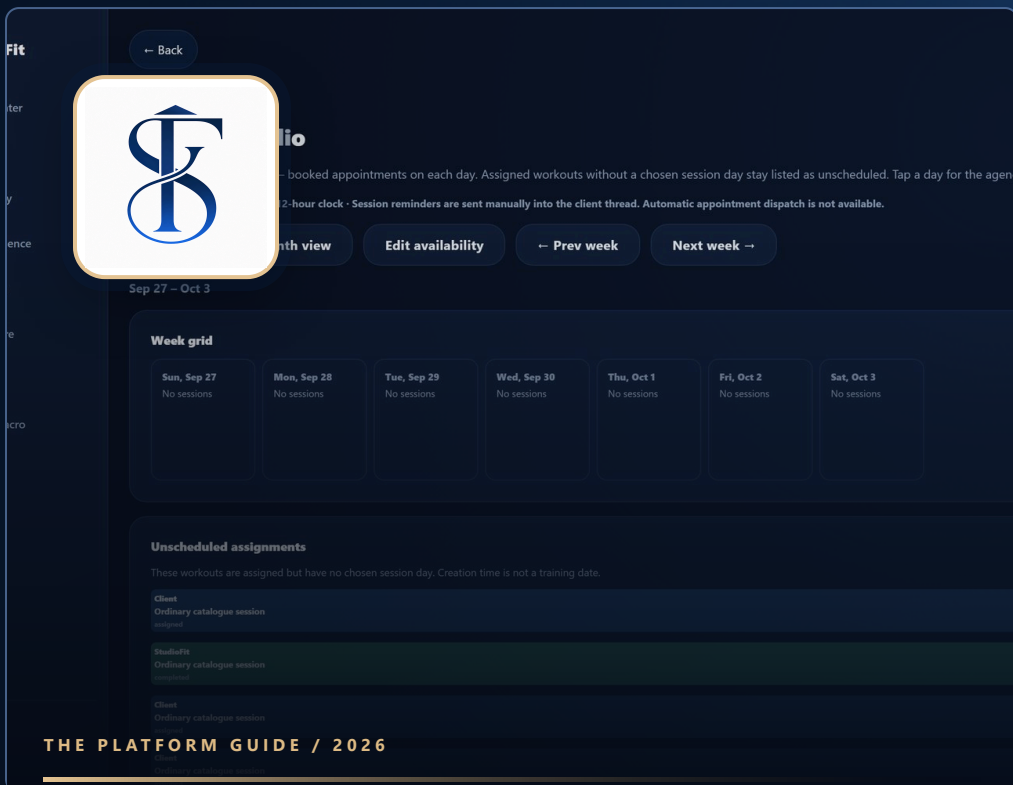




STUDIOFIT™



Your studio. In your pocket.

A connected coaching operating system for the trainer who wants to deliver more, without losing the personal touch.



STUDIOFIT™

01 / TRAINER OPERATING SYSTEM

More coaching. Less fragmentation.

A workspace that joins the plan, the session, and the follow-through. You remain the coach. StudioFit keeps the work connected.

Command Center

Clients

Exercise Library

Muscle Intelligence

Coach Posture

Movement Care

Programs

StudioFIT™ Macro

Care Team

Messages

PROGRAM STUDIO

Program Studio

Week and month sessions — booked appointments on each day. Assigned workouts without a chosen session day stay listed as unscheduled. Tap a day for the agenda.
Your time (America/Denver) - 12-hour clock - Session reminders are sent manually into the client thread. Automatic appointment dispatch is not available.

Use 24h

Month view

Edit availability

← Prev week

Next week →

Sep 27 – Oct 3

Week grid

Sun, Sep 27 No sessions	Mon, Sep 28 No sessions	Tue, Sep 29 No sessions	Wed, Sep 30 No sessions	Thu, Oct 1 No sessions	Fri, Oct 2 No sessions	Sat, Oct 3 No sessions
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Unscheduled assignments

These workouts are assigned but have no chosen session day. Creation time is not a training date.

Client

Ordinary catalogue session

assigned

StudioFit

Ordinary catalogue session

assigned

Client

Ordinary catalogue session

PLAN

Assisted session builder

Work from goals, available equipment and exercise options. Edit every session before assignment.

DELIVER

A full exercise library

Published demonstrations, highlighted target muscles, dosage and coaching cues where available.

CONNECT

Client workspace

Messaging, scheduling, check-ins, movement work and session records in one place.

REVIEW

Progress that has context

Actual training logs, nutrition entries, measurements and milestones support the next decision.

THE STUDIOFIT EXPERIENCE

02 / 08

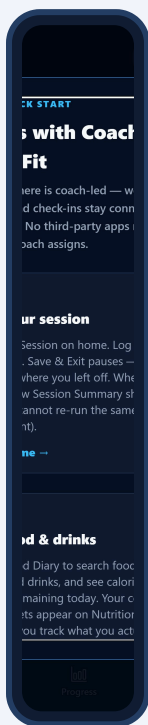


STUDIOFIT™

02 / THE INVITED CLIENT

A coaching experience they can actually follow.

Clients join through their trainer's invitation. Their plan, demonstrations, food and training logs, progress and coach communication are organized together.



01 / JOIN

Accept the trainer invitation

Create an account or sign in using the invited email.

02 / TRAIN

Follow the approved workout

View available demonstrations, complete the session and record your sets and time.

03 / TRACK

Keep context in one place

Log food, measurements and check-ins; follow progress together.

04 / CHOOSE

Control Care Team sharing

Decide which coaching categories an invited professional can see. You can withdraw consent.

One relationship. The same plan.

The client does not buy a separate StudioFit subscription. Their trainer is responsible for the assigned program.



STUDIOFIT™

03 / MOVEMENT + INTELLIGENT PLANNING

See movement. Program with context.

Coach Posture supports observations from recorded movement for supported reviews. Muscle Intelligence and Movement Care help trainers consider movement selection, reported limitations and restrictions.

THE COACHING WORKSPACE

Observe. Review. Refine.



COACH POSTURE

Movement observation - Trainer reviewed

Your observation. Your next step.

REVIEW

Coach Posture

Review supported movement observations. The trainer interprets, adjusts and decides.

ADAPT

Movement Care

Respect client-reported limitations, confirmed equipment and coach-set restrictions.

- Muscle Intelligence
- Coach Posture
- Movement Care
- Programs
- StudioFIT™ Macro
- Care Team
- Messages

1861 Exercises

24 Care drills

Included Your plan

StudioFIT Movement Library — full exercise catalog plus Movement Care drills for your coaching sessions.

Search exercises, body part, pattern...

Musculoskeletal

Mobility & Recovery

Stretch & Flexibility

Sport Performance

Senior & Gentle

Core & Spine

Upper Body

Lower Body

Musculoskeletal

Strength and loading patterns for rehab-aware programming.

These are training and observational tools — not injury diagnosis, medical treatment, or a replacement for licensed clinical assessment.



STUDIOFIT™

04 / NUTRITION + PROGRESS

Coaching continues between sessions.

StudioFIT Macro combines goal-based energy and macro targets with meal options, client logging and trainer review. Recovery, check-ins and milestones bring the next conversation into focus.

 StudioFit

Command Center

Clients

Exercise Library

Muscle Intelligence

Coach Posture

Movement Care

Programs

StudioFIT™ Macro

Care Team

Messages

PEOPLE
MOVEMENT
PROGRESS

← Back

ELITE TOOL · STUDIOFIT™

StudioFIT™ Macro



Nutrition coaching for your clients — structured macros, meal rotation, and delivery that feels personal, not like a calculator. PDF export is formatted for professional coach review.

Meal library

Using StudioFit meal library (305 meals). Tap Swap meal for up to 3 coach-approved alternatives per slot.

Client + Coach

CLIENT NAME

Client name

StudioFit App Review Client

COACH / TRAINER

StudioFit App Review Trainer

Goal

Goal changes calories, macro split, meal targets, and rotation scoring.

TRAINER VIEW

Set. Review. Adjust.

Prepare targets, plan meals, review logs and export selected reports.

CLIENT VIEW

Follow. Log. Progress.

Use the nutrition plan and record actual meals and session progress.

StudioFit nutrition tools support fitness coaching, not medical nutrition therapy. They do not replace guidance from a registered dietitian or other licensed clinician when needed.



05 / CARE TEAM COLLABORATION

The coach, the client and their invited support professional.

Care Team allows limited coordination around a training plan without automatically exposing a client's private information.

0 extra client seats

A Care Team physiotherapist or invited support professional does not consume a Solo, Coach or Studio active-client slot and needs no paid trainer subscription. Access is restricted to the individual client.

01 Trainer / Send invitation

Open a client's Care Team, enter the professional's email and send the private invitation link. Email never carries client records.

02 Professional / Sign in and accept

Sign in to StudioFit using the invited email and accept the link. Access is not granted merely because an invitation was sent.

03 Client / Choose sharing

In Care Team, enable professional sharing and select the categories: recovery, workouts and care plans, weight trends, or food summary.

04 Professional / View consented coaching context

Open the restricted Care Team portal. Only authorized categories and available features can be viewed; clinical records stay elsewhere.

05 Client / Change or revoke

Sharing is optional and revocable. The trainer can also revoke a specific collaborator's access.



06 / PURPOSE AND BOUNDARIES

Useful collaboration. Clear boundaries.

The purpose is better informed coaching, not to replace a physiotherapist's treatment records or the trainer's professional judgment.

FOR COACHING COORDINATION

Discuss whether a planned exercise is suitable for the client's stated training limitations, review consented coaching activity, and coordinate a trainer-approved adjustment within scope.

NOT A CLINICAL COMMUNICATION OR RECORD SYSTEM

Do not upload clinical charts, diagnostic reports, treatment notes, identifiable medical documentation, or urgent information. Do not use Care Team to diagnose, prescribe medical treatment, or provide emergency advice.

Identity, privacy and recordkeeping

Professional roles are entered by the trainer, not independently licence-verified by StudioFit. Clinicians must determine whether a tool is permitted under their regulator, workplace and privacy requirements; retain all required clinical documentation in approved systems. Client consent alone does not remove these duties.

CLIENT CHECKLIST

Do I recognize the invitee? · Do I understand each category? · Do I want to share it now? · Do I know I can stop sharing?



STUDIOFIT™

07 / ACCESS + NEXT STEP

Choose the capacity. Keep the capability.

Every paid trainer tier includes the core coaching workspace. A client is counted only when they are active in the trainer's client roster. Care Team collaborators are separate and are not counted toward these limits.

Solo

1–5 active clients

For the independent trainer getting started.

Coach

6–25 active clients

For a growing coaching practice.

Studio

26–150 active clients

For a larger, established client roster.

Same studio. Distinct access.

Trainer: manages the client program. Client: follows the plan and controls Care Team sharing. Invited professional: signs in to a limited, consented coordination workspace — no paid client seat.

Explore StudioFit

studiofitcoach.com · [Plans](#) · [Care Team](#) · [Contact](#)

Read the [Privacy Policy](#), [Terms and Safety Notice](#) before inviting a collaborator. Purchase pricing and available trials appear before purchase in the iPhone app.

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