

EFITHUB

Switch once. Build your system. Keep coaching.

One connected coaching platform for the coach and the client.

€39

starting monthly price

0%

of client payments

2 apps

one connected workflow

THE CURRENT STACK

A client relationship should not live in six disconnected tools.

Programming, calendars, chat, forms, video calls and progress reports all describe the same client. Separating them creates repeated admin and missing context.

- Rewrite the same plan in more than one place
- Search old messages before every review
- Manually remind clients what happens next
- Pay for add-ons as the workflow grows

THE COACHING LOOP

Plan → deliver → measure → follow up.

eFitHub keeps each step attached to one client record, so the next decision begins with the work that was actually assigned and completed.

01

Build the program

02

Deliver it to the app

03

Capture the result

04

Adjust with context

COACH APP

Your method becomes a repeatable delivery system.

Build detailed workouts, keep active and draft programs clear, and reuse the parts that should not be rewritten every week.

- Weeks, sessions, sections and exercise blocks
- Sets, reps, load, rest, timers, notes and video
- Calendar assignment and scheduled video sessions

CLIENT APP

The plan arrives as something the client can actually use.

Today, calendar, workout detail, exercise video and progress are connected. The client does not need to hunt for links or interpret a spreadsheet.

- Clear daily workout delivery
- Workout logging, timers, RPE and notes
- Chat, questionnaires and video sessions

PROGRESS

Review completed work, not a generic activity total.

Compare equivalent exercise attempts, completion, duration, measurements and client feedback—even when reps or the training phase changes.

3 / 4

weekly goal

83%

28-day completion

+5 kg

comparable exercise win

MILO

A useful head start. Full coach control.

Milo can prepare a brief, surface open questions and draft a workout or questionnaire. The coach sees the complete preview before confirming anything.

- Ask in normal language
- Review every generated detail
- Edit, confirm or dismiss
- No silent client-facing changes

PRICING

Grow the roster without creating a software penalty.

Every product feature is included. Plans change by capacity, seats and monthly Milo credits.

€39 Solo · 75 clients	€99 Pro · 200 clients	€199 Studio · 500 clients	0% client-payment commission
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ONE SYSTEM

Everything needed to deliver the coaching relationship.

- Programs and workout builder
- Calendar and live video sessions
- Progress and custom metrics
- Text, voice, photo and video chat
- Questionnaires and check-ins
- Milo briefs and reviewable drafts
- Coach app, Client app and web dashboard

NEXT STEP

Start with one real client.

Build one program, schedule one workout and follow the complete experience on both sides before moving the rest of your roster.

1

coach account

1

client to test with

1

connected workflow