



The Coach AI

Comprehensive Professional User Guide

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"Your Expertise, Our Technology"

Table of Contents

1. System Philosophy	4
2. Core Capabilities – Detailed Guide	4
2.1. Personalized Training Plan Construction	4
2.1.1. What You Can Do	4
2.1.2. How to Do It	4
2.1.3. Added Value	4
2.2. Lesson or Session Planning (Pedagogy)	4
2.2.1. What You Can Do	4
2.2.2. How to Do It	4
2.2.3. Example Request	5
2.2.4. Added Value	5
2.3. Training Process Analysis	5
2.3.1. What You Can Do	5
2.3.2. How to Do It	5
2.3.3. Important Notes	5
2.3.4. Example Request	5
2.4. Exercise Demonstrations and Recommendations	5
2.4.1. What You Can Do	5
2.4.2. How to Do It	5
2.4.3. Added Value	5
2.5. Personal Health Consultation	6
2.5.1. What You Can Do	6
2.5.2. How to Do It	6
2.5.3. Added Value	6
2.5.4. Important Clarification	6
2.6. Nutrition and Sports	6
2.6.1. What You Can Do	6
2.6.2. How to Do It	6
2.6.3. Added Value	6
2.7. Science Education for Instructor and Coaching Courses	6
2.7.1. What You Can Do	6
2.7.2. How to Do It	6
2.7.3. Added Value	7
2.8. Trainee Folder	7
2.8.1. What You Can Do	7
2.8.2. How to Open a Folder	7
2.8.3. Key Advantage	7
2.8.4. Folder Management	7
2.9. Training Reports (Individual Trainee)	7
2.9.1. What You Can Do	7

2.9.2. How to Do It	7
2.9.3. Added Value	8
2.10. Group Training Reports	8
2.10.1. What You Can Do	8
2.10.2. The Three Links in a Group Folder	8
2.10.3. Key Difference from Individual Reports	8
3. Databases and Scientific Sources	8
4. Frequently Asked Questions (FAQ)	8

1. System Philosophy

The Coach AI is a personal professional assistant combining academic knowledge, international databases, and advanced AI capabilities. Developed by Zohar Lerer, M.A. in Gerontology and specialist in training theory, it is designed to serve as a **professional assistant** for coaches, PE teachers, and health and sports professionals.

The system enables evidence-based decision-making in real time, using authoritative databases such as PubMed, WHO, USDA, and OpenFDA.

2. Core Capabilities — Detailed Guide

2.1. Personalized Training Plan Construction

2.1.1. What You Can Do

Request a customized training plan tailored to your goals. The system can build plans for toning, maximal strength, hypertrophy, cardiorespiratory endurance, weight loss, injury rehabilitation, and special populations (athletes, elderly, pregnant women).

2.1.2. How to Do It

- **Step 1:** Write “Build me a training plan” — the system will open a smart data collection form.
- **Step 2:** Fill in the form:
 - **Goal:** Define a measurable target (e.g., “Improve squat max strength in 3 months”).
 - **Trainee Characteristics:** Age, gender, training experience.
 - **Health Status:** Past injuries, limitations, medications.
 - **Logistics:** Available equipment, training days per week, session duration.
- **Step 3:** You may attach a PDF or photo of a medical diagnosis, prescription, or test results to receive a plan tailored to unique medical conditions.

2.1.3. Added Value

The plan will include detailed exercises with sets, reps, rest periods, intensity (RPE/%), safety instructions, and progressive overload principles.

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2.2. Lesson or Session Planning (Pedagogy)

2.2.1. What You Can Do

Plan professional PE lessons and group training sessions, tailored to the population, space, and available equipment.

2.2.2. How to Do It

Define the following four parameters for The Coach:

- **Training/Lesson Goals:** What you want to teach or develop (strength, coordination, endurance, basketball, etc.).
- **Learner Population:** Age, grade, fitness level, number of participants.
- **Activity Space:** Hall/court size, available area.
- **Available Equipment:** Cones, ropes, balls, machines.

2.2.3. Example Request

“Plan a PE lesson for 5th grade on improving coordination and balance, in a school yard, without special equipment, for 45 minutes.”

2.2.4. Added Value

The Coach will detail the lesson structure (warm-up, main part, summary), equipment layout, class management instructions, and a suggested assessment rubric aligned with the 2025 curriculum.

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2.3. Training Process Analysis

2.3.1. What You Can Do

Comprehensive analysis of training data over time, identifying trends, plateaus, and providing data-driven recommendations.

2.3.2. How to Do It

- **Option A:** Upload an Excel, Word, or PDF file of training data (training log, fitness test results, previous plan).
- **Option B:** Type the data directly in the conversation.
- **You can attach up to 5 files in one message** — The Coach will cross-reference them and provide a unified response.

2.3.3. Important Notes

- **Videos must be sent in a separate message**, without additional files.
- Files uploaded within an active trainee folder are automatically saved there.

2.3.4. Example Request

“Attached: my training log from the last two months, fitness test results from the start of the period, and the training plan I followed. Analyze the progress and indicate if changes are needed.”

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2.4. Exercise Demonstrations and Recommendations

2.4.1. What You Can Do

Receive a list of exercises for a requested muscle group, including visual demonstrations. You can also receive feedback on a specific exercise execution.

2.4.2. How to Do It

- **To receive exercises:** “Give me 5 exercises to strengthen the core muscles with a demonstration.”
- **To receive execution feedback:** Upload a photo (still) or video (up to 20 seconds) of the exercise performance.

2.4.3. Added Value

The Coach will use the international Wger database for a detailed description of each exercise (primary and secondary muscles, execution method, common errors) and add an illustrative image generated in real time.

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2.5. Personal Health Consultation

2.5.1. What You Can Do

Receive recommendations for a healthy lifestyle, management of chronic medical conditions, and understanding the impact of medications on physical activity.

2.5.2. How to Do It

- **Direct question:** “What are the physical activity recommendations for a person with Type 2 diabetes?”
- **Attach a medical document:** Upload a PDF or photo of a medical diagnosis, prescription, or blood test results for more personalized and accurate advice.

2.5.3. Added Value

The system will scan the OpenFDA database and alert you to medication side effects relevant to physical exertion, and use the WHO’s ICD-11 for authoritative clinical information.

2.5.4. Important Clarification

The information provided is professional and educational only and is not a substitute for qualified medical advice.

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2.6. Nutrition and Sports

2.6.1. What You Can Do

Detailed nutritional analysis of meals and menus, goal-based nutritional recommendations, and nutritional value calculations.

2.6.2. How to Do It

- **Food photo analysis:** Photograph a meal and send the image with the request “Analyze the nutritional values of this meal.”
- **Menu consultation:** “I’m trying to gain muscle mass. Build me a daily menu of 3,000 calories with a focus on protein.”
- **Specific question:** “How much protein should I consume after a 60-minute strength training session?”

2.6.3. Added Value

The system uses the USDA FoodData Central database for accurate calculation of calories, macronutrients (protein, carbs, fat), and micronutrients (vitamins, minerals).

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2.7. Science Education for Instructor and Coaching Courses

2.7.1. What You Can Do

Full academic support for students in fitness instructor, coach, and PE teacher certification courses.

2.7.2. How to Do It

- **Concept explanation:** “Explain the SAID principle (Specific Adaptation to Imposed Demands) in training theory.”
- **Practice questions:** “Give me 5 practice questions on exercise physiology for an upcoming exam.”

- **Anatomical analysis:** “Which muscles act in knee flexion? Detail primary and secondary muscles.”

2.7.3. Added Value

The Coach provides high-level academic explanations supported by current research from PubMed and Semantic Scholar, and can serve as a “practice partner” for certification exams.

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2.8. Trainee Folder

2.8.1. What You Can Do

Full management of an individual trainee or group within a dedicated environment where all history, files, and reports are saved and serve as the basis for every response.

2.8.2. How to Open a Folder

Click “New Folder” and fill in the opening form:

- **Trainee or group name** (required field).
- **Goal, trainee characteristics, health status, and logistics** (one field out of four is sufficient).

2.8.3. Key Advantage

After opening, **there is no need to repeat the background with every question** — The Coach refers to the folder’s contents in every response. You can upload diagnoses, tests, plans, and training data, and they will be saved in the folder.

2.8.4. Folder Management

- **Closing a folder:** At the end of the coaching period, close the folder. It will remain in history with a gray icon and a “Closed” tag.
 - **File recovery:** After closing, files can be recovered by clicking “Restore Deleted Files” — up to 90 days after closing.
 - **Reopening:** A closed folder can be reopened by clicking “Reopen” — no need to create a new folder for the same trainee.
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2.9. Training Reports (Individual Trainee)

2.9.1. What You Can Do

Ongoing monitoring of trainee performance between sessions, enabling the coach to make decisions based on real data.

2.9.2. How to Do It

Within an active folder, click “Links” in the folder bar:

- **Trainee link:** Send to the trainee (by copy or WhatsApp). The trainee fills it in without needing an account:
 - Date and time.
 - What was planned and what was actually done.
 - Perceived exertion (RPE) on a scale of 1–10.
 - Pain or discomfort on a scale of 1–10.
 - Sleep duration and quality.

- **Coach link:** Opens all reports in a consolidated view. You can add coach notes to each report. **Do not send this link to the trainee.**

2.9.3. Added Value

The Coach reads the latest reports **in every response within the folder**, so a question about load adjustment, a plateau, or suspected overtraining is answered based on actually recorded data.

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2.10. Group Training Reports

2.10.1. What You Can Do

Manage training reports for an entire group, with separation between trainee reports and coach reports.

2.10.2. The Three Links in a Group Folder

- **Trainee link:** Sent to each trainee separately — they fill in a personal report.
- **“Group Report”:** A form for the coach’s use only (date, what was planned, what was done, coach notes). **Do not send to trainees.**
- **Coach link:** Consolidated view of all reports — personal and group, marked with a “Group” tag.

2.10.3. Key Difference from Individual Reports

Group reports do not include RPE, pain, or sleep — because these are personal metrics whose average does not describe any single member of the group.

3. Databases and Scientific Sources

Database	Purpose
PubMed (NCBI/NIH)	Medical and exercise science research.
WHO (ICD-11)	Authoritative clinical information on diseases.
USDA FoodData	Detailed nutritional data.
OpenFDA	Information on medications and side effects.
Wger	International exercise database.
Semantic Scholar	Current academic papers.
World Bank	International health and population data.

4. Frequently Asked Questions (FAQ)

Q: Does the system replace a doctor? A: Absolutely not. The system provides professional and educational information only. Consult a physician before any changes to a training program.

Q: Are my conversations private? A: Yes, all conversations are encrypted and saved only in your personal account.

Q: How many files can I attach in one message? A: Up to 5 files per message. Videos must be sent in a separate message.

Q: How long are files saved in a closed folder? A: 90 days. After that they are permanently deleted.