

Total PT Fitness - An online software that is perfect for online or in person training. Provide fitness programs, track fitness test results, issue meal plans, recipes and shopping lists. Clients log in on their own personal fitness portal dashboard with calendar.

## Benefits:

- Train more clients with less effort.
- Flexible training schedules.
- All inclusive, fitness programs, testing, and nutrition - no need for other programs.
- 24/7 access for trainers and clients.

## It's all about the Features

### Exercises:

- Over 3000 video exercises for all levels of clients.
- Prints handouts too.
- Add your own video exercises.
- Clone exercises to create variations.
- Create fitness template programs.



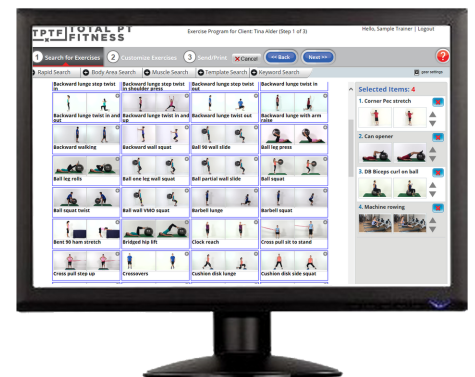
Content includes free weights, gym equipment, stretching, aquatics, geriatrics, stabilization, functional, Pilates, yoga, power/agility, plyometrics, cardio, golf, and more. Equipment includes elastics, weights, pulleys, foam rolls, balance boards, stability balls, BOSU, TRX, Total Gym, and more.



## 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.

- Rapid search method locates exercise fast.
- 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.

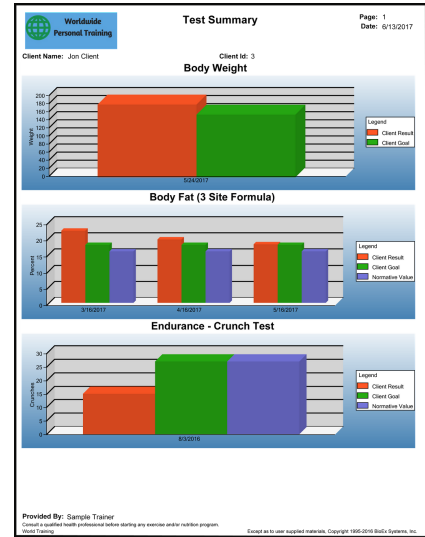







## Comprehensive Assessments

### Testing:

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.

View test results online on computer or other mobile devices.

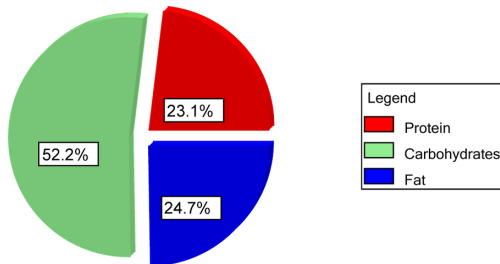


## Easy Nutrition Consults

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.

### 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.



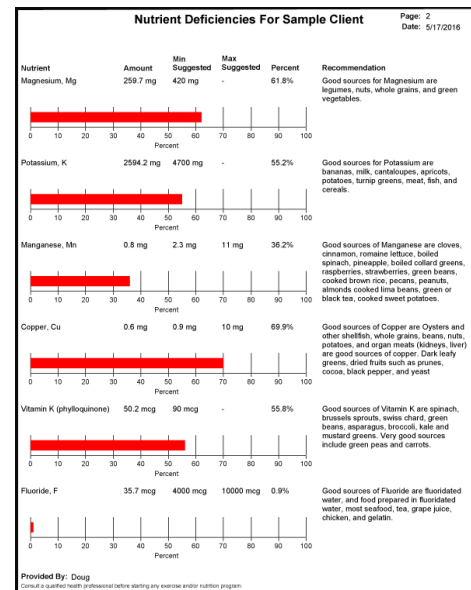
### Dietary analysis:

- Client can input diet history online.
- 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.

5/17/2016 2300 Calorie - Endurance Plan For Joe Client

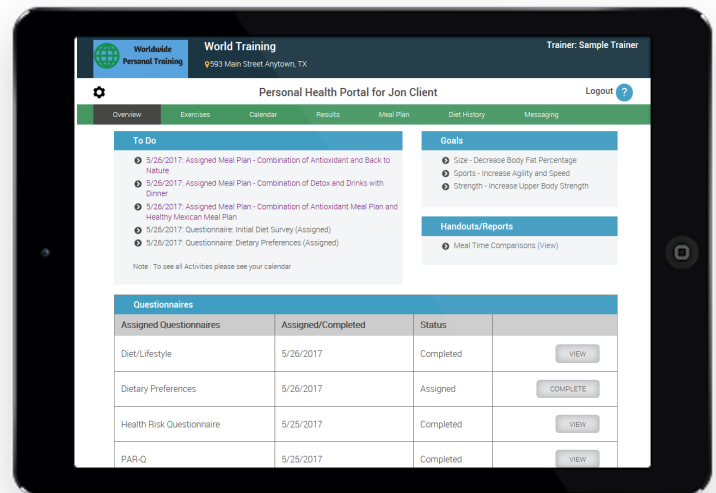
Page: 6  
Date: 5/17/2016

Day 5:		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mg)
<b>Breakfast:</b>									
	English muffins, whole-wheat, toasted	134.8	1.4	26.9	5.9	0.2	0	4.5	42
	Grapfruit, raw, pink and red, California and Arizona	45.5	0.1	11.9	0.6	0	0	N/A	
	Smart Balance Light Buttery Spread	45	5	0	0	1.5	0	0	0
	Egg, whole, cooked, poached	71	5	0.4	6.3	1.5	211	0	0
	Nonfat Milk w/ Vitamin A	90.6	0.6	12.3	8.7	0.4	4.9	0	12
	<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>79</b>
<b>Snack:</b>									
	Power Bar	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>Lunch:</b>									
	*Mustard Tuna Salad Sandwich	294.9	3.6	27.2	37.6	0.7	34	5	55
	Grapes	110.4	0.3	29	1.2	0.1	0	1.4	0
	<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>55</b>
<b>Snack:</b>									
	*Protein Shake	447.9	16.4	51.5	24.2	9.5	50.8	1.1	34
	<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>34</b>
<b>Dinner:</b>									
	*Red Beet Risotto	143.9	3.4	20.7	1.8	0.5	0	1.3	5
	*Spinach and Mandarin Salad	92.5	7	7	2	1	0	1.4	19
	*Roasted Chicken	235.9	3.1	26.4	25.7	0.7	75.5	0.1	38
	*Wheat Rolls	74.5	1.3	14.3	2.4	0.2	0	2.1	13
	<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>75</b>
<b>Snack:</b>									



## Client Web Portal Access

- Clients log on to their own private personal training portal.
- Clients can access fitness programs.
- Clients can access meal plans.
- Clients can access fitness test results.
- Clients can enter food diary.
- Clients can access calendar online.
- Clients can receive and fill out questionnaires.
- Clients can log on on your website.
- Client portal branded with your logo.
- Works with mobile devices and smart phones.
- Clients can message trainer.



## Licensing and Pricing

- Monthly or annual subscription based on the number of clients.
- No long term contracts.
- Multiple trainers.
- Free support and training

Call or see our website for current pricing.

Are you a member of a professional organization?

Ask out our association and college discounts.

**Sign up for a FREE 4 week trial or contact us for a free webinar.**