



THE FITNESS DUDE SYSTEM

PERSONAL TRAINER CHAT

YOUR COACH. YOUR PLAN.
YOUR PROGRESS.



BUILD YOUR WORKOUT
AROUND **YOU**.



GET **REAL-TIME** COACHING
DURING YOUR WORKOUT.



TRACK. LOG. **IMPROVE**.
SEE WHAT WORKS.

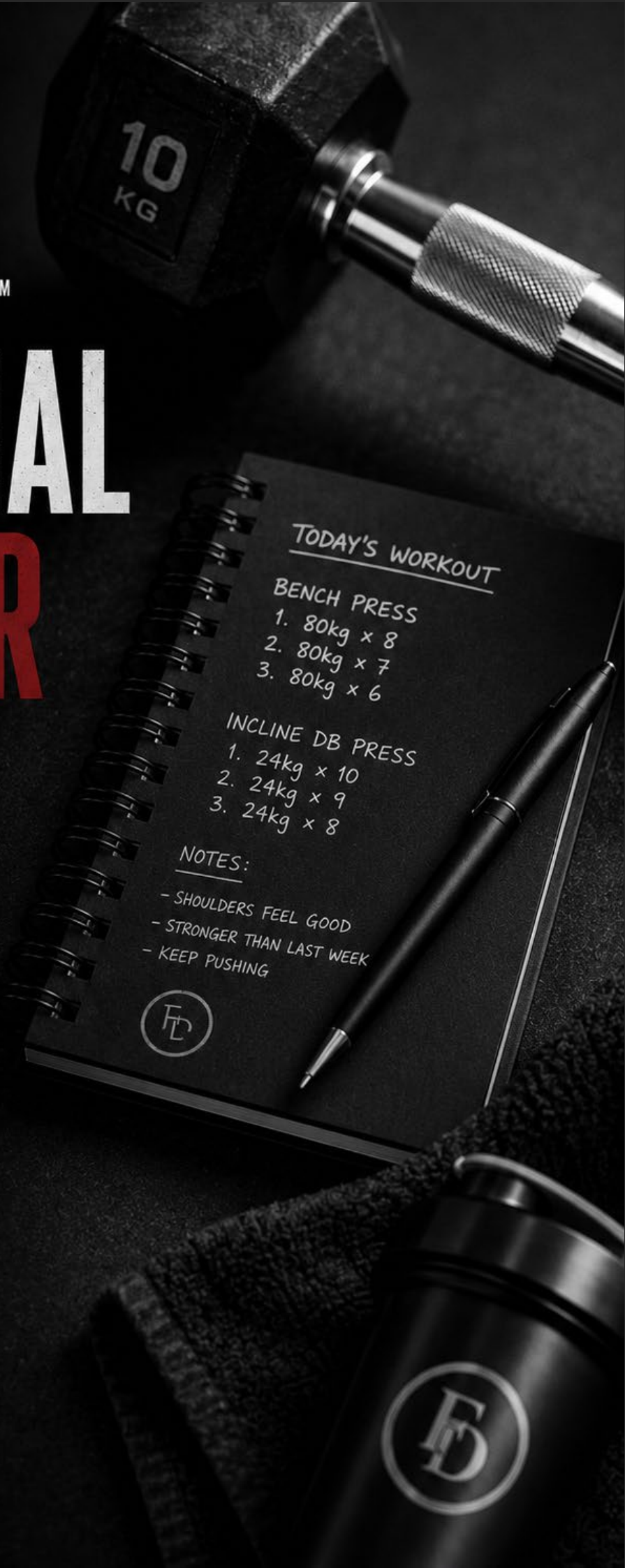


ADAPT. PROGRESS.
KEEP GETTING **STRONGER**.



LESS PAIN.
MORE **PERFORMANCE**.

SMART TRAINING.
STRONGER RESULTS.



TODAY'S WORKOUT

BENCH PRESS

1. 80kg x 8
2. 80kg x 7
3. 80kg x 6

INCLINE DB PRESS

1. 24kg x 10
2. 24kg x 9
3. 24kg x 8

NOTES:

- SHOULDERS FEEL GOOD
- STRONGER THAN LAST WEEK
- KEEP PUSHING



Personal Trainer Chat

Introduction

Welcome to the Personal Trainer Chat section.

If you haven't downloaded ChatGPT yet, download it first. Then open the custom Personal Trainer Chat link.

This chat already knows the context of The Fitness Dude System, so you do not need to explain everything from zero. It understands the three pillars:

- **joint health**
- **strength**
- **nutrition**

I mainly recommend using it for two purposes.

1. Build Your Workout Structure

Use the chat to define your workout routine based on your real situation.

Tell it your:

- goal
- current level
- age
- available time
- equipment
- training experience
- weak points
- pains or limitations
- whether you train at home or in the gym

Make it a little back-and-forth conversation.

Don't just ask one vague question like:

“Give me a workout.”

That is too generic.

Give context.

Answer the chat’s questions.

Refine the plan.

Ask for changes.

Ask for simpler versions.

Ask how to adapt exercises if something hurts.

The goal is to build a strength training structure that actually fits you, instead of randomly copying someone else’s plan forever.

2. Use It As A Live Coach During Training

You can also use the chat during your actual workout.

For example, you can open the chat and say something like:

“Hey coach, what’s up! It’s Monday and I’m about to hit chest. I did my mobility workout this morning, I warmed up properly, especially shoulders. Let’s get into it. What was my last weight and rep result for bench press?”

That is just an example.

Then after each set, report what happened:

- weight used
- reps completed
- how the set felt

The chat can help you decide what to do next, adjust the session, and keep the workout more structured.

So basically:

Use it to set up your workout routine, and then use it for direct coaching during sessions.

Use It As A Tracking Tool

You can also use it simply to track your workouts.

At the end of the workout, give it the numbers and notes, and let the chat log them.

By numbers, I mean the basics:

- exercises
- sets
- reps
- weight
- extra notes

That way, over time, the chat can understand your progression and help you make better decisions.

Personally, I prefer to use a separate chat only for tracking numbers, with zero conversation. Just logging.

Why?

Because after months of chatting with a personal coach, ChatGPT is pretty good, but it is not perfect. It can forget things or get messy if the conversation becomes huge.

So my personal preference is:

- one chat for coaching and adapting workouts including general tracking
- one separate chat only for clean tracking as a backup

But you can choose what works best for you.

Progress Backup Tip

As an alternative backup, every now and then, ask the chat to create a summary of your progress.

For example, you can write:

“Create a clear summary of my current workout progress, exercises, weights, reps, pain notes, and main adjustments so far.”

Then you can save that summary as a PDF or copy it into a document.

Having a clean progress summary gives you a backup and makes it easier to restart or continue with a fresh chat if needed.

Little Tip

If you use ChatGPT a lot for other unrelated topics, you may end up with endless open conversations.

So what I like to do is **rename** the coach chat in capital letters, with an emoji, so I can find it immediately when I open ChatGPT.

For example:

 **FITNESS DUDE COACH**

Do the same for the calorie tracking chat.

For example:

 **CALORIE ASSISTANT**

Simple trick, but it saves time.

Final Reminder

The better the context you give the chat, the better the answer will be.

Don't be vague.

Tell it what you want, what you have, what hurts, how much time you have, what equipment you use, and what kind of training you can realistically do.

Use it as a tool.

Not as a magic brain.

A good coach needs information.

Give it information, and let it help you build something that actually fits your body and your life.

Less pain. More gain.