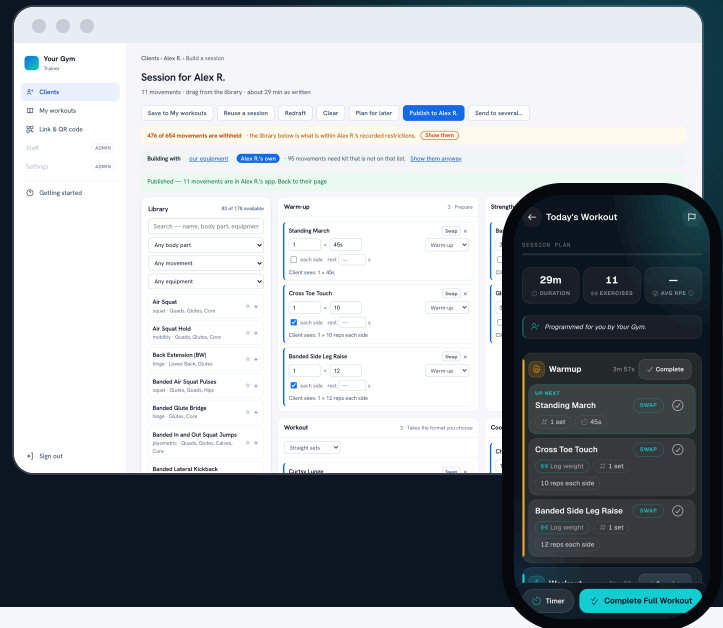


Program every client, even when you're not in the room.

Build a client's session in minutes and send it to their phone. Each session is checked against the restrictions and equipment they've recorded before it goes out.



01

Build the whole session

Warm-up, strength, main work and cool-down. Set exact sets, reps, each-side and rest, and see the line your client will read.

Warm-up

3 - Prepare

Standing March

1 x 45s

each side rest 1s

Client sees: 1 x 45s

Cross Toe Touch

1 x 10

each side rest 1s

Client sees: 1 x 10 reps each side

Banded Side Leg Raise

1 x 12

each side rest 1s

Client sees: 1 x 12 reps each side

Workout

3 - Takes the format you choose

Strength

2 - Straight sets, done first

Banded Air Squat

3 x 10

each side rest 60s

Client sees: 3 x 10 reps - rest 1m

Glute Bridge (BW)

3 x 12

each side rest 45s

Client sees: 3 x 12 reps - rest 45s

Cool-down

3 - Settle

02

Injury-aware movement picks

The library shows what fits each client's recorded restrictions, so you start from movements that work for them.

476 of 654 movements are withheld — the library below is what is within Alex R.'s recorded restrictions. [Show them](#)

Alex R.

Active program

Excellent adherence

CAREFUL WITH: Right shoulder: no overhead - overhead restriction they reported

LAST TIME: Session Mon, Oct 5, 12:24 PM done in the app

NEXT UP: Nothing planned. [Build a session](#)

ASSIGNED TO: Today

03

Checked before it sends

Built a dumbbell session for a client who has no dumbbells? You'll know before you hit send, and can swap or send anyway.

Publish this session to Blake C.

Release now — it's in their app straight away

Release on a date — it appears in their app that morning

Programmed for 10/05/2026

Only on that day — Blake C. can't do it early or move it

Blake C. can do it any day, or move it to another — today is a suggestion. Sessions you've already released stay in their queue.

Blake C. doesn't have the kit for these movements

- Goblet Squat — needs Dumbbells or Kettlebell
- Dumbbell Floor Press — needs Dumbbells
- Chest-Supported DB Row — needs Dumbbells

Swap them on the canvas, or send it as it is if they train somewhere that has it.

Send anyway — they train at the gym

Swap them first

Release now

Cancel

04

See how it went

Clients rate effort and pain after each session and send you notes. Adherence and last activity sit on your client list.

Session notes

2 unread

you and Alex R.

Alex R. Mon, Oct 5, 12:18 PM

Shoulder felt good today. Curtsy lunges were tough but doable. Can we add one more band exercise next time?

Alex R. Mon, Oct 5, 12:24 PM

Felt strong today. The band work helped my shoulder warm up.

Mark as read

NAME	STATUS	ADHERENCE	LAST ACTIVE	FLAGS	SESSIONS LEFT	CONNECTION
Sam O.	Active program	100%	Today	Excellent adherence	—	Active Build a session
Jordan P.	Active program	100%	Today	Excellent adherence	—	Active Build a session
Alex R.	Active program	100%	Today	Excellent adherence	—	Active Build a session

bouncebacksmart.com

Works in the browser on desktop and iPad. Clients follow along in the Bounce Back Smart app.