
Private Coach Crack [Mac/Win]

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Private Coach is a comprehensive and intuitive program designed primarily for professional athletes and trainers, but can also be used for personal purposes to keep track of calories intakes, essential nutrients, health and fitness values (BMI, heart rate, blood pressure). It also features advanced parameters that measure the muscle circumference, swim strokes, flexibility analysis, as well as generate charts and reports with relevant information. Build up your account with important personal details. When the utility is run for the first time, a wizard guides you through a few steps to set up your profile accordingly with your parameters. You are asked to input a profile username, password, email, full name, along with the date of birth, gender, and corresponding unit system. Enter your body and system parameters, and answer the questionnaires. In addition, you can fill optional fields (e.g. height, weight, body mass, heart rate, blood pressure, medical history, medication), which are recommended, in order for the program to accurately calculate and generate proper exercises. Plus, the tool offers to help you set up an assisted training program, which you can do it manually as well, to design a personalized schedule based on the basic

details, activity, goals and preferred sports. Keep track of your meals and nutrition intakes. Another useful feature is the nutrition manager, which lets you add all the food and beverages you consumed during the day and displays four bars with the total amount of calories, protein, carb and fat those products contain. Unfortunately, the database comes with local dishes and there is no option to add your own meals. Plus, you can view and create a PDF file with all your statistics along the month and year to observe how the diet and exercises affected and improved your overall well-being. It's possible to check your goals and set new ones.

Conclusion The bottom line is that Private Coach is a reliable and self-instructional utility that comes in handy especially for those who want to keep an eye on their daily meals and intakes, determine long terms goals, as well as record all your exercises and generate detailed summaries.

- This is an Android App which does not have any virus and threats.
- This is a full version of the app.

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* Get the most accurate and quickest measurements of your nutrition and exercise inputs. * Get accurate information about your BMI, heart rate, blood pressure and more. * Quickly build up your personalized online training program, regardless your health, experience or level. * Get a comprehensive and quick summary on all your daily activities. * Enter your weight, activity and health status to receive personalized recommendations. * Get a personalized fitness calculator to calculate your exercise results and progress. * Share your workout, diet and well-being results with friends and family. * Get a digital photo of yourself each time you make a new measurement. * Get back the most accurate info from a medical point of view. * Easily follow a plan of action or weight loss program. * Keep track of your nutrition and exercise inputs. * Get ready to start your next workout. * Get a PDF file with all your training results by month and year. * Set new goals and monitor your progress. * See how your diet and exercise input affect your BMI, heart rate, blood pressure and more. * Put all your health and fitness information in one place. * Record all your activities and exercises to measure the intensity and duration. * Get a fast and accurate measurement of your muscle, strength, cardio and body fat. * Analyze your results to find out your progress.

Keymacro is a personal trainer software tool that is intended for fitness experts, trainers and people who want to monitor their fitness activities. This program features an extensive exercise database, calorie tracker, body fat analyzer, body fat measurements and more. KEYMACRO Description: Get the most accurate and quickest measurements of your nutrition and exercise inputs. Get accurate information about your BMI, heart rate, blood pressure and more. Quickly build up your personalized online training program, regardless your health, experience or level. Get a comprehensive and quick summary on all your daily activities. Enter your weight, activity and health status to receive personalized recommendations. Get a personalized fitness calculator to calculate your exercise results and progress. Get a digital photo of yourself each time you make a new measurement. Get back the most accurate info from a medical point of view. Easily follow a plan of action or weight loss program. Keep track of your nutrition and exercise inputs. Get a PDF file with all your training results by month and year. Set new goals and monitor your progress. 77a5ca646e

#1. WHAT IS A TEST RUN? A Test Run (aka "Try It Out") is a free trial to Private Coach. We want to make sure you get all the features and functions of our program before you purchase it. If you do not want to enter your own data, we are happy to complete the signup process for you. To do so, we ask that you share some information with us: 1. First name 2. Last name 3. Date of birth 4. Gender 5. Your email address 6. Type of account (a. Free trial or b. Professional account) 7. Date you want to start the trial We will confirm your email address and then let you know if you are eligible for the test run. If everything is in order, the program will download and install on your device, and then you will be able to use all the functions and features. To keep track of your progress, the Private Coach will automatically generate the following documents (all in PDF format): 1. Nutrition Statistics 2. Fitness Statistics 3. Heart Rate Analysis 4. Body Mass Index (BMI) Analysis 5. Resting Heart Rate Analysis 6. Swimming Analysis Please Note: You can use the test run without purchasing Private Coach at any time before the expiry of your free trial. The service will be disabled after the end of the trial if you have not purchased the program. The

number of test runs is limited, so please make sure to share us your email address and order your license as soon as possible. #2. HOW TO APPLY? Step 1. Sign Up Click on the "Get Started" button on the bottom right corner of your screen. Sign in with your email and password. Step 2. Enter Your Data If you need to, please enter the following details in the Sign Up field on the left: 1. First Name 2. Last Name 3. Date of Birth 4. Gender 5. Your email address 6. Type of account (a. Free trial or b. Professional account) 7. Date you want to start the trial Step 3. Confirm Your Email You will receive an email confirming your application. Please click on the link in the email, which

What's New In?

Let's you help you make the most of your day's challenges. For this Personal Coach you'll be able to: - Know your activity - Learn about your fitness - Know your heart rate - Read what your numbers mean - Track your fitness levels - Calculate your daily activity - Monitor your nutrition - See how your habits affect your fitness - Record your food intake - Learn how to stay active - Know when to slow down - Track your weight, blood pressure, waist and BMI - See how exercise has affected your weight - Have fun with Fitness, Strength and Body Download now! Description

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System Requirements For Private Coach:

*Corei7 2.6 GHz or higher *16GB of RAM *Windows 10 64bit *1024 x 768 display (1280 x 800 recommended) * Requires a copy of the Steam client to play. * You can download the Steam client by clicking here * Available on GOG.com or Steam * Requires a GOG Galaxy account to play. *To be used with an analog gamepad. *Optimus-enabled PC system recommended. *See the System

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