2026 COLLECTION / ENGLISH

Trainers.

Connect the plan to your client's actual activity. Training, nutrition and progress provide a basis for feedback, with billing in the same app.



trainera.fit

One system. A connected experience.

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Everything connected. Everything in its place.

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CLIENTS & GROUPS

Know who needs your attention.

Start your day with an overview of clients who need you. A new message, a check-in awaiting review and the latest workout provide context before you open a conversation.



App preview / demonstration data

01	Working together on one screen	Find the client, their assigned plan and the information for your next decision. The overview stays with their profile throughout your work together.
02	An easier first contact	Send your invitation link or QR code. Clients connect with you and receive content in the app where they track training and nutrition.
03	Groups with a personal touch	Share a common plan with a group while following each person individually. Organise groups around the way you work with clients.

Client and group limits depend on the plan.

EXERCISE LIBRARY

Show the movement. Explain the task.

Clients need to understand the task even when you are not beside them. Video and your instructions accompany each exercise, and prepared content can be reused.



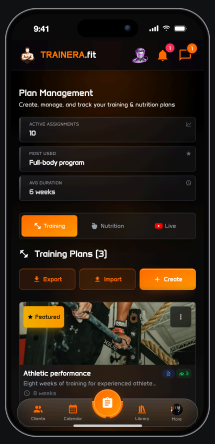
App preview / demonstration data

01	A movement they can watch	Clients can watch the movement again on their phone. More than 1,970 exercises with video are available.
02	Your explanation with the exercise	Add your own exercises, instructions and videos from a phone, computer or supported link. Preserve your own teaching approach.
03	Preparation that lasts	Use the same exercise in future plans and workouts. Your library grows with your work, reducing repeated preparation.

TRAINING & PROGRAMMING

From your idea to your client's set.

Your programme becomes a clear task on the client's phone. Logged sets and results give you information for the next adjustment.





App preview / demonstration data

01	A programme for the person	Build a single workout or a multi-day plan. Adapt exercises, sets, reps and rest to the client's goals, equipment and experience.
02	Know what was completed	Clients log weights and reps alongside video guidance and a rest timer. Completed sessions remain available to review actual activity.
03	A basis for the next plan	Review previous sessions and adjust the programme to recorded progress. Clients immediately see a clear next step in the same app.

AI SUPPORT FOR EVERY SET

TRAI Vision

Every rep. Better form.

Your clients get rep counting, form corrections and spoken guidance as they follow the workouts you create.

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.

Included for your clients with Pro, Business and Enterprise. Web, iOS and Android.

Explore TRAI Vision

NUTRITION & RECIPES

See the meal plan. And actual intake.

Connect recommended meals with what clients log. Training and nutrition provide fuller context for discussing their habits.



App preview / demonstration data

01	Recipes ready to adapt	Use more than 1,500 recipes with nutritional information or add your own dishes. Saved content stays available for future plans.
02	Nutrition aligned with the goal	Assign a plan with meals and macronutrients. Clients find recommendations in the same place as their workouts.
03	Conversations based on intake	Clients log meals and water. Depending on the plan, AI shopping lists and photo-based food estimates make daily organisation easier.

AI Food Scanner estimates calories and macronutrients; its results can be reviewed and corrected.

CHECK-INS & HABITS

From a client's check-in to a specific adjustment.

Answers, photos and measurements arrive from the client's phone. Compare them with the previous entry and respond in the context of their programme.



App preview / demonstration data

01	A regular review of your work together	Collect answers, photos and measurements through check-ins. Comparison with the previous entry helps make feedback specific.
02	The questions you need	Ask questions that matter to your programme. Where available, AI drafts a questionnaire for you to edit before sending.
03	Habits behind the results	Track agreed habits alongside training and nutrition. Consistent logging provides a basis for discussing a sustainable next step.

Check-ins and habits are included in all trainer plans, including Free.

PROGRESS & ANALYTICS

Adjustments based on actual activity.

See how recorded activity changes over time. Measurements, photos, records and history help explain your next programme adjustment.



App preview / demonstration data

01 **Change with context**

Weight, circumferences and other measurements sit alongside progress photos. Show clients what has changed between reviews.

02 **Training load at a glance**

Track records and progression to inform the next workout. Advanced analytics also provides muscle load and recovery indicators.

03 **Form during the exercise**

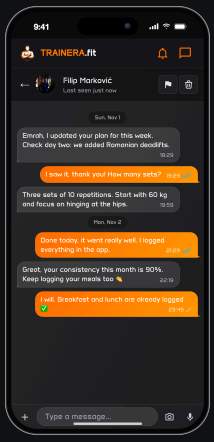
TRAI Vision uses the camera to track supported exercises and provide technique feedback. You connect those insights with training, nutrition and habits.

TRAI Vision supports selected exercises. Advanced analytics depends on the plan; indicators do not replace professional or medical assessment.

MESSAGES & SCHEDULE

Conversations have context. Days have a schedule.

Open a conversation where clients follow their plans. Keep appointments, feedback and materials with your shared work, ready for the next meeting.





App preview / demonstration data

01	Answers alongside the right plan	Messages, questions and explanations stay in the app. Clients do not need to find instructions separately from the programme they are following.
02	Appointments visible in the calendar	Organise activities and appointments in a shared overview. You track commitments, and clients know what comes next on the schedule.
03	Instructions to revisit	Clients can reopen your instructions. Store and share documents alongside your work together, the programme and agreed next steps.

TRAI / YOUR AI ASSISTANT

Faster preparation. Your professional decision.

Start with a prepared suggestion and focus on adapting it to the client. TRAI uses your work context, while professional decisions remain yours.



01 **A draft instead of a blank page**

AI prepares a workout or meal plan from the existing library. Review its choices and adapt the content before assigning it.

02 **Support through conversation**

Ask for help with a plan, reviewing a report or writing a message. TRAI uses context and requests confirmation of proposed changes.

03 **Connect your favourite AI tool**

Connect the AI tool you already use: MCP access for supported assistants is available from Starter, within plan limits.

TRAI chat: Starter 20, Pro 50, Business 100 and Enterprise 200 requests per month. Free does not include TRAI chat.

AUTOMATIONS

The first reply goes out. You take over the conversation.

Prepare welcome messages, reminders and follow-ups once. Workflows trigger them according to your rules, while you track what clients receive.



App preview / demonstration data

01	From an event to a message	Link a frequently sent message to a trigger and a next step. Ready-made templates help you set up your first automation.
02	In your voice	Adapt content to your approach. Quiet hours and sending limits help keep messages well timed and measured.
03	Track execution	See sent, delayed and scheduled messages, then adjust the active workflow when needed.

Automations are available from Starter. The number of workflows, advanced workflow builder, AI features and sending limits depend on the plan.

BILLING & BUSINESS

A clear offering. Payments linked to clients.

Offer monthly coaching or a standalone plan. Clients see the service and payment method, while you track payments alongside their programme and progress.



App preview / demonstration data

01 **You set the value**

Set pricing and billing for monthly coaching or a separate programme. Your offering reflects the service you actually provide.

02 **A choice of payment methods**

Offer card payments, PayPal or bank transfer. Log cash manually to track all payments in one place.

03 **Revenue in the same overview**

Track payments and earnings and use your business details on invoices. Business management stays connected to your work with clients.

Apple Pay and Google Pay are available with supported web payments. Choose a payment method that suits the service you provide.

COMMUNITY, LIVE & EDUCATION

Your knowledge. More ways to offer it.

Add a community, live workout or course alongside individual coaching. Clients gain more ways to learn from you and stay connected to the programme.



App preview / demonstration data

01	Support between appointments	From Pro, support clients between appointments with posts, photos, polls and comments. Advanced tools depend on the plan.
02	Live workouts from the app	From Pro, offer live YouTube workouts with scheduling, access and reminders. Clients know when and where to join.
03	Knowledge you can sell	With Business, sell courses with lessons, quizzes, assignments and certificates. Assign access and track client progress.

Live uses a YouTube stream; it is not an integrated one-to-one video call. Education and automated community features depend on the plan.

YOUR IDENTITY

Your colours. A recognisable experience.

Build recognition with colours in Pro, a logo and website in Business, and your own iOS/Android app in Enterprise.



App preview / demonstration data

01	Your visual signature	From Pro, customise app colours. Plans and daily overviews take on a look clients associate with you.
02	Your offering on your own domain	Business gives your offering its own address: a logo and website for your services. Clients discover your work before making an enquiry.
03	An app under your name	With Enterprise, clients open an iOS/Android app under your name and logo. We agree the scope of the White Label offering with you.

Branded Apple Watch and Wear OS apps are optional Enterprise add-ons. App Store and Google Play approve app publication.

TRAINER PLANS

Start where you are. Grow at your own pace.

Choose a plan by client count and how you work: individual coaching, a community, courses or your own app.

01

Free / 3 clients

For your first clients, with no time limit: plans, check-ins, habits and limited AI plan creation; no TRAI chat.

02

Starter / 10 clients

For a routine with more clients: automations, AI tools and up to 20 TRAI requests per month.

03

Pro / 30 clients

Advanced analytics, brand colours, community, live workouts and more AI options. TRAI: 50 requests per month.

04

Business / 75 clients

For selling courses: your logo, a website on your domain and business tools. TRAI: 100 requests per month.

05

Enterprise / tailored offer

Unlimited clients and your own iOS/Android app. A tailored offer; up to 200 TRAI requests per month.

06

Clients with a trainer

Clients use the app without a separate mandatory subscription. You charge for coaching according to your offering, and features follow your plan.

This overview summarises the main plan differences. Detailed library, AI and storage limits and fees are set out in the current offering.

SUPPORT FROM DAY ONE

A clear start. Support along the way.

From the first invitation to an assigned plan: the manual and support team guide your first steps around the services you offer.



App preview / demonstration data

01	A start tailored to you	Set up your profile and choose a role so clients can recognise you when connecting.
02	Guidance in English	When you need guidance, follow real screens in the manual through to a completed task.
03	Talk to our team	Tell us your client count and services. We help set up your workflow and choose a suitable plan.

IN PRACTICE / TRAINERS

Gains by Lily

Online coaching

Your coaching. Your brand.



gainsbylily.com

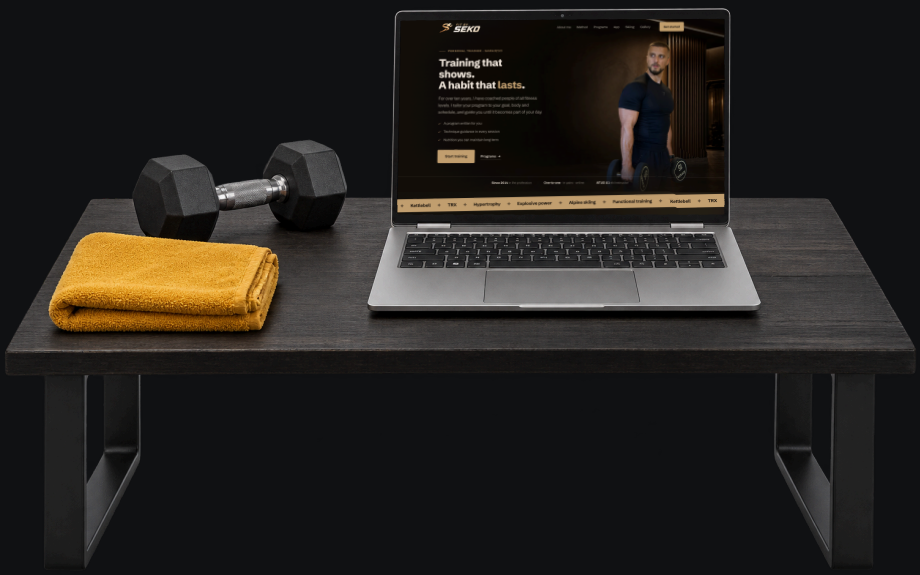
01	A dedicated app	Training, nutrition and progress tracking are presented in an app under the Lily brand.
02	An offering that guides choice	The website connects programmes, personalised plans and a choice of support levels.
03	A recognisable experience	The trainer's name, colours and identity accompany clients from the website to the app.

IN PRACTICE / TRAINERS

FitbySeko

Personal training · Sarajevo

A personal approach. A distinct identity.



fitbyseko.com

01	The trainer's brand	The website and app carry the FitbySeko name and visual identity.
02	A clearly presented approach	Visitors discover the trainer, coaching approach and available programmes before making contact.
03	An invitation to the next step	The offering guides interested visitors towards starting training and using the app.

IN PRACTICE / TRAINERS

AAIR by Trener Ado

Sarajevo

An academy with its own identity.



adotrener.fit

01	The AAIR app	The academy's name and identity shape its members' digital experience.
02	Different ways to work together	The website presents training, Performance Lab and online coaching options.
03	A clear path to the offering	Visitors can learn about the approach and continue to the offering or app sign-in.

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 brand could be here, too.

Book a demo at trainera.fit