

RECOMP AI

THE ULTIMATE AI FITNESS GUIDE

Stop Guessing. Start Recomposing.

WELCOME TO RECOMP AI

WHAT IS BODY RECOMPOSITION?

THE 3 PILLARS OF RECOMP AI

01 AI COACHING & PERSONALIZATION

Your plan is built around your body, not a template. RecompAI syncs with your Apple Watch, Whoop, or Oura Ring to read your recovery, sleep, and stress levels daily — then adjusts your training intensity automatically.

02 NUTRITION & MACRO TRACKING

RecompAI analyzes your glucose, cholesterol, and body fat trends weekly to find your metabolic sweet spot. Your macros are automatically pivoted every 7 days so you're always eating to support your exact goals.

**03 BODY RECOMPOSITION
PROGRAM**

Our flagship program is engineered to help you lose fat and gain muscle at the same time. No more choosing between bulking and cutting — RecompAI finds the window where both happen and keeps you there.

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HOW TO GET STARTED

Step 1	Sign up for your free 7-day trial at dnguye.profreed.com
Step 2	Complete your onboarding assessment — fitness level, goals, and health metrics
Step 3	Connect your wearable device (Apple Watch, Whoop, or Oura Ring)
Step 4	Receive your fully personalized AI-generated workout and nutrition plan
Step 5	Check in weekly as RecompAI automatically adjusts your plan based on your progress

PRICING PLANS

PLAN	PRICE	FEATURES
Core Plan	\$19.99/mo	AI workout plan, macro tracking, wearable sync, progress dashboard
Elite Plan	\$39.99/mo	Everything in Core + real-time macro pivoting, AI posture checks, 24/7 coaching, priority support
Gym Bag	\$49.99	Premium branded RecompAI gym bag — water-resistant, built for serious athletes

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