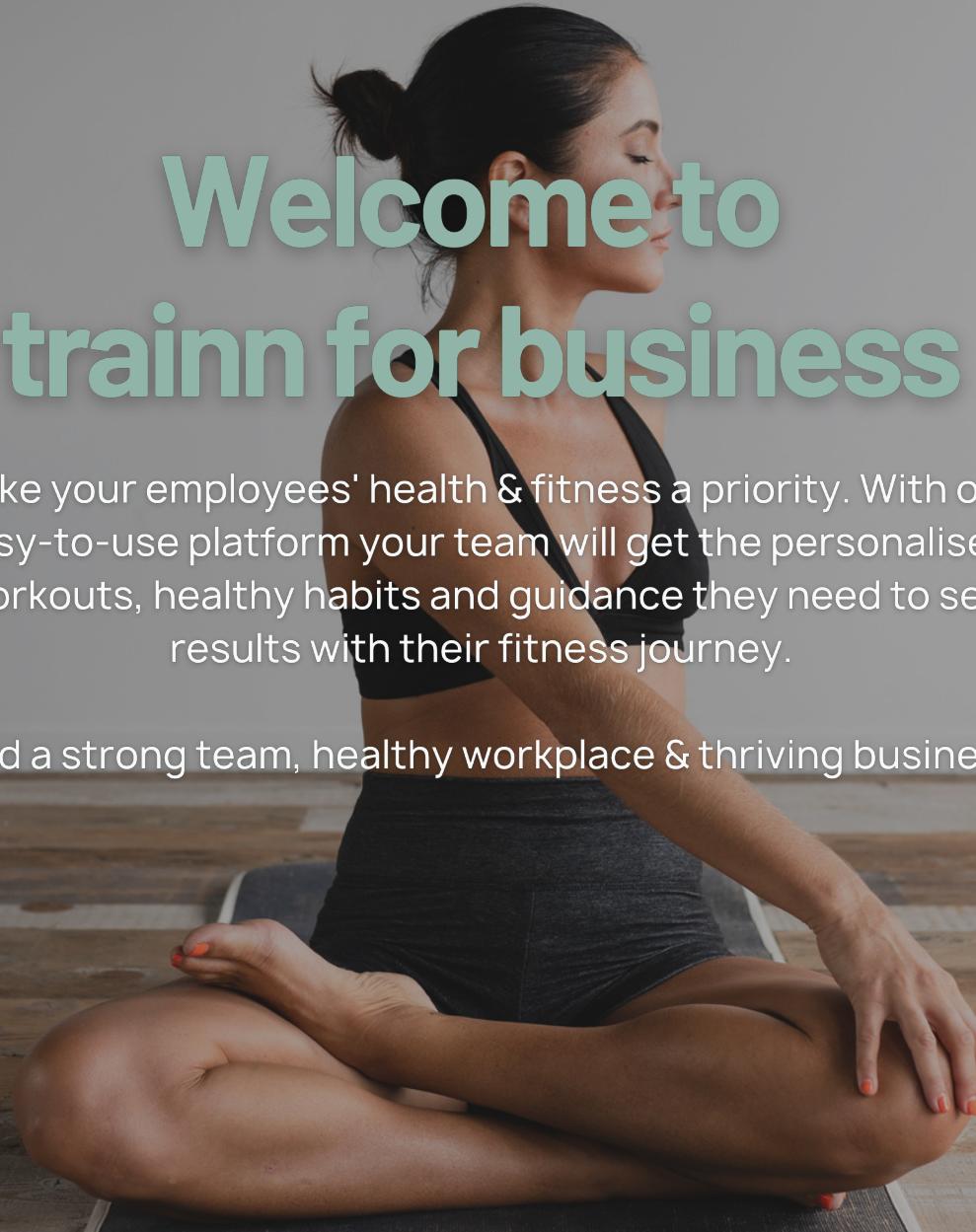


trainn for business

Welcome to trainn for business

Make your employees' health & fitness a priority. With our easy-to-use platform your team will get the personalised workouts, healthy habits and guidance they need to see results with their fitness journey.

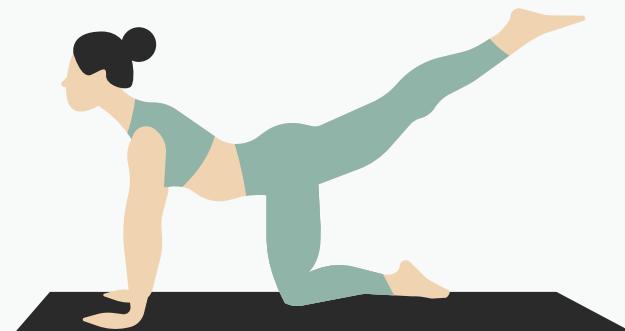
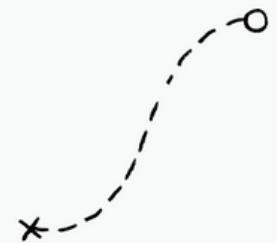
Build a strong team, healthy workplace & thriving business.





Did you know

**84% said they feel more productive at work
when they follow a regular workout routine.**





This is trainn



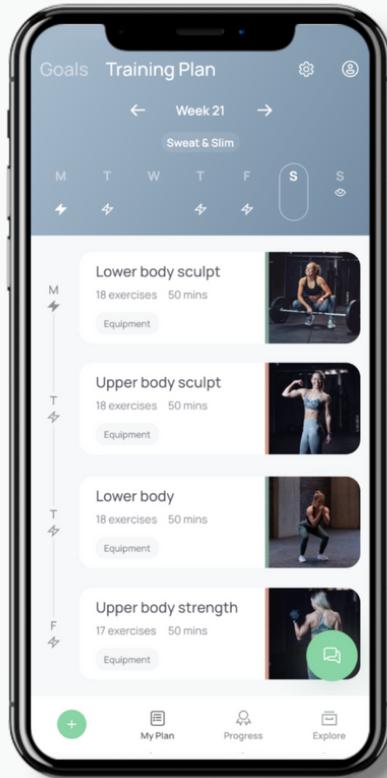
Trainn is the smart & customisable fitness app, that creates your personalised fitness journey so you can reach your goals.

Effective workouts. Healthy habits. Everlasting results.



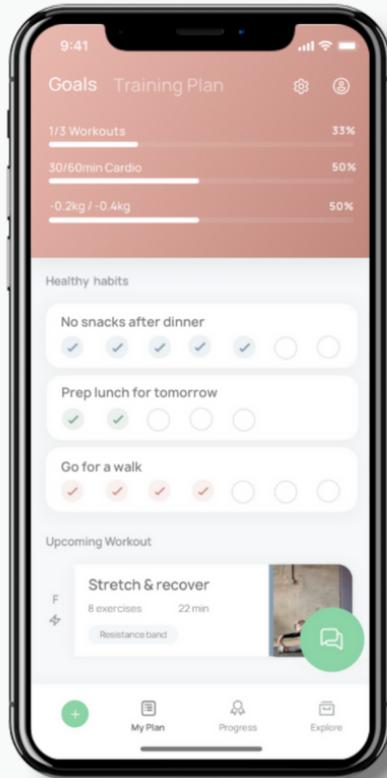
- 6** What You Get
- 9** Why it works
- 11** Our Corporate Plans
- 13** Meet Our Founder
- 14** How to Get Started
- 15** Frequently Asked Questions
- 20** Contact Us

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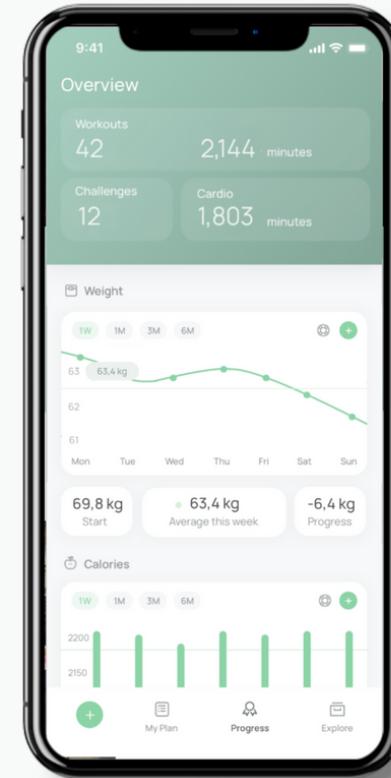
Personalised training plan

Sweat along every week to your completely personalised training plan. At home or in the gym



Weekly goals

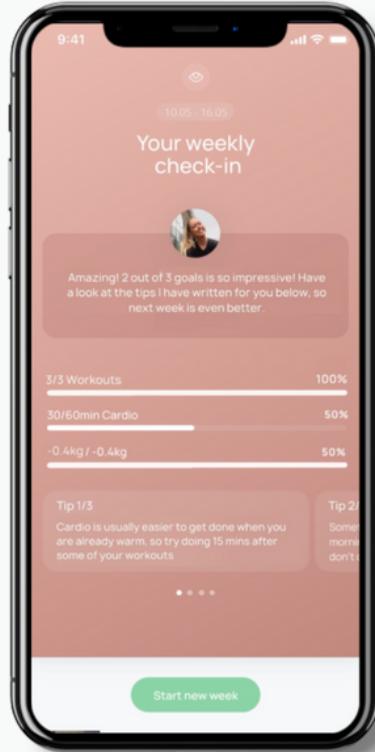
Feel motivated by tracking your progress in weight, nutrition & workouts



Progress tracker

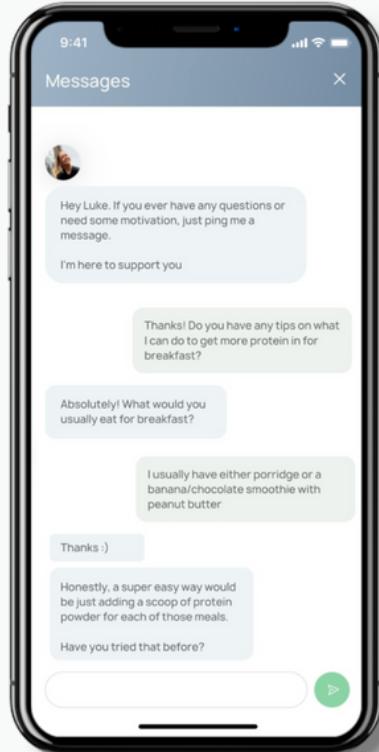
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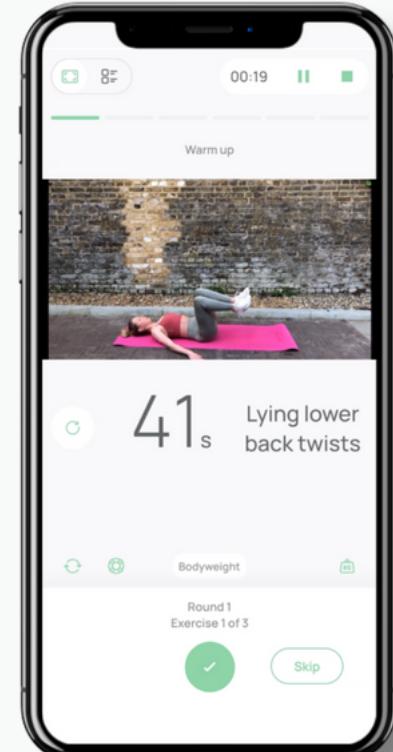
Weekly check-in

Set yourself up for a good week with Sunday check-ins with your trainer



Chat with your trainer

If you ever have a question, need support or motivation message your Personal Trainer through the live chat.



Workouts for all levels

Scroll through hundreds of easy-to-follow core workouts, stretch routines and mobility drills.

trainn for business

Monthly live workout for all employees

Premium Plan only

Why it works

Increased productivity

84% said they feel happier and more productive at work when they follow a consistent workout routine.

Togetherness & community

Happy employees are the heart of your business. Give your employees the opportunity to motivate and support each other in their fitness journey

Value for money

Instead of only offering your employees a gym membership, with trainn you're also giving them expertise, support & accountability from a personal trainer

A photograph of two women in an office setting. One woman, on the left, is laughing heartily while looking at her laptop screen. She has curly hair and wears glasses. The other woman, on the right, is smiling and gesturing with her hand, also looking towards the laptop. They are both seated at a dark wooden desk with laptops open in front of them. The background is a plain, light-colored wall.

**Great for your employees.
Even better for your business.**

Most popular!

Basic Plan

Perfect if you want to treat your team
to 3 months of workouts & healthy habits

This plan includes:

- 3 month Premium access to trainn
- Personalised workouts, weekly goals & healthy habits
- Progress tracker
- 24/7 contact with a personal trainer
- Access to 100+ workout challenges, stretch routines & core workouts.
- Monthly live workout for all employees

Premium Plan

Perfect if you want to treat your team
to long-term workouts, results & healthy
habits

This plan includes:

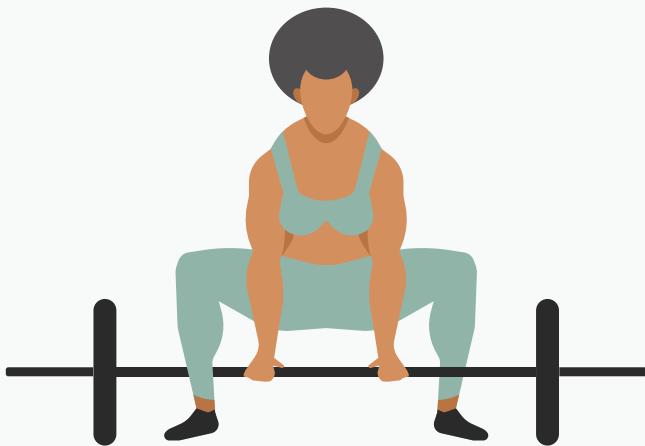
- 3 month Premium access to trainn
- Personalised workouts, weekly goals & healthy habits
- Progress tracker
- 24/7 contact with a personal trainer
- Access to 100+ workout challenges, stretch routines & core workouts.
- Monthly live workout for all employees



Did you know

87% of employees consider health and wellness offerings when choosing an employer.

With the trainn Premium Plan you and your team will have lifetime access to personalised workouts and healthy habits





Hi, I'm Sarah Louise

I know. Managing a business means juggling a lot of balls at once and requires a strong mental focus. That's why taking care of your health & fitness is the key to your success.

You need a workout routine that's effective and to-the-point so you can get back to going about your day. You need something where you can completely switch off your mind and sweat out all the tension from the day.

Let me take care of this for you, not just for you, but all your employees. I'm Sarah Louise and I'll be you and your team's Personal Trainer when you join trainn.

Your team is at the heart of your success. Together we'll make your business thrive with happier & healthier employees. Register your team below and let's get started!

Sarah Louise

CEO & Founder of trainn
Personal Trainer

How to get started



1

Visit trainnfitness.com/business and fill out the form to register your team. You'll then receive a personalised quote for your business.

2

Once signed up, we'll send everyone in your team a link to download the app and activate their membership.

3

Everyone in your team can now enjoy all the perks - personalised workouts, weekly goals, healthy habits and virtual access to their very own personal trainer.

Frequently Asked Questions

How is a Business subscription different from a regular subscription?

A Business subscription is offered at a largely discounted rate compared to an individually purchased subscription. Business subscriptions are also paid by the company instead of each individual.

What's the difference between the Basic Plan and Premium Plan?

The Basic Plan is only a 3 month commitment. It's perfect as a little treat for your team after delivering a job well done, or as a motivating challenge for your team to do. After the 3 months everyone can continue their subscription at their own expense, should they wish.

The Premium Plan, on the other hand, is a long-term subscription. It is seen as one of the many perks of working at your company, that all employees receive a trainn subscription so they can always stay on top of their fitness.

Who manages the business subscriptions?

It's completely hassle-free for you. After purchase we will create a unique sign-up link for your team. Everyone who wants to be a part of it can download the app and create an account via the link.

And if anyone ever needs any help with setting up their account our amazing support team will be there to help.

Can I add additional employees in the middle of a subscription?

Only on the Premium Plan. This is a lifetime plan and your sign-up link will be valid until you cancel the plan. This means that any new employees who join your business simply has to get the sign-up link and they can create their account.

On the Basic Plan your sign-up link will be valid for 10 days. During this time all your employees can join the app.

How are the Business Plans billed?

Both plans are billed up-front.

The Basic Plan is a one-time payment and the Premium Plan is an annual payment.
For the Premium Plan an invoice will be sent out 30 days before renewal.

What happens after the 3 months on the Basic Plan?

Anyone who has joined on the Basic Plan will be "left to their own devices" after the first 3 months. This means, should they wish to continue their subscription to trainn, they will be billed individually via their phone - just like any other app subscription.

They will of course be notified before their billing date so they can cancel if they don't wish to re-purchase.

What are the monthly live workouts?

These come with the Premium Plan and are virtual live workouts with Sarah Louise over Google Teams. All employees are welcome to join as many or as few as they like. Workouts last 60 mins and include warm up and cool down.

Can I test out the Trainn app before purchasing for my business?

Absolutely. The app comes with a 14 day free trial, so feel free to download it and give it a go for yourself :-)

Where can I ask more questions before purchasing?

Please reach out to our team at hello@trainnfitness.com if you have any further questions or you're ready to get signed up!

Contact us

hello@trainnfitness.com

www.trainnfitness.com/business