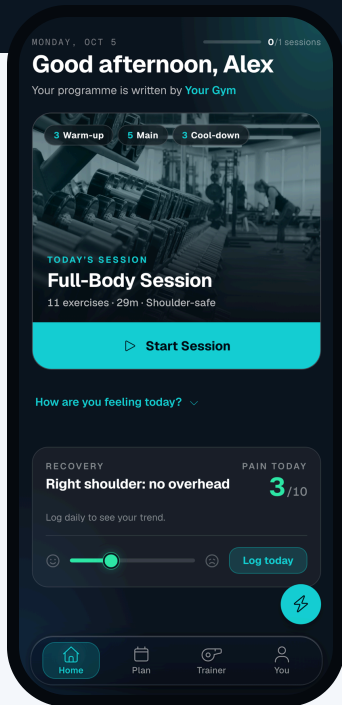


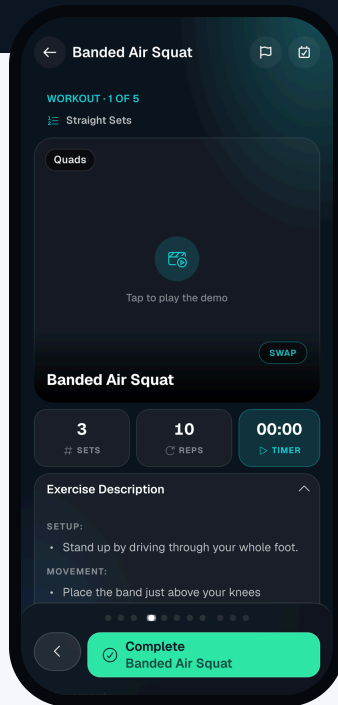
Your trainer's plan, in your pocket.

Train on your own time with sessions your trainer builds for you, around the restrictions and equipment you've recorded.



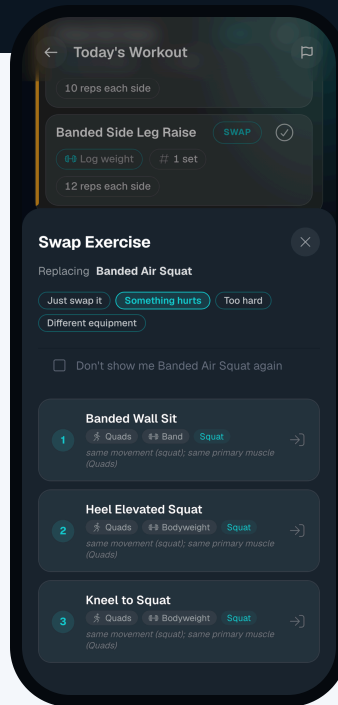
01 Today's session

Open the app and your trainer's session is waiting: warm-up, main work and cool-down.



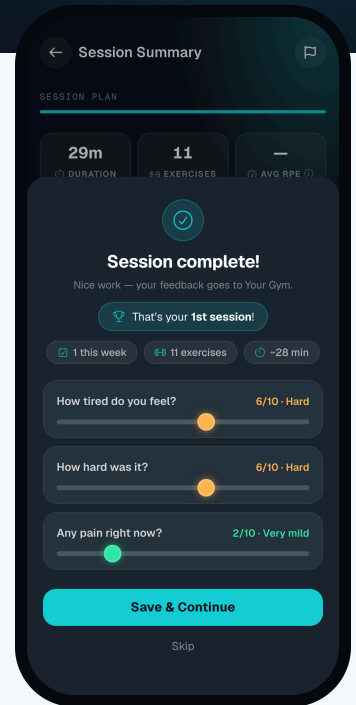
02 Follow along

Sets, reps, rest and a timer for every movement, with a demo and coaching cues.



03 Swap a movement

Something hurts or too hard? Pick a swap from options that fit your recorded restrictions.



04 Say how it felt

Rate effort and pain when you finish. Your trainer sees it and adjusts the next session.

Stay on track between visits

- **Message your trainer.** Send a note after a session or when something changes.
- **Workout reminders.** Pick a time and the app nudges you on training days.
- **Your plan at a glance.** See what's done and what's coming up this month.
- **Built around your restrictions.** Record an injury once, and your trainer's sessions are checked against it.

