



Using ABC Trainerize for In-Person Coaching

How to streamline your sessions, upgrade your client experience, and run a more efficient in-person training business.

If you coach clients face-to-face, you already know: your sessions are where the magic happens. The energy, the coaching cues, the real-time adjustments—that's the heart of your business.

That's why ABC Trainerize isn't built just for online coaches. It's built for every coaching style—including in-person training.

Whether you want to track client progress more professionally, cut down on admin, build better accountability between sessions, or simply ditch the paper notebook... Trainerize has tools that fit your workflow.

This guide shows you exactly how.

Why ABC Trainerize Works for In-Person Coaching



Let's be clear: digital tools aren't here to replace in-person training. They're here to make it smoother, more polished, and way more efficient.

With ABC Trainerize, you can:

- **Manage all client info in one place** from programs and measurements to session notes and training history.
- **Eliminate paper tracking** and manual check-ins. No binder, no clipboard, no scribbling between sets.
- **Enhance your in-person sessions** with better planning, progress visibility, and real-time tracking.
- **Give clients a seamless experience** in and out of the gym—whether they use the app or you keep them in offline mode.
- **Maintain professionalism and consistency**, even as a solo coach who's wearing several different hats.

And for coaches who don't want clients using an app? No problem. **Offline client mode lets you track** everything on your end without giving clients logins. This feature is perfect for trainers who just want a clean place to store progress, weights, and notes.

Getting Setup for Success

Before you dive in, set up the foundations. It only takes a few minutes.

- **Download the ABC Trainerize app** if you haven't already.
- **Build workouts and programs** and save your go-to sessions as master templates for easy re-use.
- **Set up auto messages or reminders** – optional, but great for accountability!
- **Add your clients** and choose online, hybrid, or offline depending on how they work with you.

To walk through setup step-by-step, check out: [How to Transition Your Coaching Business to ABC Trainerize](#)

Before the Session: Plan and Personalize

Walking into a session blind is a thing of the past.

With ABC Trainerize, you can quickly prep using:

- **Client history** including previous workouts, weights used, exercise substitutions, trainer notes.
- **Goal tracking and long-term trends** for all your clients.
- **Assigned homework workouts, mobility routines, or prep work** clients completed between sessions.
- **Check-ins, habit logs, or nutrition data** that might influence today's plan.

You start every session with a clear picture of where the client is at so that you can coach more intentionally.

During the Session: Train and Track in Real Time

This is where in-person trainers go, “Oh wait... I didn't know Trainerize could do that!”

During a live workout, you can:

- **Track the session on your client's behalf:** sets, reps, loads, RPE, time, and more.
- **Substitute exercises instantly** if you need to pivot or the equipment isn't available.
- **Add trainer notes in real time:** helpful for form cues, adjustments, or reminders for next week.
- **Show clients visuals or progress graphs** to create quick wins and boost motivation.
- **Save time** (and brainpower) by eliminating end-of-day data entry.

It's faster, cleaner, more accurate... and elevates your professionalism immediately.

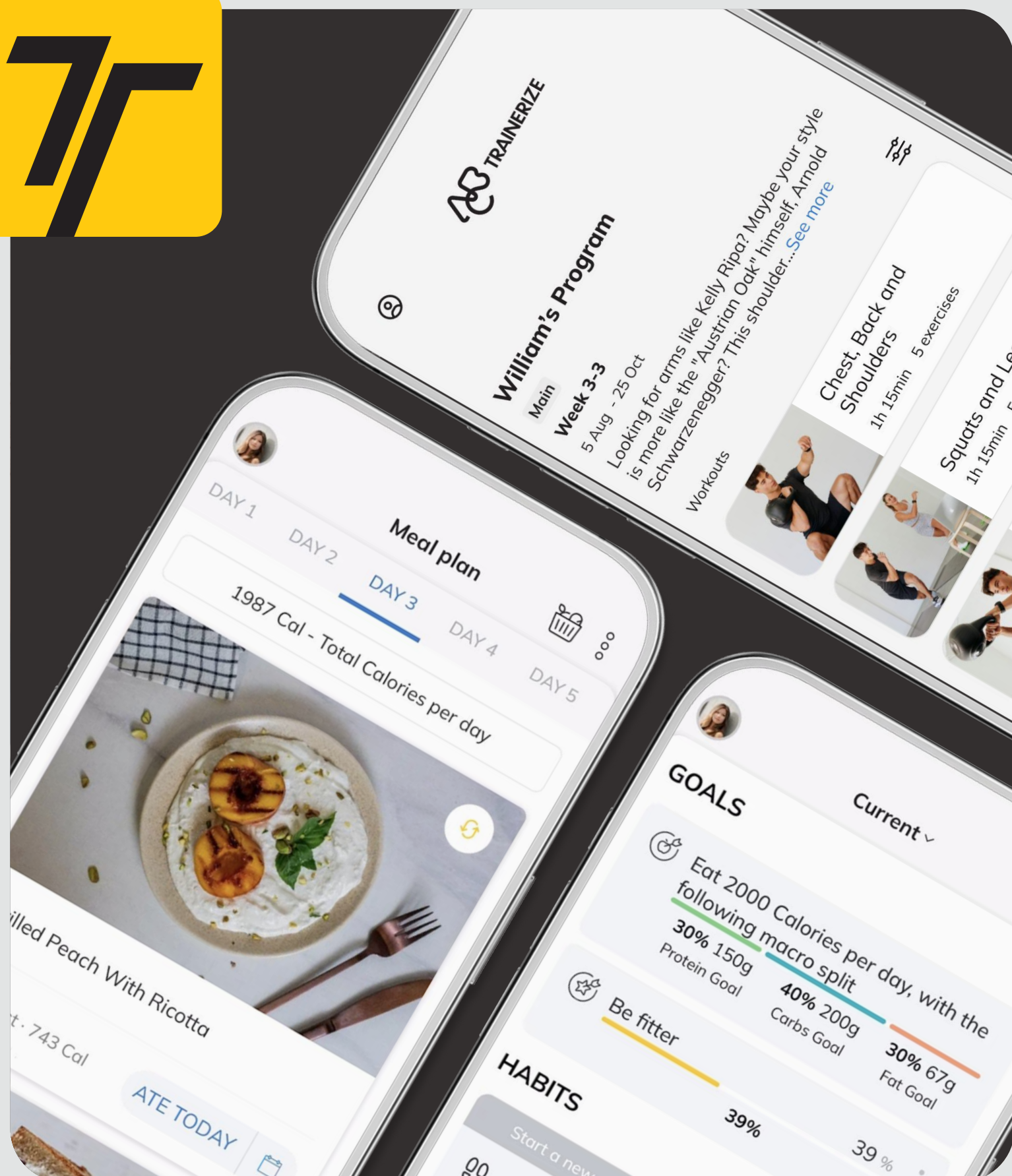
After the Session: Keep up the Momentum

Great coaching doesn't end when the session does.

Use ABC Trainerize to keep clients engaged between sessions:

- **Send post-session notes or encouragement** that are quick, thoughtful, and personal.
- **Assign add-on products** such as a slow stretching workout program to keep clients progressing on non-training days.
- **Use in-app messaging** for accountability, check-ins, and updates.
- **Automate reminders and progress check-ins** to keep clients consistent without you manually following up.

This creates a coaching experience that extends across the entire week and not just the hour you're together.



Between Sessions: Build Client Habits and Engagement

ABC Trainerize becomes your daily touchpoint.

Encourage clients to:

- Log their workouts outside the gym.
- Track habits like sleep, water, steps, mindfulness, or whatever else you're coaching.
- Log meals or track nutrition progress.

Or, if you prefer your in-person clients *not* to use the app, you can keep them in offline mode and still track stats, notes, and progress on your end.

View all of ABC Trainerize's [Nutrition Coaching Features](#) **here.**

View all of ABC Trainerize's [Business Management Features](#) **here.**

View **ALL** of [ABC Trainerize's Coaching Features](#) **here.**

Bonus features to build community or boost motivation:

- **Groups** help you share updates, tips, and content with your in-person clients.
- **Challenges** (like threshold or points-based challenges) spark friendly competition and keep clients coming back.

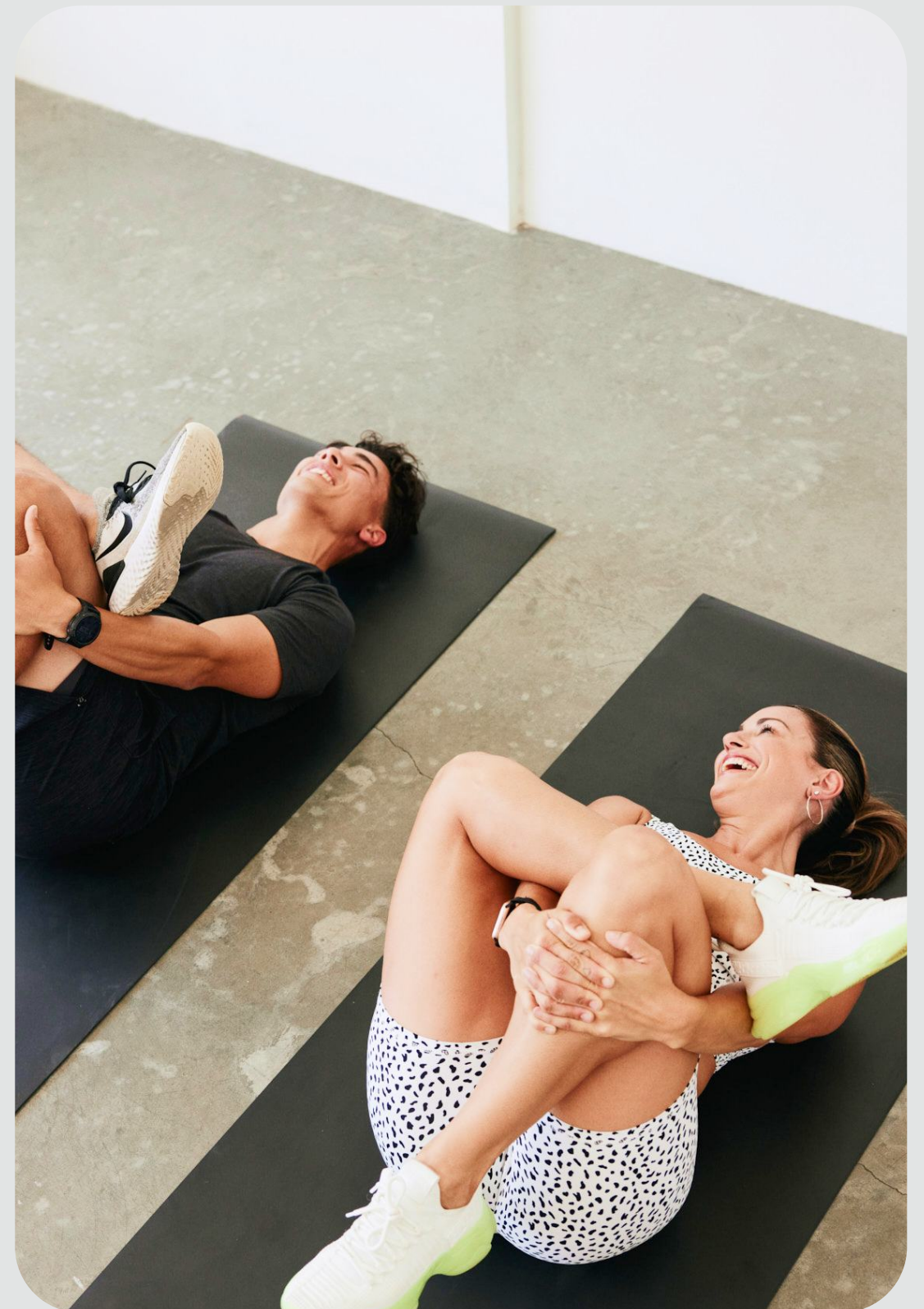
Business Benefits for In-Person Coaches

ABC Trainerize isn't just a coaching tool, it's a business tool.

Here's how it helps you level up:

- **Streamline client management** and eliminate scattered admin.
- **Reduce scheduling friction** with appointments and session credit payments.
- **Improve retention** with consistent communication and engagement.
- **Upsell easily** from extra sessions to on-demand content, habit coaching, or nutrition coaching.
- **Scale without burnout** and create a system that grows with you.
- **Expand your offerings**, so if a client moves or can't afford 1:1 anymore, you can transition them to online or hybrid coaching on the same platform.

Basically...it's one platform, multiple revenue streams, and zero extra energy from you!



Key Takeaways

- **ABC Trainerize isn't just for online training;** it's built for all coaching styles.
- **In-person coaches benefit massively** from integrated tracking, planning, and accountability tools.
- **Your sessions become more efficient** and more professional.
- **Clients stay engaged all week long**, not just during their sessions.
- **Your business becomes easier to run** and easier to scale.

In short: We help you amplify the work you're already doing in-person.

See the Power ABC Trainerize for Yourself

Whether you coach fully in-person, mostly hybrid, or somewhere in between, ABC Trainerize gives you the tools to deliver an elite experience while freeing up time, boosting retention, and supporting your long-term growth.

Bring ABC Trainerize into your in-person coaching and transform how you train.

[START YOUR FREE 30-DAY TRIAL TODAY!](#)