

How to use Trainlog

A short guide to planning your workouts, logging your sets on your iPhone and Apple Watch, and seeing how much stronger you get.

START HERE

Your first workout, in four steps

1

Fill in your profile

Open the **Profile** tab. Enter your weight, height and age. Then choose your goal, where you train (a gym, at home with dumbbells, or just your body weight), how experienced you are, and how many days a week you want to train.

You can also pick **kg** or **lbs** here. You can change this later at any time — your history is not affected.

2

Get your plan

Tap **Generate my plan**. Trainlog builds a plan that fits your answers and shows it to you straight away.

Don't like something? Go to the **Plan** tab. You can rename a day, delete an exercise, or add your own. Nothing is locked.

3

Log your sets

Open the **Workout** tab and tap today's training day. Tap an exercise, then use the arrows to set how much you lifted and how many reps you did. Tap **Save set**.

Trainlog remembers what you lifted last time, so most of the time you only need to press save.

4

Rest, then go again

After each set a timer starts counting down your rest. You can add 30 seconds or skip it. Your iPhone buzzes when the time is up — and so does your wrist, if you are wearing an Apple Watch.

The set number moves on by itself, so you are ready for your next set.

GOOD TO KNOW

Your data stays on your iPhone. Trainlog does not have an account, and nothing is sent anywhere unless you export it yourself — not even to iCloud.

EVERY DAY USE

Fixing a mistake

Typed the wrong weight? Under **Logged today** you will see each set you saved. Tap the pencil to load it back into the arrows, change it, and tap **Update set**. Tap the cross to delete a set completely.

Adding your own exercise

On the **Plan** tab, tap **Add exercise** under any day. Start typing and Trainlog will suggest exercises it knows. If you type something it does not know, it will ask you which muscle group it belongs to — that keeps your muscle balance chart correct.

How do I do this exercise?

Tap the ⓘ button next to any exercise. You get a short description of how to do it, one coaching tip, and the sets, reps and rest in your plan.

Personal records

When you lift more than you ever have on an exercise, Trainlog tells you it is a new record. For exercises with no weight — pull-ups, planks — a record means more reps than before.

Your very first set of an exercise is not counted as a record. There is nothing to beat yet.

SEEING YOUR PROGRESS

The Analysis tab

Pick a period at the top: **Week**, **Month**, **Quarter**, **Year** or **All**. Then choose an exercise. You will see:

- **Start of period** — what you lifted at the beginning.
- **Now** — what you lifted most recently.
- **Growth vs start** — how much you have gained, as a percentage. Green means up, red means down.
- **Best est. 1RM** — see below.

What is "estimated 1RM"?

It is an estimate of the heaviest weight you could lift **one single time**. Trainlog works it out from the weight and reps you logged, so you never have to actually try a one-rep max.

It is useful because it is fair. Lifting 80 kg for 8 reps and 85 kg for 5 reps are both progress, but the numbers on their own don't show that. Estimated 1RM turns both into one figure you can compare.

Streaks and balance

Week streak counts how many weeks in a row you have trained. Not having trained yet this week does not break it — it only breaks if you miss a whole week.

Muscle balance shows how many sets you did per muscle group. It is the quickest way to spot that you have been skipping legs.

ON YOUR APPLE WATCH

The watch app comes with the iPhone app. There is nothing extra to buy and nothing to download separately — if it has not appeared on your wrist, open the **Watch** app on your iPhone, scroll down to **Available apps**, and tap **Install** next to Trainlog.

Once it is there you can log a whole session without touching your phone. Everything you do on one appears on the other.

- Pick your training day, then an exercise.
- **Turn the Digital Crown** to set the weight. It moves in steps of **0.5 kg** or **2.5 lbs**. The **–** and **+** buttons do the same thing if you would rather tap.
- Use **–** and **+** for your reps.
- Tap **Save set 1**. The number moves on by itself, so the button reads **Save set 2** before you have put the bar down.
- Your rest counts down on the watch, with **+30s** and **Skip**.
- To go back, tap the **<** at the top left or swipe in from the left edge.

Doing a set out of order

Tap the line at the top that reads **Squat set 2**. A picker opens — turn the Digital Crown to the set you want and tap **Select**. Handy if you squeezed in an extra set, or picked an exercise up halfway through.

Keeping track

The exercise list shows how far you are: **2 / 3** means two sets done out of three planned. Exercises you have not started yet show their target instead, like **3x8**.

NO SIGNAL? KEEP LOGGING

Sets you save on your watch are queued and handed over the moment your iPhone is back within reach, so a basement gym costs you nothing. Your watch counts them immediately — that is why the list says **2 / 3** even before your phone has caught up.

KEEPING SCORE

The **Scores** tab keeps score of a match, on your iPhone or from your wrist. Start the match on your phone, then tap **Match** at the top of the watch app — each team gets half the screen, and you tap their side to award a point.

- **Padel** — real padel scoring. Points go 15, 30, 40. At 40–40 the score goes back to 0–0 and the first to two points takes the game. Six games win a set.
- **Football** — two teams, every goal counts as one.
- **Basketball** — separate buttons for a free throw (1), a normal shot (2) and a shot from behind the arc (3).

Tapped the wrong button? Press **Undo**. Tap a team name to rename it.

FREE AND PREMIUM

Trainlog is free to use. Premium costs **€1.99 a month** or **€21.99 a year** and unlocks four things.

WHAT YOU GET	FREE	PREMIUM
Profile and workout plan	Yes	Yes
Logging sets on your iPhone	Yes	Yes
Rest timer and records	Yes	Yes
The Apple Watch app	—	Yes
Progress analysis	—	Yes
Exporting your data	Yes	Yes
Restoring a backup onto another iPhone	—	Yes
Match scores	—	Yes

You can cancel any time in **Settings → your name → Subscriptions** on your iPhone. If you get a new iPhone, tap **Restore purchases** on the Premium screen — you will not pay twice.

MOVING TO A NEW IPHONE

Export, then import

On your old iPhone, go to **Profile → Your data → Export data**. Trainlog will ask if you want to protect the file with a passphrase. The share sheet then lets you put it wherever you like — Files, iCloud Drive, AirDrop, or an email to yourself.

On your new iPhone, install Trainlog, go to **Profile → Your data → Import data**, and pick the file. Your plan and your whole history come back. Importing is a Premium feature; exporting never is, so your data is always yours to take with you.

EXPORTING IS THE ONLY WAY

Your iPhone backup does **not** contain your training. Trainlog deliberately keeps its database out of iCloud and computer backups, because the key that unlocks it never leaves the iPhone it was made on — a restored backup would arrive holding a file it could not open. So export before you switch, and before you erase anything.

IF YOU USE A PASSPHRASE

Write it down somewhere safe. Nobody can open the file without it — not even us. That is the point of it, but it does mean a forgotten passphrase means a lost backup.

QUESTIONS

Where is my data stored?

Only on your iPhone, in an encrypted database, with the key held in the iPhone's own Keychain. There is no account and no server. We cannot see your training, your weight or anything else.

The one thing that ever leaves your iPhone is a backup file — and only when you export one yourself.

What happens if I uninstall the app? —

Everything is deleted, permanently. Because your data is encrypted with a key that lives only on your iPhone, it cannot be recovered afterwards — and restoring an iCloud backup will not bring it back either, since the database is deliberately kept out of those.

If you plan to reinstall, export a backup first.

I switched from kg to lbs. Did I lose anything? —

No. Trainlog always stores your weights the same way and just shows them in the unit you picked. You can switch back and forth as often as you like.

Why do my pull-ups show reps instead of weight? —

Exercises you do with just your body weight have no weight to track, so Trainlog measures your progress in reps instead. Otherwise every chart would sit flat at zero.

If you start adding weight with a belt, Trainlog notices and switches that exercise over to tracking weight.

My Apple Watch is not showing my plan. —

Check three things: your Apple Watch is paired with this iPhone, the Trainlog watch app is installed (the **Watch** app on your iPhone will tell you, under **Available apps**), and you have Premium. The watch shows a lock screen if Premium is not active.

If all three are fine, open Trainlog on your iPhone once. That pushes your current plan across.

Which watches does Trainlog work with? —

On an iPhone, the Apple Watch. The watch app ships inside the iPhone app, so there is nothing extra to find in the Watch store.

Fitbit is not possible: Fitbit no longer allows apps from other developers, and current Fitbit devices cannot run them at all. That is a decision by Fitbit, not by us.

How do I tell you about a bug or an idea? —

Go to **Profile → Feedback → Send feedback**. Pick what kind of message it is and type it. It opens in Mail, addressed and ready — nothing is sent behind your back, and you can see exactly what goes out. Your message carries the app version and your iOS version so we can work out what went wrong. None of your training data is attached.

How do I delete everything? —

Go to **Profile → Delete everything → Delete all my data**. This wipes your profile, your plan and every set you have logged from your iPhone, and destroys the encryption key with them. It cannot be undone, so export a backup first if there is any chance you want it later.

Trainlog keeps your training on your iPhone and out of everyone else's hands.

Questions? Use **Send feedback** in the app — it reaches us directly.