

The AI Fitness Stack

22 Tools to Automate Your Workouts, Nutrition & Results

Build your body like a system.

You don't need more motivation. You need a system.

Most people fail fitness because they rely on willpower.

- *Random workouts*
- *Inconsistent nutrition*
- *No tracking*
- *No feedback*

AI fixes that.

START HERE

Build your Peak Operating System in 3 steps

1. *Choose your tools*
2. *Set them up in 14 days*
3. *Track + improve weekly*

Systems beat motivation.

AI removes:

- ***guesswork***
- ***inconsistency***
- ***decision fatigue***

AI gives you:

- ***structure***
- ***feedback***
- ***optimization***

👉 ***That's why it works.***



FITBOD

Fitbod — AI Workout Planner

👉 Start your AI workout today

What it does

Creates personalized workouts based on your performance and recovery.

Why it's powerful

- Adapts in real time
- Tracks progressive overload
- Prevents overtraining

Best for

Anyone who wants structure fast

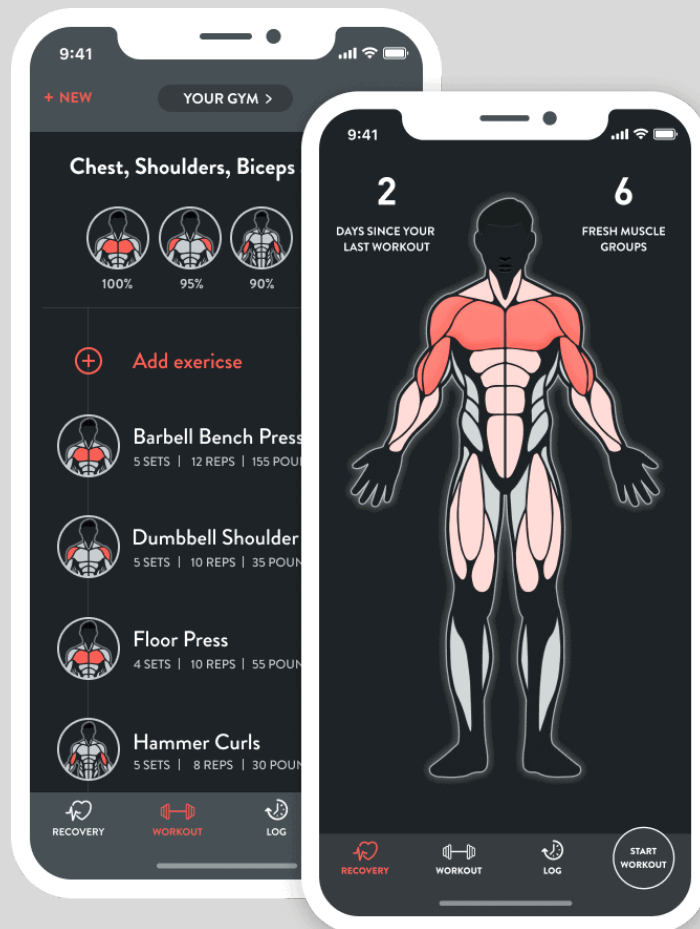
14-Day Plan

Day 1: Set up your goals

Day 2–10: Follow workouts

Day 11–14: Review progress

Build your training plan in minutes



FREELETICS

Tagline: AI Bodyweight Training Coach

What it does: Delivers adaptive bodyweight and HIIT workouts with AI coaching feedback.

Why it's powerful:

- No equipment needed
- AI adjusts intensity based on your feedback
- Includes mindset coaching

Best for: Home trainers and travelers who need flexibility.

Pricing: Free version | Premium: \$47.99/quarter

14-Day Quick Start:

1. Complete the fitness assessment
2. Follow 5 workouts to calibrate the AI
3. Rate each session honestly
4. Watch the AI personalize your plan

Train anywhere, anytime



ALPHA PROGRESSION

Tagline: Strength Training Optimization

What it does: Tracks your lifts and auto-generates progressive overload plans for hypertrophy.

Why it's powerful:

- Built for serious lifters
- Tracks volume, intensity, frequency
- Suggests deload weeks automatically

Best for: Intermediate to advanced lifters focused on muscle growth.

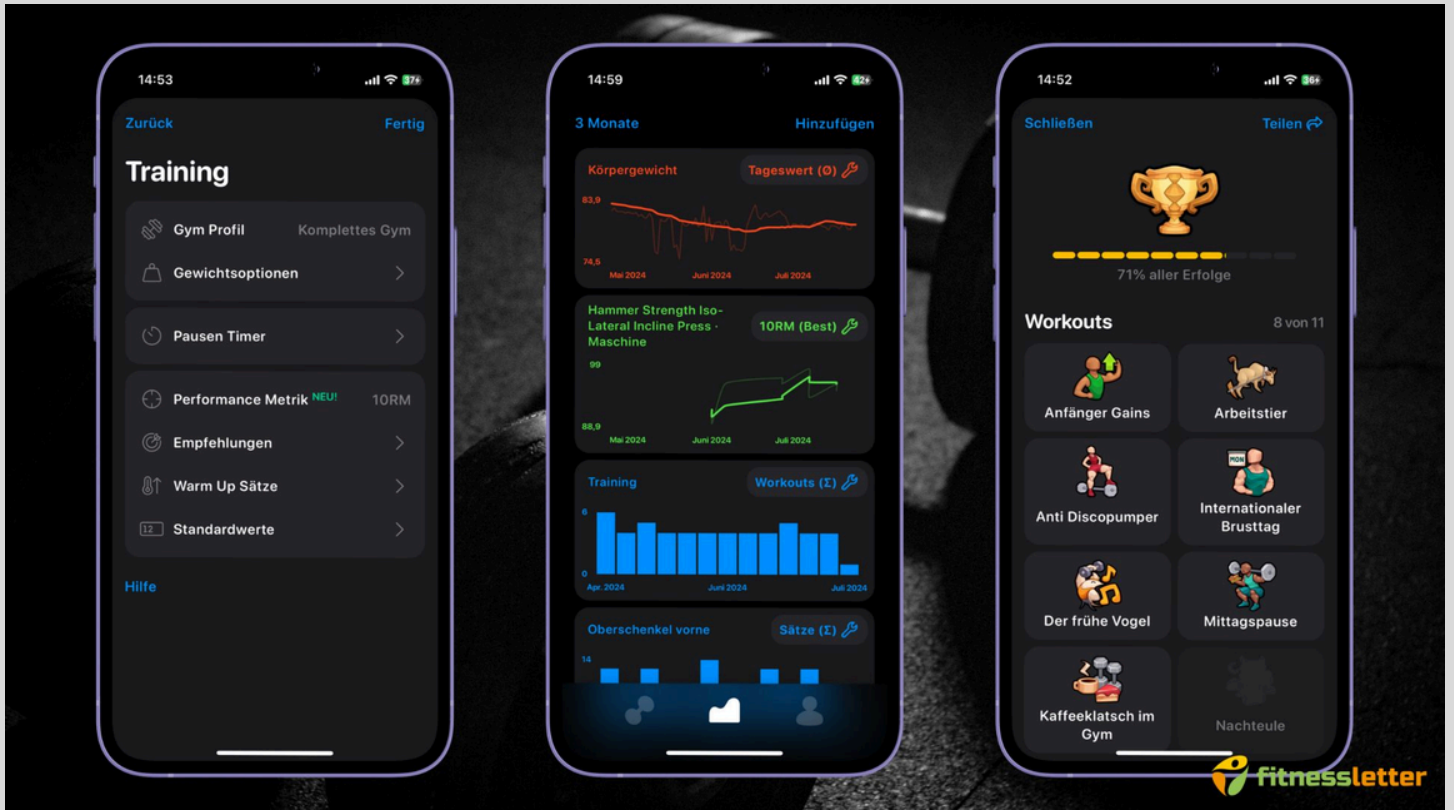
Pricing: Free | Pro: \$5.99/month

14-Day Quick Start:

1. Log your current maxes

2. Choose a training split (PPL, Upper/Lower, etc.)
3. Follow the app's progression for 2 weeks
4. Review volume recommendations weekly

Track your strength properly



DR. MUSCLE

Tagline: AI Strength Coach with Auto-Regulation

What it does: Adjusts your workout in real-time based on how you're feeling and performing.

Why it's powerful:

- Auto-regulates volume and intensity
- Prevents overtraining
- Backed by exercise science research

Best for: Lifters who want science-based programming without the guesswork.

Pricing: Free trial | \$9.99/month

14-Day Quick Start:

1. Set your training goal (strength, hypertrophy, endurance)
2. Input your available training days
3. Complete 4 workouts and rate your energy
4. Let the AI adjust your next session

Let AI adjust your workouts



EATTHISMUCH

Tagline: AI Meal Plan Generator

What it does: Creates personalized meal plans based on your macros, diet type, and food preferences.

Why it's powerful:

- Generates grocery lists automatically
- Adapts to keto, vegan, paleo, etc.
- Saves hours of meal prep planning

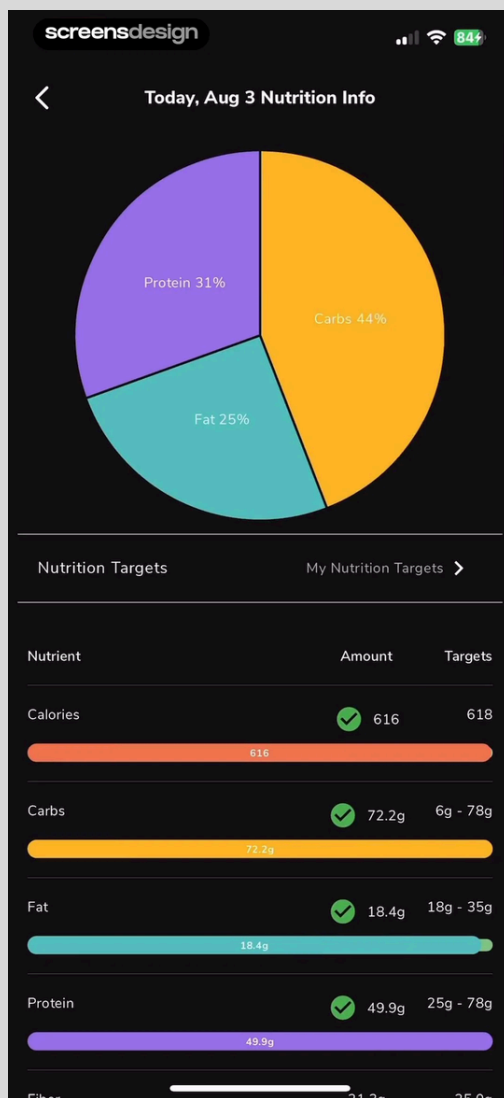
Best for: Anyone who struggles with nutrition consistency.

Pricing: Free | Premium: \$8.99/month

14-Day Quick Start:

1. Input your calorie and macro targets
2. Set dietary preferences (allergies, dislikes)
3. Generate your first week of meals
4. Use the grocery list feature

Stop planning meals manually



MYFITNESSPAL AI

Tagline: Smart Calorie & Macro Tracker

What it does: Tracks food intake with AI-powered barcode scanning and meal recognition.

Why it's powerful:

- Largest food database in the world
- AI suggests portion sizes
- Syncs with fitness apps and wearables

Best for: Beginners and advanced users tracking macros.

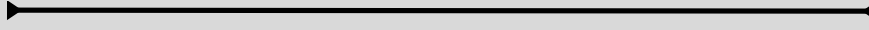
Pricing: Free | Premium: \$9.99/month

14-Day Quick Start:

1. Set your calorie goal

2. Log every meal for 7 days (be honest)
3. Review your macro breakdown
4. Adjust portions based on results

Take control of your nutrition



MACROFACTOR

Tagline: AI Nutrition Coach with Adaptive Algorithms

What it does: Tracks your intake and adjusts your calorie targets based on your actual metabolic response.

Why it's powerful:

- No guessing your TDEE
- Adjusts weekly based on weight trends
- Science-backed approach

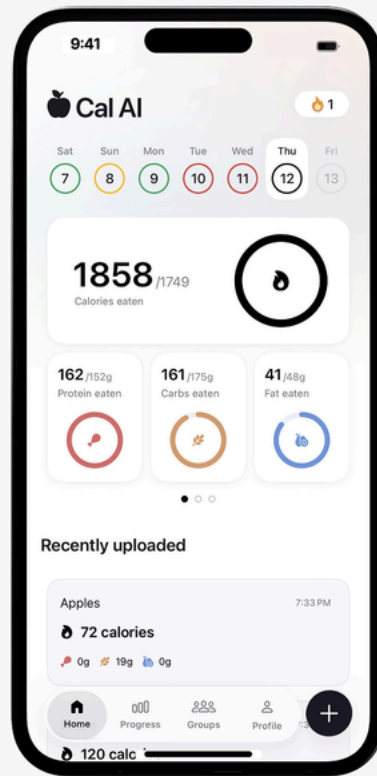
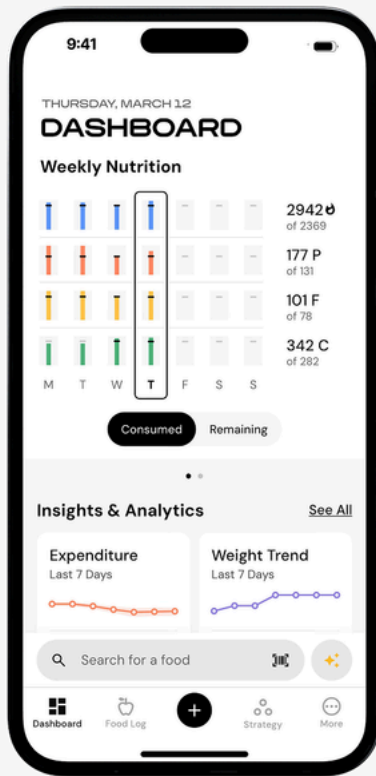
Best for: Serious dieters and coaches who want precision.

Pricing: \$11.99/month or \$71.99/year

14-Day Quick Start:

1. Log your food and weight daily
2. Let the app calculate your true TDEE
3. Follow the recommended calorie adjustments
4. Review progress after 2 weeks

Fix your nutrition with data



TRAINERIZE

Tagline: Client Management for Online Coaches

What it does: Manage clients, deliver workouts, track progress, and automate coaching workflows.

Why it's powerful:

- White-label app for your brand
- Automates check-ins and reminders
- Integrates with Zoom, Stripe, and wearables

Best for: Online fitness coaches scaling their business.

Pricing: From \$5/client/month

14-Day Quick Start:

1. Set up your branded app
2. Onboard 1–3 test clients
3. Deliver a workout program via the app
4. Automate weekly check-ins

Build a structured coaching system



TRUECOACH

Tagline: Premium Coaching Platform

What it does: Deliver custom training programs, track client progress, and communicate seamlessly.

Why it's powerful:

- Clean, professional interface
- Video exercise library included
- Built for high-ticket coaching

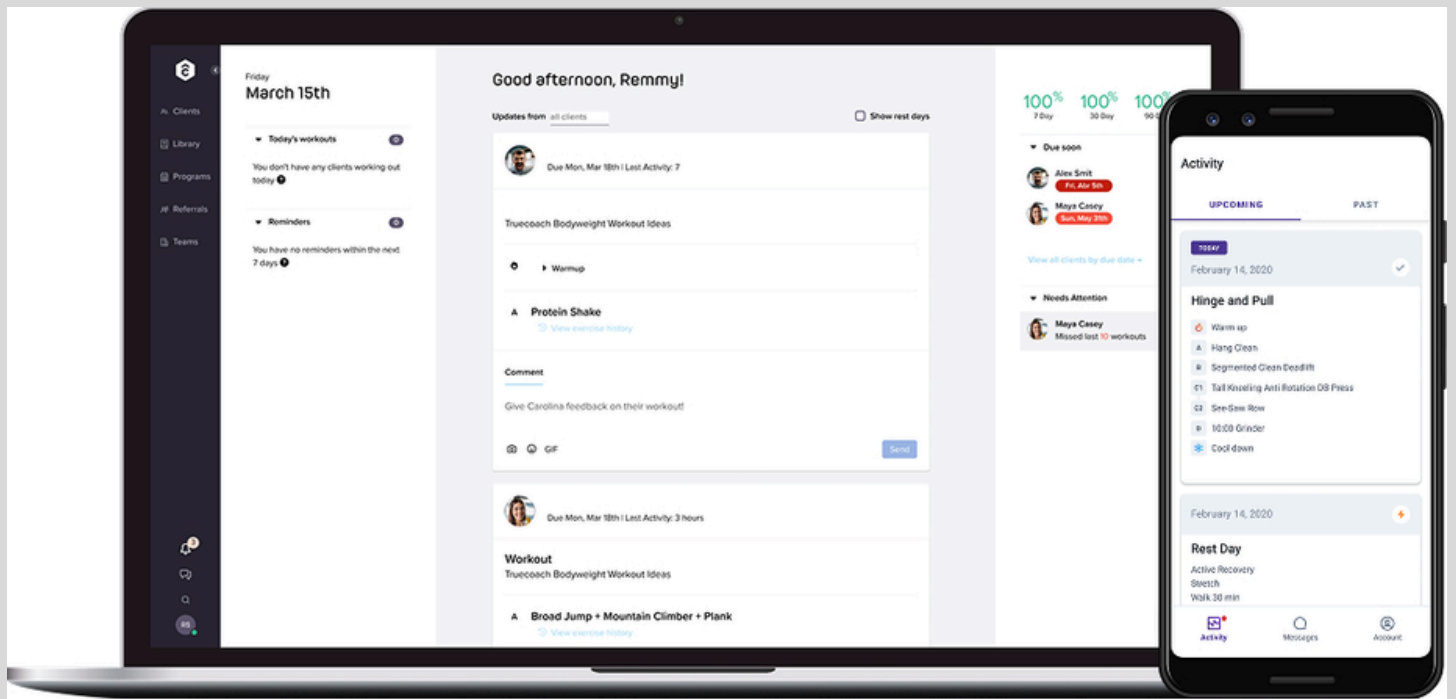
Best for: Coaches who want a premium client experience.

Pricing: From \$19/month (up to 10 clients)

14-Day Quick Start:

1. Build your first program template
2. Invite 2–3 clients
3. Use video demos to explain exercises
4. Track compliance and results

Deliver better client results



EVERFIT

Tagline: All-in-One Coaching & Business Platform

What it does: Combines client management, workout delivery, nutrition tracking, and payments.

Why it's powerful:

- Handles everything in one platform
- Includes habit tracking and messaging
- Scales with your business

Best for: Coaches who want an all-in-one solution.

Pricing: From \$20/month

14-Day Quick Start:

1. Set up your coach profile
2. Create a sample program
3. Onboard 1 client and test all features
4. Automate your onboarding process

Run your coaching business efficiently

KINSTA

Tagline: Premium Hosting for Fitness Websites

What it does: Fast, secure, managed WordPress hosting built for performance.

Why it's powerful:

- Lightning-fast load times (critical for SEO)
- Daily backups and security included
- Expert support 24/7

Best for: Fitness bloggers and coaches building authority sites.

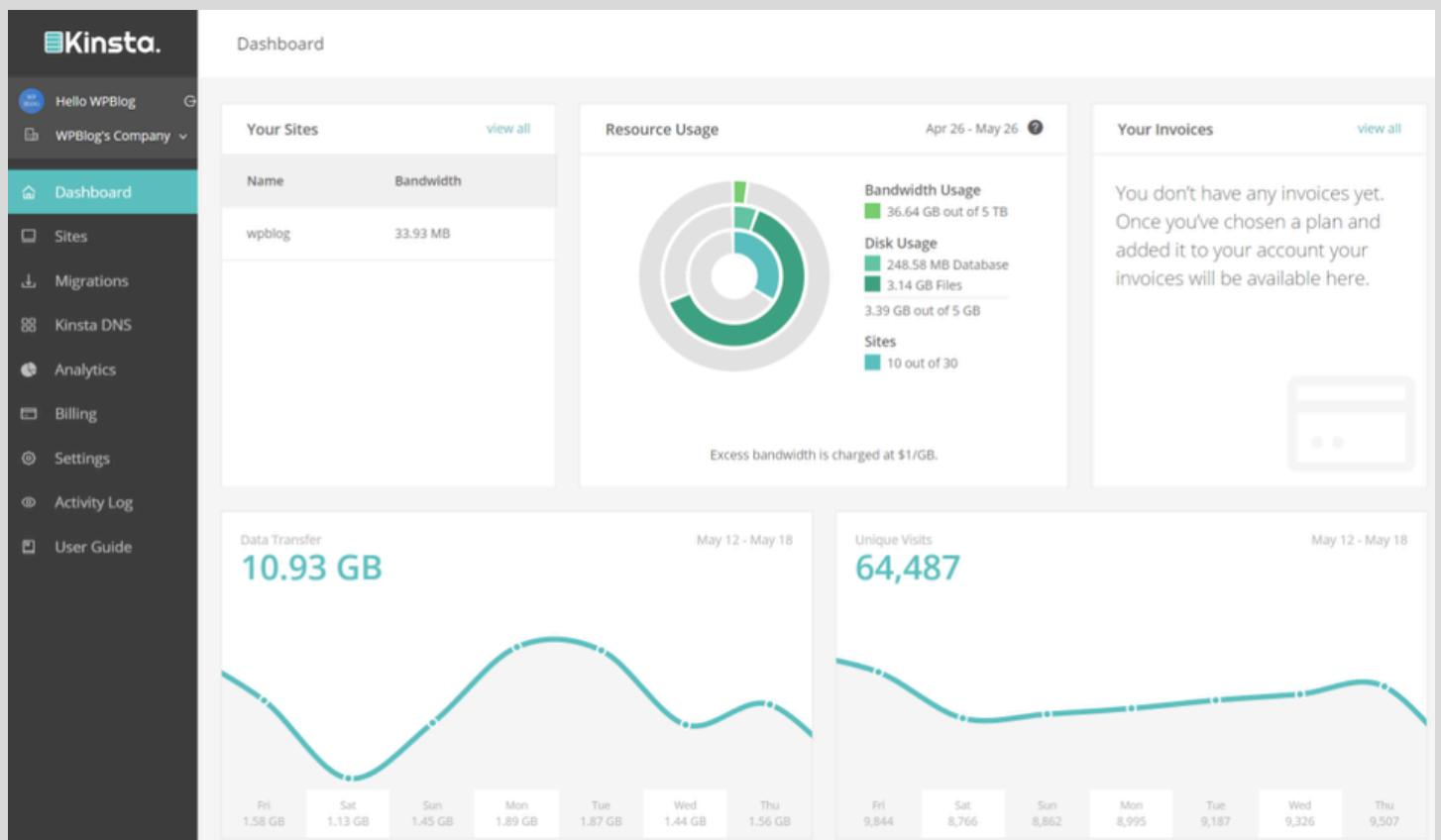
Pricing: From \$35/month

14-Day Quick Start:

1. Migrate your site (or start fresh)
2. Install a fitness blog theme
3. Publish 3 high-quality posts
4. Set up affiliate links and email capture

👉 **Start your site on Kinsta today**

<https://kinsta.com/?ka=YOURID>





THINKIFIC

Tagline: Create & Sell Online Fitness Courses

What it does: Build, host, and sell online courses without technical skills.

Why it's powerful:

- Drag-and-drop course builder
- Integrated payments and email marketing
- Supports memberships and bundles

Best for: Coaches monetizing their knowledge at scale.

Pricing: Free plan | Paid plans from \$49/month

14-Day Quick Start:

1. Outline your first course (e.g., "12-Week Shred")
2. Record 3 lessons
3. Upload and structure your course
4. Launch with a simple sales page

Turn your knowledge into income



SYSTEME.IO

Tagline: All-in-One Marketing & Sales Platform

What it does: Build funnels, send emails, host courses, and automate your fitness business.

Why it's powerful:

- Replaces 5+ tools
- Free plan available
- Simple, beginner-friendly interface

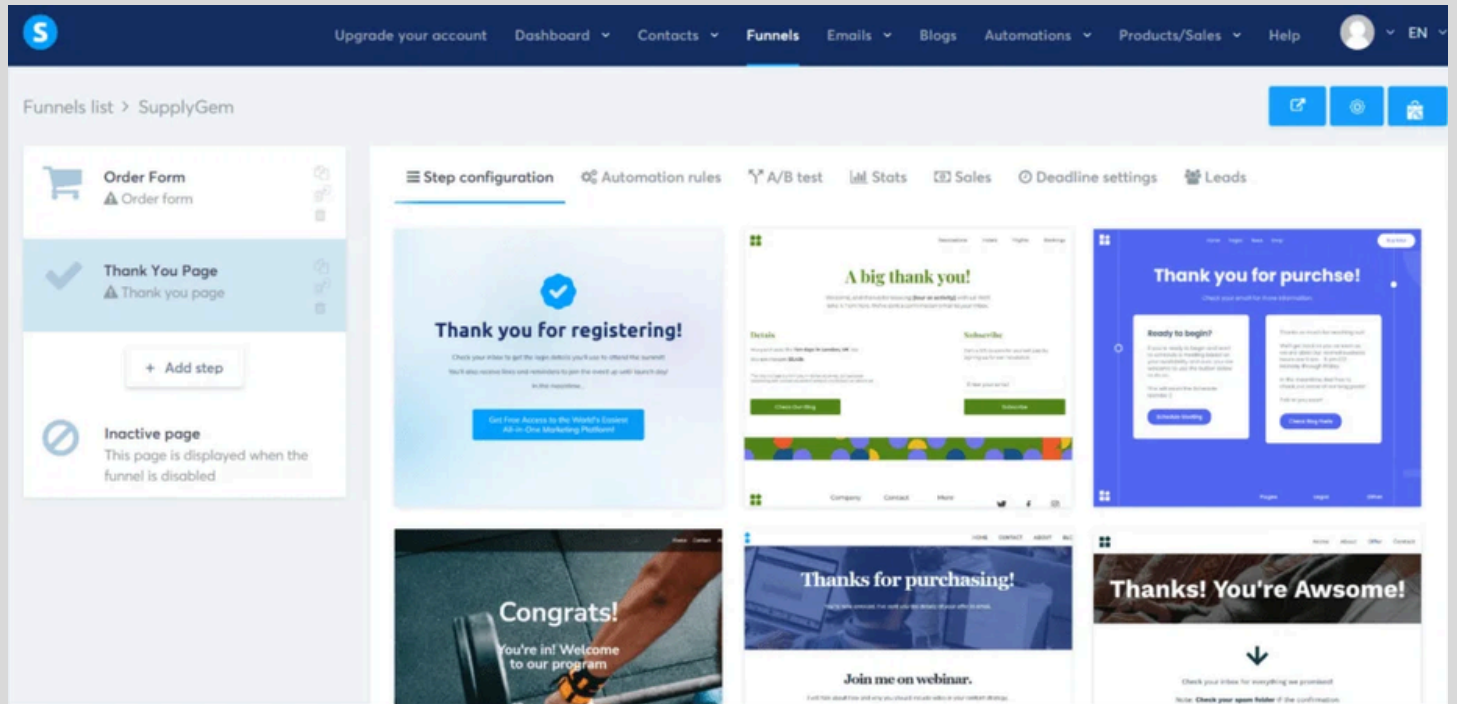
Best for: Coaches and creators on a budget.

Pricing: Free up to 2,000 contacts | Paid from \$27/month

14-Day Quick Start:

1. Create a lead magnet (e.g., free workout PDF)
2. Build a landing page
3. Set up an email sequence
4. Drive traffic via social media

Capture leads automatically



KAJABI

Tagline: Premium Platform for Fitness Creators

What it does: Host courses, memberships, podcasts, and coaching programs in one place.

Why it's powerful:

- Beautiful, professional templates
- Advanced marketing automation
- Built for high-ticket offers

Best for: Established coaches scaling to 6–7 figures.

Pricing: From \$149/month

14-Day Quick Start:

1. Set up your branded site

2. Create a mini-course or membership
3. Build an email funnel
4. Launch with a webinar or challenge

Build a premium coaching business



FLOWLU

Tagline: Business Management for Fitness Entrepreneurs

What it does: Manage projects, clients, finances, and workflows in one platform.

Why it's powerful:

- CRM + project management + invoicing
- Affordable compared to competitors
- Scales with your business

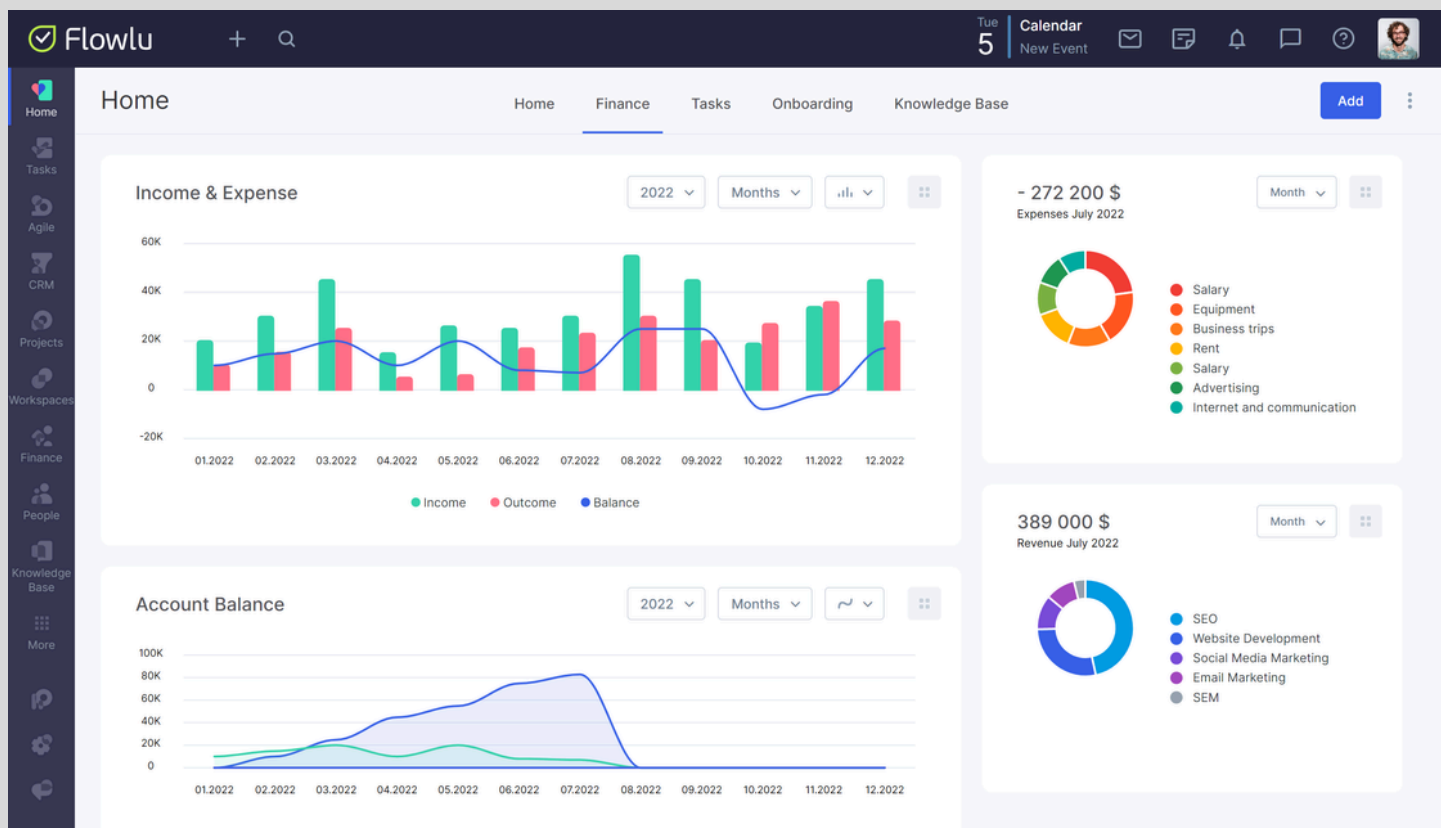
Best for: Coaches managing multiple clients and projects.

Pricing: From \$29/month

14-Day Quick Start:

1. Set up your client pipeline
2. Create project templates for onboarding
3. Track time and send invoices
4. Automate follow-ups

👉 [Click here to build your full system in Flowlu](#)



CLICKUP

Tagline: Project Management for Fitness Teams

What it does: Organize tasks, projects, and workflows with customizable views and automation.

Why it's powerful:

- Replaces multiple productivity tools
- Free plan is robust
- Integrates with 1,000+ apps

Best for: Coaches, content creators, and fitness businesses with teams.

Pricing: Free | Paid from \$7/user/month

14-Day Quick Start:

1. Create a workspace for your fitness business
2. Set up task lists for content, clients, and admin
3. Use templates for recurring workflows
4. Automate reminders and follow-ups

CTA: Try ClickUp



NOTION AI

Tagline: Smart Workspace for Fitness Content & Planning

What it does: Organize your content, clients, and ideas with AI-powered writing and automation.

Why it's powerful:

- AI writes, edits, and summarizes for you
- Infinitely customizable
- Great for content planning and databases

Best for: Creators and coaches who need a flexible system.

Pricing: Free | Plus: \$10/month | AI add-on: \$10/month

14-Day Quick Start:

1. Build a content calendar
2. Use AI to draft social posts and emails
3. Create a client database
4. Set up a habit tracker

- **Build your personal system with Notion AI**



Notion x Fitness

Shortcuts

- Homepage
- New Workout
- Log Weight
- Log Meal

Personal Data

- Profile
- Weight
- Nutrition

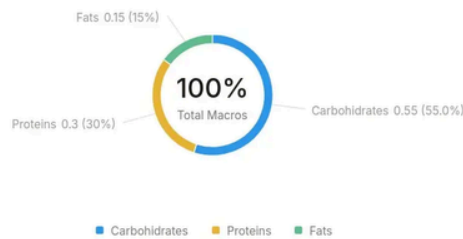
Fitness

- Exercises
- Workouts
- Muscles
- Sheet

Notes

- Training Diary

Macros Allocation



Delete this view

Daily Meal

January 11, 2025

Water Intake:

1.25

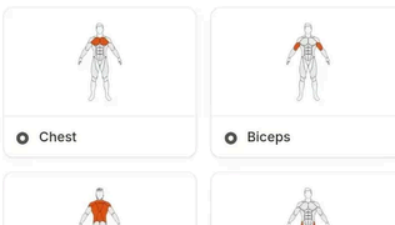
Breakfast: Milk + Biscuits

Lunch: Chicken + Potatoes

Snack: Coffee

Dinner: Pasta + Salad

Core Muscles



Weight History



FIVERR PRO (VIA AWIN)

Tagline: Hire Top-Tier Freelancers for Your Fitness Brand

What it does: Access vetted professionals for design, video editing, copywriting, and more.

Why it's powerful:

- Pre-vetted talent
- Fixed pricing, fast delivery
- Perfect for scaling content production

Best for: Coaches and creators outsourcing content and design.

Pricing: Varies by service (typically \$100–\$500+)

14-Day Quick Start:

1. Identify your biggest bottleneck (editing, design, etc.)
2. Hire a Fiverr Pro for one project
3. Review and refine the output
4. Build a roster of go-to freelancers

- **Outsource your bottlenecks**



UPWORK

Tagline: Find Specialized Fitness Talent

What it does: Hire freelancers for specialized tasks: coaching, programming, marketing, design.

Why it's powerful:

- Access to global talent pool
- Escrow payment protection
- Great for long-term hires

Best for: Fitness businesses hiring for specific projects or ongoing roles.

Pricing: Free to post | Upwork takes 10–20% fee

14-Day Quick Start:

1. Post a job for a specific need (e.g., video editor)
2. Review proposals and portfolios
3. Hire and test with a small project
4. Scale with the right talent

- **Build your remote team**

Chloe B. Katy, TX – 2:44 pm local time
Available now
97% Job Success Top Rated Plus Share

View profile
Email, Phone & Chat Support
All work

\$700K+ Total earnings **89** Total jobs **18,192** Total hours

Hours per week
More than 30 hrs/week
Open to contract to hire **New**

Languages
English: Native or Bilingual

Verifications
ID: Verified

Associated with
CDT Global

CS Operations Manager, Training Program Manager, QA Specialist \$52.00/hr

Featured on Upwork website to represent the customer service category
Featured in the "10 Upwork Profile Examples That Will Help You Get Clients" article
Featured on Upwork's LinkedIn, Facebook, and Instagram accounts
Featured on Upwork "Upwork Unveils Top 10 Most In-Demand Skills for Technology, Marketing, and Customer Service Independent Talent in 2022"
Featured on Yahoo Finance - link in LinkedIn profile
Featured speaker in CXCollective in the Zone - link in LinkedIn profile

Hello,

Thank you for visiting my profile! I'm excited to share a bit about my experience and passion for customer service management.

With over 10 years of leadership experience in the retail industry, including roles with Kenneth Cole, Calvin Klein, Bebe, and Pac Sun, I've honed my ability to build, inspire, and lead teams to deliver exceptional customer experiences. For the past decade, I've taken my expertise to Upwork, where I've successfully managed customer service operations, training programs, and process development. I was also honored to be selected as the sole representative for the entire Customer Service category on Upwork—a testament to my dedication and impact in this field.

Throughout my career, I've had the privilege of:

- Designing and implementing comprehensive training programs using eLearning and self-paced modules.
- Overseeing quality analyst performance and leading calibrations to ensure consistent policy interpretation and identify opportunities for growth.
- Building Help Centers, Knowledge Bases, macros, SOPs, and internal processes to streamline operations and enhance customer satisfaction.
- Developing Train-the-Trainer programs, playbooks, and facilitator guides to empower trainers and create scalable solutions.

What truly drives me is the opportunity to create and nurture world-class customer service teams. I take pride in maintaining high standards, fostering continuous improvement, and delivering results that exceed expectations.

My goal has always been to go beyond meeting expectations—to consistently raise the bar for both my team and the customers we serve. If you're looking for a dedicated, results-driven professional to lead and grow your customer service operations, I'd love to connect!

Please note that I am currently open to management-level opportunities.
[less](#)

LEMON SQUEEZY

Tagline: Sell Digital Fitness Products Effortlessly

What it does: Sell ebooks, courses, templates, and memberships with zero hassle.

Why it's powerful:

- Handles taxes, VAT, and compliance globally
- Beautiful checkout experience
- No merchant account needed

Best for: Creators selling digital products (guides, programs, templates).

Pricing: 5% + payment processing fees

14-Day Quick Start:

1. Upload your first digital product (e.g., workout PDF)
2. Set up a product page
3. Share the link on social media
4. Track sales and payouts

- **Start selling digital products**

SURFER SEO

Tagline: Rank Your Fitness Content on Google

What it does: Optimize your blog posts and pages to rank higher in search results.

Why it's powerful:

- AI-powered content editor
- Keyword research and competitor analysis
- Increases organic traffic fast

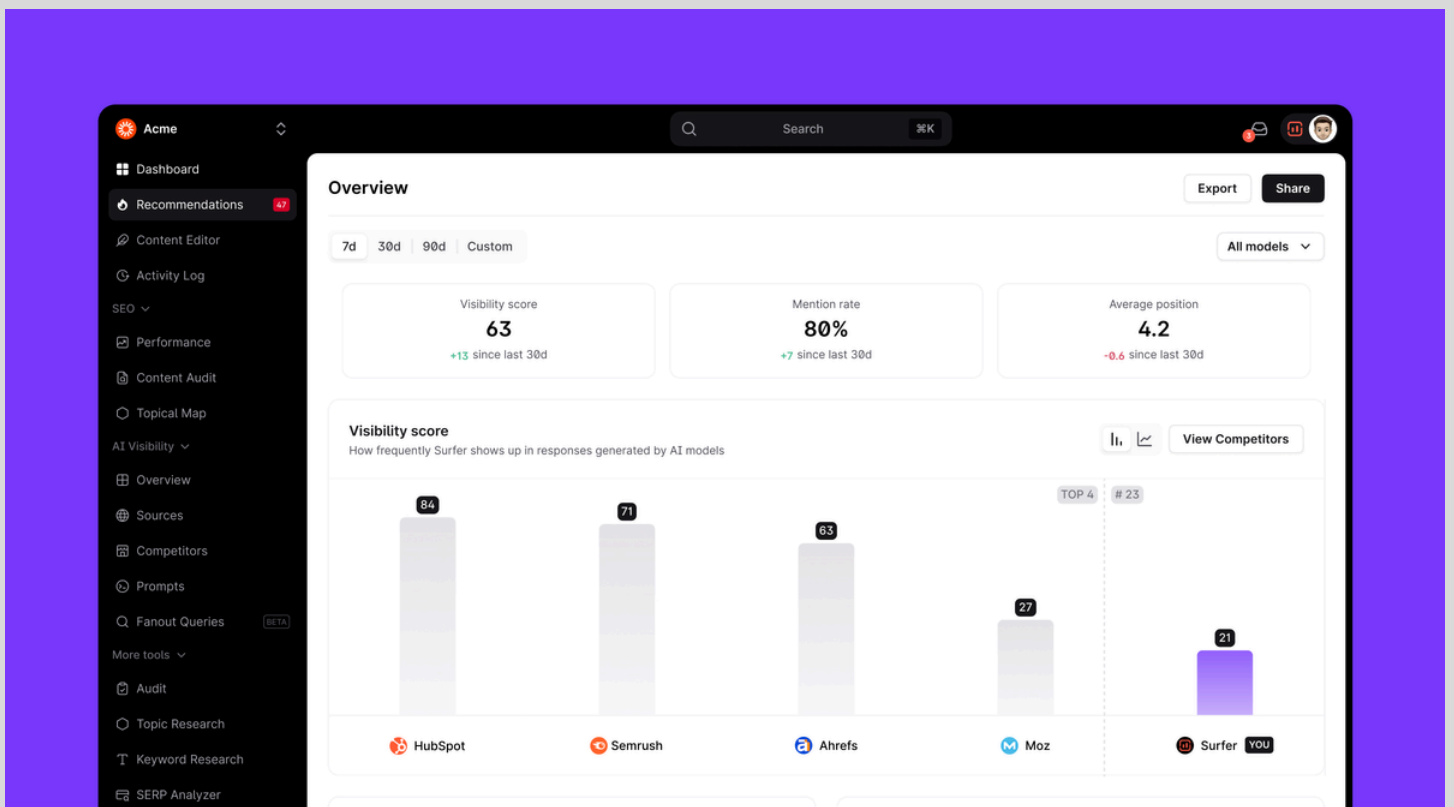
Best for: Fitness bloggers and coaches building SEO authority.

Pricing: From \$89/month

14-Day Quick Start:

1. Research a keyword (e.g., "best home workouts")
2. Use Surfer's editor to write an optimized post
3. Publish and track rankings
4. Repeat for 3–5 high-value keywords

- **Get traffic to your fitness brand**





JASPER AI

Tagline: AI Copywriter for Fitness Content

What it does: Generate blog posts, social captions, emails, and ads in seconds.

Why it's powerful:

- Trained on high-converting copy
- Saves hours of writing time
- Includes templates for fitness niches

Best for: Creators and coaches producing high-volume content.

Pricing: From \$49/month

14-Day Quick Start:

1. Choose a template (e.g., blog post, email)
2. Input your topic and key points
3. Generate and edit the output
4. Publish or schedule

Create content faster



AI FORM ANALYSIS

How to Use AI to Check Your Lifting Form

1. **Record Your Lift** - Use your phone to film from the side or front. Keep the full movement in frame.
2. **Upload to an AI Tool** - Use apps like Sency, Kaia, or upload to ChatGPT with vision enabled.
3. **Get Feedback** - The AI analyzes joint angles, bar path, and movement quality.
4. **Adjust & Retest** - Make corrections and film again. Compare results.

AI form checks aren't perfect—but they're better than guessing.



RECOVERY & SLEEP

Track Recovery Like a Pro

Why Recovery Matters: Training breaks you down. Recovery builds you up. Without it, you plateau.

AI Tools for Recovery:

- Whoop: Tracks strain, recovery, and sleep quality
- Oura Ring: Monitors sleep stages and readiness
- Fitbit Premium: Offers recovery insights and stress tracking

How to Use Them:

1. Wear your device 24/7
2. Review your recovery score each morning
3. Adjust training intensity based on readiness
4. Prioritize sleep when recovery is low

Your body doesn't care how motivated you are. It cares how recovered you are.



CHATGPT PROMPT LIBRARY

3 PROMPTS TO TRANSFORM YOUR FITNESS

Custom Workout Plan

"Create a 4-week hypertrophy program for someone with 4 days per week to train.

I have access to a full gym.

Focus on progressive overload and include a deload in week 4.

Format everything as a table."

Meal Plan Generator

"Generate a 7-day meal plan for 2,200 calories per day.

Macronutrients:

- 180g protein
- 220g carbs
- 70g fat

Requirements:

- Vegetarian
- Soy allergy

Include:

- Full recipes
- A complete grocery list"

Form Check Analysis

"Analyze this squat video.

Look for:

- Knee valgus
- Bar path
- Depth
- Hip hinge

Then provide:

- 3 specific cues to improve my form"

Copy, paste, and customize these prompts for instant results.



RESOURCES & LINKS

Your AI Fitness Toolkit

Workout Tools

- [Fitbod](#)
- [Freeletics](#)
- [Alpha Progression](#)
- [Dr. Muscle](#)

Nutrition Tools

- [Eat This Much](#)
- [MyFitnessPal](#)
- [MacroFactor](#)

Coaching Platforms

- [Trainerize](#)
- [TrueCoach](#)
- [Everfit](#)

Business & Monetization

- [Kinsta](#)
- [Thinkific](#)
- [Systeme.io](#)
- [Kajabi](#)

Productivity

- [Flowlu](#)
- [ClickUp](#)
- [Notion AI](#)

Marketplaces

- [Fiverr Pro](#)
- [Upwork](#)
- [Lemon Squeezy](#)

Growth Tools

- [Surfer SEO](#)
- [Jasper AI](#)

You Have the Tools. Now Build the System.

Most people collect tools but never build a system. Don't be most people.

Your Next Step:

1. Pick 3 tools from this guide
2. Set them up this week
3. Track your progress for 30 days

The AI Fitness Stack isn't about having more tools.

It's about having a system that works—whether you're motivated or not.

If you only use a few tools, use these:

Workout

-Fitbod

Nutrition

-MacroFactor

System

-Notion AI

Build income

-Kinsta + Thinkific + Flowlu

 *Don't overcomplicate it. Start with this stack.*

Start today. Your future self will thank you.