

TRAIN SMART

Join our community to find athletes and clients from across the globe. Keep track of your clients day-today progress, and benefit from the right tools for a complete and convenient training experience.

APLYFTX					Ramy Zeenny 🔕 🚉
	4	CLIENTS LIST Show 3 entries CLIENT			STATUS
Client list	12 55	John doe	0	PowerLyfting	 Active
Requests	©	John smith	0	Football	 Active

opyright © 2018 APLYFT, All rights reserved. Terms of use Privacy Polic

Hand-crafted & made with Low





THE APP

Aplyft is the first training and athletic performance app of its kind enabling you to build your own community of athletes and clients. With no upfront costs, Aplyft allows you to lead clients from around the world in personalized workouts tailored and put together with your expertise.

When it comes down to it, Aplyft is user friendly and easy to maneuver. It is synced to a desktop portal where all your programing activities are centralized.

APLYFT FEATURES





DIRECT CHAT

Chat with your client and get instant updates in a dedicated messaging feature

PERFORMANCE TRACKING

Track your athlete's performance over time, and benefit from an advanced and innovative predictive software to optimize your programming on the go.



LYFTCALENDAR

Sync your calendar with your Athlete's, to better adapt their training sessions to their lifestyles (Vacation, business, etc..).



VIDEO GLOSSARY

Gain access to a library of more than 200 instructional videos to guide your Athlete in performing the required exercise. You can even create and submit your own.

Your Next Cycle Rating

RATING FORMULA

A rigorous and dynamic rating formula that employs more than 5 parameters to ensure fairness among fitness experts. The higher your rating, the more benefits you receive.



TEMPLATE CREATION

Create and customize your own program templates, and easily assign them to your Athletes.



WHAT'S IN IT FOR YOU

- No upfront cost
- Set your own program price
- Create and customize your own workout sheets and templates
- Find new clients worldwide
- Manage your client base conveniently
- Track your clients' performance and progress

BUSINESS MODEL

Our business model is unique in its flexibility and independence it offers to both trainers and clients. Grow your business easily with no upfront cost.



APLYFT'S CORE VALUES

\checkmark

QUALITY

Aplyft enables you to join a global community of qualified fitness experts. We make sure every member is screen and certified.



OPPORTUNITY

Aplyft offers you the opportunity to connect with athletes from around the world, giving you the right exposure to grow your business.



LIFESTYLE

Whether your schedule is full or you are building your community from scratch, Aplyft gives you practical tools to manage your clients and follow up with them conveniently.





APLYFT FOR ATHLETES

Aplyft is a unique fitness app that enables athletes to receive goal-specific online personal training from worldwide fitness experts.

- Set your own training goals
- Connect with highly qualified trainers (All listed trainers are screened and certified)
- Receive a personalized training plan with a daily follow-up from your trainer
- Log your workouts and track your progress using an advanced adaptive performance predicting software
- Gain free access to a library of 200+ instructional videos



APPLY NOW TO JOIN US.

send your CV to support@aplyft.com



Aplyft firmly stands behind quality and all the listed trainers are screened and certified to ensure that it is up to the highest standard in training





