



The ultimate software tool for strength and conditioning coaches.

RYPT is software tool designed specifically for S&C coaches to help you save time developing and distributing workout programs.

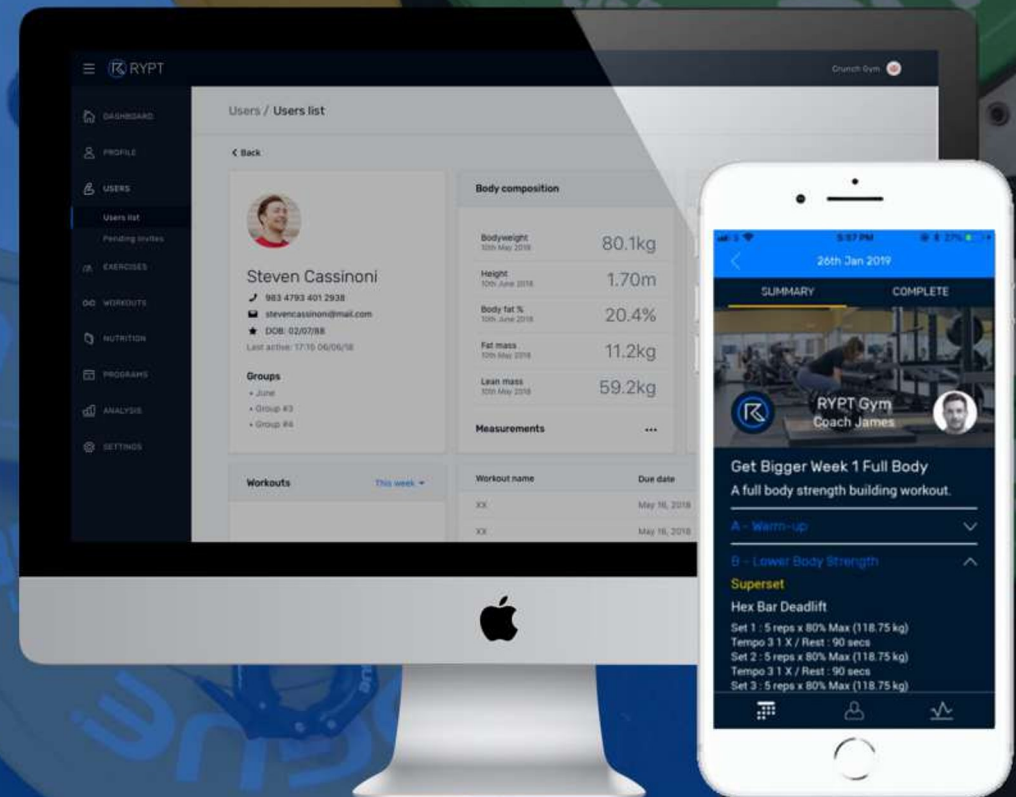
While also offering greater detail, personalisation, tracking, and insights to the athletes and coaches you are working with.

RYPT is made up of a website for coaches, and a smartphone app (iOS and Android) for your athletes/clients.

Product features:

Trainer / Gym Profile
User Management
Exercise Database

Workout Builder
Nutrition Plan Builder
Program Builder



TRY RYPT FOR FREE AT WWW.RYPT.APP

TRAINER / GYM PROFILE



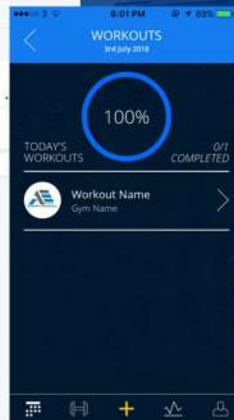
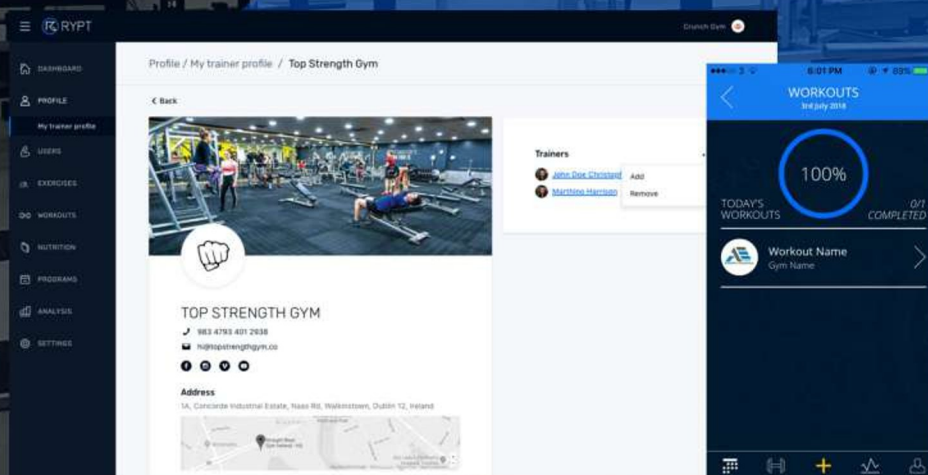
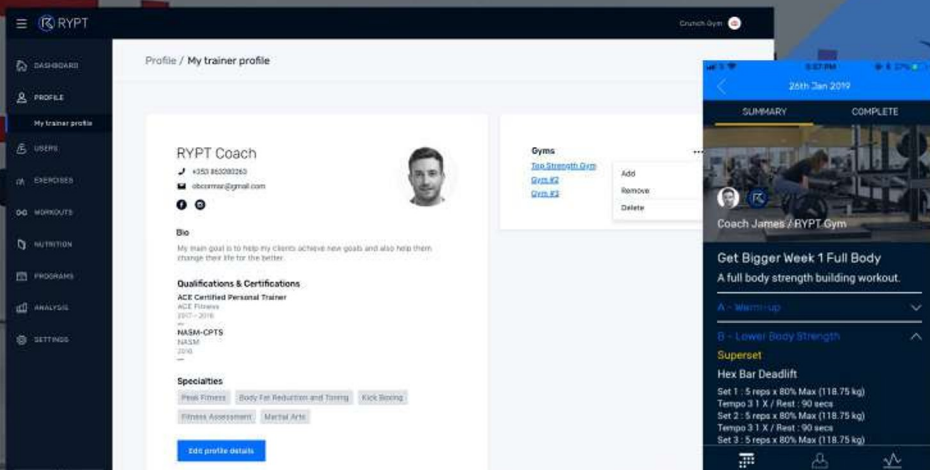
Build your personal and business profile and brand.

Create a personal profile to highlight your qualifications and skills.

Create a gym/business profile to highlight your facilities and the services you offer.

Add a profile photo, gym/business logo, and gym cover photo to personalise the RYPT app and all the content you send to your athletes/clients with your own brand.

(Coming soon) Make these profiles public and attract potential customers online and through the RYPT app 'Find a trainer/gym' feature.



RYPT **MANAGING ATHLETES / CLIENTS**

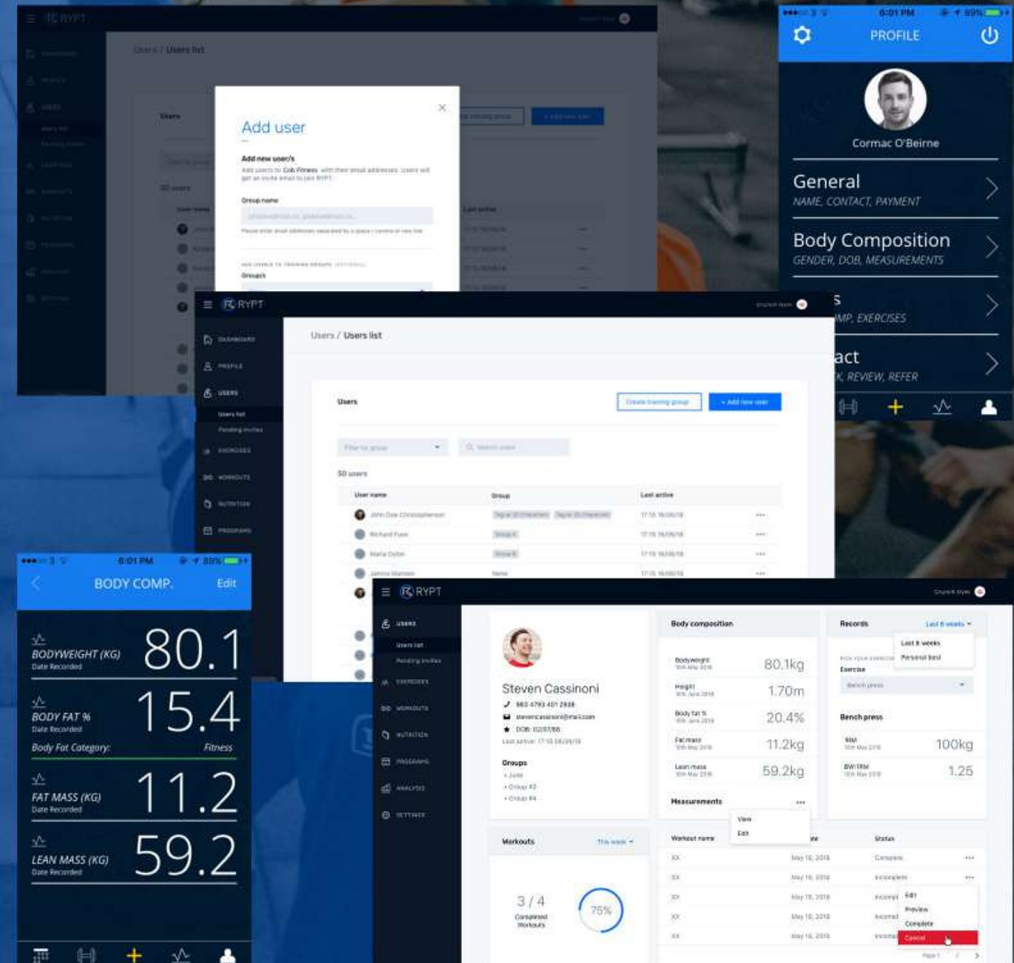
Save time managing athletes/clients and monitor their progress.

Connect to your athletes/clients and send them workouts, nutrition targets, and other content.

Keep them accountable with workout and nutrition target compliance tracking, and track their body composition and workout data over time to monitor their progress.

Visualise all the data you are tracking for each individual through dashboards on their user profile for body composition, exercise records, workout and nutrition compliance.

Create and manage groups of athletes/clients to simplify the sending of programs, compliance tracking and reporting, so you can be sure each individual has the correct program.



The image displays several screenshots of the RYPT mobile application interface, illustrating its features for managing athletes and clients.

- Users / Users list:** A screen showing a list of users with columns for User name, Group, and Last active. A modal for "Add user" is overlaid, prompting for a group name and email address.
- Profile:** A screen showing a user's profile for Cormac O'Beirne, including general information (Name, Contact, Payment) and body composition details (Gender, DOB, Measurements).
- Body Comp.:** A screen showing body composition data for Steven Cassinoni, including Bodyweight (80.1 kg), Body Fat % (15.4%), Fat Mass (11.2 kg), and Lean Mass (59.2 kg).
- Records:** A screen showing a list of records for Steven Cassinoni, including Bodyweight, Height, Body Fat %, Fat Mass, and Lean Mass, with a "Records" section for tracking progress.
- Workouts:** A screen showing a list of workouts for Steven Cassinoni, including Workout name, Date, and Status.

BUILD WORKOUTS



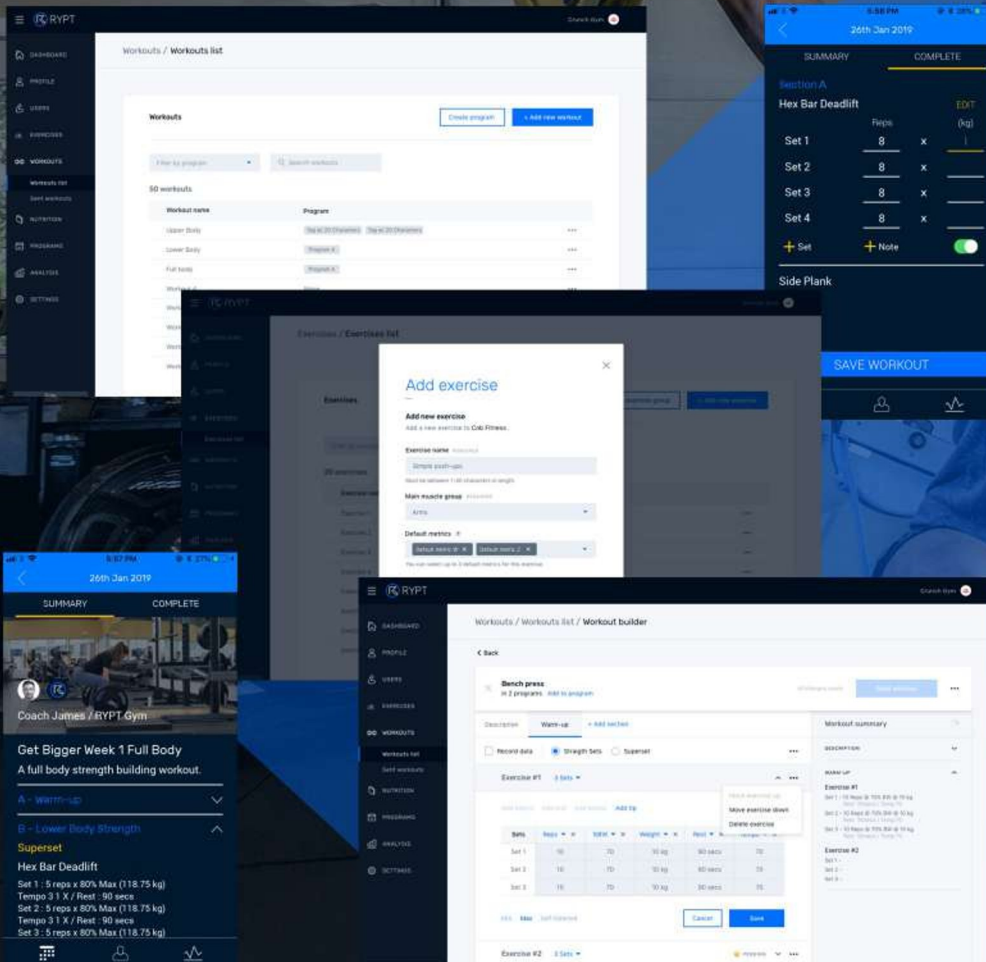
Quickly build basic or advanced workouts for your athletes/clients.

Build detailed workouts using our exercise database and bespoke workout builder tool.

Create or customise exercises to meet your needs and upload exercise technique videos which will be streamed through the RYPT app so your athletes/clients know how to execute each movement correctly to prevent injury and increase compliance.

Automatically personalise workouts based on individuals 1RM's to manage training loads.

Maintain a list of workout templates that can be quickly copied and edited to reduce the time you spend programming while offering greater personalisation for your athletes/clients.



RYPT **BUILD NUTRITION PLANS (COMING SOON)**

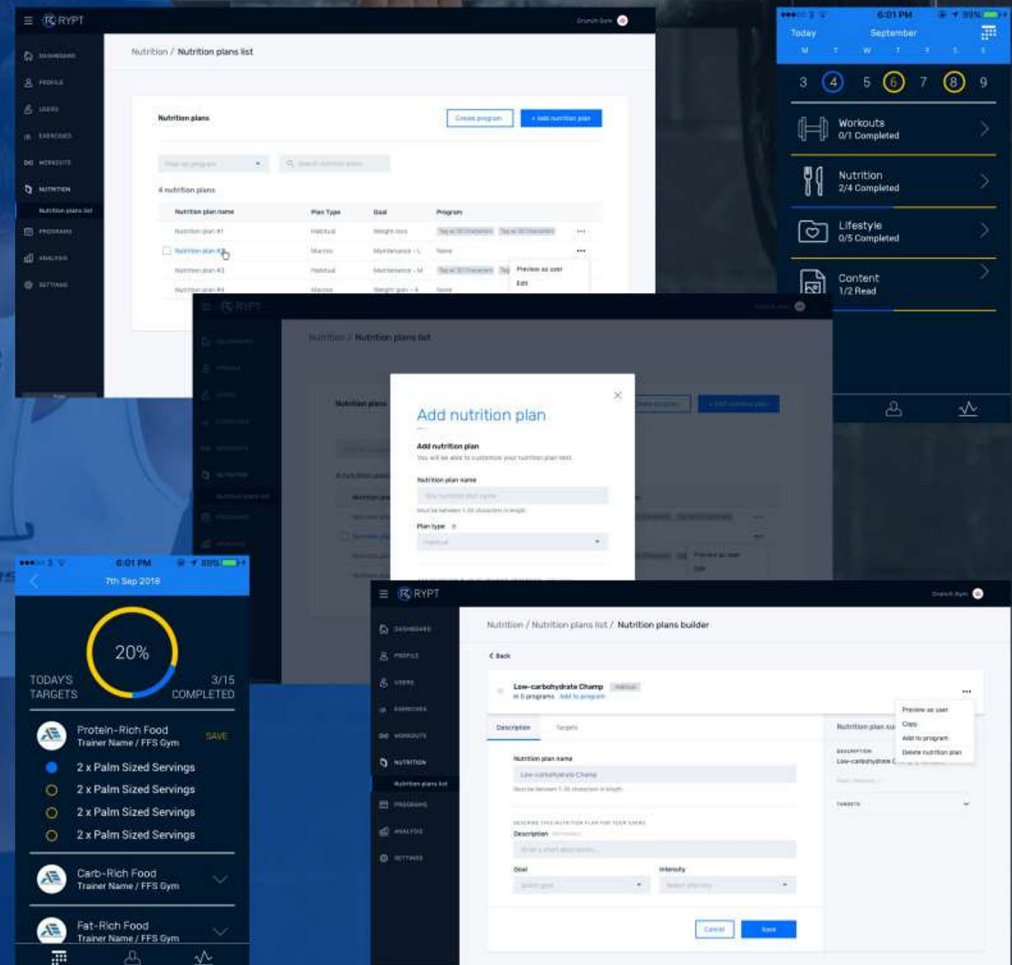
Set daily nutrition targets to build lasting healthy habits.

Set daily nutrition targets for your athletes/clients for different food groups & hydration, to help them build lasting healthy eating habits.

Suggest serving sizes based on a simple hand measurement model or personalise based on the individual's bodyweight.

Control their targets based on training and non-training days to manage their intake.

Track their compliance via the RYPT app and ensure they are getting a sufficient amount of energy and correctly balanced macros to support their training program, reach their goals, and perform at the optimum level.



BUILD PROGRAMS



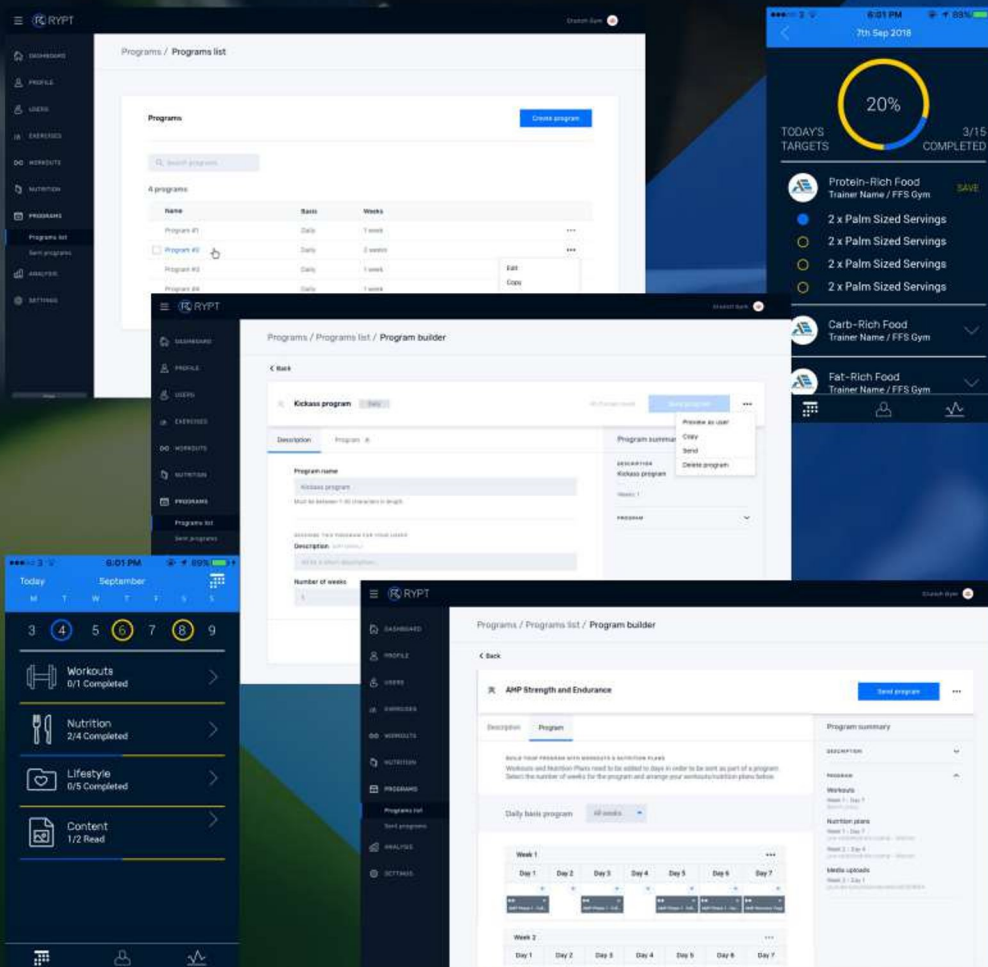
Save time building and scheduling multiple weeks of programming.

Combine workouts, nutrition targets, and other content such as video and pdf, into an organised schedule, and plan multiple weeks programming at a time.

Provide your athletes/clients with a schedule and supporting material so they know exactly what needs to be done each day in order to reach their goals.

Save time by sending all of this content to individuals or groups of athletes/clients in a few clicks.

Quickly see what you have sent to ensure each individual is on the correct program and monitor compliance as the program progresses.



RYPT **TRACK ATHLETES/CLIENTS**

Track compliance and monitor progress.

Track workout and nutrition target compliance and keep athletes/clients accountable for completing their prescribed program.

Monitor workout data to analyse athlete/client progress and manage training load to prevent injury and optimise performance.

Use the 'In-gym Dashboard' (**coming soon**) when you are working in-person with an individual or group of athletes/clients to display workouts and record workout data from each individual.

Track lifestyle factors such as sleep, energy, mood, stress, and muscle soreness, and use insights to optimise your program for each individual (**coming soon**).

