

AI ISN'T THE EXPERT. YOU ARE.

Use technology to reduce the heavy lifting - while keeping coaching human.

WHERE AI FITS

AI CAN SUPPORT

- Brainstorming and first drafts
- Organizing ideas and research
- Creating options and variations
- Emails, handouts and social posts
- Saving time on repetitive tasks

THE COACH MUST OWN

- Assessment and safety
- Professional judgment and scope
- Individualization and progression
- Relationships, empathy and trust
- Every final coaching decision

A BETTER PROMPT

WHO + GOAL + CONTEXT + CONSTRAINTS + OUTPUT

Specific questions create useful answers.

WEAK "Write a workout."

STRONG Create a 30-minute, two-day home strength draft for a 58-year-old beginner who wants to feel stronger and more confident. She has knee arthritis and owns light dumbbells, a resistance band and a chair. Offer knee-friendly options, simple coaching cues and a conservative progression. Flag anything that requires assessment or professional judgment.

MY FOUR STEP WORKFLOW



THE GENIE LIFT MINDSET

Let the tool carry repetitive work so you have more time and energy for the skilled work only you can do: listening, adapting, teaching and building trust.

AI DRAFTS. COACHES DECIDE.

STARTER PROMPTS

PROGRAMMING

"Help me brainstorm three ways to train [goal] for [client context]. Use [equipment], stay within [time], and explain the purpose of each option."

EXERCISE OPTIONS

"Suggest alternatives to [exercise] for a client with [relevant limitation]. Do not diagnose. List what I should assess before choosing an option."

CLIENT COMMUNICATION

"Draft a warm follow-up email after [situation]. Keep it supportive, concise and in my voice. Include [next step] without sounding pushy."

NUTRITION EDUCATION

"Explain [general nutrition topic] in plain language for [audience]. Stay within education and scope; avoid diagnosis, treatment or an individualized prescription."

SOCIAL MEDIA

"Turn this coaching idea into a Facebook post for [audience]. Use an encouraging, practical tone, one clear takeaway and a natural call to action."

BUSINESS AND ADMIN

"Create a first draft of [policy, checklist or handout] for my fitness business. Organize it clearly, identify missing information and leave final decisions to me."

BEFORE YOU HIT ENTER

- | | |
|---|---|
| ☐ Have I removed names and identifying client details? | ☐ Have I checked the facts, risks and assumptions? |
| ☐ Is the request within my scope of practice? | ☐ Have I applied my professional judgment? |
| ☐ Did I give enough context and useful constraints? | ☐ Does the final result sound like me and serve this client? |

TRY ONE THING THIS WEEK

Choose one task AI can help you with - an email, a social post, a workout draft or a client handout. Start small. Stay curious. Review everything.

USE AI FOR THE TASKS. SAVE YOURSELF FOR THE PEOPLE.

AI organizes information. Coaches create transformation.