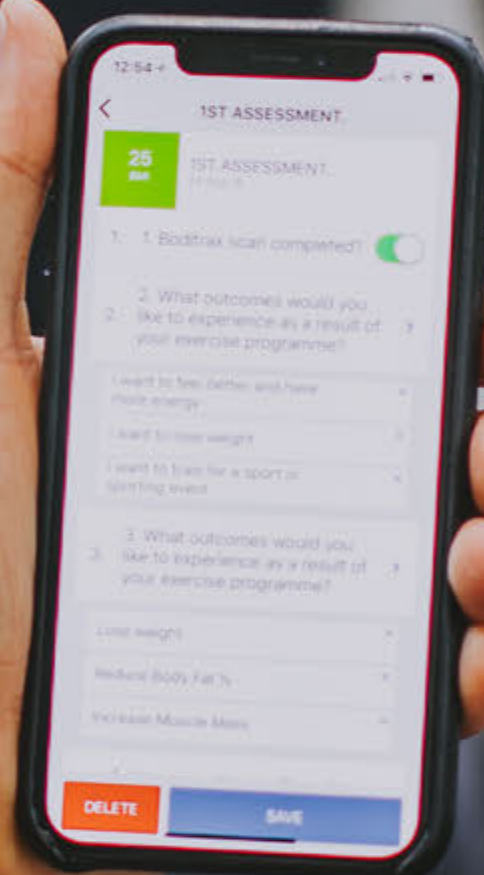


# LET'S TRACK PROGRESS



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# LETS TRACK PROGRESS!

Reflecting on performance progress is as important as setting performance goals. Without reflection, it's very difficult for a client to understand and track the return on their training effort, an important metric in motivation and maintaining the exercise habit.

Fisikal has incorporated workout tracking into the DNA of its functionality, creating an accurate record of all workouts, complete with details of prescribed variables such as repetitions, resistance and duration.

Read on to understand more about how this functionality can keep clients on track and investing in their supported training and help personal trainers to ensure clients are prescribed effective and safe progressions.

# EASY ACCESS TO WORKOUTS, PAST & PRESENT.

All workouts are broken down into fine detail, recording precise exercise prescription supported by resistance, intensity and duration recommendations.

Most exercises are also supported by visual demonstrations, reiterating correct application to ensure an optimal, safe, return on investment. Clients and trainers can access today's workout or, at the click of a button, a workout from any time in the past.

Each workout, with full details of the variables, is stored in the app, creating a historical, digital record of training programmes that can be accessed at the touch of a button. A client may want to return to a specific training programme or other times, they may want to explore how specific variants have progressed over time.

This helps clients to appreciate their training progress and helps trainers to ensure progress is steady, safe and effective.

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# INSTANT ACCESS TO CLIENT ENGAGEMENT AND PROGRESS.

Trainers can gain access to a client's current and historical workout data anytime, anywhere.

This enables accurate progress reviews and forward planning based on evidence of engagement and progression. Trainers no longer have to sift through reams of paperwork, a clients records are all instantly available from any connected device.



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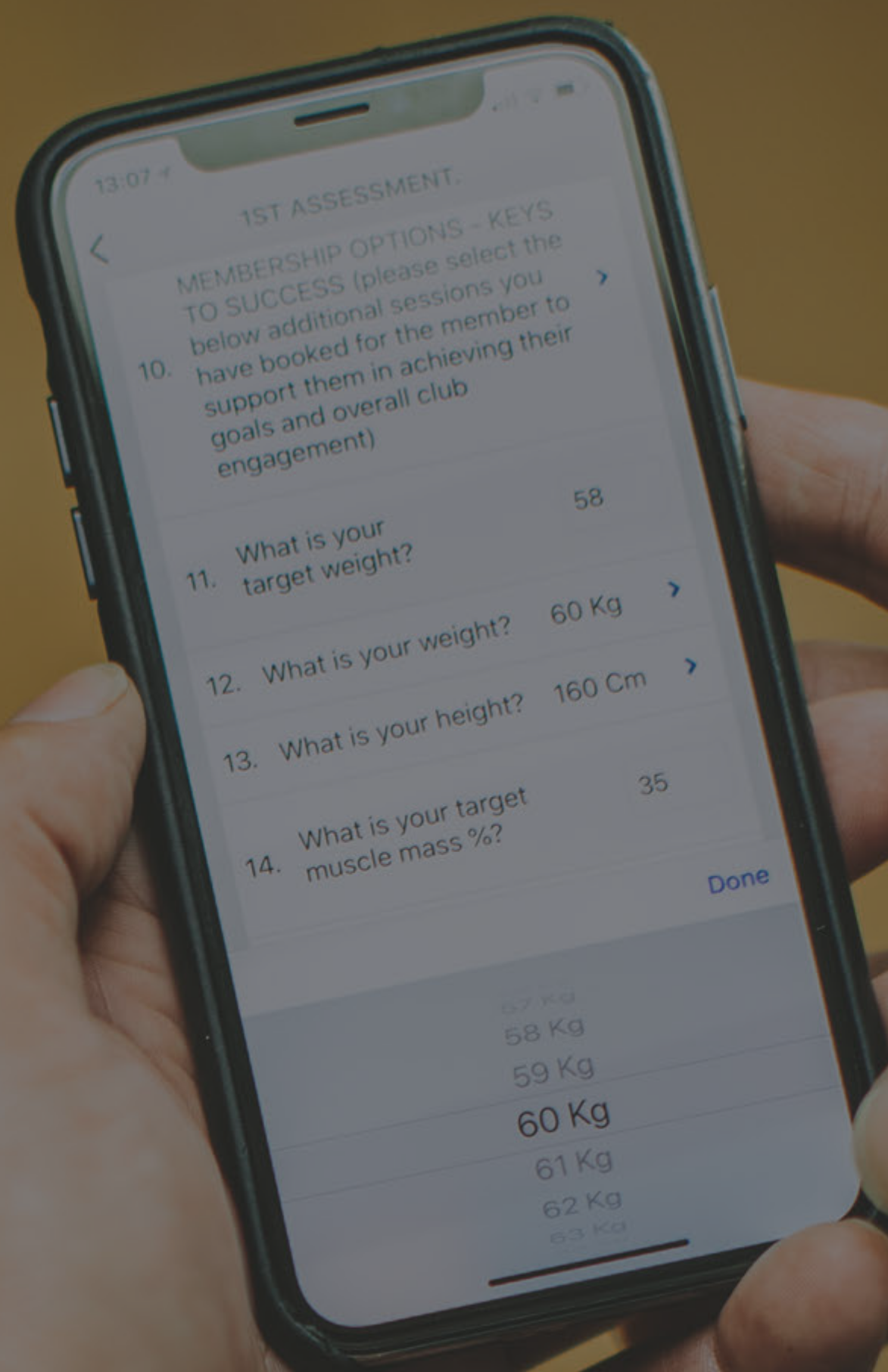
# DATA DASHBOARDS TO IDENTIFY TRENDS.

Integrated Business Intelligent (BI) dashboards, collate data either client specific or across multiple clients to enable quick and easy analytics.

For example, operators might be interested to understand how many times, on average, their clients are working out in a week or which type of digital classes are most popular.

Operators can also gain insight into which exercises are not being completed. These can then be swapped-out for more popular exercises that train the same muscle group, hopefully heading off disengagement before it leads to a cancellation.

Dashboard data also provides a visual means of sharing information with clients, giving an instant shot of progress, tracked over any requested timeframe. Whether it's increases in weights being lifted or cardio intensity endured, graphical representation helps evidence changing performance or achievement overtime in a way that is otherwise very difficult to communicate.



# TRACK PROGRESS.

The ability to accurately track progress provides a trainer with an evidenced-based means of helping clients to understand the fruits of their training labour. Being able to evidence improvement is hugely motivating for the client, keeping them working towards their goals and appreciating the value delivered by their personal training service.

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# WE ARE HERE TO HELP YOUR BUSINESS.

If you would like to chat through your digital options already included in your package, or how to maximise your digital opportunity in the coming months, please get in touch with us directly via email or phone.

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