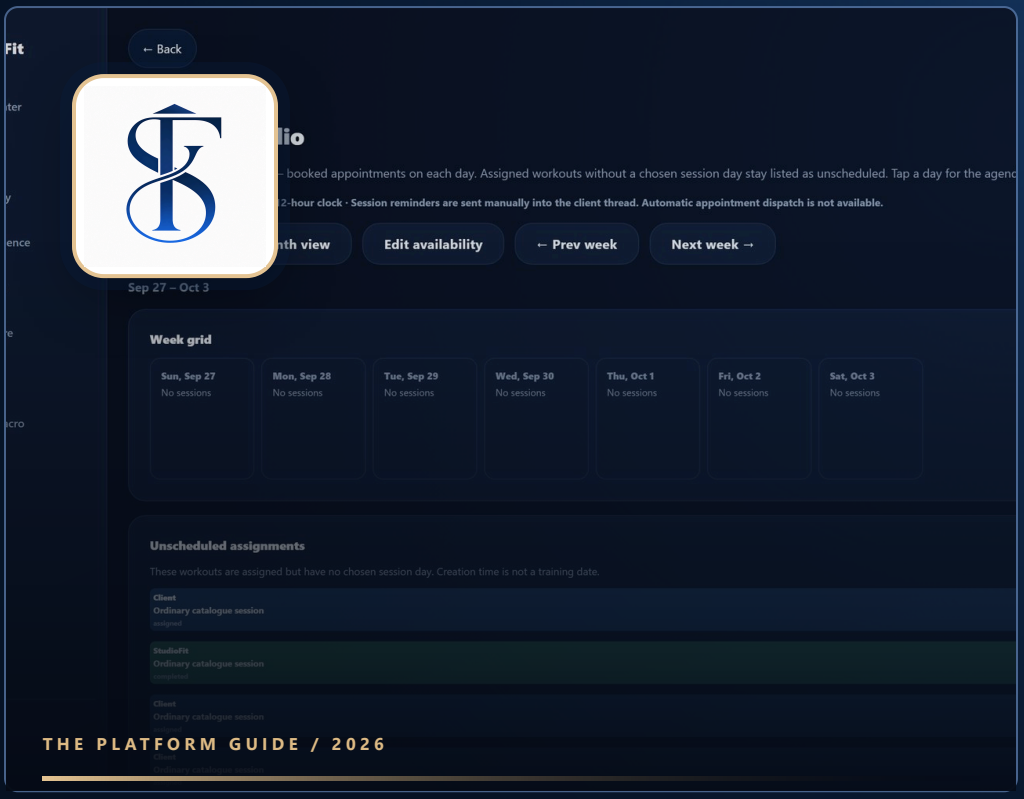
STUDIOFIT ™



THE PLATFORM GUIDE / 2026

Your studio.
In your pocket.

Visual exercise instruction. Movement-informed coaching. A connected trainer and client experience, with your judgment at the centre.

TRAINER EXPERIENCE × CLIENT EXPERIENCE

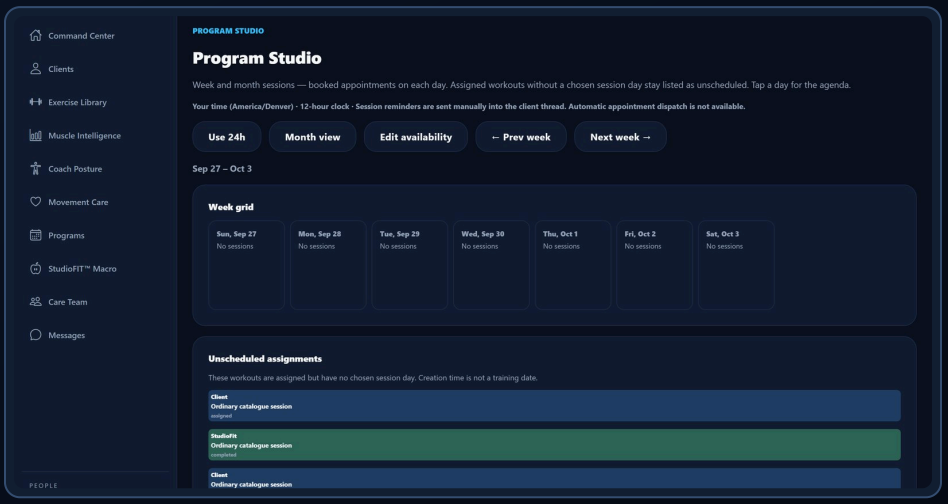
© 2026 StudioFit™ / studiofitcoach.com

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.



PLAN

Assisted session builder

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

DELIVER

Animated exercise instruction

Published demonstrations, target-muscle highlights, dose 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

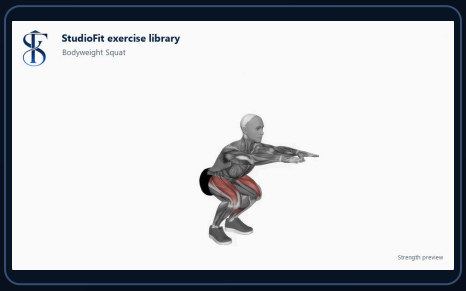
Actual training logs, nutrition entries, measurements and milestones support the next decision.

STUDIOFIT ™

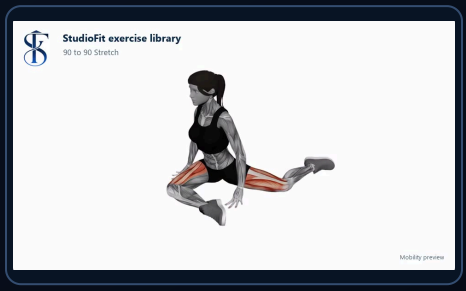
02 / THE ANIMATED EXERCISE LIBRARY

Instruction clients can see.

Give your coaching cues a visual partner. Anatomical demonstrations show the movement and highlight target muscles, helping clients understand the exercise you have chosen.



BODYWEIGHT SQUAT



90-TO-90 STRETCH

01 **Understand the target muscles**

Visual highlights bring the intended area of focus into view.

02 **See positioning and movement**

Use the available views to make the demonstration easier to follow.

03 **Keep the coach's instructions close**

Demonstrations sit beside exercise details, dose and your coaching cues.

A library that keeps developing.

New demonstrations added as releases are reviewed. Available views and instructional detail vary by exercise.

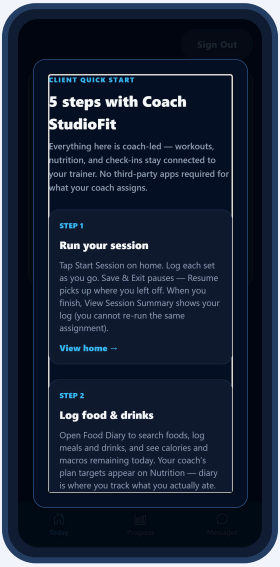
Watch the StudioFit exercise previews ↗

Selected branded previews from the licensed exercise library. The trainer decides which movement belongs in the client's plan.

03 / 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.

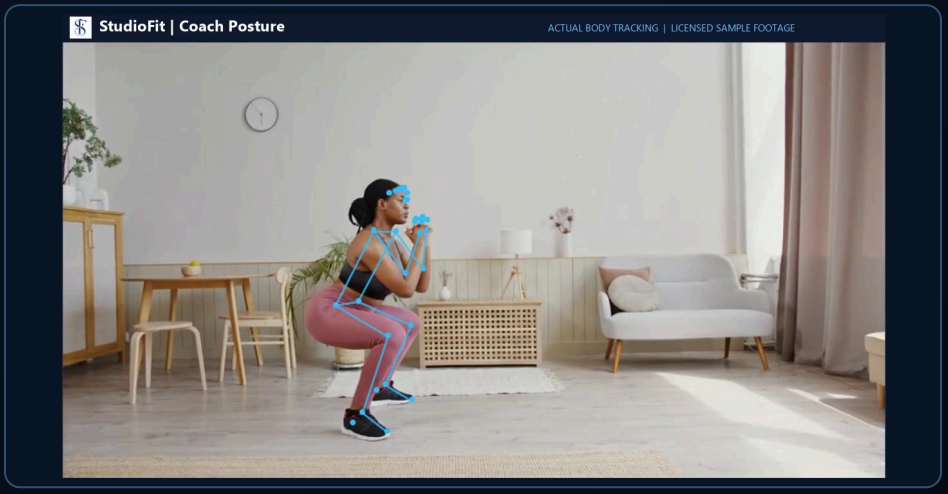
The client does not buy a separate StudioFit subscription. Their trainer is responsible for the assigned program.

STUDIOFIT ™

04 / COACH POSTURE + MOVEMENT CARE

See movement.
Make your coaching decision.

Review the recording, supported movement observations and the client's training context together. Use that context to refine the next session.



Product demonstration using example footage. Coach Posture supports recorded movement review with trainer-reviewed observations for supported protocols; other reviews remain trainer-led.

01 / RECORD
Bring movement into view.

02 / REVIEW
Consider the observations.

03 / DECIDE
Approve the next step.

MUSCLE INTELLIGENCE

Choose with context

Explore exercise and muscle information. Review the demonstration before refining the dose and cues.

MOVEMENT CARE

Keep limitations in view

Consider reported limitations, confirmed equipment and coach-set restrictions.

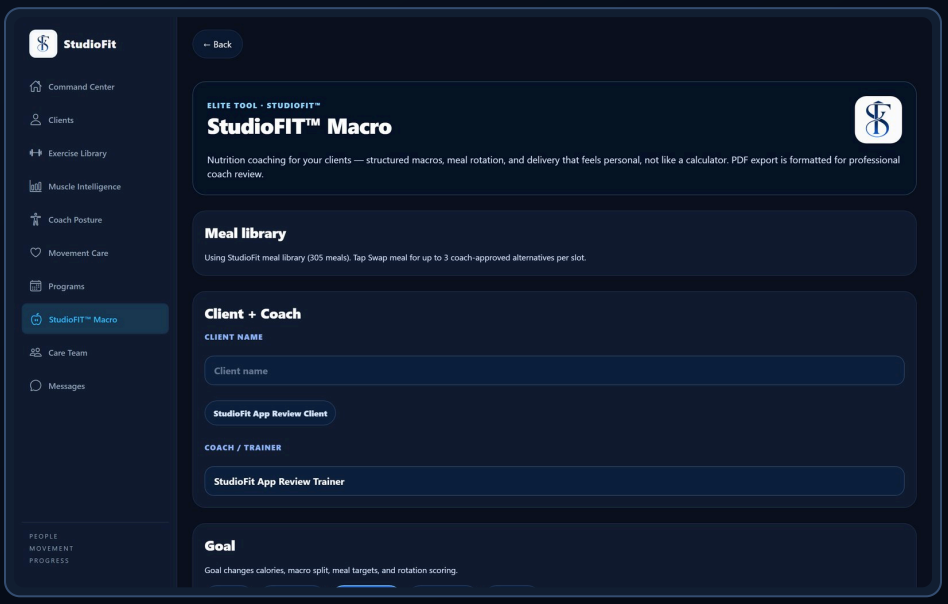
The trainer interprets and approves. These are fitness coaching tools, not injury diagnosis or medical treatment.

STUDIOFIT ™

05 / 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.



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.

STUDIOFIT ™

06 / 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.

07 / 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 ™

08 / MOVE YOUR COACHING FORWARD

Keep the context.
Bring your practice with you.

Start with your client list and the history your export supports. Preview the records, then decide how they connect to your StudioFit clients.

01 **Choose and map your CSV**

Use a client-list export or a supported history template. Match its columns to the information you want to keep.

02 **Preview before you import**

Review row issues, unmapped columns and duplicate summaries. Choose the records to save.

03 **Link and review in context**

Connect imported records to existing active clients. Open program references in the builder for your review and reuse.

CLIENT LISTS	Names and available contact details.
STRUCTURED HISTORY	Dated workout records and measurements.
PROGRAM REFERENCES	Source text to review before preparing the next plan.

Preview first. Stay in control.

Importing does not create client accounts, send invitations or assign programs. Those remain separate coaching decisions.

Available data depends on the source platform and export format. PDFs and other document exports are not automatically converted into programs.

Plan your switch to StudioFit ↗

STUDIOFIT ™

09 / 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.

Build your StudioFit workspace

studiofitcoach.com · Plans · Switching guide · Contact

Read the Privacy Policy, Terms and Safety Notice before inviting a collaborator. Current pricing and the available billing period are shown before purchase in the iPhone app.

© 2026 StudioFit™. All rights reserved. The StudioFit name and intertwined monogram are brand marks. Exercise demonstrations are licensed; underlying media remains owned by its rights holders.