

CK FIT

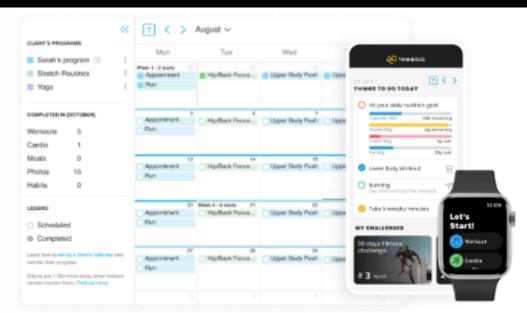
CORPORATE WELLNESS PROGRAM FEATURE GUIDE



PROGRAM FEATURES

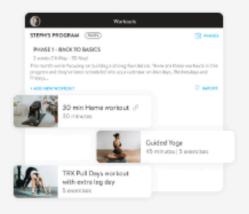
The Corrao Kinetics Corporate Wellness Program is built to support lasting lifestyle changes that enhance your physical, mental, and emotional well-being. With structured guidance and personalized tools, you'll gain everything you need to stay consistent and committed to your health goals.

- Daily Workouts
- Track Progress
- Nutrition Tracking
- Habit Builder
- Expert Support
- Community Connection



Custom client programs

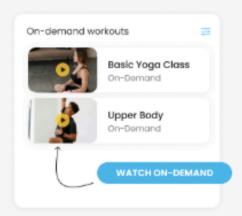
Deliver customized phased training programs for clients who have unique training needs. Build one from scratch or copy and fine-tune an existing program template to build your clients' individualized program in seconds.



On-demand workout library

Share a library of workouts and let clients stream them on-demand wherever, whenever. They're perfect for giving clients the flexibility to workout on their own terms.

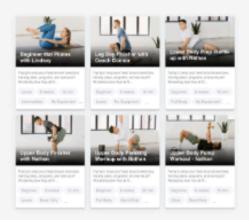
Learn more >



Trainerize fitness content library

Get started with online coaching in seconds. Explore our library of professionally created exercises, ondemand and pre-built workouts, and programs that are ready for you to use.

Learn more >





THE WORKOUTS

After completing your intake form, you will be automatically placed in a program, based on your answers. There are versions of each program that are for those with gym access and those without.

Base Program Options

STRENGTH BUILDING

Designed to maximize muscle growth and strength, this program is structured in three progressive 2-week micro-cycles. Each phase evolves in exercise selection, weight, and volume to help you build power and resilience while reducing injury risk.

FAT LOSS

Organized into monthly training cycles, this program focuses on movement efficiency, intensity, and calorie burn. It's built to ramp up your metabolism while still strengthening your body and supporting long-term joint health.

LONGEVITY & FITNESS

A balanced and sustainable plan that targets overall health, mobility, and functional



strength. Each week includes 2-3 strength sessions along with 2-3 cardio, recovery, or mobility-focused workouts perfect for improving quality of life.

ADVANCED FITNESS

Ideal for seasoned athletes or those seeking variety and challenge. Daily workouts rotate through CARDIO, C.A.M.P.S., STRENGTH, and MOVEMENT TRAINING. Clear instructions and video demos ensure proper form every step of the way.

LOW IMPACT

Gentle on the joints but effective for building and maintaining strength and endurance. Perfect for those returning from injury, just getting started, or looking for a joint-friendly fitness routine.

Add-On Programs

Coach to 5K - A 6-week beginner running plan to build endurance.

Mindful Recovery - Daily breath and movement practices for stress relief and recovery.

Get Moving! - A 30-day walking plan to spark consistency and build momentum.

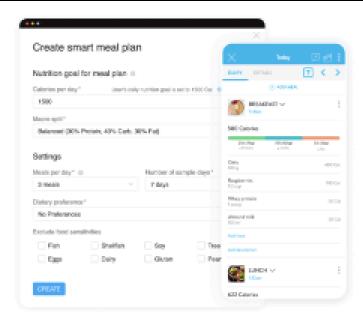
Habit Building Guide - Tools to help you create lasting healthy routines.



NUTRITION

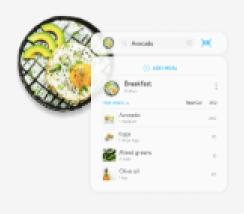
Fuel powerful results with nutrition coaching

An all-in-one nutrition coaching app to seamlessly track meals, plan balanced dlets, build healthler habits, and more. Learn more >



Meal tracking

Coach clients to make healthier food choices by monitoring food logs tracked in the app using meal photos, scanning barcodes, or searching for foods in the meal library.



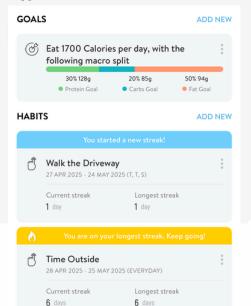
Meal planning

Use our Smart Meal Planner to create personalized meal plan recommendations for up to 7 days, with access to an ever-growing library of meal inspirations for various macros and dietary preferences.



Healthy habits + compliance tracking

Choose from pre-set nutrition habits and create personalized daily nutrition, weight, or milestone goals to help clients make lasting, healthy changes to their approach to food.





NUTRITION

BASIC (included)

- Set macros and meal suggestions/recipes based on your needs and goals
- In-app meal logging with macro & micronutrient tracking

ADVANCED (\$20 add-on)

- Macros and meal suggestions/recipes based on your needs and goals
- In-app meal logging with macro and micronutrient tracking
- Smart Meal planner with custom meal selection and recipes for 7 days/week
- In-app Messaging with your coach 7/days a week



PREMIUM (\$50 add-on)

- Macros and meal program, created by your coach, based on your needs and goals
- In-app meal logging with macro & micronutrient tracking
- Smart Meal planning with custom meal selection/recipes for 7 days/week
- In-app Messaging with your coach 7/days a week
- Grocery list for all meals each week
- Weekly check-in with your coach

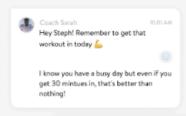




COMMUNICATION

In-app messages (1-1 and groups)

Stay connected with your clients every step of the way with 1-1 or group messages. Plus, create personalized auto-messages for your clients, so you can be hands-off while clients get a hands-on experience.





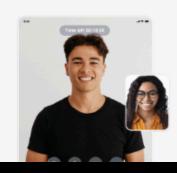
Voice messages

Send voice messages to boost motivation, clarify instructions, and strengthen your coaching relationships. Whether you're talking 1-1 or chatting in groups, on the web or mobile app, voicing your thoughts has never been



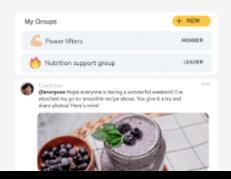
Run 1-1 online initial consultations, virtual group sessions, and more through personalized 1-1 or group video calls, directly within ABC Trainerize. Plus, monetize your expertise by offering these video sessions as an additional service.

Learn more >



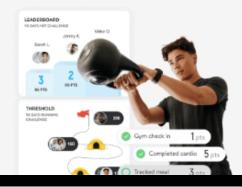
Groups

A dedicated digital space for your online community, perfect for virtual group training, corporate wellness and more. Foster engagement, celebrate achievements, and strengthen client relationships-all in one place.



Challenges

Bring people and coaching together with Challenges to boost engagement and motivation. Foster friendly competition with leaderboard challenges or run threshold challenges where everybody wins!



Workout of the Day (WOD)

Share one-off WODs with groups to engage clients in special workouts and diversify your clients' routines. When clients complete the WOD simultaneously, they'll receive notifications, fostering motivation within the group.



Group motivation

Forge a connected fitness journey and keep clients motivated by sharing achievements, celebrating milestones, and supporting each other within a group.



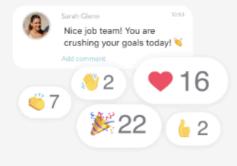
Badges and milestones

Celebrate success and keep clients motivated with milestone badges when they specific milestones like completing workouts, cardio activities, and maintaining habit streaks.



High-five and reactions in messages

Keep engagement and spirits high with high-fives and reactions throughout your clients' fitness journey.



HABITS

Empower clients to be 1% better every day with habit coaching

Schedule habits for clients, track their progress, celebrate their success, and help them achieve their goals one small change at a time.

Learn more >



Custom habits

From daily step goals to drinking enough water, create customized habits that align perfectly with your clients' goals and lifestyles.



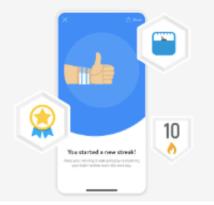
Assign pre-made habits

From fostering an active lifestyle to promoting mindfulness, effortlessly assign pre-made habits from our curated habit library to your clients and watch their progress soar.



Streaks and badges

Turn progress into a game with habit streaks and badges. Celebrate every milestone, big or small, with colorful badges and keep clients motivated as they build streaks of consistency.





PROGRAM SUMMARY

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ADD ON PROGRAMS

Coach to 5K

- Get Moving!
- Mindful Recovery
- Habit Building Guide

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INTEGRATIONS



Apple Health

Unlock comprehensive IOS cilent data and insights with Apple Health to deliver personalized coaching. Seamlessly sync real-time metrics like sleep, heart rate, steps, and more from your cilents' devices into ABC Trainerize.





Google Health

Unlock hollstic Android client data and insights with Google Health Connect. Sync real-time metrics like sleep, heart rate, steps, and more from a variety of apps, including Oura, Samsung Health, WHOOP, and others, directly into ABC Trainerize.





Apple Watch App

With the Apple Watch App powered by ABC Trainerize, your clients can track workouts and habits on the go, check off daily to-dos, and have you, their coach, by their side-right from their wrist.





Garmin

Stay connected to your clients' progress with realtime data on steps, sleep, caloric burn, and activities captured by their Garmin smartwatches or trackers, all accessible in ABC Trainerize.





Fitbit

Get a complete view of your clients' health with insights into their weight, body fat percentage, resting heart rate, steps, sieep, and more. Plus, track activities like running or yoga by syncing Fitbit with ABC Trainerize.





Withings

Clients can connect Withings Health Mate devices and wearables to sync body measurements to their ABC Trainerize account including weight and resting heart rate stats from their Body Plus Scale, BPM+ and Steel HR devices.



