

H100 Launches Group Coaching Product for Coaches

H100 Group AB (“H100” or the “Company”) has launched a new group based coaching product through its wholly owned subsidiary Entirebody Coaching AS (“Entirebody”).

The new product, *group coaching*, is designed to make coaching more accessible by combining exercise, nutrition guidance, and community based support. The product expands Entirebody’s commercial offering to coaches using the Company’s technology platform, enabling them to scale from one-to-one coaching to a one-to-many model and reach a significantly broader audience.

One initial program has been launched:

- *Raskere & Sterkere*: Developed and led by coaches Helene Sjøberg and Vegar Aasgrav, focusing on improving speed and strength through structured exercise, nutrition guidance, and group-based accountability.

You can read more about the offering here:

<https://home.entirebody.com/gruppe/raskere-sterkere>

H100’s health-tech division supports health and longevity providers with AI-powered automation and digital growth tools. This launch underlines H100’s continued commitment to developing its health technology platform and enabling partners to grow through scalable, technology-driven service models.

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About H100 Group

H100 Group AB is a health technology company operating in the health and longevity sector, combined with an active Bitcoin Treasury Strategy. The company is the first and largest Bitcoin treasury company in the Nordics, with 1,051 bitcoin held on its balance sheet.

H100’s health technology business is focused on supporting providers of health and lifestyle services through AI-powered automation, digital growth tools, and integrated platform solutions.

The company is listed on NGM Nordic SME. For more information, visit www.h100.com