

GYMFLOOR

The right program. Every day.
Even when you're tired.

A gym and equipment-aware AI that builds your workout using the machines right in front of you.

**I walked in.
Now what?**

GYMFLOOR solves that.

The Gym Is Overwhelming.

Gyms are full of equipment, noise, and zero direction.

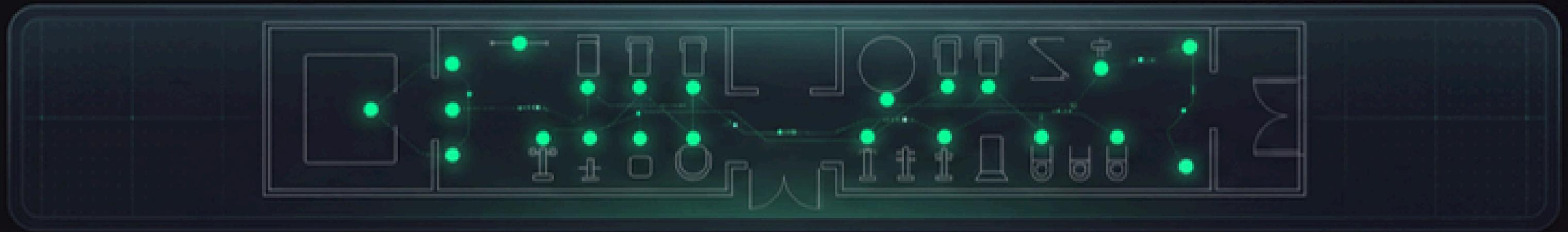
67% have no structured plan

40% quit within 6 months

P1 Personal trainers cost \$60-120/session

C% People 30-60 want to train but feel lost

Meet Your AI Gym Floor Trainer.



SPATIAL AWARENESS

Knows every machine and its location



PERSONAL INTELLIGENCE

Knows your goals, history, preferences



REAL-TIME ADAPTATION

Builds your program right now

The Gym Belongs to Everyone.



COMPLETE BEGINNER

Day one. No experience needed.



POST-REHAB

Recovery-safe movements only.



BUSY PARENT

30 minutes. In, out, done.



OLDER ADULT

Strong and mobile at every age.

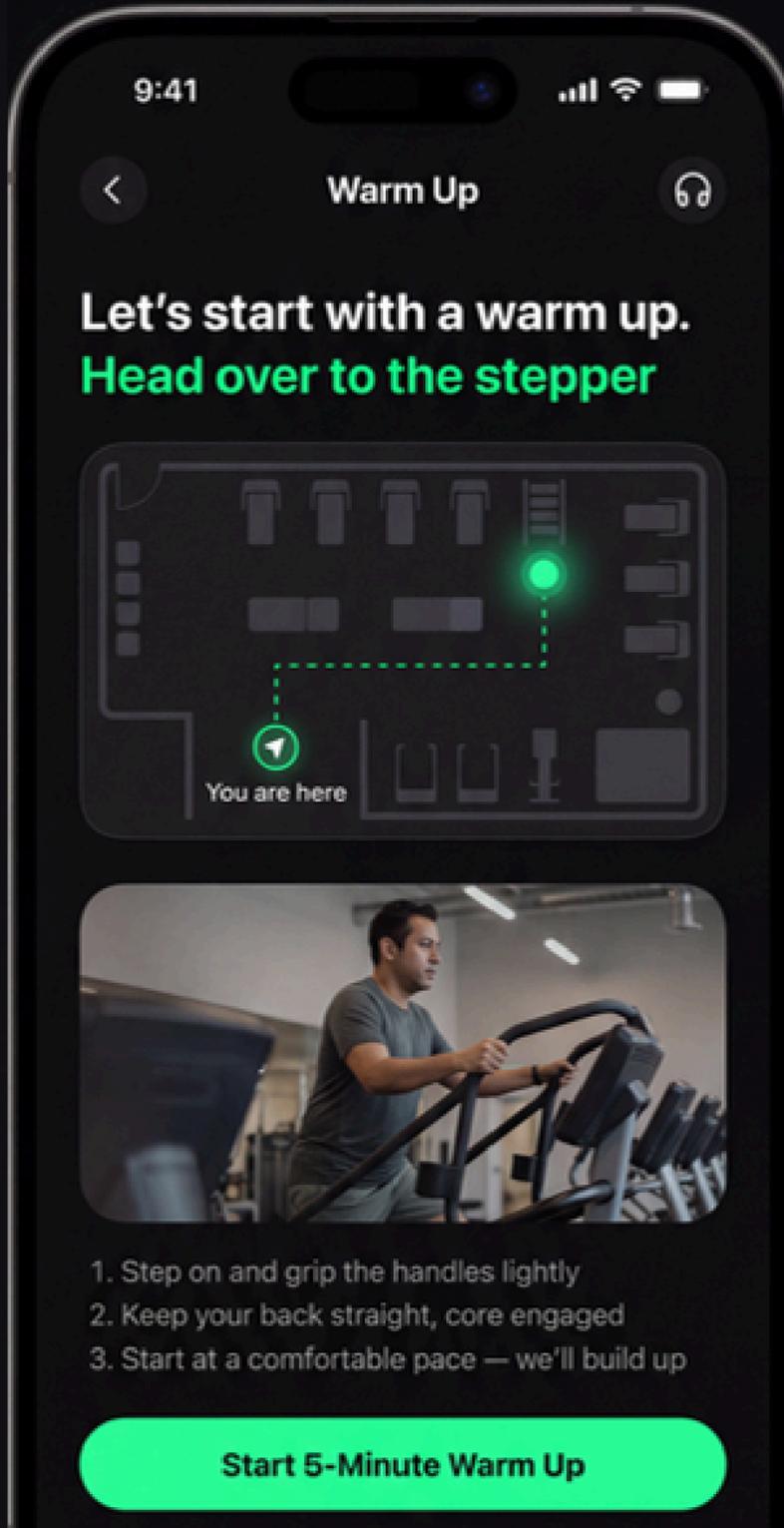
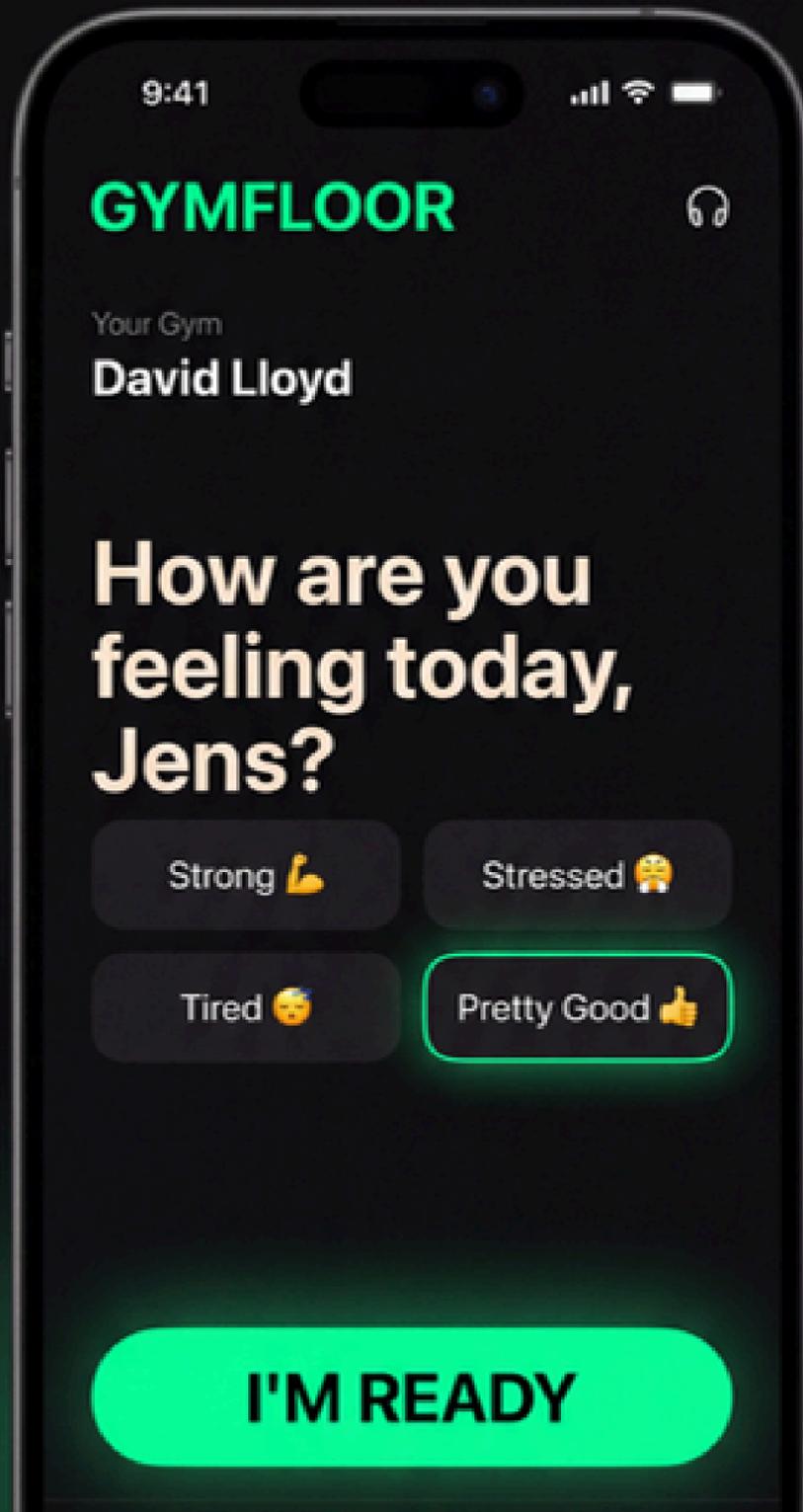


SEASONED LIFTER

Push harder. Always progressing.

One AI. Infinite adaptations. Built around you.

Walk In. Tap. Train.



**No menus.
No decisions.
Just tap.**

The whole interaction. Start to finish.

GYMFLOOR

Your Goals. Your Words. Your Safety.

I want to fit into my dress for
the wedding ✓

I want to keep up with my kids at
the park

I just want to feel strong again

I need to lose 20 pounds for real
this time



Before We Start

- Any recent injuries or surgeries?
- Heart conditions or high blood pressure?
- Joint or mobility limitations?
- Medications affecting exercise?

Same questions
a PT asks

Just Listen.



 VOICE MODE ACTIVE

**Every
exercise.**

Every set.

**Every rest
period.**

Eyes free. Hands free.
Fully in the zone.

Need to see it?
Just tap.

GYMFLOOR

Progress That Means Something.

**Not abstract metrics.
Real milestones.
Your goals.**

You see the work. You feel the change.

Personal goal

Fit into my dress.



3 weeks closer.



First full
session done



Lifted more
than week 1



Slept better
this week

Fresh Every Session.

STREAK: 7 DAYS



STRENGTH

Push your limits



HIIT

Fast. Intense.
Done.



MOBILITY

Move better
everyday



POWER

Explosive
performance



CARDIO CIRCUIT

Burn and breathe



RECOVERY FLOW

Restore. Recharge.

The AI rotates your training intelligently. Variety with purpose.

GYMFLOOR

THE DESK YEARS

15 years designing products at startups.
Chronic neck pain. A body that stopped working.

THE GYM SAVED ME

Walked in. Had no idea what I was doing.
Kept showing up anyway.

NOW I'M BUILDING

Product Designer × Certified PT (in training)
× Vibe Coding the MVP for a year.

**“I’m building the
trainer I wish I had.”**



Product Designer — 15 years



Certified PT — in training



Technical Founder — Vibe Coding MVP

**Built for the 30-60
demographic.
Because that’s me.**

The right program. Every day.
Even when you're tired.

GYMFLOOR

Let's talk.

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Join the Waitlist