



COMPLETE ILLUSTRATED FIELD GUIDE

DISCOVER THE **POWER** UNDER THE HOOD

A Visual, interactive guide to the training, nutrition, recovery, assessment, evidence and coaching systems built into BPF Virtual.



A COMPLETE ECOSYSTEM FOR A HEALTHIER, MORE CAPABLE YOU.



**TRAINING
PROGRAMS**



**NUTRITION
TOOLS**



**RECOVERY
SOLUTIONS**



**ASSESSMENT
& TRACKING**



**EXPERT
COACHING**



**EVIDENCE-BASED
GUIDANCE**

YOUR APP HEADQUARTERS

**THIS ISN'T JUST A FITNESS GUIDE.
IT'S YOUR INTERACTIVE GATEWAY TO BPF VIRTUAL.**

Explore the guide. Tap a feature. Launch the app. Put it to work.
Training, nutrition, recovery, coaching, guides, and your path —
all connected in one place.



SEE IT

Discover what BPF
can do for you.



TAP IT

Open the exact app
tool from the guide.

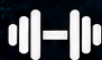


USE IT

Train, track, recover,
and keep moving forward.



START YOUR BPF JOURNEY



TRAINING



NUTRITION



RECOVERY



COACHING



GUIDES



YOUR PATH

YOUR APP HEADQUARTERS

**A CLEAR PATH TO A STRONGER,
HEALTHIER YOU.**

Explore the guide. Tap a destination.
Launch the app. Put it to work.
Training, nutrition, recovery, coaching,
guides and your path — all connected
in one place.



EXPLORE YOUR PATH



TRAINING



NUTRITION



RECOVERY



COACHING



GUIDES



YOUR PATH

FITNESS AGE ASSESSMENT

MEASURING FUNCTIONAL BASELINE.

Know where you are today, track what matters, and build a stronger, healthier tomorrow. BPF Virtual gives you the tools to assess, improve, and stay ready for the life you want to live.



KNOW YOUR BASELINE

See how you compare and find out where to focus.



MEASURE FUNCTION

Assess strength, mobility, balance and endurance with simple tests.



TRACK PROGRESS

Turn assessments into a personalized plan and real results.



PERSONALIZE TRAINING

Get recommended workouts based on your results and goals.



BUILD FROM WHERE YOU ARE

Gain confidence and independence for the activities you love.

STRENGTH TESTS

Upper & lower body strength.

MOBILITY ASSESSMENTS

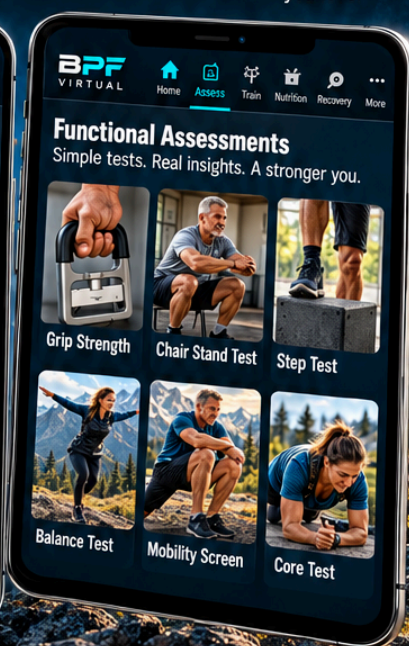
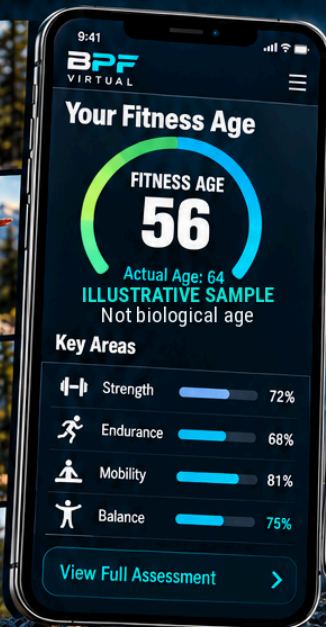
Movement, flexibility and range of motion.

BALANCE CHECKS

Stability and fall resilience.

ENDURANCE ASSESSMENTS

Real-world everyday fitness.



▶ MEASURE YOUR BASELINE ▶



AUDIO COACHING

8 EXPERT COACHES. A STRONGER YOU.

Get real-time guidance, motivation, and form cues from 8 distinct audio coaches in the BPF Virtual Workout Player — and train with confidence wherever you go.



REAL-TIME CUES

Get clear instructions for pace, effort, form, and transitions exactly when you need them.



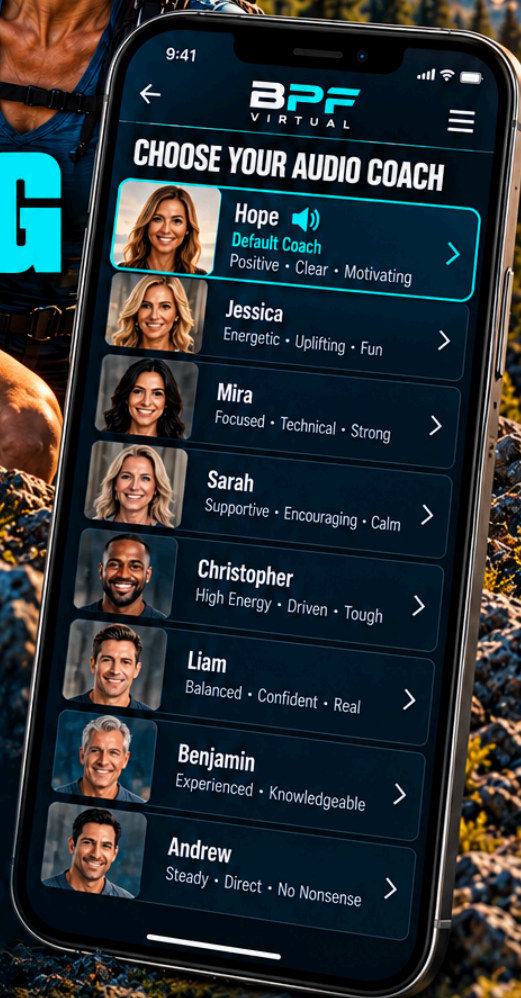
GUIDED MOTIVATION

Stay consistent with encouragement, focus, and a positive, expert coaching voice.



FLEXIBLE STYLES

Choose the coach that matches your training style and goals — all in the Workout Player.



TRAIN WITH AUDIO COACHING >

8 UNIQUE COACHES. REAL GUIDANCE. REAL PROGRESS.



TRAINING



NUTRITION



RECOVERY



COACHING



GUIDES

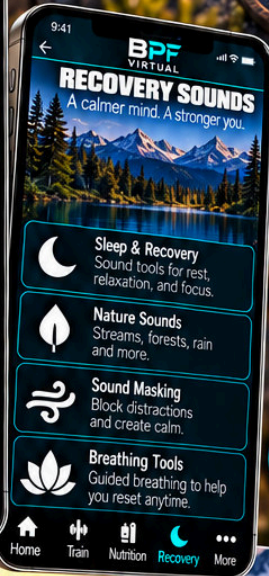
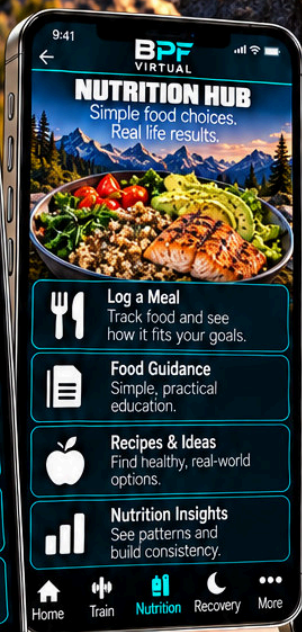
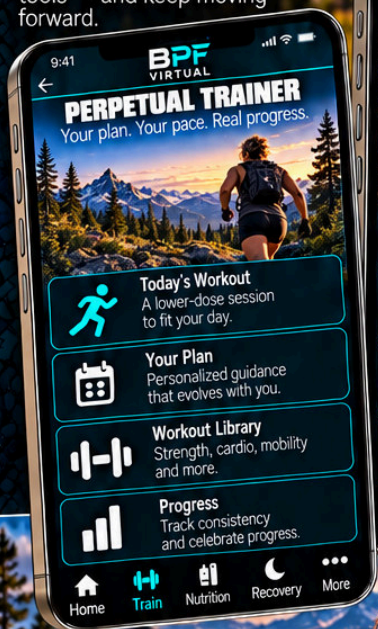


YOUR PATH

DISCOVER THE POWER UNDER THE HOOD.

SEE IT. TAP IT. USE IT.
ONE NEXT STEP STARTS THE JOURNEY.

Everything you've learned in this book comes to life inside the BPF Virtual app. Training, food, recovery, and guidance work together to help you build healthier habits at your pace. Choose one small next step today — train with Perpetual Trainer, plan your food, or recover with science-backed tools — and keep moving forward.



TRAIN SMARTER

Use Perpetual Trainer to follow a plan that fits your goals and your life.



FUEL BETTER

Plan and log meals with simple tools and real-world guidance.



RECOVER DEEPER

Quiet your mind, reduce stress, and support better sleep with proven tools.

*Small
Next Step.
A Healthier You.*

*Same
Journey.
Brighter
Days Ahead.*



OPEN DISCOVER THE POWER UNDER THE HOOD



TRAINING



NUTRITION



RECOVERY



COACHING



GUIDES



YOUR PATH