 2019).

9. FITTOKEN FOR SLOWFIT FRANCHISES AND OTHER CENTERS THAT JOIN

Franchises are a very important point within the tokenomic model as they can help generate "demand peaks" for the token and drive its appreciation, revaluation and value capture.

To help franchisees raise funds in Fittoken and also initiate their rewards program for their customers, the model will have a portfolio where 10% of the tokens used to acquire programs will be deposited. From this pool the franchisees will be able to
buy a portion of the tokens at a discounted price and the rest directly to the market from Pancakeswap.

Token burn for the portfolio:
● 10% of tokens used to purchase Slow Training programs.
● 10% of tokens used to purchase courses at Resistance Institute.

10. "POKER BURNING": TOKEN BURNING MODEL

The objective of the token is not only lasting over time, but to absorb value as the years go by. For this reason, a token burning model has been developed, based on the tokens from the company's transactions and revenues has been developed to ensure a deflationary model.

To this end, not only is the token NOT used for equity financing (the treasury stock will only be used as an emergency and control reserve, it will also be used as an emergency reserve and price control in the event of sharp price rises and falls, and never used as a source of equity financing), but part of the revenues, transactions and tokens will be burned to reduce circulating supply. For this purpose, we have created the "poker burning", which uses a strategy of burn through 4 different ways during the first 120 months.

POKER BURNING:

1. 1% of the tokens transacted against the pool will be burned, from the beginning, thus reducing the supply and raising the price in the long run.

2. 10% of purchases in Fittoken within Resistance Institute will be burned.

3. 100% of Fittokens earned by the company as a liquidity provider through farming will be burned.

4. Incentive tokens given to customers of Slowfit and Resistance Institute that have been terminated and have not been transferred to their private wallets will be burned.

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