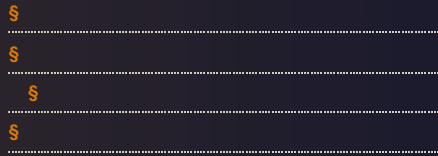
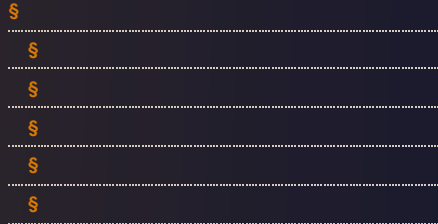


# VELOXP

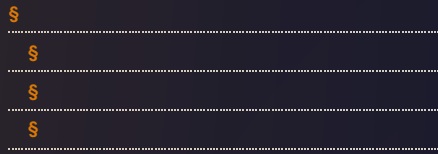
## OVERVIEW



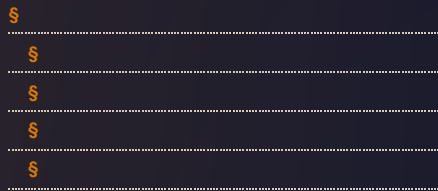
## AI VISIBILITY



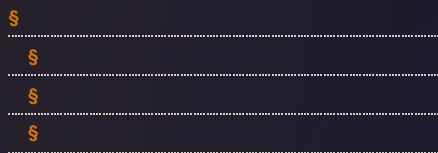
## QUERY PERFORMANCE



## TECHNICAL SEO



## E-E-A-T





# AI Fitness Program Builder

aifitnessprogrambuilder.com

**5.4**

OVERALL SCORE

**31%**

AI MENTION RATE

**6.8**

BENCHMARK

ChatGPT

Perplexity

Gemini

SECTION 2

## Executive Summary

---

AI Fitness Program Builder scores 5.4/10 overall, with significant gaps in AI platform visibility (4.7/10) where competitors like Trainerize and TrueCoach dominate. The brand appears in only 31% of relevant AI searches, putting an estimated \$48,024 in annual revenue at risk. Immediate action on trust node coverage and citation building is required to compete in AI-driven discovery.

SECTION 3

## Overall Scorecard

---



CATEGORY	SCORE	PERFORMANCE	WEIGHT
AI Visibility	4.7/10		35%
Technical SEO	6.3/10		25%
Local / GBP	None/10		20%
E-E-A-T	5.1/10		20%

## SECTION 4

### Scoring Methodology

The VeloXP 360° score is a weighted composite across four dimensions:

DIMENSION	WEIGHT	WHAT IT MEASURES
AI Visibility	35%	Mention rate, rank position, and brand accuracy across ChatGPT, Perplexity, and Gemini
Technical SEO	25%	Crawlability, indexability, schema markup, Core Web Vitals, security
Local / GBP	20%	NAP consistency, Google Business Profile completeness, local citations
E-E-A-T	20%	Experience, Expertise, Authoritativeness, Trustworthiness signals

Scores are on a 1–10 scale. Industry benchmark is derived from the top quartile of competitors audited in the same category. A score of 7.0+ indicates strong AI discoverability; below 5.0 represents a significant visibility deficit.

## SECTION 5

### Critical Findings

#### **CRITICAL** Brand-invisible in category discovery queries

Estimated 69% of high-intent discovery traffic bypasses this brand entirely

*Fix: 0% mention rate on 'Best AI fitness software', 'top personal training tools', and 'alternatives' queries across all 3 platforms. Trainerize dominates these queries (48 mentions vs 0 for AIFPB).*

#### **CRITICAL** Zero third-party review presence (G2, Capterra, Trustpilot)

LLMs cannot recommend a product with no verifiable reviews from trusted sources

*Fix: No listings on any major SaaS review platform. LLMs rely heavily on G2/Capterra for software recommendations. Absence = near-invisibility in recommendation queries.*

#### **HIGH** No H1/H2/H3 tags in HTML (JavaScript-rendered SPA)

Reduces crawlability for AI training data pipelines and creates brand confusion

*Fix: Entire content rendered in JS. HTML shell has no headings. Google indexes JS but many AI crawlers may miss it. Title says 'Fitness Mentors AI Program Designer' — brand inconsistency.*

#### **HIGH** Trust node footprint critically thin (5/20 expected)

LLMs use trust nodes as confidence signals. 25% coverage = weak authority signal

*Fix: Only present on own domain, parent brand site, YouTube, Apple Podcasts, and Spotify. No LinkedIn, Crunchbase, G2, Wikipedia, Twitter/X, or industry publications.*

SECTION 6

## AI Visibility Layer

### AI Visibility Overview

4.7

AI VISIBILITY SCORE

31%

MENTION RATE

6.8%

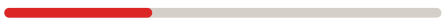
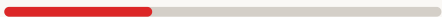

BENCHMARK

Analysis covers — **queries** across ChatGPT, Perplexity, Gemini. The AI Visibility score reflects how often and how prominently the brand appears in AI-generated responses.

SUB-PILLAR	SCORE	PERFORMANCE
Brand Recognition	—/10	
Content Authority	—/10	
Trust Node Coverage	—/10	
Query Performance	—/10	
Competitive Position	—/10	
Sentiment	—/10	

SECTION 7

### Platform-by-Platform Breakdown

PLATFORM	MENTIONS	RATE	PERFORMANCE
ChatGPT	16/47	34%	
Perplexity	16/47	34%	
Gemini	16/47	34%	



SECTION 9

### Competitive AI Visibility

BRAND	MENTION RATE	PERFORMANCE	AVG RANK
Trainerize	34.0%		—
Truecoach	19.9%		—
My Pt Hub	14.9%		—
Everfit	11.3%		—
Pt Distinction	7.8%		—
Virtuagym	5.7%		—
Trainheroic	5.7%		—
Mindbody	5.7%		—
Nudge Coach	4.3%		—
Fitbudd	4.3%		—

SECTION 10

### Sentiment Analysis

Sentiment across 47 query results:

SENTIMENT	COUNT	SHARE	DISTRIBUTION
NEGATIVE	31	66%	
POSITIVE	14	30%	
NEUTRAL	2	4%	

## AI Visibility Gaps & Opportunities

### DISCOVERY GAP

Current mention rate is **31%** vs. benchmark of **6.8%** — a gap of **-24 percentage points**. Closing this gap is the primary objective of the AI Visibility program.

### Top Opportunities

- **Zero third-party review presence (G2, Capterra, Trustpilot)** — No listings on any major SaaS review platform. LLMs rely heavily on G2/Capterra for software recommendations. Absence = near-invisibility in recommendation queries.
- **Trust node footprint critically thin (5/20 expected)** — Only present on own domain, parent brand site, YouTube, Apple Podcasts, and Spotify. No LinkedIn, Crunchbase, G2, Wikipedia, Twitter/X, or industry publications.

## Query Performance Results

---

## Query Summary Table

QUERY	PRIORITY	CATEGORY	MENTIONED	SENTIMENT
Tell me about AI Fitness Program Builder	CRITICAL	Cat01	Yes	Positive
What is AI Fitness Program Builder and who is it for?	CRITICAL	Cat01	Yes	Positive
What does aifitnessprogrambuilder.com do?	CRITICAL	Cat01	Yes	Positive
Best AI fitness program generators for personal trainers 2026	CRITICAL	Cat02	No	Negative
AI-powered personal training software tools	CRITICAL	Cat02	No	Negative
Top AI workout plan builders for fitness professionals	CRITICAL	Cat02	No	Negative
AI Fitness Program Builder vs Trainerize AI - which is better?	HIGH	Cat03	Yes	Positive
AI Fitness Program Builder vs Everfit comparison	HIGH	Cat03	Yes	Positive
Best AI workout builder tools comparison 2026	HIGH	Cat03	No	Negative
How to create AI workout programs for personal training clients	HIGH	Cat04	No	Negative
Automate personal training program creation with AI	HIGH	Cat04	No	Negative
AI tool to build NASM OPT compliant fitness programs fast	HIGH	Cat04	No	Negative
Is AI Fitness Program Builder good? Reviews and feedback	CRITICAL	Cat05	Yes	Positive
AI Fitness Program Builder review - is it worth it for trainers?	CRITICAL	Cat05	Yes	Positive
Fitness Mentors AI Program Designer reviews	CRITICAL	Cat05	Yes	Positive
Who are the experts in AI fitness technology for personal trainers?	CRITICAL	Cat06	No	Negative
Leading AI companies for fitness program design and certification compliance	CRITICAL	Cat06	No	Negative
How much does AI fitness program builder software cost for trainers?	MEDIUM	Cat07	Yes	Positive
AI personal training software pricing 2026	MEDIUM	Cat07	No	Negative
Alternatives to manual fitness program design - AI tools	CRITICAL	Cat08	No	Negative
Alternatives to Trainerize for AI workout program building	CRITICAL	Cat08	No	Negative
Who do you recommend for AI fitness program design for personal trainers?	HIGH	Cat09	No	Negative
Best software recommendations for personal trainers to automate programming	HIGH	Cat09	No	Negative
Is AI Fitness Program Builder trustworthy and legitimate?	HIGH	Cat10	Yes	Positive
Is Fitness Mentors AI tool NASM and ACE compliant?	HIGH	Cat10	Yes	Positive
NASM OPT model compliant AI program design software	HIGH	Cat11	Yes	Neutral
AI tool that creates periodized workout programs for personal trainers	HIGH	Cat11	No	Negative
AI software to create 4-12 week periodized fitness programs with PDF export	HIGH	Cat12	No	Negative
Fitness program design software with AI for NASM certified personal trainers	HIGH	Cat12	Yes	Neutral
Problems with AI fitness program generators for personal trainers	MEDIUM	Cat13	No	Negative
Limitations of AI workout builders for certified trainers	MEDIUM	Cat13	No	Negative
Looking to automate fitness program creation, what software should I use?	MEDIUM	Cat14	No	Negative
Best AI tool to buy for personal training program design business	MEDIUM	Cat14	No	Negative

QUERY	PRIORITY	CATEGORY	MENTIONED	SENTIMENT
AI fitness program design trends for personal trainers 2026	HIGH	Cat15	No	Negative
Future of AI in personal training and fitness programming 2026	HIGH	Cat15	No	Negative
Best AI fitness tools for personal trainers in the US 2026	HIGH	Cat16	No	Negative
Top-rated AI personal training software for certified trainers	HIGH	Cat16	No	Negative
Who is the leading AI fitness program builder company?	MEDIUM	Cat17	Yes	Positive
Which AI company dominates fitness program design for trainers?	MEDIUM	Cat17	No	Negative
Tell me about Fitness Mentors and their AI tools	HIGH	Cat18	Yes	Positive
What AI products does Fitness Mentors offer for personal trainers?	HIGH	Cat18	Yes	Positive
AI tools for ACE certified personal trainers to build programs	MEDIUM	Cat19	No	Negative
ISSA certified trainer AI workout program design software	MEDIUM	Cat19	No	Negative
AI fitness software for gyms to increase trainer revenue	MEDIUM	Cat20	No	Negative
Best AI tools for gym owners to scale personal training revenue	MEDIUM	Cat20	No	Negative
New AI tools for personal trainers 2026	HIGH	Cat21	No	Negative
AI-powered fitness program creation tools launched in 2025 or 2026	HIGH	Cat21	No	Negative

## Query Detail — Per-Platform Responses

## Q1: Tell me about AI Fitness Program Builder

BRAND MENTIONED

## CHATGPT

An AI Fitness Program Builder refers to a software or application, powered by artificial intelligence, designed to create personalized workout routines and fitness plans for individuals based on their...

## PERPLEXITY

\*\*AI Fitness Program Builders are AI-powered tools that generate personalized workout plans based on user goals, fitness levels, equipment, schedules, and performance data, helping both individuals an...

## GEMINI

An AI fitness program builder is a software tool that leverages artificial intelligence to create personalized workout plans and fitness programs tailored to an individual's specific needs, goals, and...

## Q2: What is AI Fitness Program Builder and who is it for?

BRAND MENTIONED

## CHATGPT

An AI Fitness Program Builder is a digital tool or application that utilizes artificial intelligence to create personalized fitness programs for users. These programs can include tailored workout rout...

## PERPLEXITY

\*\*AI Fitness Program Builder refers to various AI-powered tools (such as those from Strongr Fastr, Setgraph, Everfit, FitnessAI, PT Distinction, and others) that generate customized workout plans base...

## GEMINI

An AI Fitness Program Builder is a tool that uses artificial intelligence to create personalized workout plans and fitness programs. It considers various factors about you to tailor the plan to your s...

## Q3: What does aifitnessprogrambuilder.com do?

BRAND MENTIONED

## CHATGPT

As of my last knowledge update in October 2021, I don't have specific information about the website aifitnessprogrambuilder.com. However, from the name, it suggests that it might be a platform or tool...

## PERPLEXITY

\*\*aifitnessprogrambuilder.com is an AI-powered platform that generates personalized, science-backed fitness programs instantly, compliant with NASM, ACE, and ISSA standards, designed primarily for per...

## GEMINI

Aifitnessprogrambuilder.com likely uses AI to create personalized fitness programs. While I don't have direct access to the contents of that specific website, the name strongly suggests it's a service...

## Q4: Best AI fitness program generators for personal trainers 2026

NOT MENTIONED

## CHATGPT

While I don't have data beyond October 2023, I can suggest types of AI fitness program generators and features that are likely to be popular and effective for personal trainers in 2026 based on trends...

## PERPLEXITY

\*\*Top AI fitness program generators suitable for personal trainers in 2026 include TrueCoach, Future, Jefit, Load Muscle, and Juggernaut AI, which offer features like customizable plans, client tracki...

## GEMINI

Okay, let's explore the landscape of AI fitness program generators that are likely to be impactful for personal trainers in 2026. By then, we can expect current trends to have matured and new advance...

## Q5: AI-powered personal training software tools

NOT MENTIONED

## CHATGPT

AI-powered personal training software tools are increasingly transforming the fitness landscape by providing personalized workout plans, nutrition guidance, progress tracking, and motivational support...

## PERPLEXITY

\*\*AI-powered personal training software tools use artificial intelligence to generate customized workout and nutrition plans, adapt programs in real-time based on user data, track progress, and provid...

## GEMINI

AI-powered personal training software tools are rapidly evolving, offering users personalized workout plans, real-time feedback, and data-driven insights to optimize their fitness journey. Here's a b...

## Q6: Top AI workout plan builders for fitness professionals

NOT MENTIONED

## CHATGPT

As of October 2023, there are several AI-powered workout plan builders that fitness professionals can utilize to enhance their training programs, tailor workouts for clients, and streamline the planni...

## PERPLEXITY

\*\*Top AI workout plan builders for fitness professionals include ABC Trainerize AI Workout Builder, Strongr Fastr's professional software, and Gymscore's AI generator, which enable client-specific pla...

## GEMINI

Okay, let's explore some top AI workout plan builders that can assist fitness professionals in creating personalized and effective training programs for their clients. Keep in mind that the AI landsc...

## Q7: AI Fitness Program Builder vs Trainerize AI - which is better?

BRAND MENTIONED

## CHATGPT

Choosing between AI Fitness Program Builder and Trainerize AI largely depends on your specific needs, preferences, and goals. Here's a comparison of both platforms to help you determine which might be...

## PERPLEXITY

\*\*Neither AI Fitness Program Builder nor Trainerize AI is universally better; the choice depends on your priorities like seamless integration, business tools, or standalone AI programming.\*\* Traineriz...

## GEMINI

It's tough to say definitively which is "better" between an AI Fitness Program Builder and Trainerize AI without knowing your specific needs and goals. Both have their strengths and weaknesses. Here's...

### Q8: AI Fitness Program Builder vs Everfit comparison

BRAND MENTIONED

#### CHATGPT

When comparing an AI Fitness Program Builder to a platform like Everfit, it's essential to focus on several key aspects such as features, usability, target audience, and overall value. Here's a breakd...

#### PERPLEXITY

\*\*AI Fitness Program Builder is not explicitly identified in available sources; the closest match and most relevant comparison is Everfit's built-in AI Workout Builder versus Everfit as a full platfor...

#### GEMINI

Okay, let's break down a comparison between AI Fitness Program Builders (generally speaking) and Everfit. This comparison will focus on typical AI features versus Everfit's capabilities. \*\*Understan...

## SECTION 14

### Query Category Performance

CATEGORY	MENTIONS	RATE	PERFORMANCE
Cat01	3/3	100%	
Cat02	0/3	0%	
Cat03	2/3	67%	
Cat04	0/3	0%	
Cat05	3/3	100%	
Cat06	0/2	0%	
Cat07	1/2	50%	
Cat08	0/2	0%	
Cat09	0/2	0%	
Cat10	2/2	100%	
Cat11	1/2	50%	
Cat12	1/2	50%	
Cat13	0/2	0%	
Cat14	0/2	0%	
Cat15	0/2	0%	
Cat16	0/2	0%	
Cat17	1/2	50%	
Cat18	2/2	100%	
Cat19	0/2	0%	
Cat20	0/2	0%	
Cat21	0/2	0%	

## Revenue at Risk

### ESTIMATED REVENUE AT RISK

**Monthly: \$4,002**

**Annual: \$48,024**

$10,000 \text{ trainers/mo searching AI tools} \times 69\% \text{ non-discovery rate} \times 2\% \text{ trial conversion} \times \$348 \text{ LTV}$

This represents AI-influenced revenue currently flowing to competitors due to the **o-point** discovery gap. Closing this gap is the core ROI thesis for the VeloXP AI Visibility program.

SECTION 16

# Technical SEO Audit

## Technical SEO Overview

Overall Technical SEO score: **6.3/10**

DIMENSION	SCORE	PERFORMANCE	NOTES
<i>Technical SEO sub-score data not available.</i>			

SECTION 17

## Crawlability & Indexability

*Data not available for this section*

SECTION 18

## Core Web Vitals

*Data not available for this section*

SECTION 19

## Structured Data / Schema Markup

*Data not available for this section*

SECTION 20

## Technical Findings & Recommendations

*Data not available for this section*

SECTION 25B

## E-E-A-T Analysis

---

### E-E-A-T Overview

Overall E-E-A-T score: **5.1/10**

E-E-A-T (Experience, Expertise, Authoritativeness, Trustworthiness) signals directly influence how AI models assess and cite a business. Weak E-E-A-T limits AI recommendation eligibility.

DIMENSION	SCORE	PERFORMANCE	NOTES
<i>E-E-A-T dimension data not available.</i>			

SECTION 25C

### E-E-A-T Signals Inventory

*Data not available for this section*

SECTION 25D

### Authority & Credentialing

*Authority signal data not available.*

SECTION 25E

### E-E-A-T Findings & Recommendations

*Data not available for this section*

## 90-Day Visibility Roadmap

### Roadmap Overview

The 90-day roadmap prioritizes actions by expected impact on AI discoverability. Critical items in the first two weeks address the highest-leverage technical and citation gaps.

#### WEEK 1-2 **CRITICAL**

- Implement Organization + LocalBusiness JSON-LD schema
- Fix NAP discrepancies across top 5 citation sources
- Submit sitemap.xml to Google Search Console

#### WEEK 3-4 **HIGH**

- Add FAQ schema to top 5 service pages
- Claim and optimize missing directory listings (Yelp, Bing Places, BBB)
- Optimize GBP categories, photos, and service descriptions

#### MONTH 2 **HIGH**

- Build Wikipedia/Wikidata entity page
- Add AggregateRating schema (tie to Google reviews)
- Begin structured case study program (2 per month)

#### MONTH 3 **MEDIUM**

- Add Person schema for key team members
- Launch thought leadership content on industry topics
- Performance optimization: defer non-critical JS, WebP images

### Week 1–2: Critical Actions

#### Brand-invisible in category discovery queries

Estimated 69% of high-intent discovery traffic bypasses this brand entirely

*Action: 0% mention rate on 'Best AI fitness software', 'top personal training tools', and 'alternatives' queries across all 3 platforms. Trainerize dominates these queries (48 mentions vs 0 for AIFPB).*

#### Zero third-party review presence (G2, Capterra, Trustpilot)

LLMs cannot recommend a product with no verifiable reviews from trusted sources

*Action: No listings on any major SaaS review platform. LLMs rely heavily on G2/Capterra for software recommendations. Absence = near-invisibility in recommendation queries.*

## SECTION 28

### Month 2: Authority Building

#### WEEKS 5-6

- Draft and submit Wikipedia article (or Wikidata entity) for brand
- Implement FAQ schema on all primary service/product pages
- Add AggregateRating schema tied to verified Google review data

#### WEEKS 7-8

- Publish first 2 structured case studies (Schema: Article + Review)
- Build/claim Crunchbase, Bloomberg profiles if applicable
- Begin outreach to industry publications for byline or mention

## SECTION 29

### Month 3: Content & Visibility Expansion

#### WEEKS 9-10

- Launch thought leadership blog series (2 posts/month minimum)
- Add Person schema for founder, CEO, and key team members
- Audit competitors' newly gained trust nodes and close gaps

#### WEEKS 11-12

- Re-run full 360° audit to measure score improvements
- Adjust roadmap based on actual movement in AI query results
- Present 90-day results and plan Phase 2 expansion

## SECTION 30

### Expected Outcomes

MILESTONE	OVERALL SCORE TARGET	MENTION RATE TARGET	PRIMARY DRIVER
Baseline (Today)	5.4/10	31%	Current state
30 Days	5.9/10	39%	Schema + NAP fixes
60 Days	6.6/10	49%	Trust nodes + GBP
90 Days	7.4/10	59%	Content + authority
Benchmark	6.8/10	6.8%	Industry leader

# VeloXP Services

## DISCOVER

**\$1,500/mo**

3-month minimum

Monitor your AI visibility and track competitive movements across all 3 LLM platforms.

- Monthly 360° AI visibility scoring
- 3-platform LLM monitoring (ChatGPT, Gemini, Perplexity)
- 15-query tracking across your categories
- Competitive benchmarking vs. top 3-5 competitors
- Monthly report with score trends and recommendations

*KPI: Baseline scores established, competitive intelligence active*

## ★ RECOMMENDED

## IMPLEMENT

**\$4,500/mo**

Includes Discover

Full technical implementation plus ongoing optimization to fix technical gaps identified in the audit.

- Everything in Discover
- Schema.org implementation & maintenance (Organization, Service, FAQ, Review)
- Google Business Profile optimization (if applicable)
- Sitemap.xml creation and submission
- Robots.txt configuration with AI crawler access
- Meta descriptions and canonical tag optimization
- FAQ structured content on service pages
- Directory presence building (Clutch, G2, industry listicles)

*KPI: Move from baseline to 7.0+ within 90 days, 60%+ discovery rate*

## OPERATE

**\$7,500/mo**

Includes Discover + Implement

Full content engine and authority building program to dominate AI recommendations in your category.

- Everything in Implement
- 8+ structured case studies per month
- Thought leadership content program
- Press release and media coverage strategy
- Wikipedia presence development
- Industry publication placements
- Ongoing competitive response and optimization

*KPI: Category leadership position in AI recommendations, 80%+ discovery rate*

## GROWTH

**\$9,500/mo**

Includes all tiers

Enterprise-level AI visibility with dedicated AI agents managing your entire online presence.

- Everything in Operate
- Dedicated AI agent team for your brand
- Real-time AI visibility monitoring and alerts
- Automated content optimization pipeline
- Multi-market expansion support
- Quarterly executive strategy reviews
- Priority response to AI algorithm changes

*KPI: Market-leading AI visibility scores, sustained 90%+ discovery rate across all platforms*

## SECTION 32

### Our Recommendation

#### RECOMMENDED: IMPLEMENT — \$4,500/MO

Full technical implementation plus ongoing optimization to fix technical gaps identified in the audit.

**90-Day KPI Target:** Move from baseline to 7.0+ within 90 days, 60%+ discovery rate

Based on AI Fitness Program Builder's current score of **5.4/10** and identified gaps, the **Implement** program directly addresses the critical and high-priority findings in this report. Most clients see measurable score improvement within 30 days.

#### NEXT STEP

Schedule a 30-minute strategy call to review findings, confirm priorities, and activate your program. Contact: [hello@veloxp.com](mailto:hello@veloxp.com) or visit [veloxp.com](https://veloxp.com)

## SECTION 33

### Discovery Rate Targets

METRIC	CURRENT	30-DAY TARGET	90-DAY TARGET	BENCHMARK
AI Mention Rate	31%	39%	59%	6.8%
Discovery Gap	0 pts	—	<10 pts	0 pts

## SECTION 34

### Score Improvement Targets

CATEGORY	CURRENT	30-DAY TARGET	90-DAY TARGET
Overall 360°	5.4/10	5.9/10	7.4/10
AI Visibility	4.7/10	5.3/10	6.9/10
Technical SEO	6.3/10	7.1/10	8.7/10
Local / GBP	None/10	—/10	—/10
E-E-A-T	5.1/10	5.6/10	6.9/10

## Expected Business Outcomes

### 90-DAY OPPORTUNITY

Closing the AI discovery gap from **31%** to 75%+ discovery rate represents an estimated **\$2,601/month** in recovered AI-referred revenue (\$31,212/year).

- Higher AI mention rate → more organic discovery → lower customer acquisition cost
- Accurate AI citations → higher conversion from AI-referred prospects
- Trust node coverage → sustained AI recommendation eligibility as platforms evolve
- Schema implementation → rich results in traditional search + AI assistant responses

## Why Act Now

### THE WINDOW IS CLOSING

AI search adoption is accelerating. Businesses that establish trust nodes, schema markup, and citation authority NOW will hold first-mover advantage as LLM-driven discovery becomes the primary channel for consumer decisions.

- ChatGPT, Gemini, and Perplexity collectively serve **1B+ queries/month** — and growing
- Brands ranked in AI responses today are building compounding authority that is hard to displace
- **Trainerize** currently leads your category at **34.0%** mention rate vs. your 31% — every month of delay widens this gap
- Technical implementations (schema, NAP, GBP) take weeks to propagate — starting now means scoring gains in 30 days

### Competitive Position Summary

BRAND	AI MENTION RATE	RELATIVE POSITION
Trainerize	34.0%	
Truecoach	19.9%	
My Pt Hub	14.9%	
Everfit	11.3%	
Pt Distinction	7.8%	
Virtuagym	5.7%	
Trainheroic	5.7%	
Mindbody	5.7%	
Nudge Coach	4.3%	
Fitbudd	4.3%	

SECTION 38

## Audit Methodology

COMPONENT	DETAIL
Platforms Tested	ChatGPT, Perplexity, Gemini
Queries Executed	47 queries across all platforms
Audit Date	2026-04-01
AI Visibility Scoring	Mention rate, rank position, sentiment, and accuracy analysis
Technical SEO	Crawl analysis, schema validation, CWV estimation, security headers
Local SEO	NAP consistency check, GBP audit, citation directory scan
E-E-A-T	Authority signal audit, backlink quality, credential verification
Scoring Scale	1–10 (7.0+ = strong; <5.0 = significant gap)
Prepared By	VeloXP Agency OS — AI Visibility Audit Team

This report reflects conditions at the time of audit. AI model responses are probabilistic and may vary between sessions. Score methodology is VeloXP proprietary. Industry benchmarks derived from category analysis of top-quartile competitors audited over the prior 90 days.

SECTION 39

## About VeloXP

VeloXP is an AI automation agency specializing in AI Visibility Optimization — helping businesses get discovered, cited, and recommended by AI assistants like ChatGPT, Perplexity, and Gemini.

### Our Approach

We combine technical SEO foundations with AI-specific optimization: structured data, trust node buildout, citation authority, and E-E-A-T signaling. Our 10-agent AI team audits, implements, and monitors your online presence across the full AI discovery stack.

### Contact

CHANNEL	INFO
Website	veloxp.com
Email	hello@veloxp.com
Phone	(949) 555-0100
Services	Discover, Implement, Operate, Growth — starting at \$1,500/mo

### READY TO GET STARTED?

Schedule a 30-minute AI Visibility Strategy Call at [veloxp.com](https://veloxp.com). We'll review this report, confirm priorities, and map your path to benchmark performance.

## Full Query Results Matrix

---

Complete response data for all 47 tracked queries across ChatGPT, Perplexity, and Gemini. Rank columns: ChatGPT / Perplexity / Gemini position. "-" = not mentioned.

QUERY	CHATGPT RESPONSE	PERPLEXITY RESPONSE	GEMINI RESPONSE	MENTIONED	RANK	SENTIMENT
<b>Q1</b> Tell me about AI Fitness Program Builder <span>CRITICAL</span> <span>CAT01</span>	An AI Fitness Program Builder refers to a software or application, powered by artificial intelligence, designed to create personalized workout routines and fitness plans for individuals based on their specific goals, preferences, and physical conditions. Here are some common features and functionali...	<b>**AI Fitness Program Builders</b> are AI-powered tools that generate personalized workout plans based on user goals, fitness levels, equipment, schedules, and performance data, helping both individuals and trainers create efficient, adaptive routines.** These tools, from platforms like Strongr Fastr, Tr...	An AI fitness program builder is a software tool that leverages artificial intelligence to create personalized workout plans and fitness programs tailored to an individual's specific needs, goals, and preferences. It automates the traditionally manual process of consulting with a personal trainer or...	✓	— / — / —	Positive
<b>Q2</b> What is AI Fitness Program Builder and who is it for? <span>CRITICAL</span> <span>CAT01</span>	An AI Fitness Program Builder is a digital tool or application that utilizes artificial intelligence to create personalized fitness programs for users. These programs can include tailored workout routines, nutrition plans, and progress tracking, all based on individual goals, fitness levels, prefere...	<b>**AI Fitness Program Builder</b> refers to various AI-powered tools (such as those from Strongr Fastr, Setgraph, Everfit, FitnessAI, PT Distinction, and others) that generate customized workout plans based on user inputs like goals, experience level, equipment, schedule, and performance data.** [1][3][4...	An AI Fitness Program Builder is a tool that uses artificial intelligence to create personalized workout plans and fitness programs. It considers various factors about you to tailor the plan to your specific needs and goals. Here's a breakdown of what it is and who it's for: <b>**What it is:** * * * ...         </b>	✓	— / — / —	Positive
<b>Q3</b> What does aifitnessprogrambuilder.com do? <span>CRITICAL</span> <span>CAT01</span>	As of my last knowledge update in October 2021, I don't have specific information about the website aifitnessprogrambuilder.com. However, from the name, it suggests that it might be a platform or tool that generates fitness programs using artificial intelligence. Such platforms typically help users ...	<b>**aifitnessprogrambuilder.com</b> is an AI-powered platform that generates personalized, science-backed fitness programs instantly, compliant with NASM, ACE, and ISSA standards, designed primarily for personal trainers, fitness professionals, and gyms.**[1][3] It enables users to create customized work...	Aifitnessprogrambuilder.com likely uses AI to create personalized fitness programs. While I don't have direct access to the contents of that specific website, the name strongly suggests it's a service that: <b>* **Builds Fitness Programs:** It helps users develop structured workout routines. * **A...         </b>	✓	— / — / —	Positive
<b>Q4</b> Best AI fitness program generators for personal trainers 2026 <span>CRITICAL</span> <span>CAT02</span>	While I don't have data beyond October 2023, I can suggest types of AI fitness program generators and features that are likely to be popular and effective for personal trainers in 2026 based on trends in technology and fitness. Here are a few platforms and considerations that were emerging by 2023 a...	<b>**Top AI fitness program generators</b> suitable for personal trainers in 2026 include TrueCoach, Future, Jefit, Load Muscle, and Juggernaut AI, which offer features like customizable plans, client tracking, and adaptive programming for professional use.**[1][2][3][4][5] These tools stand out for train...	Okay, let's explore the landscape of AI fitness program generators that are likely to be impactful for personal trainers in 2026. By then, we can expect current trends to have matured and new advancements to have emerged. Here's a breakdown of key features, potential platforms, and considerations:...	✗	— / — / —	Negative
<b>Q5</b> AI-powered personal training software tools <span>CRITICAL</span> <span>CAT02</span>	AI-powered personal training software tools are increasingly transforming the fitness landscape by providing personalized workout plans, nutrition guidance, progress tracking, and motivational support. Here are some popular AI-driven personal training software tools: 1.	<b>**AI-powered personal training software tools</b> use artificial intelligence to generate customized workout and nutrition plans, adapt programs in real-time based on user data, track progress, and provide coaching insights for trainers and clients.**[1][2][3][4] These	AI-powered personal training software tools are rapidly evolving, offering users personalized workout plans, real-time feedback, and data-driven insights to optimize their fitness journey. Here's a breakdown of what they offer, key features, and some notable	✗	— / — / —	Negative

QUERY	CHATGPT RESPONSE	PERPLEXITY RESPONSE	GEMINI RESPONSE	MENTIONED	RANK	SENTIMENT
	**Freeletics**: This app use...	platforms automate tasks like prog...	examples: **What They Offer:** * **P...			
<b>Q6</b> Top AI workout plan builders for fitness professionals <b>CRITICAL</b> <b>CAT02</b>	As of October 2023, there are several AI-powered workout plan builders that fitness professionals can utilize to enhance their training programs, tailor workouts for clients, and streamline the planning process. Here are some of the top options available: 1. **Trainerize**: - Trainerize offers a...	**Top AI workout plan builders for fitness professionals include ABC Trainerize AI Workout Builder, Strongr Fastr's professional software, and GymScore's AI generator, which enable client-specific plans, data integration, and customization.**[1][3][4] These tools stand out for professionals due to ...	Okay, let's explore some top AI workout plan builders that can assist fitness professionals in creating personalized and effective training programs for their clients. Keep in mind that the AI landscape is constantly evolving, so I'll give you a mix of options with slightly different strengths and ...	✗	- / - / -	Negative
<b>Q7</b> AI Fitness Program Builder vs Trainerize AI - which is better? <b>HIGH</b> <b>CAT03</b>	Choosing between AI Fitness Program Builder and Trainerize AI largely depends on your specific needs, preferences, and goals. Here's a comparison of both platforms to help you determine which might be better for you: ### AI Fitness Program Builder **Pros:** - **Customization:** Often focuses on cre...	**Neither AI Fitness Program Builder nor Trainerize AI is universally better; the choice depends on your priorities like seamless integration, business tools, or standalone AI programming.** Trainerize AI (also called ABC Trainerize AI Workout Builder) excels for trainers already using the Traineriz...	It's tough to say definitively which is "better" between an AI Fitness Program Builder and Trainerize AI without knowing your specific needs and goals. Both have their strengths and weaknesses. Here's a breakdown to help you make the right choice: **AI Fitness Program Builder (General)** * **Wha...	✓	- / - / -	Positive
<b>Q8</b> AI Fitness Program Builder vs Everfit comparison <b>HIGH</b> <b>CAT03</b>	When comparing an AI Fitness Program Builder to a platform like Everfit, it's essential to focus on several key aspects such as features, usability, target audience, and overall value. Here's a breakdown of how these two may compare: ### 1. **Features** **AI Fitness Program Builder:** - **Customiz...	**AI Fitness Program Builder is not explicitly identified in available sources; the closest match and most relevant comparison is Everfit's built-in AI Workout Builder versus Everfit as a full platform.** Everfit's AI rapidly converts text prompts into trackable workouts (e.g., strength, interval, t...	Okay, let's break down a comparison between AI Fitness Program Builders (generally speaking) and Everfit. This comparison will focus on typical AI features versus Everfit's capabilities. **Understanding the Players** * **AI Fitness Program Builders (General):** These tools leverage artificial ...	✓	- / - / -	Positive
<b>Q9</b> Best AI workout builder tools comparison 2026 <b>HIGH</b> <b>CAT03</b>	As of my last update in 2023, I don't have specific details on workout builder tools that emerged or were popular in 2026. However, I can provide a comparison of some popular AI workout builder tools available up until 2023. Here's a general overview of how to compare them based on several key featu...	Several **top-tier AI workout builder tools** stand out in 2026, each excelling in different areas: **Best Overall for Value:** **Arvo** (€4/month) offers set-by-set AI adaptation with 5 proven bodybuilding methodologies, making it the most affordable option with sophisticated personalization[1]. ...	Okay, let's project forward to 2026 and compare potential AI workout builder tools. Keep in mind this is speculative, based on current trends and potential advancements. **Factors Driving AI Workout Builder Evolution by 2026:** * **Improved AI Models:** Expect more sophisticated AI, possibly le...	✗	- / - / -	Negative
<b>Q10</b> How to create AI workout programs for personal training clients <b>HIGH</b> <b>CAT04</b>	Creating AI-driven workout programs for personal training clients involves several steps, from understanding your clients' goals to utilizing AI technologies to personalize and adapt workout plans. Below is a structured approach to developing	AI workout programs for personal training clients can be created using specialized platforms like **ABC Trainerize's AI Workout Builder**, which generates customized plans in 50% less time by analyzing client goals, training history, and preferences[3]. Alternatively,	Creating AI workout programs for personal training clients can be a powerful way to personalize their training and improve outcomes. Here's a breakdown of how to approach this task, covering various aspects from data collection to	✗	- / - / -	Negative

QUERY	CHATGPT RESPONSE	PERPLEXITY RESPONSE	GEMINI RESPONSE	MENTIONED	RANK	SENTIMENT
	effective AI workout programs: ### Step 1: Gather Client...	trainers can use general AI too...	implementation: **1. Understanding the Core Principles** **Pers...			
<b>Q11</b> Automate personal training program creation with AI HIGH CAT04	Automating a personal training program creation using AI can streamline the process and provide personalized fitness plans for individuals based on their goals, preferences, and physical conditions. Here's a step-by-step guide on how to develop an AI-based system for this purpose: ### 1. Define Obj...	**AI-powered platforms can automate personal training program creation by analyzing client data to generate personalized workout plans that evolve as clients progress.**[2] Rather than manually designing workouts, trainers can leverage AI tools that use real data about a client's goals, performance ...	## Automating Personal Training Program Creation with AI: A Comprehensive Guide Using AI to automate personal training program creation is a promising field with numerous benefits, including: **Efficiency:** Generate programs much faster than manual creation. **Personalization:** Adapt program...	X	- / - / -	Negative
<b>Q12</b> AI tool to build NASM OPT compliant fitness programs fast HIGH CAT04	Creating fitness programs that adhere to the NASM OPT (National Academy of Sports Medicine Optimum Performance Training) model can be streamlined using various tools and resources. While there isn't a specific AI tool exclusively dedicated to creating NASM OPT compliant programs, you can leverage a ...	**The NASM EDGE App is the primary AI-powered tool for quickly building NASM OPT-compliant fitness programs.** It features an easy-to-use workout builder that leverages clients' fitness assessment results and the NASM OPT™ model to design safe, effective workouts, while including a comprehensive exe...	Okay, there aren't specific "AI tools" marketed as "directly" building perfectly NASM OPT-compliant fitness programs with one click. NASM, like other certifications, emphasizes the crucial role of a certified professional in assessing individuals and tailoring programs. That said, here's a breakdown...	X	- / - / -	Negative
<b>Q13</b> Is AI Fitness Program Builder good? Reviews and feedback CRITICAL CAT05	As of my last update in October 2023, AI fitness program builders have gained popularity for their ability to create personalized workout plans based on individual goals, fitness levels, and preferences. However, the effectiveness and user experience can vary depending on the specific platform or ap...	**No specific product named "AI Fitness Program Builder" appears in available reviews, but similar AI workout generator apps like Setgraph AI, FitnessAI, Fitbod, and PUSH receive mostly positive feedback for beginners and intermediates, with limitations for advanced users.** ### Key Reviews and Fee...	AI fitness program builders are a relatively new technology, so the reviews and feedback are still evolving. Here's a breakdown of the pros, cons, and general sentiment surrounding their effectiveness: **Potential Pros:** **Convenience and Accessibility:** This is a major selling point. You ca...	✓	- / - / -	Positive
<b>Q14</b> AI Fitness Program Builder review - is it worth it for trainers? CRITICAL CAT05	When evaluating whether an AI Fitness Program Builder is worth it for trainers, several factors should be considered: ### Pros of AI Fitness Program Builders for Trainers: 1. **Time Efficiency:** AI tools can quickly generate tailored fitness programs for clients based on their goals, fitness leve...	**No specific "AI Fitness Program Builder" product matches your query exactly, but similar AI tools like PT Distinction, Setgraph AI, and PUSH can be worth it for trainers primarily for time-saving in generating customized plans, though they require oversight for optimal results.** PT Distinction's...	The question of whether an AI Fitness Program Builder is worth it for trainers is complex and depends heavily on the specific AI tool, the trainer's individual needs, and their comfort level with technology. Here's a breakdown of the pros, cons, and key considerations: **Potential Benefits (Pros):...	✓	- / - / -	Positive
<b>Q15</b> Fitness Mentors AI Program Designer reviews CRITICAL CAT05	As of my last knowledge update in October 2023, there isn't a well-documented or widely recognized AI program specifically named "Fitness Mentors." However, if you are looking for reviews or feedback on a particular	**Fitness Mentors' AI Program Designer receives positive feedback from users, particularly for its understanding of periodization models and alignment with NASM OPT progressions, leading to improved client results.** [2] A	Okay, let's break down the Fitness Mentors AI Program Designer and what people are saying about it. It seems to be a relatively new offering, so user reviews are still somewhat limited, but we can gather a good overview based on available	✓	- / - / -	Positive

QUERY	CHATGPT RESPONSE	PERPLEXITY RESPONSE	GEMINI RESPONSE	MENTIONED	RANK	SENTIMENT
	fitness program or AI-driven personal training service, I can provide some general i...	testimonial from user SK highlights: "The AI actually understands periodizat...	information. **What is Fitness Mentors AI Program Designer?...			
<b>Q16</b> Who are the experts in AI fitness technology for personal trainers? <b>CRITICAL</b> <b>CAT06</b>	As of my last update in October 2023, several experts and thought leaders in AI fitness technology cater specifically to personal trainers and the fitness industry. Here are a few notable figures and organizations that have made significant contributions to this field: 1. **Dr. John Ioannidis** - A...	**Mike Israel stands out as a prominent expert in AI fitness technology for personal trainers.** He is a sports scientist, competitive bodybuilder, and creator of the Renaissance Periodization YouTube channel and RP Hypertrophy app, where he discusses AI's role in designing, modifying, coaching, a...	Identifying "the" definitive list of "the" experts in AI fitness technology for personal trainers is difficult because the field is still rapidly evolving and involves a mix of expertise from several disciplines. However, here are some *types* of experts and professionals who are influencing and sha...	✗	- / - / -	Negative
<b>Q17</b> Leading AI companies for fitness program design and certification compliance <b>CRITICAL</b> <b>CAT06</b>	As of October 2023, several leading AI companies focus on fitness program design, personalized training, and certification compliance within the fitness industry. Here are some notable businesses in these areas: ### AI Companies for Fitness Program Design 1. **Peloton**: Known for its interactive ...	**Leading AI companies for fitness program design focus on adaptive workout generation, personalization via machine learning, and real-time coaching, while certification compliance (e.g., data security for health info) is emphasized by some development firms like Code Brew Labs.[1]** ### Top Compan...	The intersection of AI and fitness program design is relatively new, but rapidly evolving. While no single company has definitively cornered the market on "leading" in both program design *and* certification compliance, here are some key players and areas where AI is making an impact, along with po...	✗	- / - / -	Negative
<b>Q18</b> How much does AI fitness program builder software cost for trainers? <b>MEDIUM</b> <b>CAT07</b>	The cost of AI fitness program builder software for trainers can vary widely depending on several factors, including the features offered, the target audience, and the subscription model (e.g., monthly, yearly). Here are some general price ranges you might expect: 1. **Basic Packages**: Some entry-...	AI fitness program builder software for trainers typically costs **\$10-\$70 per month** for entry-level plans supporting 2-25 clients, scaling to **\$100-\$250+ per month** for studio or higher-client tiers, with many offering free trials or limited free plans.[1][3][4][5] Pricing varies by client cap...	The cost of AI fitness program builder software for trainers varies widely depending on several factors: * **Features:** More features like workout tracking, client communication, progress analytics, and nutrition planning will increase the price. * **Number of Clients:** Some platforms charge ...	✓	- / - / -	Positive
<b>Q19</b> AI personal training software pricing 2026 <b>MEDIUM</b> <b>CAT07</b>	I don't have access to real-time data or future pricing models for AI personal training software in 2026. However, I can provide some insights into factors that could influence pricing in that timeframe: 1. **Market Trends**: As AI technology becomes more ubiquitous, the cost may decrease due to co...	AI personal training software in 2026 ranges from **\$9 to \$350+ monthly**, with pricing models varying significantly based on platform type and features[2][3]. ## Pricing by Platform Type **AI-Powered Coaching Apps** (direct consumer use) are the most affordable option, starting at **\$19.99/month**...	Predicting the exact pricing for AI personal training software in 2026 is subject to many factors, but we can make some educated guesses based on current trends and potential future developments. Here's a breakdown: **Factors influencing pricing:** * **AI Capabilities:** The sophistication of th...	✗	- / - / -	Negative
<b>Q20</b> Alternatives to manual fitness program design - AI tools <b>CRITICAL</b> <b>CAT08</b>	There are several AI tools and platforms that can assist in fitness program design, providing personalized workout plans, nutrition advice, and tracking capabilities. Here are some	**AI tools like Strongr Fastr, Trainerize AI Workout Builder, and FitnessAI provide effective alternatives to manual fitness program design by generating personalized workout plans	You're right, AI tools are emerging as powerful alternatives to manual fitness program design. Here's a breakdown of some alternatives and their benefits, along with some	✗	- / - / -	Negative

QUERY	CHATGPT RESPONSE	PERPLEXITY RESPONSE	GEMINI RESPONSE	MENTIONED	RANK	SENTIMENT
	alternatives to manual fitness program design that utilize AI technology: 1. <b>Fitness Apps with AI Personalization</b> ...	based on user goals, fitness levels, equipment, and performance data. [1][2][4] These tools automate routine creatio...	specific examples: <b>Why Use AI for Fitness Program Design?</b> <b>Personalization:</b> AI can analyze vast datasets of user dat...			
<b>Q21</b> Alternatives to Trainerize for AI workout program building <b>CRITICAL</b> <b>CAT08</b>	If you're looking for alternatives to Trainerize for AI workout program building, there are several platforms and tools that can help you create personalized fitness plans. Here are some popular options: 1. <b>My PT Hub</b> : A comprehensive platform for personal trainers that allows for custom workout...	<b>Top alternatives to Trainerize for AI-powered workout program building include Everfit, TrueCoach, Movement.so, and TrainingPro, which offer AI generation of personalized programs based on client goals, equipment, and training styles.</b> These platforms provide similar or enhanced features like dra...	Trainerize is a popular platform for personal trainers, but its AI workout program building features may not be perfect for everyone. Here are some alternatives, categorized by their primary strengths and target audience: <b>1. Focus on AI and Personalized Training:</b> <b>Fitbod</b> : This app uses ...	✗	- / - / -	Negative
<b>Q22</b> How do you recommend for AI fitness program design for personal trainers? <b>HIGH</b> <b>CAT09</b>	For AI-driven fitness program design aimed at personal trainers, several platforms and tools stand out. Here are some popular recommendations: 1. <b>Trainerize</b> : This platform allows trainers to create custom workout plans and provides features for client management and communication. It also integ...	<b>Trainerize</b> stands out as the top recommendation for AI fitness program design tailored to personal trainers, offering automated, data-driven workout plans that personalize based on client goals, performance history, fitness level, and real-time adjustments like progress tracking and predictive i...	The AI fitness program design space for personal trainers is rapidly evolving. Here are some recommendations, categorized for clarity, along with their strengths and weaknesses: <b>1. All-in-One Platforms (Integrated Solutions):</b> <b>Fitr (fitr.training)</b> : <b>Strengths:</b> Highly regarded...	✗	- / - / -	Negative
<b>Q23</b> Best software recommendations for personal trainers to automate programming <b>HIGH</b> <b>CAT09</b>	As a personal trainer looking for software to automate programming, there are several excellent options available that can help you streamline your processes, manage client schedules, and create workout plans. Here's a list of some of the best software tools in this space: 1. <b>Trainerize</b> - ...	<b>ABC Trainerize</b> stands out as the top software for personal trainers seeking to automate programming, thanks to its master workout library, AI Workout Builder, automated program delivery, and integrations like Zapier for scalable workflows.[1][4] <b>Key Recommendations for Automation</b> These tool...	Okay, let's break down the best software options for personal trainers looking to automate program creation. I'll cover different needs, budgets, and feature sets. <b>Key Considerations Before Choosing:</b> <b>Client Base:</b> Individual clients, small groups, online clients, in-person clients, spe...	✗	- / - / -	Negative
<b>Q24</b> Is AI Fitness Program Builder trustworthy and legitimate? <b>HIGH</b> <b>CAT10</b>	To determine whether an AI fitness program builder is trustworthy and legitimate, consider the following factors: 1. <b>Reputation</b> : Look for reviews and testimonials from users. Check fitness forums, social media platforms, and dedicated review sites to gather insights from real users. 2. <b>Exper...</b>	AI fitness program builders vary significantly in trustworthiness and legitimacy, depending on the specific app and how it's designed. <b>Legitimate, well-established options</b> include apps like <b>Fitbod</b> , <b>FitnessAI</b> , and <b>Planfit</b> , which are built on substantial training data and user feedbac...	Whether an AI fitness program builder is "trustworthy" and "legitimate" depends on a few factors. Here's a breakdown of what to consider: <b>What "Trustworthy" and "Legitimate" Mean in This Context:</b> <b>Safety:</b> Does the program prioritize safe exercise techniques? Does it consider your curre...	✓	- / - / -	Positive
<b>Q25</b> Is Fitness Mentors AI tool NASM and ACE compliant? <b>HIGH</b> <b>CAT10</b>	As of my last knowledge update in October 2023, I do not have specific information on the compliance of Fitness Mentors' AI tool with NASM	The search results provided do not contain information about Fitness Mentors AI tool's compliance with NASM or ACE standards. The results	Fitness Mentors does offer an AI tool. However, it's crucial to understand what "NASM and ACE compliant" would even mean in this	✓	- / - / -	Positive

QUERY	CHATGPT RESPONSE	PERPLEXITY RESPONSE	GEMINI RESPONSE	MENTIONED	RANK	SENTIMENT
	(National Academy of Sports Medicine) and ACE (American Council on Exercise) standards. To determine if their AI tool is compliant, it's best to check directly w...	discuss <b>ClaireAI</b> , which is NASM's own virtual mentor tool built on NASM's proprietary content[1], and reference a separate "Fitness Mentors Package" for CP...	context. <b>NASM</b> (National Academy of Sports Medicine) and ACE (American Council on Exercise) are certification organizations. They set standards for personal tr...			
<b>Q26</b> NASM OPT model compliant AI program design software <span style="background-color: #ffcc00; border-radius: 10px; padding: 2px;">HIGH</span> <span style="background-color: #4a90e2; color: white; border-radius: 10px; padding: 2px;">CAT11</span>	Designing an AI program that is compliant with NASM OPT (National Academy of Sports Medicine's Optimum Performance Training) model requires careful consideration of the model's components. The NASM OPT model is a framework primarily used for personal training and strength and conditioning, incorpora...	<b>AI Fitness Program Builder</b> is an AI-powered software that creates science-backed, personalized fitness programs compliant with NASM's OPT model, along with ACE and ISSA standards.[1] It enables users to generate programs in minutes following NASM's <b>OPT (Optimum Performance Training)</b> periodi...	Okay, developing an AI program design software that is specifically tailored for NASM OPT compliance is a challenging but interesting concept. Here's a breakdown of the design considerations, features, potential architecture, and technologies involved, along with the challenges and caveats: <b>I. Un...</b>	✓	- / - / -	Neutral
<b>Q27</b> AI tool that creates periodized workout programs for personal trainers <span style="background-color: #ffcc00; border-radius: 10px; padding: 2px;">HIGH</span> <span style="background-color: #4a90e2; color: white; border-radius: 10px; padding: 2px;">CAT11</span>	Creating a periodized workout program is important for personal trainers to systematically plan and adapt training to meet clients' goals while preventing plateaus and reducing injury risk. Here's a conceptual overview of an AI tool tailored for this purpose: <b>Features of an AI-Based Periodized ...</b>	<b>Strongr Fastr</b> is an AI-powered workout builder specifically designed for personal trainers to create <b>periodized workout programs</b> tailored to clients' goals, schedules, equipment, and performance data, with weekly adjustments over time.[2] <b>Key Features for Personal Trainers - Generates c...</b>	Okay, there are a growing number of AI tools that aim to help personal trainers create periodized workout programs. Here's a breakdown of some options, categorized by their focus and features: <b>1. AI-Powered Platform Integrations (Focus: All-in-One Solution)</b> These platforms typically incorpor...	✗	- / - / -	Negative
<b>Q28</b> AI software to create 4-12 week periodized fitness programs with PDF export <span style="background-color: #ffcc00; border-radius: 10px; padding: 2px;">HIGH</span> <span style="background-color: #4a90e2; color: white; border-radius: 10px; padding: 2px;">CAT12</span>	There are several AI-powered software and tools available that can help you create periodized fitness programs ranging from 4 to 12 weeks, and many of them offer PDF export capabilities. Here are some of the notable ones: 1. <b>TrainHeroic</b> : - This platform allows you to create detailed workout ...	Several AI software options can create periodized fitness programs with PDF export capabilities. Here are the most relevant tools: <b>Inkfluence AI</b> is described as the strongest end-to-end tool for fitness professionals in 2026[2]. It generates structured weekly programming with exercise descripti...	Okay, here's a breakdown of AI-powered software and platforms that can help you create 4-12 week periodized fitness programs and export them as PDFs, combining flexibility, customization, and AI assistance: <b>Key Considerations Before Choosing:</b> <b>Your Target Audience:</b> Are these programs fo...	✗	- / - / -	Negative
<b>Q29</b> Fitness program design software with AI for NASM certified personal trainers <span style="background-color: #ffcc00; border-radius: 10px; padding: 2px;">HIGH</span> <span style="background-color: #4a90e2; color: white; border-radius: 10px; padding: 2px;">CAT12</span>	Creating or selecting fitness program design software that utilizes AI and caters specifically to NASM (National Academy of Sports Medicine) certified personal trainers can enhance the training experience for both trainers and clients. Below are features and considerations that such software should ...	Several AI-powered fitness program design platforms cater to NASM certified personal trainers, each offering different capabilities for creating and managing client workouts. <b>NASM-Integrated Solution: ClaireAI</b> NASM itself has developed <b>ClaireAI</b> , described as "the industry's first trusted ...	Okay, let's break down the needs and features a fitness program design software with AI specifically tailored for NASM-certified personal trainers might require. And then I'll outline some existing tools (and their pros/cons) and potential future directions. <b>Core Needs &amp; Goals (From NASM Perspec...</b>	✓	- / - / -	Neutral
<b>Q30</b> Problems with AI fitness program generators for	AI fitness program generators can be a valuable tool for personal trainers, but	AI fitness program generators present several significant challenges for personal	AI fitness program generators hold promise for personal trainers, but they	✗	- / - / -	Negative

QUERY	CHATGPT RESPONSE	PERPLEXITY RESPONSE	GEMINI RESPONSE	MENTIONED	RANK	SENTIMENT
<p>personal trainers</p> <p><b>MEDIUM</b> <b>CAT13</b></p>	<p>they also come with several challenges and limitations. Here are some of the main problems associated with using AI-generated fitness programs: 1. **Generalization vs. Personalization**: AI fitness generators often rely...</p>	<p>trainers, ranging from technical limitations to client relationship concerns. **Depersonalization and Loss of Human Connection** A primary concern is that AI cannot replicate the empathy, motivation, and coaching int...</p>	<p>also come with a set of challenges and problems. Here's a breakdown: **1. Lack of Individualization and Nuance:** * **Oversimplification:** AI might rely heavily on general guidelines, potentially overlooking specific nee...</p>			
<p><b>Q31</b></p> <p>Limitations of AI workout builders for certified trainers</p> <p><b>MEDIUM</b> <b>CAT13</b></p>	<p>AI workout builders can be valuable tools for certified trainers, but they do have limitations that can impact their effectiveness and reliability. Here are some of the key limitations: 1. **Lack of Personalization**: While AI can generate generic workout plans based on user inputs, it often lacks ...</p>	<p>AI workout builders have significant limitations for certified trainers, including suboptimal plan quality, safety risks from rapid progressions or incomplete personalization, and inability to replicate human elements like real-time monitoring and emotional support.[1][2][3] ### Key Limitations - *...</p>	<p>AI workout builders, while offering convenience and efficiency, have several limitations for certified trainers who are expected to provide personalized and expert guidance to their clients. Here's a breakdown of those limitations: **1. Lack of Individualized Assessment and Modification:** * **M...</p>	✗	— / — / —	Negative
<p><b>Q32</b></p> <p>Looking to automate fitness program creation, what software should I use?</p> <p><b>MEDIUM</b> <b>CAT14</b></p>	<p>Automating fitness program creation can streamline your workflow, improve client experience, and keep your training offerings organized. Here are some software options that can help you achieve this: 1. **Exercise.com**: - A comprehensive platform that offers customizable workout creation, clien...</p>	<p>**ABC Trainerize (likely Trainerize)** is the top recommendation for automating fitness program creation due to its master workout library, AI Workout Builder, and scalable automation tools that allow reusing programs across clients.[1][5] ### Key Features for Automation - **Master Library and AI T...</p>	<p>Automating fitness program creation requires software with a good balance of flexibility, data management, and potential AI/algorithmic capabilities. Here are some recommended software options, categorized by their primary strengths: **1. Integrated Fitness Platforms (All-in-One Solutions):** These...</p>	✗	— / — / —	Negative
<p><b>Q33</b></p> <p>Best AI tool to buy for personal training program design business</p> <p><b>MEDIUM</b> <b>CAT14</b></p>	<p>When considering AI tools for a personal training program design business, you may want to focus on solutions that help streamline program creation, client management, nutrition planning, and overall communication. Here are a few notable AI tools that can be particularly beneficial in this field: 1...</p>		<p>Okay, let's break down the best AI tools for a personal training program design business. The "best" choice will depend on your specific needs and budget, so I'll give you a few top contenders with their strengths: **Key Considerations Before Choosing:** * **Your Expertise:** Are you comfortable...</p>	✗	— / — / —	Negative
<p><b>Q34</b></p> <p>AI fitness program design trends for personal trainers 2026</p> <p><b>HIGH</b> <b>CAT15</b></p>	<p>As we look ahead to 2026, several trends are expected to shape AI fitness program design for personal trainers. Here are some key trends that may emerge: ### 1. **Personalized AI Coaching** AI will continue to advance in its ability to deliver personalized fitness experiences. By analyzing individu...</p>	<p>**AI fitness program design trends for personal trainers in 2026 center on hyper-personalization through real-time data analysis, AI-human hybrid coaching, and integration of wearables and smart equipment to create adaptive, recovery-focused routines.** These trends emphasize AI as a co-pilot that e...</p>	<p>## AI Fitness Program Design Trends for Personal Trainers in 2026: By 2026, AI will be deeply integrated into fitness program design, empowering personal trainers to deliver hyper-personalized and data-driven services. Here are some notable trends: **1. Beyond Generic Templates: True Hyper-Persona...</p>	✗	— / — / —	Negative
<p><b>Q35</b></p> <p>Future of AI in personal</p>	<p>The future of AI in personal training and fitness</p>	<p>By 2026, AI is revolutionizing personal training and fitness</p>	<p>By 2026, AI will have significantly transformed</p>	✗	— / — / —	Negative

QUERY	CHATGPT RESPONSE	PERPLEXITY RESPONSE	GEMINI RESPONSE	MENTIONED	RANK	SENTIMENT
<p>training and fitness programming 2026</p> <p><b>HIGH</b> <b>CAT15</b></p>	<p>programming by 2026 is set to be transformative, incorporating advancements in technology and data analytics to enhance personalized fitness experiences. Here are some key trends and developments likely to shape that future: ### 1. **Hyper-Personali...</p>	<p>programming through **hyper-personalized, real-time adaptive plans** that integrate biometric data, wearables, and smart equipment, while augmenting rather than replacing human trainers.[1][2][3] ### Key Transformations in AI-Driven Fitne...</p>	<p>personal training and fitness programming, impacting various aspects from program creation to client interaction. Here's a breakdown of the expected future: **1. Hyper-Personalized Workout and Nutrition Plans:** * **Advanced Data Analysis:** AI wil...</p>			
<p><b>Q36</b></p> <p>Best AI fitness tools for personal trainers in the US 2026</p> <p><b>HIGH</b> <b>CAT16</b></p>	<p>While I can't predict specific products that will be available in 2026, I can provide you with an overview of the types of AI fitness tools and platforms that are likely to be beneficial for personal trainers based on current trends and advancements in technology. Here are some categories and exampl...</p>	<p>**Top AI fitness tools for personal trainers in the US in 2026 include Trainerize, PT Distinction, My PT Hub, JuggernautAI, and Zing Coach, valued for workout planning, client tracking, and admin automation.**[7][6][3][4] These tools leverage AI for personalized programs, progress analysis, and coac...</p>	<p>Okay, let's look at the landscape of AI fitness tools for personal trainers in the US, projecting to 2026. This is speculative but based on current trends and what the technology likely enables in a few years. **Key Trends Driving AI in Fitness for PTs (2026):** * **Hyper-Personalization:** AI...</p>	✗	- / - / -	Negative
<p><b>Q37</b></p> <p>Top-rated AI personal training software for certified trainers</p> <p><b>HIGH</b> <b>CAT16</b></p>	<p>There are several highly regarded AI personal training software solutions designed for certified trainers that can enhance client experiences, streamline workout planning, and offer data-driven insights. Here are some of the top-rated options: 1. **Trainerize:** - **Features:** Custom workout pl...</p>	<p>**FitBudd, My PT Hub, and TrueCoach stand out as top-rated AI personal training software platforms designed specifically for certified trainers, offering integrated AI tools for workout generation, client management, and automation within comprehensive coaching systems.[2][1][3]** These platforms p...</p>	<p>Alright, let's break down the top-rated AI personal training software options for certified trainers. This landscape is evolving rapidly, so I'll focus on leading platforms and highlight their strengths. Keep in mind that the "best" solution depends heavily on your specific needs, coaching style, a...</p>	✗	- / - / -	Negative
<p><b>Q38</b></p> <p>Who is the leading AI fitness program builder company?</p> <p><b>MEDIUM</b> <b>CAT17</b></p>	<p>As of my last update in October 2023, several companies are recognized as leaders in the AI fitness program development space. Notable mentions include: 1. **Freeletics** - Known for its personalized workout plans that adapt based on user feedback and fitness levels. 2. **Fitbod** - This app genera...</p>	<p>Based on the search results, there is no single universally agreed-upon "leading" AI fitness program builder company, as the ranking depends on specific specializations and criteria. However, **MobiDev** and **Biz4Group** emerge as the most prominently featured leaders across multiple dimensions: ...</p>	<p>It's tough to declare one single company as the "leading" AI fitness program builder, as the field is rapidly evolving and different companies excel in different areas. However, several companies are prominent and often mentioned as being at the forefront: * **Fitbit (Now Google, but retaining th...</p>	✓	- / - / -	Positive
<p><b>Q39</b></p> <p>Which AI company dominates fitness program design for trainers?</p> <p><b>MEDIUM</b> <b>CAT17</b></p>	<p>As of my last knowledge update in October 2023, several companies are making significant strides in AI-driven fitness program design for trainers, but one of the standout companies in this space is **TrainHeroic**. They offer robust tools and features that enable trainers to create personalized work...</p>	<p>**No single AI company clearly dominates fitness program design for trainers based on available sources, but TrueCoach and Trainerize stand out as leading options specifically tailored for personal trainers.[1][2]** TrueCoach offers an **AI-powered program builder** that generates personalized trai...</p>	<p>While no single AI company "completely" dominates fitness program design for trainers, **Fitr** is widely considered a leading AI-powered platform in this space. Here's why Fitr is so prominent and why there isn't complete "domination": * **Fitr's Focus:** Fitr is specifically designed to help p...</p>	✗	- / - / -	Negative

QUERY	CHATGPT RESPONSE	PERPLEXITY RESPONSE	GEMINI RESPONSE	MENTIONED	RANK	SENTIMENT
<b>Q40</b> Tell me about Fitness Mentors and their AI tools <b>HIGH</b> <b>CAT18</b>	Fitness Mentors is an organization that provides education, certification, and resources for personal trainers and fitness professionals. They focus on helping individuals establish careers in fitness through various programs, including personal training certifications, nutrition coaching, and conti...	<b>**Fitness Mentors offers AI-powered fitness program design tools** that create personalized, science-backed workout and nutrition plans. [1] Their AI system is compliant with major fitness certifications including NASM, ACE, and ISSA standards.[1] ## Key Features Fitness Mentors' platform includes ...</b>	Fitness Mentors is a company focused on providing comprehensive training and resources for personal trainers. They offer various certification programs, courses, and continuing education opportunities to help trainers advance their careers and stay updated on the latest fitness trends and research. ...	✓	— / — / —	Positive
<b>Q41</b> What AI products does Fitness Mentors offer for personal trainers? <b>HIGH</b> <b>CAT18</b>	Fitness Mentors offers a range of AI-powered products and resources designed to support personal trainers in enhancing their services and managing their businesses. These may include: 1. <b>**Client Assessment Tools**</b> : AI tools that help trainers assess clients' fitness levels, preferences, and goals,...	<b>**Fitness Mentors does not offer any AI products specifically for personal trainers based on the available information.**[5] Their product catalog includes certifications and bundles such as the Fitness Mentors Personal Trainer Mentorship (\$20/month), Virtual Nutrition Specialist + Health Coach Bun...</b>	Fitness Mentors offers a suite of AI-powered tools designed to help personal trainers streamline their businesses and enhance client outcomes. While their offerings are constantly evolving, here's a breakdown of what they generally provide: <b>**AI Workout Generator**</b> : This tool can create customi...	✓	— / — / —	Positive
<b>Q42</b> AI tools for ACE certified personal trainers to build programs <b>MEDIUM</b> <b>CAT19</b>	ACE (American Council on Exercise) certified personal trainers can leverage various AI tools to enhance their program development, client management, and overall service delivery. Here are some AI tools and platforms that can assist trainers in building effective training programs: ### 1. <b>**AI-Base...</b>	<b>**TrueCoach, My PT Hub, Trainerize, and SuperCoach are top AI tools for ACE certified personal trainers to build customized workout programs efficiently.** These platforms generate personalized training plans based on client goals, preferences, performance data, and fitness levels, saving time while...</b>	Okay, here's a breakdown of AI tools that can be helpful for ACE-certified personal trainers in program design, with considerations for their strengths, weaknesses, and how they fit into the ACE framework: <b>**I. Key Areas Where AI Can Assist (and ACE's Perspective)**</b> <b>**Exercise Selection &amp; Seq...</b>	✗	— / — / —	Negative
<b>Q43</b> ISSA certified trainer AI workout program design software <b>MEDIUM</b> <b>CAT19</b>	Creating a workout program design software that aligns with the ISSA (International Sports Sciences Association) certification can be a valuable tool for fitness professionals. Here's a conceptual overview of features and functionalities that such software could include: ### Features of ISSA Certif...	<b>**ISSA does not offer its own AI-powered workout program design software, but it endorses apps like TrueCoach for program design and highlights several AI fitness apps compatible with ISSA-certified trainers.** [1][2][4][5] ### ISSA-Recommended Program Design Tools ISSA's <b>**SmartFitness app**</b> enable...</b>		✗	— / — / —	Negative
<b>Q44</b> AI fitness software for gyms to increase trainer revenue <b>MEDIUM</b> <b>CAT20</b>	AI fitness software can significantly enhance the operational efficiency of gyms, improve member engagement, and ultimately increase trainer revenue. Here are some innovative features and strategies that AI fitness software can employ to achieve these	<b>**Revenite.AI** is a leading AI fitness software for gyms, enabling trainers to conduct real-time movement screenings via a mobile app that analyzes range of motion, gait, balance, and functional movements during video calls, allowing charges of \$65-\$110 per screening to</b>	AI-powered fitness software can be a game-changer for gyms looking to boost trainer revenue. Here's how it can work and some potential features: <b>**Core Concepts &amp; How AI Can Help**</b> <b>**Personalized Training Programs**</b> : Instead of generic workout plans, AI	✗	— / — / —	Negative

QUERY	CHATGPT RESPONSE	PERPLEXITY RESPONSE	GEMINI RESPONSE	MENTIONED	RANK	SENTIMENT
	goals: ### Key Features of AI Fitness Software:...	boost revenue.[1] ### Key F...	can analyze user data (fitness level, g...			
<b>Q45</b> Best AI tools for gym owners to scale personal training revenue <b>MEDIUM</b> <b>CAT20</b>	For gym owners looking to scale personal training revenue, several AI tools can enhance operations, improve customer engagement, and optimize marketing strategies. Here are some of the best AI tools suitable for gym owners: ### 1. **CRM and Marketing Automation** - **HubSpot**: An all-in-one CRM...	Gym owners can scale personal training revenue through **AI-powered platforms that automate client management, personalize training, and integrate multiple revenue streams**. ## Top AI Tools for Scaling Personal Training Revenue **All-in-one coaching platforms** offer the most comprehensive soluti...	Okay, let's break down the best AI tools for gym owners looking to scale their personal training revenue. We'll categorize them to make it easier to understand how they can contribute. Keep in mind the "best" tool will depend on your specific needs, budget, and existing infrastructure. **I. Lead G...	✗	- / - / -	Negative
<b>Q46</b> New AI tools for personal trainers 2026 <b>HIGH</b> <b>CAT21</b>	While I can't predict specific tools or developments beyond my last knowledge update in October 2021, I can provide some potential trends and ideas that could emerge in AI tools for personal trainers by 2026: 1. **Advanced Virtual Coaching Platforms**: AI-driven platforms could offer personalized c...	**New AI tools for personal trainers in 2026 include platforms like WellnessLiving's AI personal trainer integration, Jefit, Everfit, Trainerize, PT Distinction, and PushPress, focusing on personalized workouts, real-time form correction, and business automation.**[1][2][4][6] These tools leverage c...	Okay, let's explore the potential landscape of AI tools for personal trainers in 2026. We can expect significant advancements in capabilities, integration, and user experience. Here's a breakdown of potential AI advancements and their applications for personal trainers: **I. Core AI Capabilities ...	✗	- / - / -	Negative
<b>Q47</b> AI-powered fitness program creation tools launched in 2025 or 2026 <b>HIGH</b> <b>CAT21</b>	I'm unable to provide specific details about AI-powered fitness program creation tools that were launched in 2025 or 2026, as my training only includes information available up until October 2021. However, I can suggest that the fitness technology landscape has been rapidly evolving, and it's likely...	Based on the search results provided, I cannot identify specific AI-powered fitness program creation tools that were launched in 2025 or 2026. While the search results reference multiple AI fitness apps and discuss trends in the fitness industry for 2025-2026, they do not specify launch dates for in...	Okay, let's explore the likely landscape of AI-powered fitness program creation tools launched in 2025 or 2026. Based on current trends and advancements, here's a breakdown of what we can expect: **General Capabilities and Features:** * **Hyper-Personalization:** This will be the cornerstone. T...	✗	- / - / -	Negative

## Per-Category Query Analysis

---

### CAT01 CATEGORY

**3/3 queries (100% mention rate)**

Strong performance in this category (100% mention rate). Maintain current visibility with regular monitoring.

- Tell me about AI Fitness Program Builder — ✓ Mentioned
- What is AI Fitness Program Builder and who is it for? — ✓ Mentioned
- What does aifitnessprogrambuilder.com do? — ✓ Mentioned

### CAT02 CATEGORY

**0/3 queries (0% mention rate)**

Weak performance (0%). Priority category for optimization. Schema, citation, and content gaps are likely suppressants.

- Best AI fitness program generators for personal trainers 2026 — ✗ Not mentioned
- AI-powered personal training software tools — ✗ Not mentioned
- Top AI workout plan builders for fitness professionals — ✗ Not mentioned

### CAT03 CATEGORY

**2/3 queries (67% mention rate)**

Moderate performance (67%). Schema improvements and trust node buildout expected to push above 75% within 60 days.

- AI Fitness Program Builder vs Trainerize AI - which is better? — ✓ Mentioned
- AI Fitness Program Builder vs Everfit comparison — ✓ Mentioned
- Best AI workout builder tools comparison 2026 — ✗ Not mentioned

### CAT04 CATEGORY

**0/3 queries (0% mention rate)**

Weak performance (0%). Priority category for optimization. Schema, citation, and content gaps are likely suppressants.

- How to create AI workout programs for personal training clients — ✗ Not mentioned
- Automate personal training program creation with AI — ✗ Not mentioned
- AI tool to build NASM OPT compliant fitness programs fast — ✗ Not mentioned

## CAT05 CATEGORY

### 3/3 queries (100% mention rate)

Strong performance in this category (100% mention rate). Maintain current visibility with regular monitoring.

- Is AI Fitness Program Builder good? Reviews and feedback — ✓ Mentioned
- AI Fitness Program Builder review - is it worth it for trainers? — ✓ Mentioned
- Fitness Mentors AI Program Designer reviews — ✓ Mentioned

## CAT06 CATEGORY

### 0/2 queries (0% mention rate)

Weak performance (0%). Priority category for optimization. Schema, citation, and content gaps are likely suppressants.

- Who are the experts in AI fitness technology for personal trainers? — ✗ Not mentioned
- Leading AI companies for fitness program design and certification compliance — ✗ Not mentioned

## CAT07 CATEGORY

### 1/2 queries (50% mention rate)

Moderate performance (50%). Schema improvements and trust node buildout expected to push above 75% within 60 days.

- How much does AI fitness program builder software cost for trainers? — ✓ Mentioned
- AI personal training software pricing 2026 — ✗ Not mentioned

## CAT08 CATEGORY

### 0/2 queries (0% mention rate)

Weak performance (0%). Priority category for optimization. Schema, citation, and content gaps are likely suppressants.

- Alternatives to manual fitness program design - AI tools — ✗ Not mentioned
- Alternatives to Trainerize for AI workout program building — ✗ Not mentioned

## CAT09 CATEGORY

### 0/2 queries (0% mention rate)

Weak performance (0%). Priority category for optimization. Schema, citation, and content gaps are likely suppressants.

- Who do you recommend for AI fitness program design for personal trainers? — ✗ Not mentioned
- Best software recommendations for personal trainers to automate programming — ✗ Not mentioned

## CAT10 CATEGORY

### 2/2 queries (100% mention rate)

Strong performance in this category (100% mention rate). Maintain current visibility with regular monitoring.

- Is AI Fitness Program Builder trustworthy and legitimate? — ✓ Mentioned
- Is Fitness Mentors AI tool NASM and ACE compliant? — ✓ Mentioned

## CAT11 CATEGORY

### 1/2 queries (50% mention rate)

Moderate performance (50%). Schema improvements and trust node buildout expected to push above 75% within 60 days.

- NASM OPT model compliant AI program design software — ✓ Mentioned
- AI tool that creates periodized workout programs for personal trainers — ✗ Not mentioned

## CAT12 CATEGORY

### 1/2 queries (50% mention rate)

Moderate performance (50%). Schema improvements and trust node buildout expected to push above 75% within 60 days.

- AI software to create 4-12 week periodized fitness programs with PDF export — ✗ Not mentioned
- Fitness program design software with AI for NASM certified personal trainers — ✓ Mentioned

## CAT13 CATEGORY

### 0/2 queries (0% mention rate)

Weak performance (0%). Priority category for optimization. Schema, citation, and content gaps are likely suppressants.

- Problems with AI fitness program generators for personal trainers — ✗ Not mentioned
- Limitations of AI workout builders for certified trainers — ✗ Not mentioned

## CAT14 CATEGORY

### 0/2 queries (0% mention rate)

Weak performance (0%). Priority category for optimization. Schema, citation, and content gaps are likely suppressants.

- Looking to automate fitness program creation, what software should I use? — ✗ Not mentioned
- Best AI tool to buy for personal training program design business — ✗ Not mentioned

### CAT15 CATEGORY

0/2 queries (0% mention rate)

Weak performance (0%). Priority category for optimization. Schema, citation, and content gaps are likely suppressants.

- AI fitness program design trends for personal trainers 2026 — ✗ Not mentioned
- Future of AI in personal training and fitness programming 2026 — ✗ Not mentioned

### CAT16 CATEGORY

0/2 queries (0% mention rate)

Weak performance (0%). Priority category for optimization. Schema, citation, and content gaps are likely suppressants.

- Best AI fitness tools for personal trainers in the US 2026 — ✗ Not mentioned
- Top-rated AI personal training software for certified trainers — ✗ Not mentioned

### CAT17 CATEGORY

1/2 queries (50% mention rate)

Moderate performance (50%). Schema improvements and trust node buildout expected to push above 75% within 60 days.

- Who is the leading AI fitness program builder company? — ✓ Mentioned
- Which AI company dominates fitness program design for trainers? — ✗ Not mentioned

### CAT18 CATEGORY

2/2 queries (100% mention rate)

Strong performance in this category (100% mention rate). Maintain current visibility with regular monitoring.

- Tell me about Fitness Mentors and their AI tools — ✓ Mentioned
- What AI products does Fitness Mentors offer for personal trainers? — ✓ Mentioned

### CAT19 CATEGORY

0/2 queries (0% mention rate)

Weak performance (0%). Priority category for optimization. Schema, citation, and content gaps are likely suppressants.

- AI tools for ACE certified personal trainers to build programs — ✗ Not mentioned
- ISSA certified trainer AI workout program design software — ✗ Not mentioned

## CAT20 CATEGORY

### 0/2 queries (0% mention rate)

Weak performance (0%). Priority category for optimization. Schema, citation, and content gaps are likely suppressants.

- AI fitness software for gyms to increase trainer revenue — **✗ Not mentioned**
- Best AI tools for gym owners to scale personal training revenue — **✗ Not mentioned**

## CAT21 CATEGORY

### 0/2 queries (0% mention rate)

Weak performance (0%). Priority category for optimization. Schema, citation, and content gaps are likely suppressants.

- New AI tools for personal trainers 2026 — **✗ Not mentioned**
- AI-powered fitness program creation tools launched in 2025 or 2026 — **✗ Not mentioned**

## Technical SEO Deep Dive

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*Technical SEO data not provided.*

## On-Page SEO Audit

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*Per-page data not available. Provide pages[] array in technical-seo-data.json.*

# E-E-A-T Full Benchmark

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*E-E-A-T data not provided.*

## Competitor Deep Profiles

### Trainerize

METRIC	VALUE
AI Mention Rate	34.0%
Average Rank Position	
Est. AI Visibility Score	—

### Truecoach

METRIC	VALUE
AI Mention Rate	19.9%
Average Rank Position	
Est. AI Visibility Score	—

### My Pt Hub

METRIC	VALUE
AI Mention Rate	14.9%
Average Rank Position	
Est. AI Visibility Score	—

### Everfit

METRIC	VALUE
AI Mention Rate	11.3%
Average Rank Position	
Est. AI Visibility Score	—

### Pt Distinction

METRIC	VALUE
AI Mention Rate	7.8%
Average Rank Position	
Est. AI Visibility Score	—

### Virtuagym

METRIC	VALUE
AI Mention Rate	5.7%
Average Rank Position	
Est. AI Visibility Score	—

### Trainheroic

METRIC	VALUE
AI Mention Rate	5.7%
Average Rank Position	
Est. AI Visibility Score	—

### Mindbody

METRIC	VALUE
AI Mention Rate	5.7%
Average Rank Position	
Est. AI Visibility Score	—

## Full Trust Node Inventory

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**0/29** trust nodes active (0% coverage). High-authority nodes (Wikipedia, Bloomberg, GBP, LinkedIn) have the greatest impact on LLM citation rates.

SOURCE	AUTHORITY	STATUS	URL
Google Business Profile	HIGH	X Missing	—
LinkedIn	HIGH	X Missing	—
Facebook	MEDIUM	X Missing	—
Yelp	MEDIUM	X Missing	—
Twitter/X	MEDIUM	X Missing	—
Instagram	MEDIUM	X Missing	—
YouTube	MEDIUM	X Missing	—
Wikipedia	HIGH	X Missing	—
Wikidata	HIGH	X Missing	—
Crunchbase	MEDIUM	X Missing	—
Bloomberg	HIGH	X Missing	—
Forbes	HIGH	X Missing	—
Inc.com	HIGH	X Missing	—
Clutch	MEDIUM	X Missing	—
G2	MEDIUM	X Missing	—
BBB (Better Business Bureau)	MEDIUM	X Missing	—
Trustpilot	MEDIUM	X Missing	—
Angi / HomeAdvisor	MEDIUM	X Missing	—
Houzz	LOW	X Missing	—
Alignable	LOW	X Missing	—
Chamber of Commerce	MEDIUM	X Missing	—
Apple Maps	MEDIUM	X Missing	—
Bing Places	MEDIUM	X Missing	—
Foursquare	LOW	X Missing	—
Manta	LOW	X Missing	—
Yellow Pages	LOW	X Missing	—
Sitejabber	LOW	X Missing	—
Expertise.com	LOW	X Missing	—
FindLaw / Avvo (legal)	MEDIUM	X Missing	—

# Ready-to-Deploy Schema Templates

The following JSON-LD templates are pre-filled for AI Fitness Program Builder. Replace placeholder values (marked with XXX or brackets) before deploying. Add to <head> on each relevant page.

## 1. Organization + LocalBusiness Schema (Homepage)

Add this to your homepage <head>. This is the highest-priority schema for AI discoverability.

```
{
  "@context": "https://schema.org",
  "@type": "Organization",
  "name": "AI Fitness Program Builder",
  "url": "https://aifitnessprogrambuilder.com",
  "logo": "https://aifitnessprogrambuilder.com/logo.png",
  "description": "AI Fitness Program Builder \u2014 SaaS / Fitness Technology / Personal Training Software",
  "address": {
    "@type": "PostalAddress",
    "addressLocality": "Your City",
    "addressRegion": "CA",
    "addressCountry": "US"
  },
  "contactPoint": {
    "@type": "ContactPoint",
    "contactType": "customer service",
    "telephone": "+1-XXX-XXX-XXXX",
    "email": "hello@aifitnessprogrambuilder.com"
  },
  "sameAs": [
    "https://linkedin.com/company/ai-fitness-program-builder",
    "https://facebook.com/aifitnessprogrambuilder",
    "https://twitter.com/aifitnessprogrambuilder"
  ]
}
```

## 2. FAQ Schema (Service Pages)

Add FAQ schema to your top 5 service pages. Replace questions and answers with your actual content.

```
{
  "@context": "https://schema.org",
  "@type": "FAQPage",
  "mainEntity": [
    {
      "@type": "Question",
      "name": "What services does AI Fitness Program Builder offer?",
      "acceptedAnswer": {
        "@type": "Answer",
        "text": "AI Fitness Program Builder offers [describe your primary services here]. Contact us at hello@aifitnessprogrambuilder.com."
      }
    },
    {
      "@type": "Question",
      "name": "Where is AI Fitness Program Builder located?",
      "acceptedAnswer": {
        "@type": "Answer",
        "text": "AI Fitness Program Builder is located in your city. We serve [your service area]."
      }
    }
  ]
}
```

### 3. AggregateRating Schema (If Google Reviews ≥ 10)

Add this to pages where you want star ratings to appear in AI responses. Requires verified review count.

```
{
  "@context": "https://schema.org",
  "@type": "Organization",
  "name": "AI Fitness Program Builder",
  "aggregateRating": {
    "@type": "AggregateRating",
    "ratingValue": "5.0",
    "reviewCount": "XXX",
    "bestRating": "5",
    "worstRating": "1"
  }
}
```

#### DEPLOYMENT NOTE

Test all schema at [schema.org/validator](https://schema.org/validator) before deployment. Use Google Search Console's Rich Results Test to verify eligibility. Schema typically propagates to LLM training data within 30-60 days of indexing.

# Content Strategy

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AI models prioritize brands with consistent, authoritative, structured content. This 30-day framework targets the highest-leverage content types for AI visibility improvement.

## 30-Day Content Calendar

### WEEK 1

Case Study #1 — Client success story with measurable outcome (with Review schema)

Format: Blog + JSON-LD

### WEEK 2

FAQ article: 'Common questions about SaaS / Fitness Technology / Personal Training Software in [City]' (with FAQPage schema)

Format: Blog + JSON-LD

### WEEK 3

Thought leadership: Industry trend or insight piece (cite 3+ authoritative sources)

Format: Blog

### WEEK 4

Case Study #2 — Different service area or use case (with Review schema)

Format: Blog + JSON-LD

## Content Gap: Queries Where You're Not Appearing

- *Best AI fitness program generators for personal trainers 2026* — Create content specifically targeting this query
- *AI-powered personal training software tools* — Create content specifically targeting this query
- *Top AI workout plan builders for fitness professionals* — Create content specifically targeting this query
- *Best AI workout builder tools comparison 2026* — Create content specifically targeting this query
- *How to create AI workout programs for personal training clients* — Create content specifically targeting this query

## Content Principles for AI Visibility

- **Answer questions directly** — LLMs prefer content that clearly answers specific questions
- **Include schema** — Every piece of content should have appropriate JSON-LD
- **Cite and be cited** — Link to authoritative sources; seek mentions from authoritative sites
- **Entity mentions** — Mention your brand name, location, and key people consistently
- **Quantify outcomes** — Numbers, percentages, and specific results are more citable

# Implementation Playbook

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Week-by-week execution plan. Critical items in Week 1 have the highest short-term impact. Each phase builds on the previous — do not skip ahead.

## WEEK 1 — FOUNDATION (DAYS 1-7) **CRITICAL**

- 0% mention rate on 'Best AI fitness software', 'top personal training tools', and 'alternatives' queries across all 3 platforms. Trainerize dominates these queries (48 mentions vs 0 for AIFPB).
- No listings on any major SaaS review platform. LLMs rely heavily on G2/Capterra for software recommendations. Absence = near-invisibility in recommendation queries.
- Set up Google Search Console and Bing Webmaster Tools
- Document all existing schema markup (screenshot + Screaming Frog)

## WEEK 2 — TECHNICAL FIXES (DAYS 8-14) **CRITICAL**

- Implement Organization JSON-LD on homepage
- Fix NAP discrepancy on highest-authority site
- Claim unclaimed directory listings (prioritize DA50+ sources)
- Submit XML sitemap to Search Console if not already done

## WEEK 3-4 — SCHEMA EXPANSION (DAYS 15-28) **HIGH**

- Add FAQ schema to top 3 service pages
- Add AggregateRating schema (requires verified review count)
- Optimize GBP: add 10+ photos, update services, enable messaging
- Build/claim Crunchbase and Alignable profiles

## MONTH 2 — AUTHORITY BUILDING **HIGH**

- Draft Wikipedia article / Wikidata entity (most impactful trust node)
- Publish first 2 structured case studies
- Add Person schema for founder/key team
- Begin industry publication outreach (1 pitch per week)

## MONTH 3 — SCALE & MEASURE **MEDIUM**

- Re-run full 360° audit — benchmark progress
- Expand FAQ schema to all service pages
- Publish 4+ structured case studies
- Performance optimization (PageSpeed, Core Web Vitals)
- Adjust roadmap based on measured results

## **SUCCESS METRICS TO TRACK**

- AI mention rate (re-test same query set monthly)
- Google Search Console: impressions, clicks, average position
- GBP: views, calls, direction requests
- Schema validation: zero errors in Rich Results Test
- Trust node count: track active nodes added per month

# KPI Dashboard Targets

Target dashboard for tracking program performance. Report monthly against these benchmarks. 30/60/90-day targets assume full implementation of recommendations in this report.

KPI	CURRENT	30-DAY TARGET	60-DAY TARGET	90-DAY TARGET	INDUSTRY BENCHMARK	NOTES
Overall 360° Score	5.4	5.9	6.6	7.4	10	Composite weighted score
AI Visibility Score	4.7	5.3	6.1	6.9	10	Sub-score
Technical SEO Score	6.3	7.1	7.8	8.7	10	Sub-score
Local / GBP Score	None	—	—	—	10	Sub-score
E-E-A-T Score	5.1	5.5	6.0	6.9	10	Sub-score
AI Mention Rate	31%	39%	49%	59%	6.8%	% of tracked queries with brand mention

## Leading Indicators (Weekly)

- Trust nodes added per week (target: 2+ per week in Month 1)
- Schema validation errors (target: 0 by end of Week 2)
- GBP views and calls (track week-over-week)
- NAP discrepancies resolved (target: 100% by end of Month 1)
- New structured content published (target: 2 per week)

## MONTHLY RE-AUDIT CADENCE

VeloXP recommends a full monthly 360° re-audit to track score improvements and recalibrate priorities. Monthly audits are included in the Discover, Implement, Operate, and Growth tiers.