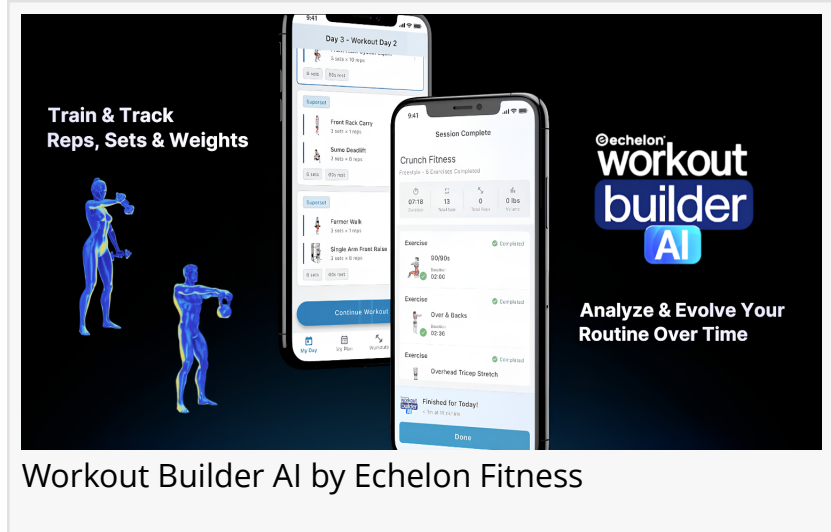


Echelon Workout Builder AI Launches, Delivering Personalized Training at Home, in the Gym and on the Go

New platform creates adaptive strength and recovery programs while giving fitness operators a customizable solution for increasing member engagement.

STUART, FL, UNITED STATES, August 10, 2026 /EINPresswire.com/ -- Echelon Fitness today announced the launch of Echelon Workout Builder AI™, a personalized fitness app that creates adaptive seven-day strength and recovery programs around each user's goals, experience, readiness, available time and access to equipment.



Designed for use at home, while traveling or in the gym, Echelon Workout Builder AI gives users a clear, structured training plan wherever they choose to exercise.

Many people know what they want to accomplish but struggle to determine which exercises to perform, how hard to train and how to adjust their routines over time. Echelon Workout Builder AI removes that guesswork by creating personalized programs that evolve based on each user's performance and feedback.

Whether someone is entering a gym for the first time, returning after time away or already training regularly, Echelon Workout Builder AI meets users at their current fitness level. It helps beginners understand what to do, gives regular gym-goers greater structure and consistency, and challenges experienced users with programming that adapts as their performance improves.

"Throughout beta testing, users consistently told us that Echelon Workout Builder AI pushed them harder than they would have pushed themselves," said Lou Lentine, founder and CEO of Echelon Fitness. "I experienced the same thing personally. When I tracked comparable sessions using WHOOP and Apple Health, my WHOOP Strain scores were 50% to 80% higher than during

my typical self-directed workouts. Echelon Workout Builder AI gave our beta users—and me—the structure and motivation to get more out of every session.”

Personalized Training From Planning Through Completion

Echelon Workout Builder AI supports users throughout the training experience, from creating a personalized plan to completing each exercise.

Key features include:

Adaptive Programming: Echelon Workout Builder AI creates seven-day strength and recovery programs based on the user’s goals, preferences, experience, readiness, schedule and available equipment. Future programming adjusts based on performance and feedback.

Train Anywhere: Users can generate workouts for the equipment available at home, while traveling or inside a gym, allowing them to maintain a consistent program wherever they train.

Guidance for Every Fitness Level: Echelon Workout Builder AI provides clear, step-by-step direction for beginners while giving experienced users the structure, progression and adaptability needed to continue improving. Exercise demonstrations, prescribed sets and repetitions, rest timers and performance-based adjustments help every user get more from each session.

Gym-Aware Programming: At participating facilities, Echelon Workout Builder AI can account for available equipment, equipment locations and designated training areas to create a more efficient workout flow through the gym.

Daily Training Dashboard: A centralized dashboard organizes the day’s workout, exercise instructions, rest timers, progress information and video demonstrations from a curated library of more than 1,000 exercises.

Fitness-Specific Intelligence: Unlike general-purpose artificial intelligence tools, Echelon Workout Builder AI is purpose-built for fitness and combines structured programming logic, exercise science and fitness-specific safeguards to create practical, goal-based training recommendations.

Helping Gyms Deliver More Personalized Member Experiences

In addition to the consumer app, Echelon Workout Builder AI offers an enterprise solution for independent gyms, studios and multi-location fitness operators.

Facilities can deploy a white-label version of the platform featuring their own branding, colors and logo. Fitness businesses can also integrate Echelon Workout Builder AI into an existing app

or digital platform through its software development kit.

The platform is designed to support integrations with leading gym-management systems, including ABC Fitness, Daxko, Mindbody and Club Automation. These integrations can help facilities connect members with personalized programming and create a more coordinated digital fitness experience.

For fitness operators, Echelon Workout Builder AI supports members throughout their fitness journey—from helping a new member confidently complete a first workout to giving experienced members fresh programming and continued challenges. This provides personalized support beyond personal-training sessions and gives members another reason to remain engaged with their facility.

By making personalized programming more accessible, Echelon Workout Builder AI gives fitness operators another way to strengthen engagement and provide greater value throughout the membership experience.

Availability

Echelon Workout Builder AI is available beginning today on the App Store for \$14.99 per month following a 15-day trial. The app is coming soon to Google Play.

[Consumers can learn more at www.echelonsmartgym.com.](http://www.echelonsmartgym.com)

Gym operators interested in white-label deployment, platform integration or demonstration opportunities can request additional information through the website.

About Echelon Fitness

Echelon Fitness is a global connected fitness company delivering premium commercial and consumer equipment, immersive digital content and AI-powered software solutions. With an ecosystem spanning cardio, strength, recovery and intelligent training platforms, Echelon helps individuals train with greater confidence while enabling fitness operators to create more engaging, personalized and connected member experiences.

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