

Videogim, the website that gets you in shape without leaving the house

LOCATION: Seville

DURATION: 1'29"

SUMMARY: Videogim is a project from José Luis and Blas, two Sevillian brothers who have confirmed a reality: not everyone has time to go to the gym. That's why they put this initiative in place. The web site user finds specialist videos in which they propose exercises that can easily be carried out at home. Moreover, it's possible to receive diets and training plans developed by experts to get in shape without going to the gym.

VTR:

Javier is a young technician from Seville who likes being fit but has little time to go to the gym. So he gets his phone, yes his phone, and looks for exercises available on his online monitor.

JAVIER TORRES
Videogim user

"Because of work I don't have much free time. I do go to the gym, but often because of work I don't have the time. So at home I can always get a bit more time."

Time to do something sporty at home with Videogim, the project from Blas and his brother José Luis, fans of sport and creators of this platform.

BLAS HERRADOR
Videogim Founder

"It's about getting all the functions of a gym, both diet and training, in the living room or anywhere where the user has internet, or any type of device, Smartphone, Tablet or PC."

JOSÉ LUIS HERRADOR
Videogim Founder

"Not everyone has the time needed to get home after work, get a gym bag, go to the gym, train, come home..."

JAVIER TORRES
Videogim User

"With the videos or the charts on the platform you can always take twenty minutes or half an hour to develop your training and complete the days you can't."

The monitors and dieticians are specialist professionals who in the premium version maintain direct contact with the user to give advice, and answer questions. The user can come up against various challenges.

JOSÉ LUIS HERRADOR
Videogim Founder

"Every day they'll be telling you how many squats you have to do. If you manage it, it's input for videogim, they're points the user earns and then awards they get."

Which translates into discounts. They already have 15,000 users like Javier. Videogim is here to stay.

For more information or support please email info@andalusianstories.com