

# CORPORATE VELLNESS PROGRAM



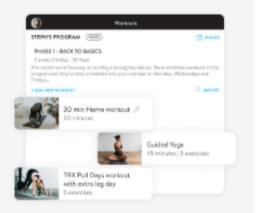
# **PROGRAM FEATURES**

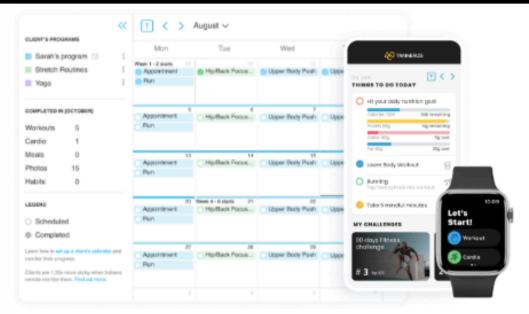
The **Corrao Kinetics Corporate Wellness Program** is built to support lasting lifestyle changes that enhance your physical, mental, and emotional well-being. With structured guidance and personalized tools, you'll gain everything you need to stay consistent and committed to your health goals.

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

#### Custom client programs

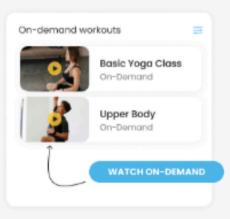
Deliver customized phased training programs for clients who have unique training needs. Build one from scratch or copy and fine-tune an existing program template to build your clients' individualized program in seconds.





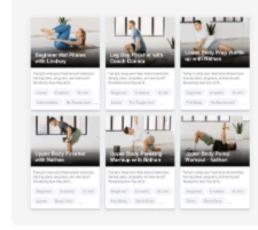
#### **On-demand workout library**

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.



#### Trainerize fitness content library

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





# 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 diets, build healthier habits, and more. Learn more >

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#### 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.

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#### 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.

GOAL	S		ADD NEW					
Ċ	<ul> <li>Eat 1700 Calories per day, with the following macro split</li> </ul>							
	30% 128g Protein Goal	20% 85g Carbs Goal	50% 94g Fat Goal					
HABI	rs		ADD NEW					
	You started a new streak!							
ð	Walk the Driveway 27 APR 2025 - 24 MAY 2025 (T, T, S)		0 0 0					
	Current streak 1 day	Longest strea 1 day	k					
0	You are on your longest streak. Keep going!							
ð	Time Outside 28 APR 2025 - 25 MAY	2025 (EVERYDAY)	0 0 0					
	Current streak 6 days	Longest strea 6 days	k					



# 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

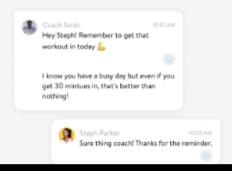




# COMMUNICATION

#### 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 easier!



#### Groups

My Groups

C Power lifters

Nutrition support group

Group motivation

group.

🛞 Bailers group

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@Jovana Awesome results! Congrats on

mpleting your 10th workout! Ke I great work!

Beveryone let's give some support for this amazing achievement!

Forge a connected fitness journey and

achievements, celebrating milestones,

🚱 Create a post 😐 💷 💿

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Jovana just completed master workout circuit and it was their 10th workout!

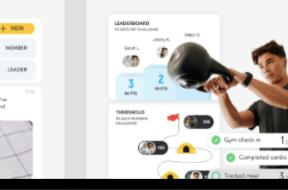
keep clients motivated by sharing

and supporting each other within a

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.



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!



#### **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.

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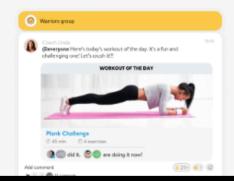
#### Video calls

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 >



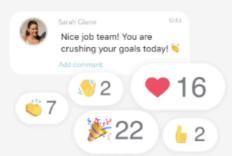
#### Workout of the Day (WOD)

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.



#### 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 >



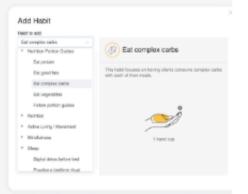
#### Custom habits

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



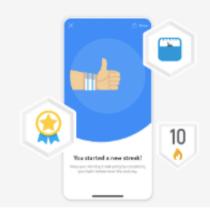
#### Assign pre-made habits

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**

### **Base Program Options**

#### **STRENGTH BUILDING**

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#### FAT LOSS

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#### LONGEVITY & FITNESS

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#### LOW IMPACT

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### **ADD ON PROGRAMS**

• Coach to 5K

- Get Moving!
- Mindful Recovery
- Habit Building Guide

# Nutrition

BASIC (included)

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# INTEGRATIONS

### Apple Health

Unlock comprehensive IOS client data and insights

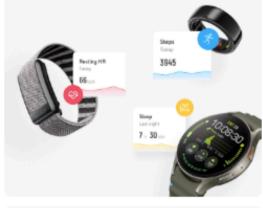
with Apple Health to deliver personalized coaching. Seamlessly sync real-time metrics like sleep, heart rate, steps, and more from your clients' devices into ABC Trainerize.



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#### **Google Health**

Unlock holistic 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.



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#### 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.



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#### 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.

### Kupper Body... 10:09 Regular This Workout Requires A Bench And Dumb... Upper Body Push Dumbbell Bench Creare

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#### 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.





#### \_\_\_\_ 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.

