

# ***FINISHED FITNESS***

## ***Coach Manual***

Run your coaching business in one app.

Also available in Spanish at [finishedfitness.com/manuals/coach-manual-es.pdf](https://finishedfitness.com/manuals/coach-manual-es.pdf)

★ *I FINISH WHAT I START* ★

## SECTION 1

# For Coaches Only

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This manual covers the **Coach tier (£9.98/month)**, which sits on top of the Pro tier. You get everything in Free + Pro plus the coach-specific tools below.

## What changes when you upgrade

- A new **Clients** tab appears in the bottom navigation
- Profile → Pricing shows your current tier as Coach
- Form review queue accessible from the Clients screen
- Per-client programs, payments, notes, sessions, injuries

*If you're new to the platform: read the User Manual first. The Coach tier is additive — you still use the workout log, timer, nutrition, and progress features for yourself.*

## SECTION 2

# Adding Clients

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Two ways to add a client. Pick based on whether they'll use the app.

### 1. Manual contact (offline clients)

- Tap **Clients** → **+ Add Client**
- Enter name, optional email/phone, weight goal, sessions booked
- Optional: log a first payment alongside the contact
- Useful for clients you train in person who won't install the app

### 2. Email invite (app-using clients)

- Tap **Clients** → mail icon (top right)
- Enter their email and a personal message
- They receive an invite code and sign up at finishedfitness.com
- Once they accept, they appear in your Invited section as **Active**
- Two-way sync: they see the program you prescribe; you see their logs

*If you add a manual contact and they later sign up with the same email, their local payments + injuries auto-promote to the server with one click. No data loss.*

## SECTION 3

# Prescribing Programs

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Open any client → **Training plan** section. Three ways to load a program for them:

## 1. Build it manually

Same Program Editor you use for your own profile. Multi-day splits, strength + cardio + mobility, drag to reorder.

## 2. Import with AI

- Tap **Import a plan with AI**
- Paste any text, drop in an Excel/CSV, or snap a photo of a paper program
- AI parses it into the app's program format
- Review and accept — saves to the client's plan (not yours)

## 3. Browse Templates

- From the client view, tap **Browse templates**
- Pick a starter template or one of your own saved blocks
- Tap **Start block** — applies to **this client's** program, not yours
- Returns you to the client view with the template loaded

## SECTION 4

# Tracking Payments

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The Payments panel is built for off-platform settlement. Works with any payment method — no Stripe integration required.

## Set the monthly fee

- Open client → Payments panel → gear icon (top right)
- Enter the recurring monthly rate and currency
- This powers the "Paid / Outstanding" badge for the current month

## Log a payment

- **Mark current month paid** — one-tap when payment lands
- **Log a payment** — manual entry with amount, currency, method
- Methods: Cash, Venmo, Bank, PayPal, Other
- Optional fields: period dates, notes, sessions covered
- Edit any past payment from the row's pencil icon

## Receipts

If the client has an app account, you can send them a receipt message with one tap — useful for cash payments where there's no other paper trail. Toggle off for digital methods (Venmo, PayPal) where they already have a transaction record.

## SECTION 5

# Form Review

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Clients record form-check videos from the app. You review them at your own pace and leave timestamped comments.

## The queue

- Tap the video icon at the top of the Clients screen
- Pending reviews shown first, sorted by submission time
- Each entry shows the client, exercise, and submission date

## Reviewing a video

- Open any video → playback with standard controls
- Toggle the **pose-skeleton overlay** to see joint angles
- Pause, scrub, frame-step to specific moments
- Leave timestamped comments — client sees them in their app
- Optionally pin a **reference video** (your own "perfect rep" clip) for side-by-side compare

*The pose-skeleton overlay is lazy-loaded — model bundle (~2 MB) only downloads the first time you toggle it on. Free for clients to use, no extra cost.*

## SECTION 6

# Coach Notes & Client Insights

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## Private notes

- Each client has a private notes field — only you see it
- Use for goals, training history, anything you want to remember
- Edit inline from the client view

## Insights panel

Auto-generated summary shown on each invited client's expanded row:

- Latest weight + delta
- Average daily protein (last 7 days)
- Date of last workout
- Latest body measurements

## Compliance flags

The Compliance card on the Clients screen surfaces clients who:

- Missed protein targets multiple days in a row
- Haven't logged a workout in over a week
- Have an active injury override in their program

## SECTION 7

# Injuries

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Track per-client injuries so the program stays safe.

- Body part, severity (1-4), status (active / recovered)
- Optional onset and recovery dates, notes
- Set per-exercise overrides (e.g. "no overhead press" while shoulder heals)
- Overrides surface as warnings on workout day

*Local clients (manually-added contacts) get a localStorage injury log that promotes to the server when they sign up.*

## SECTION 8

# Marketplace

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## Publish your templates

- Profile → My templates → tap **Publish to marketplace**
- Add a description, training level, equipment requirements
- Marketplace is moderated — admin approval before it goes live

## Browse + adopt

- Open the Marketplace tab
- Filter by goal, level, equipment
- Adopt to clone the template into your own library
- Leave a review after using it

## SECTION 9

# Tips & FAQ

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## Sessions panel auto-syncs with payments

If you log a payment with "sessions covered" set, the client's session punchcard auto-bumps. No double-entry.

## Quick message composer

Each invited client has a quick-message card on their detail view. Sends a push notification to their phone — useful for check-ins.

## Switching tiers

Profile → Pricing. Downgrading from Coach to Pro keeps your data but hides the Clients tab. Active clients keep their training history; you just lose the management tools.

## Cancelling

Profile → Pricing → **Cancel subscription**. Coach features stay active until end of the billing period. All client data is preserved in case you resubscribe.

## Need help?

Email [support@finishedfitness.com](mailto:support@finishedfitness.com) — coach support is prioritized.