

Workout Samples

Hi there! Thank you for checking us out!

We at WorkoutLabs help trainers, coaches and exercise specialists **save hours serving their clients while delivering an exceptional experience and growing their business.**

At the core of our Train platform is a simple drag-and-drop workout builder that will let you create **easy-to-follow visual workouts** like the ones on the following pages, in minutes.

Powering your business with Train will help you

- **Delight and retain your clients** because it's all so easy for them
- **Stand out and look professional** with your branding on all touch points
- **Serve device-averse clients** with beautiful printable PDFs
- **Free up hours each week** with pre-made templates

...and much more! **Imagine really enjoying running your business** 😊

Look through the workout samples on the following pages and **start your free 14-day trial today!**

Enjoy!



- William, founder

WORKOUT EXAMPLE

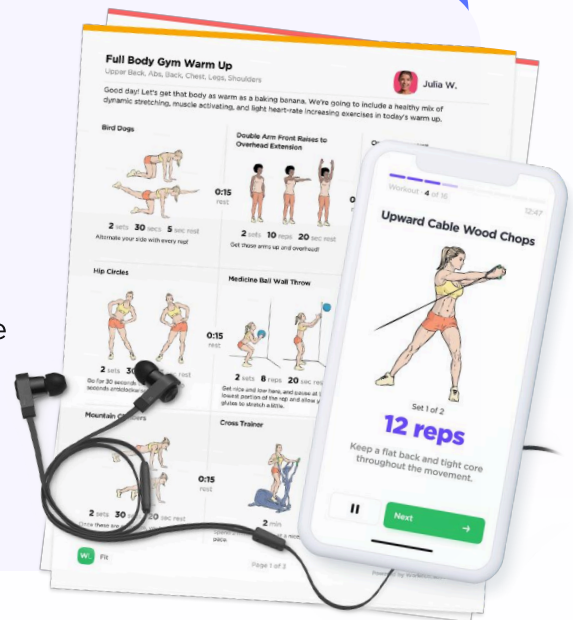
Dumbbell Arms Workout

Easily create at-home or gym workouts for **any equipment** your client has access to

Feature highlight

View on any device, or share as beautiful PDFs

Clients can access their workouts from any device, or download them as printable PDFs. **Scan the QR code** or tap View online in the top corner to view the interactive version.



Bingo Wing Bye-Bye

35 min · Abs, Arms, Chest, Shoulders

[View online](#)
or scan:



Are you ready to get going? The opening warm up should be taken seriously, it will help your body prepare to wave off those bingo wings, once and for all. Let's get started!

Overhead Triceps Stretch

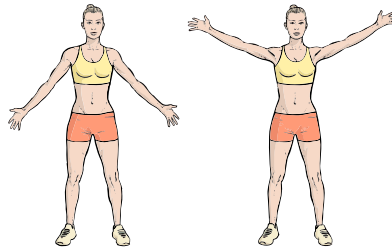


no
rest

2 sets 30 secs 10 sec rest

To start today's workout, let's stretch out those triceps. Go for 2 sets per arm here and then move on!

Standing Arm Circles

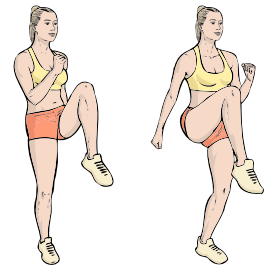


no
rest

2 sets 30 secs 10 sec rest

Circle your arms forward for 30 seconds and then backwards for 30 seconds. We're almost ready to go!

High Knees

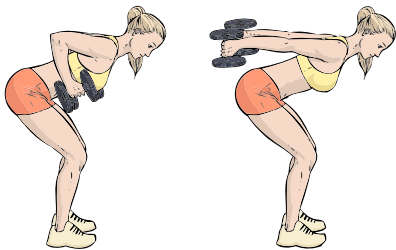


no
rest

2 sets 20 secs 10 sec rest

Use your arms to create the momentum that will pull those knees nice and high!

Double Arm Tricep Kickbacks

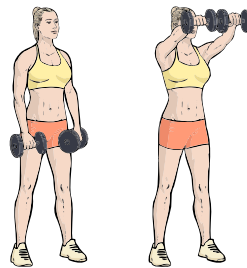


1:00
rest

3 sets 12 reps 45 sec rest

Our first bingo wing killer! Keep your upper arms locked in position, and kick back those dumbbells.

Two Arm Dumbbell Front Shoulder Raises

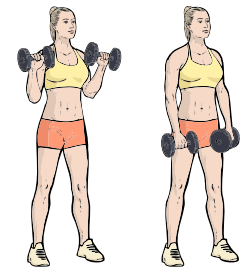


1:00
rest

3 sets 16 reps 45 sec rest

Working the shoulders - this exercise tightens the upper-arm musculature. Because who doesn't want tight arms?

Dumbbell Bicep Reverse Curls

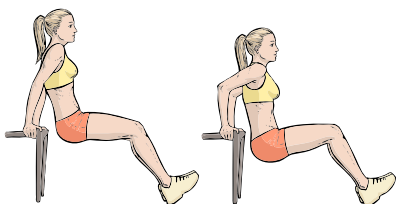


1:00
rest

4 sets 8 reps 45 sec rest

Work with a slightly heavier weight here and try to avoid swinging the dumbbells upward.

Bench Tricep Dips

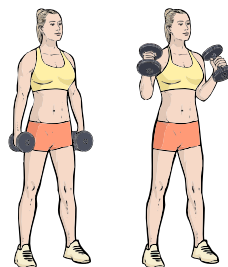


1:00
rest

3 sets 10 reps 45 sec rest

Lower your butt towards the ground, but never touch down. Drive yourself back upward to complete the rep!

Standing Dumbbell Bicep Hammer Curls

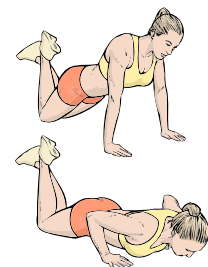


1:00
rest

3 sets 16 reps 45 sec rest

Reduce the weight, and hammer away those bingo wings, You're almost done!

Knee Push-ups



3 sets 8 reps 45 sec rest

Your final exercise for today! Complete 8 reps or more, and give yourself a power high five.



WORKOUT EXAMPLE

Low Impact Rehab with exercise instructions

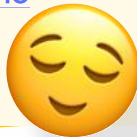
Step-by-step written instructions are available
so your clients can train confidently

Feature highlight

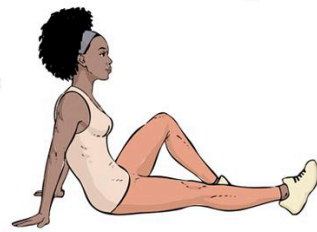
Build workouts *fast* to win back hours each week

The simple drag and drop workout builder,
unlimited reusable templates and built-in
email notifications will **free up time to do
what you love most.**

[Try the workout builder demo](#)



Ankle Pumps



3 sets 25 reps 45 seconds



Get Past the Bypass!

38 min · Calves, Ankles, Cardio, Legs

[View online](#)
or scan:



After a little tinkering with your ticker, this very light routine will have you back at the power plant in no time. Warm up lightly, and then complete each slow-paced exercise before finishing with a causal marathon... You do have insurance, don't you? Just kidding, hee hee!

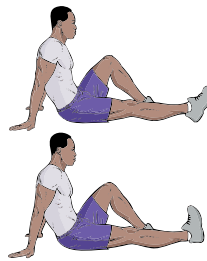
Cardio - Walking



5 min

Spend 5 minutes warming up at a slow pace.

Ankle Pumps

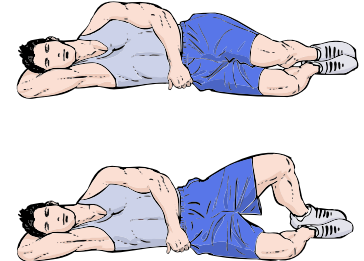


1:00
rest

3 sets 24 reps 45 sec rest

Starting out nice and easily, work each side for 12 reps per side per set.

Clamshells

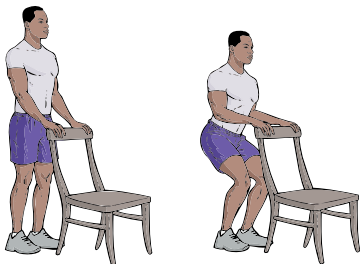


1:00
rest

3 sets 12 reps 45 sec rest

Focus on your breathing as you complete these, work each side for 6 reps per side per set.

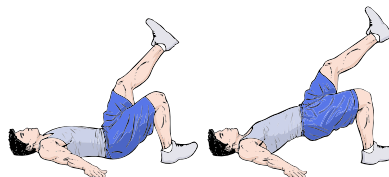
Half Squats



2 sets 8 reps 45 sec rest

Take these very slow, only create a light motion.

Single Leg Hip Raises

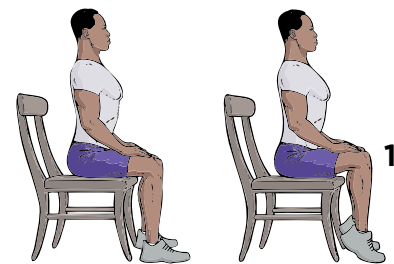


1:00
rest

2 sets 8 reps 45 sec rest

4 reps per side per set!

Seated Calf Raises

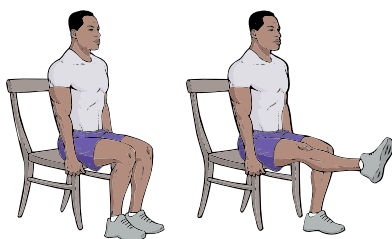


1:00
rest

3 sets 16 reps 45 sec rest

Almost done! If you feel you can add a rep or two, by all means do so!

Chair Leg Extensions



1:00
rest

3 sets 12 reps 60 sec rest

6 per leg per set, nice and slowly, then you're done!

Standing Rest



60 secs

Well done! If you're feeling tired, you know the only known cure for that is a lollipop.



Cardio - Walking

Primary muscle group(s):

Calves, Hamstrings, Quadriceps

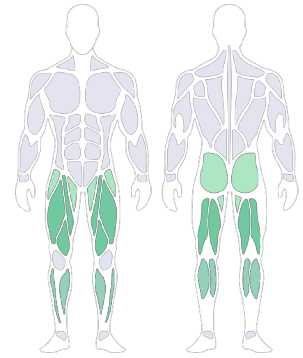
Secondary:

Glutes & Hip Flexors

After following a thorough warm-up session, stand tall on a walkway, treadmill, or other walkable area. Make sure that your chest is up, core is braced, shoulders are back, and gaze is straight ahead.

Begin by placing your left foot forward then shifting your hips to move the right leg forward. Continue this back and forth motion at a pace that is ideal for you.

You may also want to include small weights or a grip strengthener during your walks. Remember to maintain perfect form throughout the walk. Avoid slouching.



Ankle Pumps

Primary muscle group(s):

Ankles

Secondary:

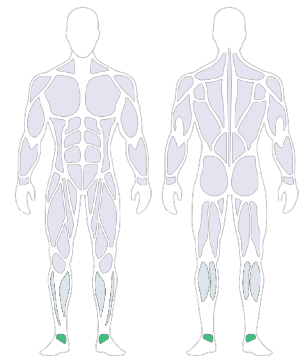
Calves

Sit comfortably on the floor with one leg straight out in front of you

Position the other leg so that your knee is bent pointing upwards and your foot is flat on the ground

With your hands grounded behind you creating stability, pull your toes towards you flexing the muscles in the top side of your lower leg

Hold briefly before controlling the extension phase of the motion



Clamshells / Clams

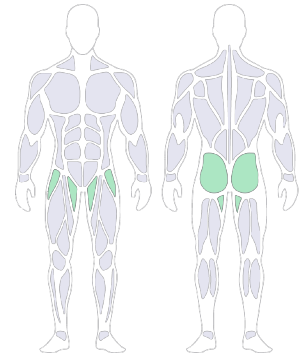
Secondary:

Glutes & Hip Flexors

On a mat or comfortable surface, lie on your left side. Place your left hand behind your head while placing your right hand across your body.

Bend your stacked knees so that your feet are behind you. Begin the movement by lifting the right knee up while keeping the feet together.

Pause at the top of the movement and slowly lower your right knee down to the starting position.



Partial / Half Squats

Primary muscle group(s):

Quadriceps

Secondary:

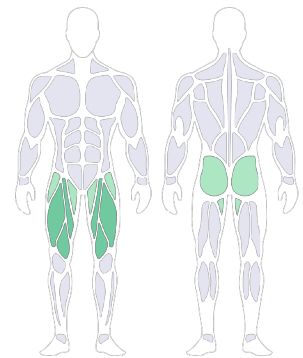
Glutes & Hip Flexors

Place your feet at shoulder-width apart while keeping your chest up and your abdominals braced

Optionally, you can use something to stabilize your squat, such as a chair or support beam

Begin the movement by bending at your knees and lowering your body down towards the ground while driving your hips back as if you're sitting in a chair

Once you feel you're around halfway to a full squat, pause, and then drive your hips forward to return to the starting position



Single / One Leg Hip Raises / Glute Bridges / Hip Extensions with Leg Lift

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs, Hamstrings, Quadriceps

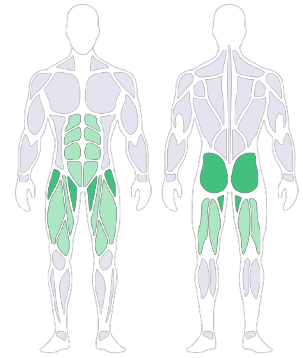
Lie on an exercise mat with your knees bent so that your feet are flat on the floor.

Raise one leg off the floor and bend your knee up towards your chest. This is the start position.

Perform the exercise by pushing down through your other heel and pushing your hips up, raising your glutes off the mat. Continue until your hips are in a straight line with your torso. Hold for a count of one.

Return to the start position by lowering your hip to the floor.

Complete all the repetitions for one set before changing legs.



Seated / Chair Calf Raises

Primary muscle group(s):

Calves

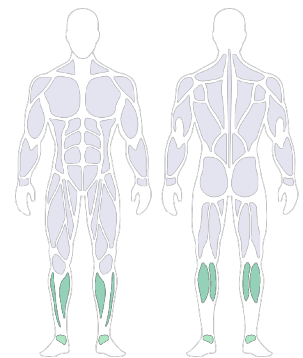
Secondary:

Ankles

Seat yourself comfortably on a solid chair, with your back straight and unsupported. Keep your feet planted about shoulder-width apart, with your hands placed resting on your lap.

When ready, slowly raise your heels as if moving to tiptoes. Continue to elevate until you feel a nice stretch in your lower calves, then briefly hold.

Slowly lower your heels back down to the starting position to complete 1 repetition.



WORKOUT EXAMPLE

Workplace & Senior Workouts

Serve your patients **beyond their home and gym** and create low impact routines for older adults

Feature highlight

Enjoy epic results like these

Watch some of our clients talk about how Train has transformed their training business.

[Watch the video](#)



7-min Workplace Full-Body Reboot

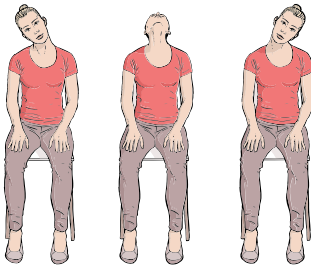
7 min · Lower Back

[View online](#)
or scan:



Tension can often build up in your chest, upper back, and hips - regardless of how you spend your working hours. So take a moment from your day to reset both your body and mind with this short, simple routine. Your body will thank you!

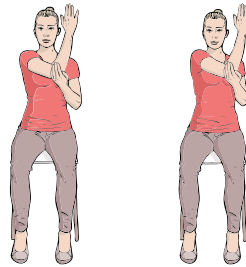
Seated Neck Roll



2 sets 15 secs

Begin by gently rolling your neck from side to side to relieve built-up tension in your upper back.

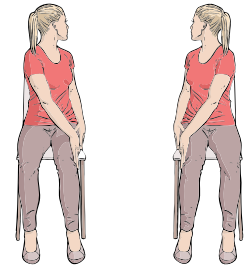
Seated Cross Over Stretch



2 sets 15 secs

Bring each arm across your body and hold for the full 15 seconds.

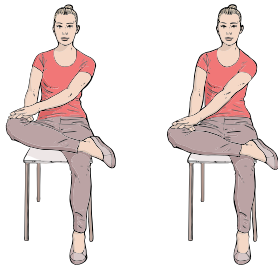
Chair Twists



2 sets 15 secs

Hold each side for 15 seconds before moving on... are you feeling better already?

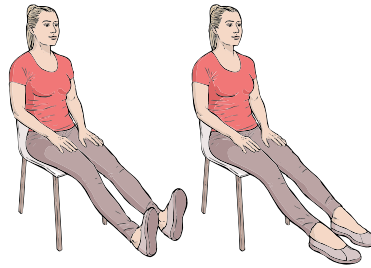
Seated Hip Openers



2 sets 30 secs

Extending the hold time a little here, gently release the tension built up in your hips.

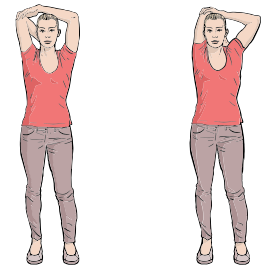
Ankle Stretch



2 sets 30 secs

Let's give your ankles and calves the attention they deserve.

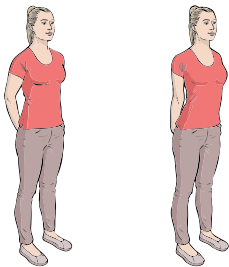
Standing Tricep Stretch



2 sets 15 secs

On your feet for the final phase of this short routine, hold each arm for a healthy 15 seconds before moving o...

Standing Chest Stretch



1 sets 30 secs

Stretch that chest for 30 seconds before moving onto the back stretch.

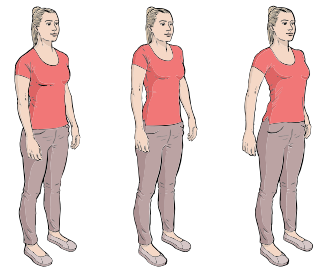
Love Yourself Back Stretch



1 sets 30 secs

Take a moment to love yourself and appreciate just how good of a hugger you are :D

Shoulder Rolls



2 sets 30 secs

Finally, roll out your shoulders. If you're not feeling better after that - you probably need to take the rest...



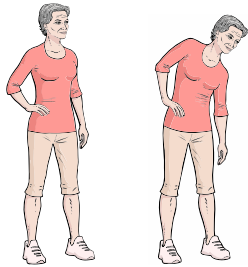
Wake-Up Full-Body Mobility Routine!

[View online](#)
or scan:



This simple routine will prepare you for anything the day throws at you! Be sure to check out each of the exercise instructions, focus on your breathing and then knock this one right out of the ballpark!

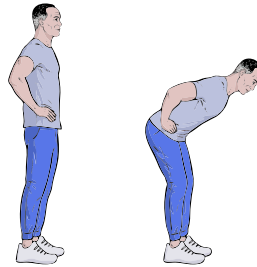
Standing Side Leans



2 sets 10 reps 5 sec rest

Let's begin by loosening up that core and lower back! Go for 1 set per side and take these nice and slow.

Hip Hinges

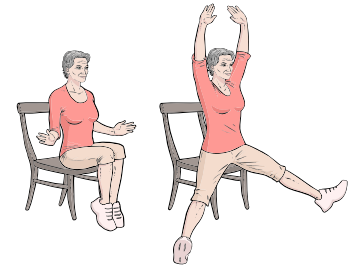


0:30
rest

2 sets 10 reps 30 sec rest

Again, there's no need to rush, we're just warming up!

Seated Jumping Jacks

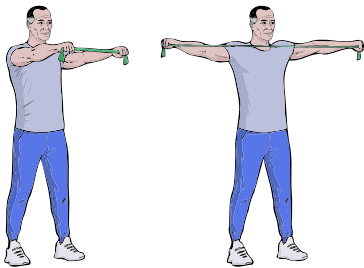


0:30
rest

2 sets 10 reps 30 sec rest

Now onto some higher-intensity work! Remember, the exercise instructions are right there if you need them!

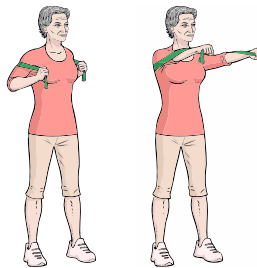
Resistance Band Chest Pulls



2 sets 8 reps 45 sec rest

Aim for around 4 seconds per rep and work that upper back while keeping a slight bend at the knee.

Resistance Band Chest Presses

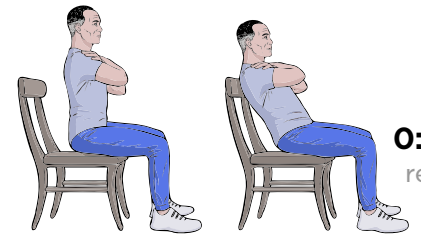


0:30
rest

2 sets 8 reps 45 sec rest

Make sure the band is nice and secure and complete these reps with your eyes on the prize.

Chair Crunches



0:30
rest

2 sets 10 reps 45 sec rest

Inhale as you lower your body and exhale as your rise!

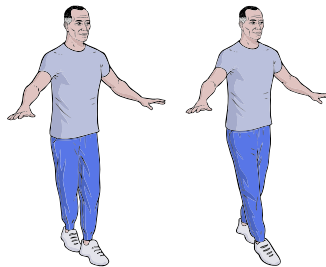
Single Leg Balance



4 sets 10 secs 5 sec rest

Go for 2 sets per side and hold steady.

Heel to Toe Walking



0:30
rest

2 sets 20 reps 30 sec rest

Further balance work now, keep that line in sight: you're so close!

Walking on the Spot



0:30
rest

3 sets 45 secs 30 sec rest

Finish up with some light cardio to get that blood pumping, then you're all done!



WORKOUT EXAMPLE

Kids Play Workout

Create fun play-workouts for your client's kids.

Now that's something **others can't do :)**

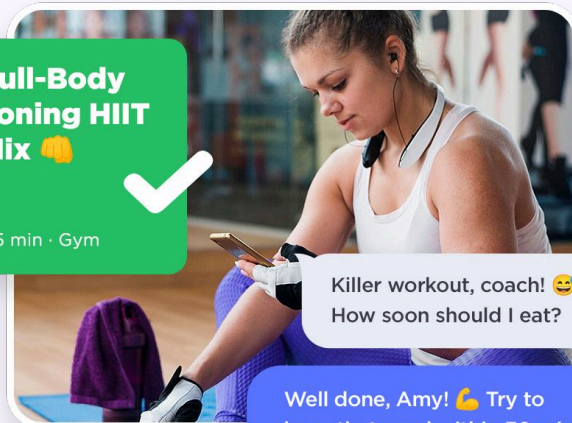
Feature highlight

Delight and retain happy clients

The client portal and the visual workouts are intuitive and easy to use. **Your clients will love the simplicity** and the results they get.

Full-Body
Toning HIIT
Mix 🏋️

35 min · Gym



Killer workout, coach! 😊
How soon should I eat?

Well done, Amy! 🏆 Try to
have that meal within 30 min



Zombie Escape!

View online
or scan:



You're minding your own business, dancing in your room and enjoying the music; when all of a sudden, you notice that you're at the center of a zombie invasion! Get ready, it's time to escape!

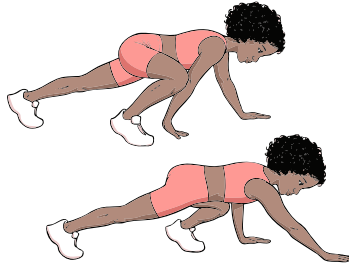
Dance



60 secs

Start with 60-seconds of busting out some dance moves - the zombies haven't arrived yet!

Bear Crawls

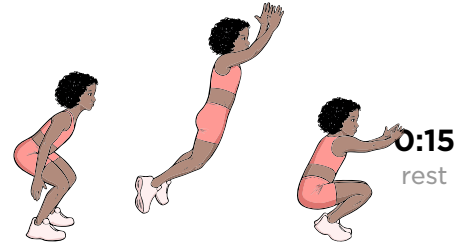


0:15
rest

30 secs

You notice a sound, only to realize that zombies are quickly running into your room! Crawl under your bed and ...

Long Jumps



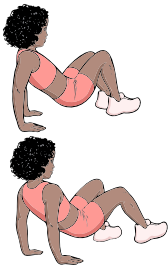
0:15
rest

0:15
rest

20 reps

You notice that the hallway floor has been torn apart by the zombies! Jump from section to section to reach a ...

Crab Walks



30 secs

The doorway has collapsed! But you can see a way through, crab walk under, but keep an eye out for following z...

Hopscotch

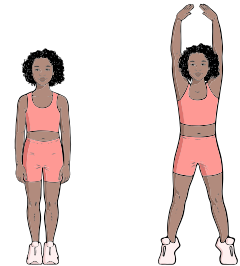


0:15
rest

30 secs

You enter a new room, but there's zombie goo is all over the ground. It seems to be toxic! Hop scotch your way...

Star Jumps



0:15
rest

50 reps

You're through the exit and now outside on the street and surrounded by 50 zombies! The only way to defeat the...

Discover the rest of the Train and
**start creating workouts like these
for your clients today!**

Start my free trial

*Sign up in 30 seconds,
no card required* 