

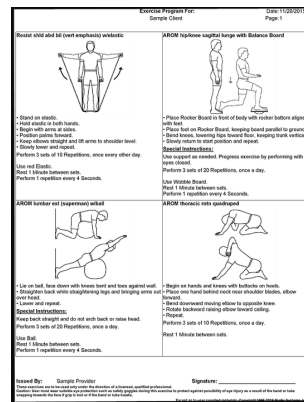
Total PT Fitness Desktop - Installed on your computer, a great system for personal trainers. We offer four components - Exercise, testing, nutrition and billing/scheduling. Buy only what you need and tailor it to training requirements.

## Benefits:

- Enhance your professional image.
- Set your business services above your peers.
- Save time.
- Provide higher quality training.
- Improve client performance and motivation.
- Higher client retention.

## Exercise and Fitness Programs

- Base program includes over 550 exercises.
- Color photos or B/W line art.
- Print or email handouts with your logo.
- Add your own exercises.
- Create fitness template programs.
- Provide target heart rate.
- Easy entry for sets, reps and resistances.
- Use for unlimited number of clients.

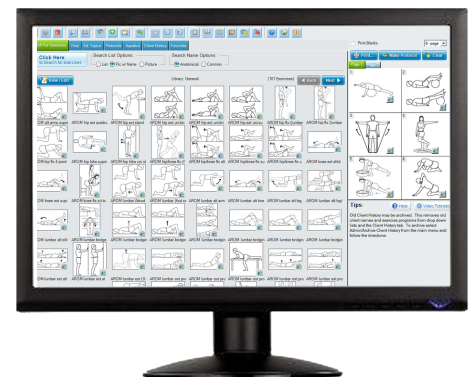


Add on libraries for more content. Buy only what you need. Extra content includes stretching, aquatics, core training, functional, Pilates, yoga, power/agility, plyometrics, cardio, golf, and more. Equipment includes elastics, weights, pulleys, foam rolls, balance boards, stability balls, BOSU, TRX, Total Gym, and more.

## Powerful Search Features

The key to being the best exercise software is locating exercises fast. TPTF devised the method that most everyone emulates, but no one else has perfected.

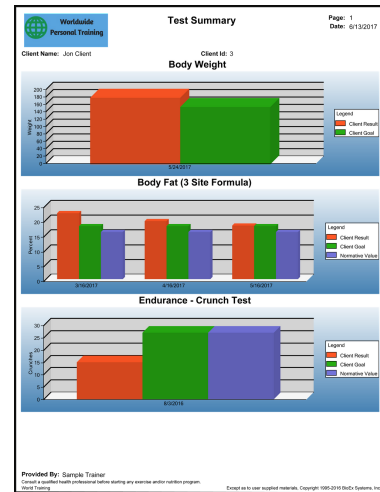
- Search by body area, exercise type, position, and equipment.
- Search by templates.
- Muscle search.
- Choose from 6 different exercise result layouts
- Auto defaults for sets/reps saves time and only TPTF offers this.








### Comprehensive Assessments

Tests include body fat percentage, BMI, girth, flexibility, agility, strength, endurance, VO2 , nutrition and more.

- Over 150 fitness tests.
- Company logo on all reports.
- Athletic, senior and youth tests.
- Test protocols.
- Physiologic age test.
- Create your own tests.
- Establish and track goals.



Test Description	Test Result	Test Goal	Units	Test Achievement	
Body Fat		17.9	Percent	Lower Test Results Desired	 
Body Mass Index		0	BMI	Lower Test Results Desired	 
Length		0	Inches	Lower Test Results Desired	

Built in test calculators make entering results fast and easy and eliminates tedious math.

Provide health risk questionnaires, track goals, and perform group analysis reports.

- Over 150 fitness tests.
- Company logo on all reports.
- Unlimited clients.
- Maintains all client demographics.



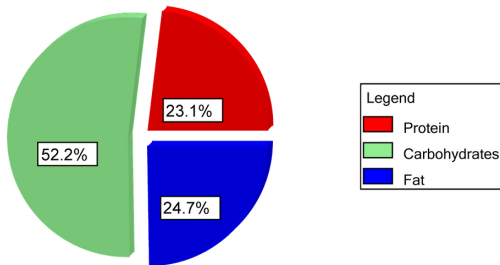
### Easy Nutrition consults

#### Meal Plans:

- Hundred of meal plans to choose from.
- Meal plans created by Registered Dietitians.
- Meal plans include recipes.
- Create your own meal plans and edit plans.
- Client provided with shopping lists.
- Over 25,000 foods.
- Add your own foods.

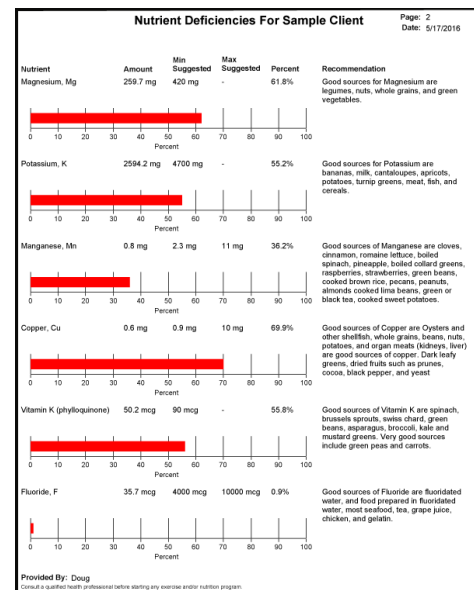
5/17/2016 2300 Calorie - Endurance Plan For Joe Client								Page: 6	
								Date: 5/17/2016	
		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
<b>Day 5:</b>									
<b>Breakfast:</b>									
English muffins, whole-wheat, toasted	1 muffin(s)	134.8	1.4	26.9	5.9	0.2	0	4.5	422
Grapefruit, raw, pink and red, California and Arizona	1/2 fruit (3-3/4 dia)	45.5	0.1	11.9	0.6	0	0	N/A	1
Smart Balance Light Buttery Spread	1 tbsp(s)	45	5	0	0	1.5	0	0	0
Egg, whole, cooked, poached	1 large egg(s)	71	5	0.4	6.3	1.5	211	0	14
Nonfat Milk w/ Vitamin A	1 cup(s)	90.6	0.6	12.3	8.7	0.4	4.9	0	120
<b>Meal Total:</b>		<b>387</b>	<b>12.1</b>	<b>51.5</b>	<b>21.5</b>	<b>3.7</b>	<b>215.9</b>	<b>4.5</b>	<b>790</b>
<b>Lunch:</b>									
Power Bar	1 bar(s)	230	2	45	10	0	0	0	0
<b>Meal Total:</b>		<b>230</b>	<b>2</b>	<b>45</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Dinner:</b>									
Mustard Tuna Salad Sandwich	1 serving(s)	294.9	3.6	27.2	37.6	0.7	34	5	554
Grapes	1 cup(s), seedless	110.4	0.3	29	1.2	0.1	0	1.4	3
<b>Meal Total:</b>		<b>405.3</b>	<b>3.8</b>	<b>56.2</b>	<b>38.7</b>	<b>0.8</b>	<b>34</b>	<b>6.4</b>	<b>56</b>
<b>Snack:</b>									
Protein Shake	1 serving(s)	447.9	16.4	51.5	24.2	9.5	50.8	1.1	348
<b>Meal Total:</b>		<b>447.9</b>	<b>16.4</b>	<b>51.5</b>	<b>24.2</b>	<b>9.5</b>	<b>50.8</b>	<b>1.1</b>	<b>348</b>
<b>Breakfast:</b>									
Red Beet Risotto	1/2 serving(s)	143.9	3.4	20.7	1.8	0.5	0	1.3	57
Spinach and Mandarin Salad	1 serving(s)	92.5	7	7	2	1	0	1.4	187
Roasted Chicken	1/2 serving(s)	235.9	3.1	26.4	25.7	0.7	75.5	0.1	362
Wheat Rolls	1 roll(s) (1 oz each)	74.5	1.3	14.3	2.4	0.2	0	2.1	133
<b>Meal Total:</b>		<b>546.8</b>	<b>14.9</b>	<b>68.4</b>	<b>32</b>	<b>2.4</b>	<b>75.5</b>	<b>5</b>	<b>761</b>

Available add on meal plans include vegetarian, vegan, sport/endurance, quick and easy meals, high energy, mature adult, healthy fast food, detox, antioxidant, gluten free ethnic plans and more.



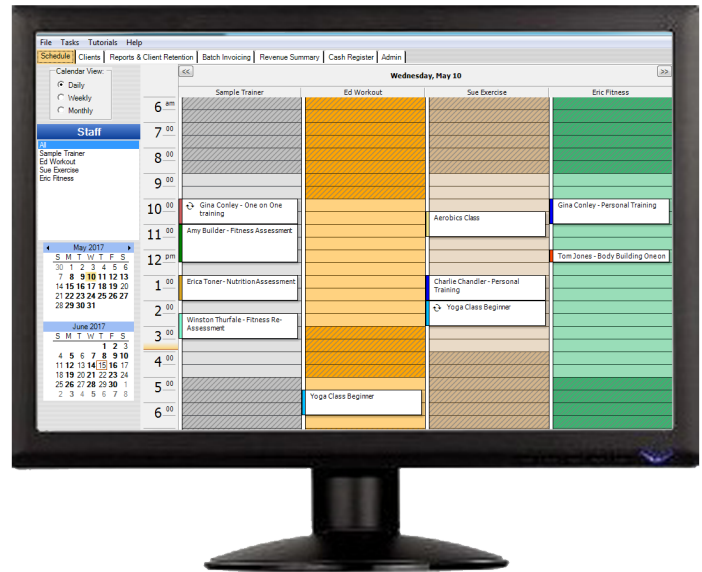
#### Dietary analysis:

- Enter client diet history.
- Diet analysis automatically generated for trainer.
- Diet analysis shows nutrition deficits if present.
- Analysis recommends food sources to address deficiencies.
- Analysis show excess in sodium and cholesterol.
- Analysis show macro nutrient percentages.



## Billing and Scheduling

- Schedule individual or groups.
- Tracks client payments and membership dues.
- Tracks staff hours.
- Provides revenue summaries.
- Includes retention management module.
- Maintains all client information.
- Invoicing.
- Add your own products, services, classes and fees.



## Licensing and pricing

- One time license fee, no ongoing fees.
- Buy each component separately or mix and match.
- Single computer license, single user, unlimited clients.
- Can be licensed for multiple trainers and network computers.
- Free support and training

Call or see our website for current pricing.  
 Are you a member of a professional organization?  
 Ask out our association discounts.

**Download a FREE trial or contact us for a free webinar.**