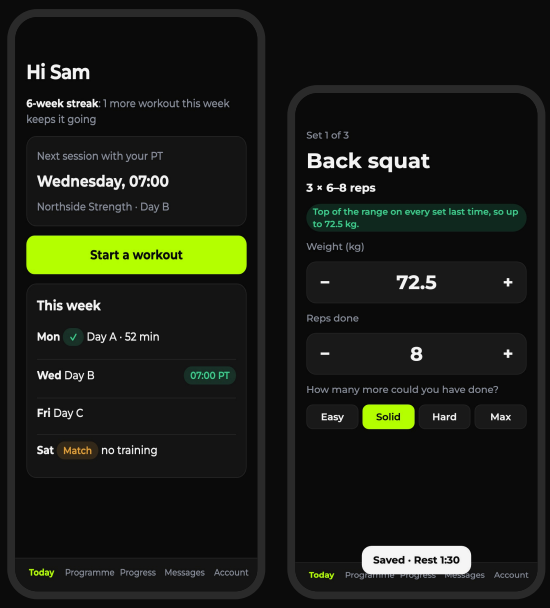
IRONLARK

Training that adjusts to the person doing it.

Ironlark starts every client with a health screen and a short assessment, recommends a programme, then sets the next session's weights and reps from what they actually logged. Coaches get the calendar, messages, reports and a list of who needs them, all in one app.



WHO IT IS FOR

Personal trainers

Spend your time coaching, not rebuilding spreadsheets every week.

- A home screen with today's sessions, who's behind this week and new records worth a message
- A "needs attention" list: pain, low readiness, missed sessions and stalled lifts
- Programme builder with rounds and supersets
- Weight and rep suggestions you can always override
- Calendar with invites, and clients booking your free time
- Messages, check-ins and private notes
- Train a client live from your tablet

Gyms

Give every member a proper start and a plan that keeps pace with them.

- Onboarding that turns goals and fitness into a recommended programme
- Templates your coaches approve
- QR codes on machines: members scan and log on the gym floor
- Groups, squads, challenges and streaks
- An Insights dashboard for owners
- Progress reports with your logo
- Bring members across from a spreadsheet

Members and clients

Know what to lift today and why, with or without a coach.

- A workout player that suggests the weight for every set
- Works with no signal, saves when you're back
- Left and right tracked separately on single-sided exercises
- Today's records after every workout
- Progress charts and strength records, in kg or lb
- A pain check: carry on lighter, skip or stop
- iPhone, iPad, Android browser or computer

PROGRESSION THAT EXPLAINS ITSELF

Reps first, then weight.

Each exercise has a rep range. Hit the top of it on every set and the weight goes up; fall short and the weight stays while reps build. Effort ratings refine it once people can judge them. Under-18s get smaller jumps and coach approval. The reason is always shown.

SESSION	WEIGHT	REPS (3 × 8–12)	NEXT TIME
Week 1	40 kg	8, 8, 7	Same weight, add reps
Week 2	40 kg	10, 9, 9	Same weight, add reps
Week 3	40 kg	12, 12, 12	**Up to 42.5 kg**
Week 4	42.5 kg	9, 8, 8	Same weight, add reps

Illustrative numbers. A coach can change any suggestion.

ironlark.club · hello@ironlark.club

Everything in one app

FEATURES

Workout player
Sets, rest timers and timed holds, one tap at a time. Nothing is lost when the signal drops.

Train together, live
A PT logs on a tablet and the client's phone updates set by set.

Readiness and load
A ten-second check before each session, and a warning when training load jumps.

A pain check, not just a button
A few quick questions: carry on lighter, skip or stop. The coach is told, straight away if it's serious.

Calendar and bookings
Working hours, time off, invites with reminders, and clients booking themselves within your rules.

Messages and check-ins
Chat, quick check-ins on training, sleep and stress, and an email when something needs you.

Progress and reports
Trend charts, strength records with no max testing, body measurements and branded PDF reports.

Left and right
Single-arm and single-leg exercises log and progress each side at its own pace.

Gym floor and QR codes
Members scan a machine, see last time and what to aim for. Supersets are spotted automatically.

Groups and challenges
Squads, group sessions with attendance, privacy-safe leaderboards and streaks that never punish a rest day.

Client details
Contact details, emergency contacts and medical notes, one tap away during a session.

Phone, tablet or computer
An iPhone and iPad app, plus any browser. A side menu on bigger screens, thumb-friendly tabs on phones.

Simple prices. Clients are always free.

PRICING

Personal trainers
Priced by active clients. Paused and archived clients don't count.

Solo · up to 10 clients	**£19 /month**
Pro · up to 30 clients	**£45 /month**
Pro 60 · up to 60, then £1 each	**£75 /month**

Gyms
Unlimited coaches. Every plan includes every feature.

Studio · up to 100 clients	**£99 /month**
Club · up to 300 clients	**£199 /month**
Bigger or several sites	**Let's talk**

People training on their own
Training with a PT or gym? It's free: they cover it.

Free · programme, player, weight suggestions, 3 months of progress	**£0**
Ironlark Plus · full history, reports, check-ins	**£2.99 /month**
Plus, paid yearly	**£29.99 /year**

Start with a free month, no card needed, and cancel any time. Pay yearly and get two months free. A missed payment never locks anyone out or deletes data. Prices in pounds sterling.

Health data handled with care

PRIVACY

Built for UK law
UK GDPR and the ICO Children's Code from the start. Data stored in the UK.

Only the right people
Only the coaches assigned to a client can open their record.

Consent that counts
Separate health-data consent, and a parent's consent for under-18s.

No ad trackers
No advertising or analytics tracking. Download or delete any time.

Join the pilot

Free while the pilot runs. Gyms and PTs who join keep 30% off these prices for life. Tell us who you are, how many people you train and what you use today.

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Ironlark gives general training guidance. It isn't a medical service and doesn't replace advice from a doctor.

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