

Platforms and devices

Trainer admin portal

Beautifully optimised for desktop, laptop, tablet or mobile.

iOS & Android client apps

Clients like to train and track via a mobile phone or tablet. Login in via a computer is too limiting for most. An app or perfectly optimised website integration gives clients a perfect mobile experience for their training.

Web client portal

Clients can login in to their training schedule and everything associated via any web enabled device. The portal has it's own web address that you can customise and make your own.

Web site integration

Hosting your clients login on your own website gives a central hub that you own, it looks incredibly professional and brings people to your website for a long time, this is a huge boost for your websites Google ranking.

Custom Branding

Everything can be branded as your own. Your app icon on your clients mobile serves as a constant reminder of you and your brand. Keeping you at the top of clients minds has been shown to increase client retention and even improve clients results.

Apple Watch app

Coming Soon

Training programs

Build circuits, supersets, giant sets, 6-12-25 etc...

Having the ability to quickly build any type of program gives you the tools to vary programs and keep clients progressing long term.

Build multiple workouts on one page

Most clients will have more than one workout for every period/ phase of training. Being able to put multiple workouts together on one screen makes it easy to create programs that work synergistically and maximise the results for your client.

Client Exercise technique reviews

When clients train remotely it's just as important their technique is correct than when they're training with you in person. Poor technique leads to poor performance and injury. Our apps allow clients to video their technique while training which goes straight to you for review.

Exercise results and progress charts

When clients add results you get to see them immediately. You can check history and charts to see progress with a glance. Clients enjoy seeing results and visual charts to show their progress.

Flexible use of templates

Experienced trainers have systems in place that give similar types of programs for similar types of clients. Having these set up as templates that you can adjust for each individual is a big time saver compared to making similar programs from scratch.

Movement screens and posture examination

Movement screen assessments allow you to create training programs specific to each clients individual patterns. Giving you the chance to reduce clients chance of injury and improve long term performance.

Training Tracking Section- Track the progression of sets reps and weight Along with suggested changes (Trainers can Change) Total Volume Calculations- $\text{Reps} * \text{Weight} * \text{Sets} = \text{Volume}$.

Increase volume recommendations. Warm-ups/ Stretches.

Pre made exercise videos

Making exercise demo videos is time consuming, having these pre done for you allows you to offer quality remote training to clients straight away.

Pre made program templates

Quality program templates made by highly educated trainers are done for you and ready to use with your clients. You can use these out of the box or edit to suit your individual clients.

Add your own exercises

We have thousands of exercise videos but if you prefer to swap them for your own or simply add any we don't have you can add your own in a few clicks.

YouTube and Vimeo integration

With our direct YouTube and Vimeo integrations you can add any public video from those channels. These can be exercise demos or coaching videos, just find the video you want and add the url.

Scheduling

Every item has the ability to be scheduled

Pre schedule anything for your clients, this means you can do the work when it suits you and rest assured it will be delivered to your clients exactly when you want them to have it.

Intuitive calendar controls

Move and add items to your clients calendar's with ease. You can also allow clients to move anything in their schedule should you wish to give them extra flexibility.

Specific day or complex repeating

Schedule items on a specific day or repeat items weekly, daily, monthly, or on set days every week. Scheduling with PT Distinction is fast and easy.

Workout progressions calculator

As you schedule programs add progressions to ensure your clients are always improving their results.

Alerts & notifications

Clients get a notification for every item in their schedule meaning they never forget a training session, habit to track etc... Automating reminders increases adherence by over 90% and improves client retention

Check-ins and missed schedule monitoring

You and your clients get to see their adherence to all of

the items you've scheduled for them, see what your clients did and what they missed at a glance.

Coaching Tools

Video coaching

Video coaching allows you to coach your clients nutrition and new habits, teach them to eat well, and even provide cooking lessons and grocery shopping tours.

Habit coaching / tracking

Habit coaching has been proven to create the best long term results for clients improving their nutrition, training habits, and lifestyle. You can setup a habit in minutes and have clients track it for as long as you wish them to.

Add recipes

Recipes give clients great meal ideas that fit with your nutrition coaching without the inflexible nature of meal plans. You can add your own recipes and share them with clients inside your app.

Photo food diary

Food tracking has been proven to dramatically increase clients body composition and weight loss results. Taking photographs of meals is the easiest way to track food and leaves no room for human error when calculating portion sizes.

My Fitness Pal (MFP) integration

My Fitness Pal is the worlds most popular nutrition tracker. Many clients will already be familiar with MFP and most regard it as the most robust food tracker. Being able to see the foods your clients eat, the calories they consume, and the macro-nutrient breakdown gives you the tools to virtually guarantee results.

Macro / calorie calculation

Your clients goals and macros are all pulled in from MFP and summarized in PT Distinction. See your clients totals, macro breakdowns, and even averages over time.

Meal plans

Meal plan examples can help your clients as a part of the nutrition coaching process. While creating specific meal plans is outside scope of practice for trainers we provide hundreds of example plans that you can share with clients

to assist their quality nutrition and habit coaching.

Add documents, spreadsheets and PDF

You can add coaching documents, PDF's and sheets to give your clients guides, welcome packs, recipe ideas and more.

Pre made nutrition coaching templates to share with your clients

High class (unbranded) nutrition coaching templates made by degree qualified nutritionists are done for you and ready to use with your clients. You can use these out of the box or edit to suit your ideas and coaching philosophy.

Communication

Text messaging

Send and pre schedule SMS text messages to your clients, great for reminders or sending out a text message broadcast to all of your clients about an important update or event.

Messenger

Chat with clients and your groups with our inbuilt messenger. You can pre schedule messages making it easy to stay on top of client communication without being constantly attached to your phone.

Message from your email

Create, send, and schedule emails which are delivered from your email address. Your current level of personalisation with all the power of scheduling and sending to multiple clients at once.

Pre scheduled messaging

Schedule your messages to drip feed at the exact times, dates, or days after joining you want. You can do this for individual clients or even pre schedule when messages go out to multiple clients. Great for encouraging clients, increasing engagement, or running group packages with automated messaging.

Group messaging

Create team spirit and camaraderie in your groups with group messaging and chat.

Automated reminders

Our software automatically sends notifications to remind your clients of events, workouts, and to keep them motivated. Automating reminders increases adherence by over 90% and improves client retention

Group Training Offer Group Training

Train groups with ease using PTD Groups. Set up your content once and share with the whole group.

Edit group programs for individuals

Want to give coaching to multiple clients but still individualise it? No problem, you can do this with ease.

Group messenger or forum

Enable group messenger so your members can communicate in your group chat. You can turn this on or off depending on how you wish to run your groups.

Packages and payments One off payments

Take one off payments with our PayPal integration, or use any merchant you like and add your clients.

Recurring payments

Take recurring payments with our PayPal integration, or use any merchant you like and add your clients.

Sell pre made packages

Sell pre made packages on your own website and have new clients automatically added inside PT Distinction. Clients can login instantly on your website or apps and receive all of the content you already set up in your package.

Sell packages with recurring payment

Sell your packages with a one of payment or chose recurring payment. Your packages can last as long as you wish them to.

Sell on your own website

Some softwares let you make packages but then ask you to sell them on a packages page they set up for you, sadly

nobody signs up for packages on a page like that. With PT Distinction you get to sell your packages on your own website meaning you control the sales process and clients actually sign up.

Marketing & business growth Set up challenges

Online challenges are great to build trust, bring in new clients and grow your business. With PT Distinction you can run them with ease, and we'll cover the cost of the challenge. Use these challenges to get people results before they become clients, and we'll pay for their account during the challenge.

Set up Automated Free Trials

Free trials are a great way to show your group programs and bring in new clients. With PT Distinction you can quickly run them, and we cover the cost of the new trial.

Set up automated sample programs

Giving away sample programs are a great way to show prospective clients the type of service you offer and attract them to sign up. With PT Distinction you can quickly set these up and offer them to prospective clients, we'll even cover the cost for you.

Practical Marketing guides

Access our library with top notch business and marketing resources and learn from experts to grow your online business. Exclusive interviews with industry leaders like Jon Goodman, AJ Mihrzad, Paul Mort, Joey Percia, Sukh Sidhu, Linh Trinh, Dan Salcumbe, Tim Drummond, Janak Patel, and much more.

Build Systems For A Scalable Training Business

The only software that lets you create systems that grow your business how you want. 1-1 online training, flagship courses, challenges, free trials, nutrition coaching methods of your own or integrate methods like Precision Nutrition's, membership sites, hybrid systems, and more. Use our marketing resources to add new layers to your business.

Integrations Fitbit

Keep track of your clients steps and activity with our smooth Fitbit integration

My Fitness Pal

The only complete integration of My Fitness Pal in the industry. Your clients food, meals, macros, calories, micro-nutrients all come in to PT Distinction. You also get daily/weekly summaries with goals and averages to ensure you have everything you need to analyse your clients meals.

PayPal

Easily take payments and subscriptions with the worlds most popular payment processor.

Stripe

Take payment with Stripe and link it up with Zapier to automatically add clients to PT Distinction and your packages.

MyZone

See how hard your clients work when they train with our MyZone integration.

YouTube

Add exercise or coaching videos from YouTube and have them show to clients directly inside your programs and coaching plans, giving you near unlimited exercises and content to use with your clients.

Vimeo

Add exercise or coaching video from Vimeo and have them show to clients directly inside your programs and coaching plans, giving you near unlimited exercises and content to use with your clients.

Zapier

With our Zapier integration you can link thousands of platforms to PT Distinction. Link up your favorite booking software, membership platform, payment processor, form builder, email automation etc... with ease.

Monitoring and Navigation Live activity feeds

See exactly what your clients have done (and not done!) in real time with our live feeds.

Program health

See when all of your clients need new programs at a glance with the program health traffic light system.

Summary widgets

Check all of your clients adherence in a moment. Quickly see which clients are following the plan and which need a little nudge to get them on track.

Global navigation search

Get to any client, group, program, assessment etc.. by typing it in to global search. Everything inside your account is just one word away. Navigation has never been so fast and simple.

Proper online assessments

Movement screens

Check your clients structure and movement with inbuilt movement screen assessments, clients can video their movements so you can build programs for their specific needs.

Body comp analysis

Check your clients tape measurements, body fat %, BMI, weight and more with our inbuilt body composition assessments.

Flexibility tests

See how flexibly your clients are and what they need to work on in able to train at their best.

Endurance tests

Analyse your clients fitness levels with endurance and cardiovascular tests.

Strength tests

Test your clients strength with all of the classic strength tests right here for you to include in your clients packages.

Balance tests

Check your clients balance and design programs to help them improve it if needed.

Add custom tests

If we don't have the assessment tests you like to do with your clients you can add your own with ease.

Scan Written documents of training or meal plans directly into the program from a picture. For Future Reference

Client Intake Section with questions and disclosures

Section where trainers can't promote themselves to users

SEO

Dark theme

Minimalistic design

Custom Client Profile with a list of goals, Allergies, Equipment, Training Style, meal Plan, Training Plan, Stipulations, Likes/Dislikes, Personal Info, etc.

When starting your next set it shows previous lifts to compare and recommendations for current set