



**Barton Williams**  
CEO, Pogo Pulse



Pogo Pulse is an infectiously fun, high pay-off, low impact workout that uses a Pogo Pulse pogo stick as a multi-functional piece of training equipment. Here, founder Barton Williams tells us his big tech plans for Pogo Pulse adults and kids.

**How do you think technology could enhance the Pogo Pulse experience in the future?**

I love technology and envisage that Pogo Pulse will one day be immersed in technology.

At the moment I'm trying to find a way to measure the number, height, and duration of jumps along with heart rate. I would love a company like Fitbit, Garmin or Polar Heart Rate Monitors to JUMP on board with Pogo Pulse!

I also dream of getting an I.T company on board to support my kids' fitness program (which is where this program was derived) to measure energy created by jumping so children can jump a set number of jumps to create an electrode from the movement of the stick e.g. a bit like a dynamo creating electricity for old bike lights. It would be an amazing visual link between fitness and technology to inspire the kids.

I also see technology being used in our H.I.I.T fitness class in the future with group sharing of information, and would love a combined counter on a screen of the total number of jumps a class does, live, easily set up with the right technology!

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I love technology and envisage that Pogo Pulse will one day be immersed in technology. I see it being used for performance monitoring for adult classes and to create an amazing visual link between fitness and technology to inspire kids.