



Fitness AI Agent: SyntraFit

Fitness Made Easier, Smarter

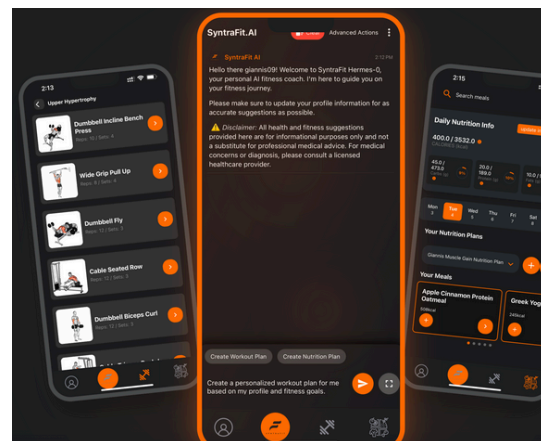
Unlike apps with static plans, SyntraFit uses agentic AI to perceive, reason and adapt in real time, restructuring workout and nutrition plans based on biometrics, recovery data and lifestyle – delivering elite-level coaching at a fraction of the cost.

Problem

- Generic plans that don't truly adapt.
- Fragmented, complex experience across multiple apps → drop-off
- High-cost coaching – trainer + nutritionist are too expensive for most people.

Solution

- Agentic AI coach (natural-language interface) that creates & adapts workout, nutrition and habit plans.
- Unified app syncing workouts, nutrition, habits, body scans & HealthKit/biometrics.
- Lifelong adaptation using objective signals (sleep, heart rate, body composition).



Market Size



Fitness App Market Size 2025

Fitness App Market Size 2033 (Expected)

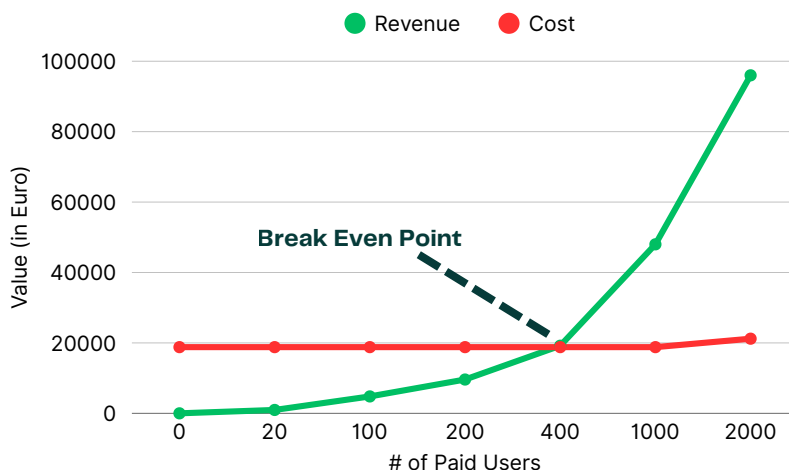
Roadmap

Full Product Launch
2025-Q4

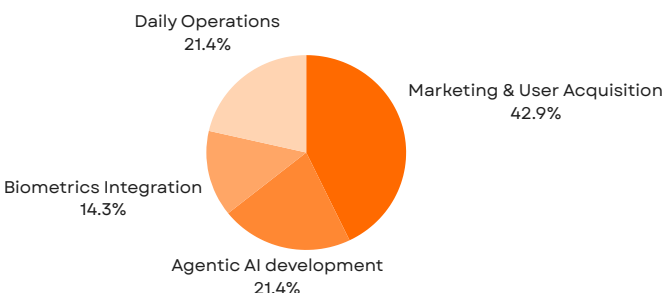
User Expansion & Break Even
2026

Scale to Cyprus-Greece
2027

Scale to EU
2028



Use Of Funds



Revenue Model

Revenue Streams	Value
Subscription	<ul style="list-style-type: none"> • €10.99/month • €79/year
In-App Purchases	<ul style="list-style-type: none"> • body scan credits, €2–€5 • AI credits
B2B Corporate Wellness	bulk subscriptions

Team

NAME	Role
Maria Pastellas	Co-Founder & Legal/Finance
Ioannis Pastellas	Co-Founder & Technical Lead

Stage: Early Product , Pre-Seed