

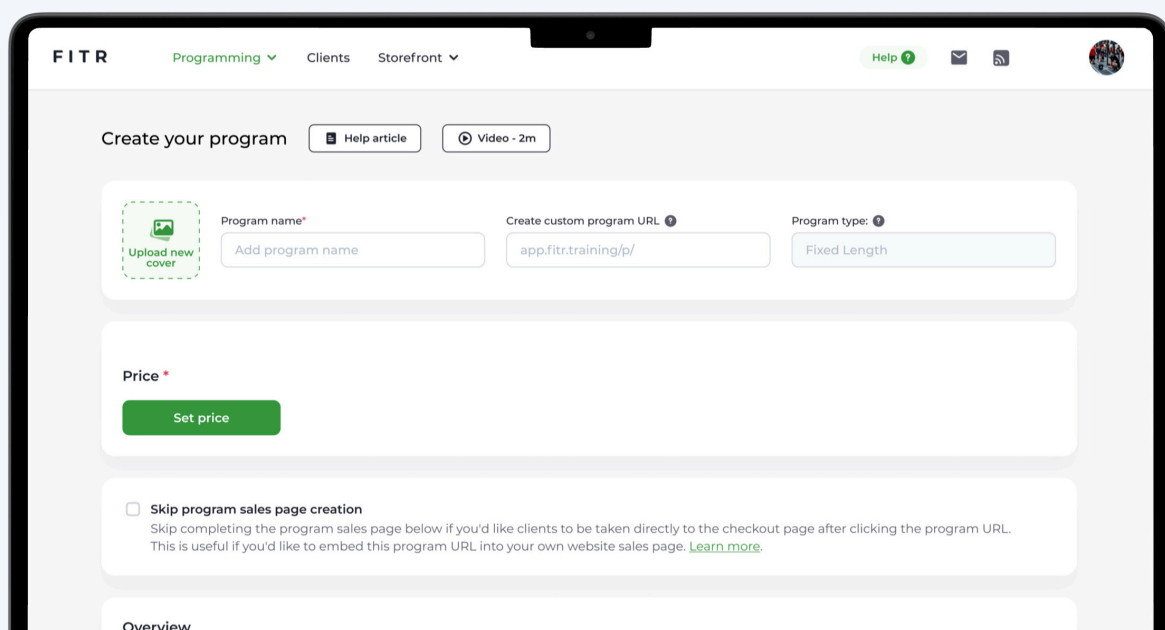
F I T R

CREATING A FIXED LENGTH PROGRAM

A program with a fixed duration, downloaded by the client in one go.

1. Select "Fixed Length program".

2. Add program details including its name, price and description.



The screenshot shows the 'Create your program' interface in the FITR app. The top navigation bar includes 'FITR', 'Programming' (selected), 'Clients', and 'Storefront'. There are also links for 'Help', email, and social media. The main heading is 'Create your program', with links to 'Help article' and 'Video - 2m'. The form is divided into sections: 1. 'Upload new cover' (with a green dashed box icon), 'Program name*' (text input), 'Create custom program URL' (text input with 'app.fitr.training/p/' pre-filled), and 'Program type:' (dropdown menu with 'Fixed Length' selected). 2. 'Price*' (text input) with a green 'Set price' button. 3. A checkbox for 'Skip program sales page creation' with explanatory text and a 'Learn more' link. At the bottom, there is an 'Overview' tab.

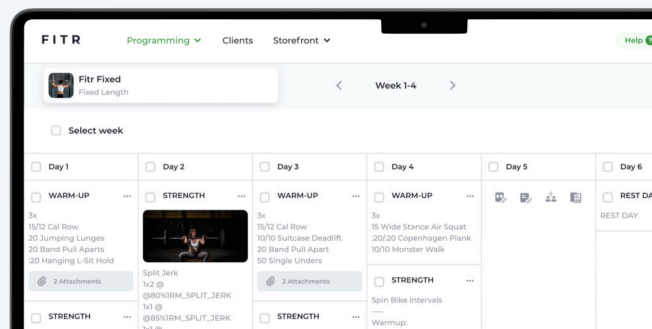
3. Once the program information is complete, click "Next" to start programming.

1 Info & Pricing

2 Start programming

3 Sign up clients

4. Once you've added programming, click "Next" to sign up clients.



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5. Inviting clients using the below options will provide instant access to the program once they download.

Option 1: Email

Simply send a link to the program via an email. Type in the address and click "Send email invite".

Email

Client's email

Send email invite

Option 2: Program URL

Just click "Copy link" and then paste the unique URL. Then click "Next".

Copy This URL to Share

[https://app.fitr.training/p/\[YOUR PROG...\]](https://app.fitr.training/p/[YOUR PROG...])

Copy link

The URL method is a great way to draw potential clients to your program without any admin. Once there they'll be guided on how to download.



Copy your program's unique URL and share it anywhere you want. E.g. email lists and social media.

[Find out more about program types here.](#)

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