2026 COLLECTION / ENGLISH

Clients.

Know what comes next and see what you have done. Training, TRAI Vision, nutrition and progress follow your routine, independently or with a trainer and gym.



One system. A connected experience.

CONTENTS

Everything connected. Everything in its place.

From an overview to real examples: choose the topic that matters to the way you work.

03 Know what to do. Log it as you train.

04 TRAI Vision

05 Every workout leaves a record.

06 Meals and training. In one place.

07 Photograph your meal. Review the estimate.

08 Support for your independent routine.

09 See change. Understand consistency.

10 Choose the person who suits you.

11 A question with your plan. An answer for your next step.

12 Your club in your pocket. Your routine with membership.

13 More reasons to stay involved.

14 Garmin Connect

15 Polar Flow

16 Fitbit / Google Health

17 Apple Health

18 Health Connect

19 On your phone. Even on the move.

20 Start simply. Add more when you need it.

21 A good start. A clear daily routine.

22 A clear start. Support along the way.

23 One app. Your routine.

24 Some of our partners

Explore the range: Gyms / Access & integrations / Trainers / Clients

TRAINING

Know what to do. Log it as you train.

Open your plan and focus on training. Instructions, video, sets and rest support each exercise, while your results stay saved for the next session.



App preview / demonstration data

01 **Training for your goal**

Prepare your next session: create your own workout, choose a ready-made plan or follow your trainer. Days and exercises stay clearly organised.

02 **Clearer exercise technique**

Watch the video and read the instructions. For supported exercises, TRAI Vision uses the camera, counts reps and gives technique feedback.

03 **A record ready for next time**

Log weights and reps and use the rest timer between sets. Completed sessions stay in your history for comparison with future workouts.

TRAI Vision works with supported exercises; camera tracking and feedback do not replace professional trainer supervision.

AI SUPPORT FOR EVERY SET

TRAI Vision

Every rep. Better form.

Set down your phone and train: TRAI counts your reps, spots form mistakes and talks you through the exercise.

Form correction and exercise guidance



01

It counts for you

The camera follows your movement and automatically writes the reps into your set.

02

Corrections as you train

On supported exercises, it spots mistakes and tells you how to adjust your form.

03

Hear your next move

Spoken cues follow your movement, so you can keep your eyes off the screen.

With Platinum or an eligible trainer or gym package. Web, iOS and Android.

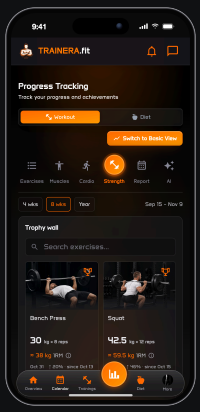
Explore TRAI Vision

HISTORY & RECORDS

Every workout leaves a record.

Revisit your last workout before choosing your next training load. History and personal records show your logged results from session to session.





App preview / demonstration data

01 **Previous weights at hand**

Open a completed session and review sets, reps and weights. You have a clear reference for your next workout or conversation with your trainer.

02 **Your record has a date**

Find your best logged results for each exercise. Compare your progress with your own earlier activity across saved sessions.

03 **See your consistency**

See how regularly you train and how your results change. More detailed views depend on your plan or access through a trainer.

NUTRITION & MEALS

Meals and training. In one place.

Connect planned meals with actual intake. Calories, macronutrients and water sit alongside training, helping you see the whole day.



App preview / demonstration data

01 **Know what you have logged**

Add food and track calories, protein, carbohydrates and fat. Your diary keeps meals on record instead of relying on memory.

02 **A plan makes preparation easier**

Follow your trainer's meal plan or available independent options. Recipes with nutritional information help you organise meals.

03 **Water and groceries in view**

Log water throughout the day and prepare ingredients with an AI shopping list. Lists are available in Solo Pro and Premium, within plan limits.

PREMIUM / FOOD SCANNER

Photograph your meal. Review the estimate.

A meal photo can be the starting point for a food entry. AI Food Scanner suggests calories and macronutrients, and you check ingredients and quantities before saving.



App preview / demonstration data

01 **A faster first entry**

Photograph your food to get a suggested meal breakdown. Check ingredients and quantities before confirming, especially sauces, extras and ingredients that are not visible.

02 **A conversation about nutrition**

Use Nutrition Chat in Solo Premium for questions about meals and organising your diet. Review answers before applying them.

03 **Clear availability**

For regular food logging, Solo Premium offers up to 20 scans a day. Access through a trainer or club depends on their plan and enabled options.

Scan results are estimates, not guaranteed accurate nutritional calculations.

MEET TRAI

Support for your independent routine.

Ask TRAI for support with independent training and nutrition. Text or voice connects the conversation to your plan and daily records in your account.



01 **A suggestion based on your question**

Request a draft or an update to a workout or meal plan from the available library. Review it against your experience, equipment and preferences.

02 **A diary through conversation**

Log a meal, water or weight by talking to TRAI. Your diary stays alongside your plan for the next review.

03 **Support according to your plan**

Solo Pro includes 40 TRAI requests per month, Premium 90. Free offers limited AI plan creation without TRAI conversations.

When you work with a trainer or gym, your service provider manages the plan. AI options depend on the access available to you.

MEASUREMENTS & ANALYTICS

See change. Understand consistency.

Change is not always visible in a single day. Compare measurements, photos and results over time alongside the workouts you have actually logged.



App preview / demonstration data

01	Measurements you can compare	Enter your weight, circumferences and other available measurements with a date. History keeps every value for your next review.
02	Photos in a consistent order	Save front, side and back views. Compare different periods alongside the measurements in your profile.
03	A wider context for training	See how your training changes through records and muscle load. Advanced views depend on your Solo plan or your trainer's or gym's plan.

Views are based on entered and synchronised data. Detailed analytics availability depends on the plan.

FIND A TRAINER

Choose the person who suits you.

Get to know the person you trust with your plan. Compare experience, specialities, programmes and reviews before requesting to work together.



App preview / demonstration data

01 **Search by your criteria**

Filter trainers by speciality, location, availability and distance. Explore their offerings to find an approach that suits your schedule and goals.

02 **A profile before a decision**

Read introductions, areas of expertise and client experiences. Review available plans and prices so you know what you are choosing before agreeing to work together.

03 **Connect**

Send a request or purchase the coaching or plan on offer, depending on how the trainer works. Once connected, programmes, check-ins and conversations arrive in the same app.

The trainer sets the price of coaching or plans. Free use of the app does not mean free coaching services.

WORKING WITH A TRAINER

A question with your plan. An answer for your next step.

Send your trainer a question or an exercise video from the app. Regular check-ins and habits give them context for more useful feedback.



App preview / demonstration data

01	Check-ins without searching	Answer assigned questions and add the requested measurements or photos. Your trainer sees them alongside training for a more specific response.
02	Small habits. A visible record.	Log agreed habits such as water, steps and sleep. You and your trainer can see consistency and agree on adjustments more easily.
03	Conversations where you train	Questions and explanations stay with your shared work in the app. Appointments and booking rules follow your trainer's way of working.

YOUR GYM

Your club in your pocket. Your routine with membership.

When your gym uses Trainera, the app connects membership with training. Manage your own sessions, follow your form with TRAI Vision and log nutrition.



App preview / demonstration data

01	Your card and booking at hand	Your QR code is ready at the entrance, and you book sessions in the app. Your gym sets membership status, capacity and rules.
02	Training you track yourself	See what you have done: build a workout or follow a plan, then log sets and weights. TRAI Vision uses the camera to track supported exercises.
03	Nutrition and progress together	Log meals, calories, macronutrients and water. Measurements, photos and records show consistency; a White Label club can have its own app.

Membership is paid according to the club's offering. AI Food Scanner, AI plans and advanced insights depend on the plan; TRAI Vision supports selected exercises.

COMMUNITY & MOTIVATION

More reasons to stay involved.

Find support, knowledge and your next small goal alongside your plan. Community and courses connect you with your trainer's or club's people and content.

01

Community

Stay up to date with your trainer or club through posts, photos, polls and comments. Find news and support in the same place.

02

Challenges

Available challenges give you your next goal. When enabled, leaderboards show shared activity alongside your own routine.

03

Courses

Revisit a lesson when you need it: open an assigned or purchased course with videos and quizzes. The author sets the content, tasks and pace.

04

Live content

When your trainer hosts live YouTube workouts, find the schedule and join from the app. Reminders help you know when the session starts.

05

Achievements

Recognise your efforts so far: view unlocked achievements and your next goals. Badges highlight your recorded activity and consistency.

06

Learning progress

Continue a course where you left off, review completed sections and follow available assignments. Certificates appear for programmes that include them.

Community, challenges, courses and live content depend on the provider and their plan.

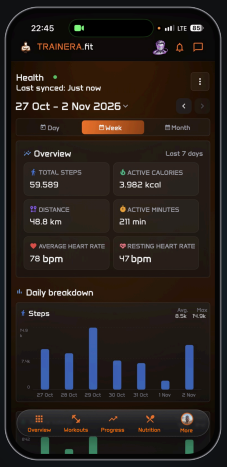
GARMIN CONNECT

Your workout. On your watch and in the app.

Connect Garmin Connect to your Trainera account. Activity data adds to your progress overview, and supported workouts can be sent to a compatible watch.



CONNECTION



App preview / demonstration data

01	Your active day	View supported steps, heart rate, energy and activity data alongside training.
02	Your plan on your watch	Follow a supported workout on your watch: with separate permission, send it from Trainera to Garmin Connect.
03	Your permission	Choose the connection and grant access. Data transfers after your device synchronises with Garmin Connect.

Available metrics and workout transfers depend on the watch model, permissions and support for the selected workout.

POLAR FLOW / ACTIVATION ON REQUEST

Train with focus. Track consistency.

Polar Flow brings together activities from compatible Polar devices. Confirm Trainera connection availability with our support team before activation.



CONNECTION



App preview / demonstration data

01	Your Polar account	Support will check the availability of connecting your Polar Flow account with you.
02	Training context	View activities from your watch in Polar Flow. Support confirms which can be connected to Trainera.
03	Check availability	Check supported data and connection requirements before activation. Availability depends on the device and service.

Support confirms Polar connection availability and supported data before activation.

Fitbit

AVAILABILITY ON REQUEST

Your everyday routine. A new connection.

Fitbit is moving to Google Health. Check the availability of a new Trainera connection with our support team before activation.



App preview / demonstration data

01 Familiar devices

Fitbit devices track everyday activity. Available data depends on the model and approved categories.

02 Google Health

Google's new service connects Fitbit data and supported activity categories. Availability in Trainera is checked separately.

03 Help with your choice

Contact us for information about supported devices and available ways to connect to Trainera.

A Fitbit / Google Health connection is not currently confirmed for Trainera. Check availability before use.

Apple Health

Your iPhone. Connected to your routine.

Connect the data you approve in the Health app to Trainera. Activity, measurements and workouts add to your daily and progress overviews.



App preview / demonstration data

01	Health on your iPhone	Connect Apple Health in the mobile app and choose the categories Trainera may access.
02	A wider view of your day	View supported Apple Health data alongside training: steps, heart rate, energy and measurements.
03	A completed workout	With write permission, completed Trainera workouts can also be recorded in Apple Health.

Connection requires the iOS app and your permissions. Available data depends on your iPhone, Apple Watch and connected sources.

Health Connect

Android data. In one place.

Connect Android activity with training in Trainera. Google's Health Connect shares supported categories that you approve.



CONNECTION



App preview / demonstration data

01	Connect on Android	Open the Trainera app, select Health Connect and allow reading of the categories you choose.
02	The data you choose	View steps, heart rate, energy, workouts and supported measurements alongside your plan, from sources connected to Health Connect.
03	Access control	Review and change permissions in Android settings. Trainera uses only available, approved data.

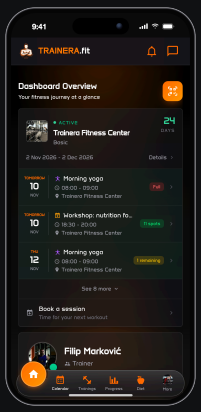
Health Connect is separate from the Google Health API and the former Google Fit. Availability depends on Android devices and connected sources.

AT YOUR PACE

On your phone. Even on the move.

Your plan goes with you: on the web, iPhone or Android. Open your account on a supported device and continue your routine in your language.





App preview / demonstration data

01	Continue on your device	Your plan, records and messages belong to your account. Open them on a supported device and continue where you left off.
02	Training offline, too	Download your plan before going offline. Available with Solo Pro, Premium or a suitable trainer plan. Records synchronise when you reconnect.
03	A language you understand	Follow training, nutrition and progress in your chosen app language. Your trainer's original content remains part of the same experience.

Internet is required for AI requests, new content, payments and synchronisation. Download the plan you need before going offline.

SOLO PLANS

Start simply. Add more when you need it.

Free for your routine, Pro for deeper insights, Premium for food scanning too. Solo is for independent use; with a trainer or club, features follow their offering.

01

Free / the essentials

Workout and food logging, basic analytics and up to 50 exercises. AI creation: one workout plan and one meal plan per month.

02

Free / AI access

Start independently and connect a trainer later. Free does not include TRAI conversations, Food Scanner or Nutrition Chat.

03

Pro / more room to grow

For deeper insights: unlimited exercises, advanced analytics, offline downloads, AI shopping lists and more AI plans within plan limits.

04

Pro / TRAI

Get 40 TRAI requests per month to support your independent routine. AI Food Scanner and Nutrition Chat are not included in Solo Pro.

05

Premium / everything in Pro

For food logging and support: AI Food Scanner, Nutrition Chat and individual AI workouts. TRAI: 90 requests per month, with more AI plans.

06

Premium / daily scans

Up to 20 AI food scans a day help you log meals. Review and adjust the results; other AI features have their own plan limits.

Use with a trainer or gym has no separate client app fee. Coaching, memberships, individual programmes and courses are charged according to their offering.

FIRST STEPS

A good start. A clear daily routine.

Set a goal and make your first entry today. Each workout, meal and measurement adds to your picture of progress.

01

Profile & goal

Enter your details, language and goal so the plan starts from your situation.

02

Plan & schedule

Open your plan, review the workouts and schedule your next session.

03

Nutrition & habits

Set simple goals and log meals to see how your day follows the plan.

04

First check-in

Add starting measurements and agree on a feedback schedule.

05

Notifications & messages

Set notifications so you know when a new message arrives.

06

Progress overview

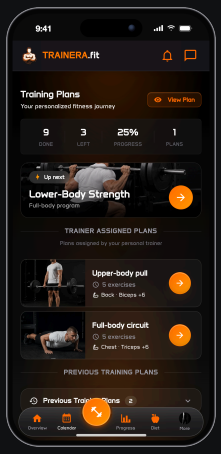
Revisit history and results to plan your next step.

Guidance for every step: trainera.fit/user-manual

SUPPORT FROM DAY ONE

A clear start. Support along the way.

Start with clear guidance. The manual and support team help you set up your profile and choose options for your routine.





App preview / demonstration data

01	A start tailored to you	Set up your profile, choose a goal and connect a trainer or club if you have one.
02	Guidance in English	When you need help, follow real screens in the manual through to a completed task.
03	Talk to our team	Tell us what you want to use. We help with setup and choosing a plan.

YOUR NEXT STEP

One app. Your routine.

A plan, daily habits and support that follow the way you train.

01

TRAINING

Know what comes next.

Open your plan, follow the instructions and log your completed workout.

02

NUTRITION

An overview throughout the day.

Track meals and use the tools available in your plan.

03

PROGRESS

See how you are doing.

Review your results and share them with your trainer when you need support.

trainera.fit

SOME OF OUR PARTNERS

Their brand. One platform.

Different people and clubs. A connected Trainera experience.



Trainera · platform

TECHNOLOGY THAT CONNECTS

- PTS Fitness
- Grand Fit & Beauty
- Body Recode
- Fit By Rino
- FitbySeko
- BTC Fitness
- AAIR by Trener Ado
- SRC Korak
- X-TREME FITNESS
- Gainsbylily
- ELYSEE
- Body Tune

Your workout. Your next step.

Find your experience at trainera.fit