

TrueLift

USER MANUAL

Your adaptive strength coach

Plan, adjust and log your routines to progress with sound judgement in every session.

www.truelift.es

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1. What TrueLift is

TrueLift is a strength training app. You train and log every set; the app decides how much weight to use in the next session, when to hold, when to deload, and shows you how you are evolving.

It works with what you log: weight, reps, RIR (reps in reserve) and, if you turn them on, your daily readiness, your HRV, your cardio and your body weight. The more complete and honest the log, the better the decisions.

This manual describes the app screen by screen. You do not need to read it all: use it as a reference whenever you have a question.

Important: TrueLift is a training support tool, not a substitute for medical advice. If you have pain or health concerns, consult a professional.

2. Free version and PRO version

The free version includes the preset routine, session logging, automatic progression, volume, progress and backups. Advanced features are part of the PRO version.

What each version includes

Feature	Free	PRO
Log sessions and automatic progression	✓	✓
Cardio, plate calculator and warm-up	✓	✓
Rest timer with alarm and floating timer (Android)	✓	✓
Weekly volume and frequency	✓	✓
Progress: charts, personal records, strength level and overall assessment	✓	✓
Share a session as an image	✓	✓
Backups and the Coach desktop app	✓	✓
Swap an exercise for another of the same pattern and group	✓	✓
Export your routine to Excel	✓	✓
Language (ES / EN / PT-BR), kg / lb units and text size	✓	✓
Daily log reminder	✓	✓
Edit the routine: sets, reps, RIR, rest, add and remove exercises, change pattern	—	✓
Rename and reorder sessions and exercises	—	✓
Create your own exercises in the library	—	✓
Import routines from Excel	—	✓
PRO routines ready to train	—	✓
Create your routine with AI (questionnaire + prompt)	—	✓

Feature	Free	PRO
Top set + back-offs	—	✓
Autoregulation: daily check-in, readiness to train and fatigue by body region	—	✓
HRV and resting heart rate	—	✓
Diet phase (deficit / maintenance / surplus)	—	✓
Reordering trial on a plateau	—	✓
Manual deload mode and suggested deload	—	✓
Monthly report	—	✓
Nutrition tab: weight trend, weekly card, season planner, body-fat %, foods, performance monitor	—	✓

In the free version the diet phase is fixed at Maintenance, autoregulation and HRV are off, and the bottom bar has four tabs instead of five (there is no Nutrition tab).

16-training-session free PRO trial

You can try every PRO feature for 16 training sessions without entering any payment details. When you tap a PRO feature, or from **Settings → PRO card**, the PRO version screen opens with the button **Try 16 training sessions free**. Tapping it turns on every feature immediately, including the Nutrition tab.

- During the trial, at certain milestones the app shows on launch how many training sessions are left and which PRO features you are using.
- When it ends, PRO features are locked and the app returns to free mode. Your routine and history are not lost. If you were using a custom routine, the app shows the preset routine again; the custom one is kept and comes back when PRO is reactivated. In the last training sessions of the trial and when it expires, the app offers to make a backup.
- The trial can be used only once.

Buying the PRO version

The PRO version screen offers three plans: monthly subscription, one-year purchase and lifetime purchase. The price is shown on the screen itself. Payments are handled by Google Play with the methods on your account. The purchase is tied to your Google account: if you change phone or reinstall, tap **Restore purchases**.

3. First install: the setup assistant

The first time you open TrueLift, a three-question assistant gets your routine ready. Language and weight unit are detected from your phone; you can change them later in Settings.

- **Step 1 • How many days can you train?** From 2 to 5 days. Each option shows the real structure of the routine that will be built. Choose what you can keep up every week.

- **Step 2 · How do you want to progress? Simple linear progression** (fixed reps: when you complete every set at that number, you add weight next session; recommended if you have not been training long) or **Double progression** (a rep range, for example 8-12: you keep the weight until you reach the top of the range on every set, then add weight and go back to the bottom; recommended with some experience). The ⓘ icon shows an example with numbers.
- **Step 3 · Your weight and the focus of the routine.** Focus **Balanced** (balance between upper and lower body) or **Lower body** (prioritises the posterior chain and glutes). Below, three fields: sex (optional; used by nutrition and the strength level), date of birth (optional; adjusts the strength-level thresholds to your age) and body weight.
- **Summary.** The **Your routine** card and the **Start training** button.

The continue button stays off until you pick an option. You can go back without losing your choices. Everything in the assistant can be changed later in **Settings → My routine**.

After the assistant, the app shows a welcome dialog and, on the first visit to each tab, a short guide. The ⓘ icons across the app open short explanations of each concept (section 4, Language and display).

4. Settings

Opened with the settings icon (top right). It is an index of eight categories; each row shows its current value. At the top is the PRO card, which opens the TrueLift PRO screen: trial or purchase status, website, manual download, the Coach desktop app, contact, privacy policy and author. The app version is at the bottom.

My routine

Focus of the routine, sex, date of birth, progression system, training days per week and body weight, with the resulting routine card. Changes are applied with **Save changes**. If you have a custom routine, the app warns you before replacing it.

Body weight is used in bodyweight, weighted and assisted exercises, and in the strength level. Keep it up to date. With the nutrition layer on, weight updates itself from your weigh-ins and this field is locked.

Equipment available

This screen decides whether the proposed weights can actually be loaded in your gym.

- **1.25 kg (2.5 lb) plates:** turn it on if you have pairs of these plates. Allows 1.25 kg jumps per side on a barbell.
- **Microloading:** master switch, off by default. When on, you set the smallest plate you have (up to 2.5 kg / 5 lb) and how many per side (1 to 4, or unlimited). With the pick-up reminder, after the last exercise that uses microplates the app asks whether you have collected them.
- **Dumbbell jump:** the weight difference between one dumbbell and the next in your gym (for example, 2 kg). With **Include microloading**, smaller jumps are allowed using fractional plates on the dumbbell.
- Shortcut to the plate calculator.

Standard plates (2.5 / 5 / 10 / 20 kg and 1.25 kg if enabled) are treated as unlimited.

During the session

- **Countdown between sets:** when you log a set, the exercise's rest timer starts, with an alarm at the end. The alarm sounds even with the screen off or while you listen to music (it mixes with the audio, it does not cut it) and also with Do Not Disturb on. While it runs, the screen stays on.
- **Floating timer (Android):** depends on the countdown. When you leave TrueLift, a draggable capsule with the remaining time appears over whatever app you are using; tapping it brings you back to the set. Inside the app the capsule hides. The first time, Android asks for the **Display over other apps** permission; without it, the switch does not turn on.

With the countdown you also see a notification with the remaining time and a button to stop it; it is what keeps the system from freezing the timer in the background. At the end, a rest-completed notice arrives, silent on the phone so it does not duplicate the alarm. The app uses two notification channels, "Rest timer" and "Rest finished": if your smartwatch shows TrueLift notifications, you can allow only the second one and receive just the final notice on your wrist. That is configured in the watch's companion app, not in TrueLift. On iPhone the countdown and the alarm work; the floating capsule is not available.

Autoregulation and HRV

- **Autoregulation (daily readiness) (PRO):** turns on the daily check-in and readiness to train (section 11).
- **Use HRV (PRO):** depends on autoregulation. Lets you log your night HRV and resting heart rate every day. You can optionally set a low HRV threshold; otherwise the app learns your band from your own readings.
- **Daily log reminder (free):** one daily notification at the time you choose, with whatever you have on: check-in, HRV/resting HR and weight. With nothing on, it is not scheduled. On the day a new body-fat estimate is due (nutrition), the request arrives with this same reminder.

Nutrition

- **Diet phase (PRO):** Calorie deficit, Maintenance or Calorie surplus (section 11). With the nutrition layer on, the phase is set by the season plan and is only displayed here.
- **Turn on the nutrition layer (PRO):** opens the Nutrition tab assistant (section 15).

Deload mode

Switch for deload mode (PRO, section 12).

Language and display

- **Language:** Spanish, English or Portuguese (Brazil). The change is immediate.
- **Weight unit:** kg or lb. The app keeps your data precisely: switching units does not alter your history or suggestions, only what you see (1.25 kg plates are shown as 2.5 lb).
- **Text size:** standard, large or very large.
- **Help & mini-glossary:** shows the ⓘ icons and first-time explanations (RIR, effective sets, progression attempts, top set...). Turn it off if you already know the concepts.

Backup

Export backup and **Restore** (section 18). The index row shows the date of the last backup.

5. The tabs

The bottom bar has four tabs in the free version and five with PRO and the nutrition layer on.

- **Routine:** your plan by session, with exercises, sets, reps, RIR and rest. This is where you edit it.
- **Volume:** effective sets per muscle group per week, and frequency.
- **Log:** where you log every session. When the app opens it is already on the session that is due. Includes history and cardio.
- **Progress:** last-session verdict, overall assessment, charts, personal records, strength level and monthly report.
- **Nutrition (PRO):** daily weight, weekly card and season plan.

Top right, in any tab: plate calculator (dumbbell icon) and Settings.

6. Routine tab

The session

Sessions appear as equal-width tabs. Below them, a fixed strip with the estimated duration and number of sets of that session and, on the right, the split of sets per main muscle group.

Each exercise is a card with its thumbnail, order number, name, main group and a line with sets × reps · RIR · rest. Tapping it expands the card (only one at a time) and shows the groups worked (primary in green, secondaries with ×0.5), the library note and the editing panel:

- **Sets** and **rest** with + / – buttons, **rep range** and **RIR** as chips (PRO).
- **Top set + back-offs** (PRO): see below.
- **Change exercise** and the bin to remove it (removing is PRO and asks for confirmation).

Reorder (PRO): drag the exercise from the handle on the right, or long-press the card for two seconds. Session tabs can be dragged too. Reordering does not alter your history or your progression references.

Below the list: **Add exercise** (PRO) and **Rename** the session (PRO; keeps that session's history).

Exercise picker

Opens with **Change exercise** or when adding one. It is a two-column grid with the drawing of each exercise and its groups.

- **Search** across the whole library, accent-insensitive. With text, the pattern filter is ignored.
- **Equipment filters:** All, Barbell, Dumbbell, Machine, Cable.
- The **In your routine** badge marks the exercises you already use.
- You choose in two taps: select, then confirm at the bottom. The ⓘ opens the exercise card (enlargeable drawing, groups and note).
- **Change pattern** (PRO): in the sheet header (for example, from horizontal push to vertical push).

- Exercises you created can be edited and deleted from their drawing.

In the free version you can only swap an exercise for another of the same pattern and group.

Top set + back-offs (PRO)

On main exercises, the editing panel shows the **Top set + back-offs** switch with two settings: **% back-off** (5 to 30 %, in steps of 5) and **Back-off RIR** (0 to 4). Set 1 is the top set: the heaviest, with the lowest RIR, and the only one that drives the exercise's progression. The rest are back-offs: lower weight by the chosen percentage, with their own target RIR.

In the log, the back-off weight is filled in from the top and rounded to your equipment. If you change the top kg, the back-offs follow; if you edit a back-off by hand, it is respected and the app remembers it for the next session as long as the top does not change. Back-offs have no rep range: you do as many as you need to reach their target RIR. When the top progresses, the back-offs get a new weight and the app proposes the number of reps estimated from that same set in the previous session; it is a guide, the RIR rules.

The first time you turn the switch on, and the first time you log a top set, the app explains the method.

Routine tools

At the end of the tab there is a grid with six tools:

- **Create with AI** (PRO): a questionnaire (sex, age, experience, goal, muscles to prioritise, days and session length, equipment you lack, current aches, structure, progression system, exercises to avoid, comments) that generates a prompt. Export your routine to Excel, paste the prompt into your AI (ChatGPT, Claude, Gemini...) attaching the file, and import the filled Excel back. Always review the result: the AI does not know your technique or your history. When in doubt, less volume and more RIR. The best option is almost always a routine from the app itself.
- **PRO routines** (PRO): a downloadable collection of complete routines for men and women, different days per week, lots of equipment or very little, long or short sessions. Each one states its days and progression system; it imports with one tap.
- **Export** (free): your current routine in an Excel template, to edit on a computer or share.
- **Import** (PRO): loads an Excel with the filled template and rebuilds the routine. If it contains new exercises, the app tells you before creating them.
- **New exercise** (PRO): creates your own exercise with name, pattern and groups.
- **Restore**: back to the original routine, or reset the exercise library to the original. Both explain what they delete and ask for confirmation.

The Excel template has three columns per day for top set + back-offs (yes/no, % back-off and back-off RIR). If they are empty or say "no", they are read as straight sets, so old templates import unchanged.

7. Log tab: new session

Before starting

- If autoregulation is on and you have not done today's check-in yet, the app offers it on the first launch of the day (section 11). **Not now** is a valid answer.

- If you come back after a break of 2 to 8 weeks, the app asks how to resume: **Modulated return** (slightly reduces the load to regain your level in one or two weeks) or **Pick up where you left off**. After more than 8 weeks, the first sessions rebuild your level and weights are entered by hand.
- At the top you choose the session; a dot marks the one that is due (the one after the last saved). Each session progresses separately.
- Each exercise card shows the day's target (sets × reps · RIR), the **prev.** reference (weight and reps of the last valid session) and the proposed weight, always loadable with your equipment.
- The list is dimmed until you tap **Start session**. From that moment the duration is measured.

If the last session cannot be used as a reference (deload, amber or red day, intensity reduced by fatigue), the card says so and points to the full-intensity session the proposal is based on.

The header

With the session in progress, the fixed header shows the session name, the readiness chip (with autoregulation) and three figures: sets done / total, accumulated volume and estimated time left. Tapping the time toggles to the estimated finish time.

Logging a set

Each exercise has three states: done (collapsed, with its result), active (expanded) and pending (collapsed). Tap a collapsed one to open it. On the active card:

- **Progression attempts:** small bars under the name. Each is an attempt to hit the rep target with the current weight; amber for those left, dimmed for those used. The ⓘ explains it.
- **Load proposal:** the collapsible message with the weight and the reason.
- **Set table:** done sets with their result; pending ones with target, proposed weight and proposed RIR.
- **Entry panel:** weight (± buttons in 0.25 steps of your unit; tap the figure to type), reps (± buttons) and five RIR buttons around the proposed one. Tap **Log set N of M**. If the countdown is on, the rest starts.

After logging the last set, the exercise verdict appears: your performance against your baseline in that exercise. It closes with a tap.

How to log well. Enter the real reps and the real RIR of every set, one by one. Do not do extra reps to "force" a lower RIR: if the target was 10 at RIR 1 and you reach 10 with RIR 2, log 10 and RIR 2. You progress when you hit the reps on every set and the RIR is equal to or higher than the target. If you do not log the RIR, the app only applies a minimal, cautious increase until it gets that figure back.

Notes and adjustments

Each card has a **Notes and adjustments** fold with:

- Free-text **notes**. The previous session's notes are shown below.
- **Exercise not performed:** machine busy, broken or no time. It stays in the history as a record, but does not count for performance, volume, plateau or progression, and does not replace your last valid reference.

Focus mode

The **Train in focus mode** button opens a full-screen view, one set at a time: the set target, the previous reference, two large weight and reps cards, the RIR row and **Log set N**. The pills at the top show the exercise's sets; swipe to move between exercises. Rest is shown as a ring. On Android you can silence notifications while it lasts (restored on exit). The session can be saved from focus mode too.

Assisted, bodyweight and weighted

In pull-ups, dips and push-ups the load field is the added weight (0 if none). In the machine-assisted pull-up you enter the assistance as a positive number, as the stack shows it: progressing means removing assistance. When you reach 0, the app considers the progression complete and suggests moving to the regular pull-up with added weight.

Saving the session

At the end of the list is the **Session in progress · N of M sets** pill with:

- The switch-session icon: back to the selector without losing what you logged.
- **Save**: if exercises are left unlogged or half done, the app warns you. If a weight is more than 15 % away from the proposal, it asks for confirmation in case of a typo. With autoregulation on, it asks for the session effort (RPE from 1 to 10, preset at 5; if you do not move it, it asks you to confirm).
- **Discard**: deletes the session, with double confirmation.

On saving, the app replies with a performance message, the new record notice (if you beat your best estimated 1RM in a main exercise), the new strength level notice, the streak congratulation and, where relevant, the day's context (amber, red, deload, fatigue in one body region).

Only one strength session per calendar day is saved. If there is one already, the app takes you to edit it. Cardio does not count towards this limit.

8. Log tab: history

The **History** tab shows:

- **Log cardio**: type (or your own name), day, duration in minutes and intensity from 1 to 10. From duration and intensity the app computes your weekly cardio load and compares it with what is usual for you; a week far above counts as a fatigue signal.
- **Month calendar**: a dot per session, cardio in blue and the missed-sessions indicator against the planned ones. Tap a day to see what was logged.
- **Export to Excel** the whole history.
- **Delete all history**, with double confirmation.
- Recent sessions, each with **Share** (image for social media), **Edit** (weight, reps, RIR, notes, date, exercises not performed) and **Delete**. With PRO, each session carries its light (green, amber or red). If you logged in real time, the duration appears.
- **All sessions**: full list with an All / Strength / Cardio filter.

9. Your data is the engine

Every proposal the app makes comes from your logs. This is what it uses and why it is worth logging well:

- **Weight and reps** of every set: they feed the estimate of your strength (estimated 1RM). The app combines your best set with the whole session so that one unusually good set does not inflate the proposal. In bodyweight, weighted or assisted exercises the load includes your body weight: keep it up to date.
- **RIR** of every set: tells how far from failure you work. An inflated RIR produces weights that do not come off later. Without RIR, the app only applies minimal increases.
- **Session effort (RPE)**, with autoregulation: modulates the next increase and watches your accumulated fatigue.
- **Cardio**, with realistic duration and intensity: it is part of your total load.
- **Daily readiness and HRV (PRO)**: the signals from outside the gym (section 11).
- **Daily body weight** (nutrition): drives the diet phase.

Log in the moment, set by set. RIR remembered hours later is unreliable, and only by logging in real time does the app store the session duration.

How it reads fatigue. There is no sensor: it infers it from your logs compared with what is usual for you, looking at the trend of several sessions, not one bad day. What weighs most is the real RIR of your sets, your performance against your reference, the RPE and the cardio load; with PRO, also daily readiness and HRV. A sustained build-up slows the increases and, if marked, triggers the deload suggestion.

10. How the app progresses

- If you hit the target (every set at the planned reps with RIR equal to or above the target), the app proposes adding weight. The increment is small and proportional to the exercise: more on the big basics, less on isolation.
- If you fall short, it holds the weight. If you had changed it by hand and did not progress, next session it proposes your weight, not its own. As soon as you progress, the new weight is built again from your equipment.
- The increase takes the session into account: at the limit (high RPE, borderline performance, deficit, no RIR) it adds less; with plenty in reserve, a bit more. The message says so ("moderate increase...").
- **Progression attempts**: if you use up the attempts at the same weight, it first warns that the next one is decisive; if you stay stuck, it proposes a small step back to build momentum. If the plateau returns after being overcome, it suggests temporarily swapping the exercise for an equivalent variation.
- **Reordering trial (PRO)**: before the step back, if the stuck exercise is not the first of the day, the app tries one session with it moved to first place. If it works, it goes back to its place and keeps progressing; if not, the step back is applied. The other exercises of that day train normally; that session does not count as an attempt for them nor alter their progression.
- After a break of several weeks it does not demand picking up where you left off (section 7).

- The proposed weight is always loadable: on a barbell, according to the plates you have on both sides; on a machine, plate by plate; with dumbbells, according to your jump.
- Each session progresses separately: an exercise that appears on two days advances independently on each.
- Each session is assessed with the criteria of the day it was saved. Changing the diet phase later does not rewrite the past.

In double progression, you first accumulate reps within the range; when you reach the top on every set, the app adds weight and the range starts again.

11. Autoregulation and daily signals (PRO)

These features are optional. The app works without them; with them, it also decides when to push and when to hold back.

The daily check-in

With autoregulation on, the first launch of the day opens the check-in. It also opens from the status chip in the Log header. One entry per day; saving again replaces the previous one.

- Five signals on a 1 to 4 scale: **Sleep** (1 poor · 4 good), **Energy / mood** (1 low · 4 high), **Muscle soreness** (1 none · 4 severe), **Stress** (1 none · 4 high) and **Joint pain** (1 none · 4 severe). Soreness and pain ask for the zone: General, Lower or Upper.
- **Ill:** Yes / No.
- With HRV on: **Night HRV (ms)** and **Resting HR (bpm)**, the values from your watch or band. The **Unreliable reading** box discards both for that day. If the numbers come from your last entry and you do not touch them, the app asks you to confirm they are today's.
- With the nutrition layer: today's weight.
- The footer shows live the 0–100 score, the label (high, medium or low readiness) and the reason with its consequence.

How to score. Score against your normal, not against an ideal. A night like the ones you usually sleep is a 4; 3 is for nights worse than usual. The same for energy. If you score your normal day as mediocre, the app will hold you back for no reason.

Soreness is not joint pain. Soreness is the diffuse muscle ache one or two days after training; it is normal. Joint pain is sharp or localised in a joint and usually appears during the movement. Log it with its zone: the app protects only the exercises of that region. A knee issue slows your squat, not your bench press.

Readiness to train

The app summarises your state in a 0 to 100 score with three bands: red (0–39), amber (40–69) and green (70–100). The chip in the Log header and the Progress card show it; tapping it shows which signals add or subtract (sleep, stress, HRV, recent performance, accumulated training and cardio load...). If your recent performance is weak, the banner says so even if the check-in is good.

- **Green:** normal session and progression allowed.

- **Amber:** loads stay as they are and the target RIR goes up by 1. If fatigue affects only one body region, the other trains normally.
- **Red:** easy session: target RIR +2 and no increases. The app does not assess that session's performance.
- Without a check-in, the app does not assume you are fine: it reminds you before proposing increases.

You can **Force high readiness today** from the chip: you replace the calculation with your own judgement and the session is programmed with high readiness. It is a manual override; you can remove it from the same place.

HRV and resting heart rate

The app reacts to the sustained signal, not to one bad night: it takes at least two low nights in a row or a trend of several days below your band. A good night breaks the run, and the modulation switches off by itself when the average recovers. If you do not measure your HRV, leave it off.

Diet phase

- **Calorie deficit:** you eat below maintenance. The app is more conservative with increases.
- **Maintenance:** default value and the neutral option.
- **Calorie surplus:** you eat above. The app is somewhat more permissive.

The effect grows with the weeks in the phase. If you do not control your diet, leave it at Maintenance. With the nutrition layer on, the phase comes from the current block of your season plan.

12. Deload mode (PRO)

A deload is an easy week: fewer sets, higher RIR, around 10 % less load and progression paused.

- It is turned on in **Settings → Deload mode**. When the week is up, the app asks whether you end it or keep it one more week; if you keep it, it switches off by itself at the end.
- When it closes, progression resumes from the weights before the deload.
- With autoregulation, the app also suggests it when it detects accumulated fatigue, a drop in performance, several days in a row in poor state or a cardio week far above usual. Every so many weeks of regular training, it also asks whether your body needs one.
- During the deload, on saving each session the app confirms that it does not assess performance or use that week in your comparisons.
- After a deload there is a period without new suggestions, and pain only counts as a reason if it is recent.

13. Volume tab

Two tabs: **Volume** and **Frequency**. They are computed from your current selection of exercises and sets. An exercise's primary group counts $\times 1$ and secondaries $\times 0.5$.

Volume. Two summary figures (groups in the target zone and effective sets per week) and one bar per group with the target zone drawn on it. Reference for men (for women the thresholds are 25 % higher):

Sets / week	Meaning
4 or fewer	Very low
5 – 9	Maintenance
10 – 20	Target zone (start at the low end)
21 or more	Very high: watch your recovery

Frequency. Two summary figures (groups with two or more days and workout days per week) and a group × session matrix: solid green cell if the group is primary in that session, light green if secondary, grey if not worked. The Days column counts only the sessions where the group is primary. Training each group two or more days a week is usually preferable.

14. Progress tab

From top to bottom:

- **Monthly report (PRO):** a button that opens the report of the last closed month (see below).
- **Last-session verdict:** percentage against your baseline, a one-line reading, a mini chart of the last seven sessions, and tonnage, sets, RPE and duration.
- **Recent readiness and Readiness to train** (with autoregulation): your last days in green, amber and red; non-green days show the zone with a letter (G general, L lower, U upper), and the chart of the daily score.
- **Overall assessment:** a combined reading of your last sessions (improving, holding, dropping or mixed), with the context of your diet phase, your weight pace and your recovery when there is data, and what the app is already doing about it. It appears from three assessable sessions. During a deload it does not assess.
- **Session performance and Net daily performance:** whether you perform above or below your reference. The charts keep the history when you change routine; a dashed line marks each change. The ⓘ explains the reference lines.
- **HRV per day and Resting HR** (with HRV on).
- **Personal records:** your best estimated 1RM per exercise. Only the big compound lifts (squats, deadlift, presses, pull-ups/pulldowns and rows).
- **Tonnage per session**, by session type.
- Per exercise (dropdown): **estimated 1RM, load, estimated e1RM per session and total reps per session.** The e1RM is estimated from your sets with a standard formula that accounts for RIR; in bodyweight exercises it includes your weight.

Your level

Classifies your strength per exercise by comparing your best estimated 1RM with your body weight, against common standards by sex and age: Beginner, Novice, Intermediate, Advanced and Elite.

- Exercises with loads comparable across gyms score: squat (back and front), barbell and dumbbell bench press, deadlift (conventional, Romanian, sumo and trap bar), barbell and dumbbell overhead press, barbell and dumbbell incline press, pull-ups (pronated, supinated and assisted), barbell row and Pendlay row, dips, hip thrust and Bulgarian split squat. Machines, cables, Smith machine, leg press and hack squat do not score: their load depends on the manufacturer.
- **Overall level:** the average of your exercises with a record; it needs at least three exercises from two different patterns. A five-segment bar shows the level reached and the progress towards the next.
- Each row says how many kilos you are short of the next level.
- **Progress · 3 months:** per exercise, your relative strength three months ago against now and its change. With the nutrition layer it uses your trend weight back then; otherwise, your current weight on both dates.
- Thresholds adjust to your sex and age (date of birth). If you have not declared them, the card says what it assumes and links to **Settings → My routine**.

When you save a green session that moves an exercise up a level, the app announces it.

Monthly report (PRO)

Only for closed months: while the month is in progress there is no report. It opens the last closed month and, from inside, any previous month with data. It includes:

- **Consistency:** month calendar with each session's light, weekly summary, streak, complete weeks, longest break and deloads.
- **Strength progress:** records of the month, 1RM table of the main lifts, load moved, reps, sets and split by group.
- **Quality of the month** (with autoregulation): split by light, verdicts, average readiness, duration, RPE and days with a signal.
- **Body** (with nutrition): trend weight, pace against the phase target, weigh-ins, body-fat %, phase and block.
- **Comparison** with the previous month and conclusions.

It can be shared as HTML with the share icon. It does not include cardio.

15. Nutrition tab (PRO)

The nutrition layer works alongside your training. You weigh yourself every day; once a week the app tells you whether to adjust your food or your activity so your weight moves at the planned pace. You do not log meals, you do not count calories and there is no food database.

What it does and does not do

- Tracks your weight, filters the daily noise and computes your real rate of change.

- Once a week compares that rate with your target and, if needed, proposes an adjustment in grams of your own foods or in daily steps.
- Coordinates with training: protects the stimulus if your performance drops and aligns refuels with deloads.
- It does not log what you eat, does not score foods, does not split macros and does not check whether your diet is complete. It is not a diet or a nutrition plan.

Requirements and notice

The activation assistant requires ticking two boxes:

- **Reasonably structured and consistent eating.** Proposals are adjustments relative to what you ate the previous week. You do not need to know your calories, but you do need to be able to say whether this week you ate roughly like the last. If your eating is irregular, do not turn the layer on.
- **Legal notice.** It is for healthy adults. Do not use it if you are under 18, pregnant or breastfeeding, have or have had an eating disorder, are underweight, have an illness or take medication that affects weight, metabolism or nutritional needs. Estimates can be wrong. The app does not diagnose or treat illness and does not guarantee results. You decide: discard any proposal that contradicts a professional. If discomfort, dizziness, weakness, menstrual changes or a worrying weight change appears, stop applying the recommendations and seek professional help.

Activation: the assistant

Seven screens, one decision per screen. Nothing is saved until you tap **Turn on**.

- **1 • What this is:** explanation and the two boxes. The full legal notice opens from its own box.
- **2 • Your measurements:** height and years of strength training experience. Sex is taken from the one declared in Settings.
- **3 • Body-fat %:** required, but you do not need to know it: three methods open the estimator (see **Your data**).
- **4 • Which block:** Bulk, Maintenance or Cut, and whether you have been in that same phase for less than 3 weeks or 3 or more (shortens calibration).
- **5 • Pace:** percentage of your weight to change per week, with a colour band (green recommended, amber reasonable, red aggressive), the projected weight and body-fat % and the estimated split between fat and lean mass.
- **6 • Last details** (optional): foods, approximate usual intake ("I don't know" is valid), menstrual cycle mode and weekly card notice.
- **7 • Summary:** the first block, its projection and the reminder that for the first days the app only observes.

On activation the phase and the first block of the season plan are created.

The tab

Ordered by frequency of use. The header shows the current phase and week and gives access to the phase settings.

- **Today weight:** a large figure that opens the keyboard, a strip of the last seven days and the count of weigh-ins this week. **Another day** logs a late weigh-in with its date.
- **This week adjustment:** the weekly card (see below).
- **Weight trend:** chart with your weigh-ins (dots), your trend weight (line) and the target (dashed). Weigh-ins inside a refeed window or after a pause are drawn hollow: they do not move the trend.
- **Body-fat % trend:** estimated from your weight trend, with your real measurements and the projection. Only appears once there is an estimate.
- **Phase status:** the **Calibrated** or **Calibrating · n of m days** badge, and estimated weight, body-fat % and lean mass from the start to the end of the block. With the loop calibrated, a second row with the real pace, the estimated energy balance and the margin the loop can still adjust, with their uncertainty ($\pm$). None of them is your intake.
- **Season:** a bar of blocks proportional to the calendar, with the current block highlighted; opens the planner.
- Management index: **Your data**, **Phase settings**, **Performance monitor** and **Your foods**.

Charts are interactive: pinch to zoom, drag to pan, tap a point to see date and value, double-tap to return to the full view.

Weighing yourself every day

It is your only daily task. Weigh yourself fasted, after going to the bathroom, before drinking and without clothes. Repeating the conditions matters more than the exact time. A single day goes up and down with water, salt, glycogen or the menstrual cycle; that is why the app looks at the trend weight, not the single number. One weigh-in per day; if you make a mistake, edit or delete it from the list. If a reading is far from the previous one, the app asks for confirmation.

Calibration

When a phase starts, the app gathers data and proposes no changes. It usually takes about three weeks, or less if you said you had already been in the same phase for a while. Every block change recalibrates: moving from a bulk to a cut, weight jumps because of water and glycogen, which is not fat.

The weekly card

It is the only place where the app proposes adjustments. It appears once a week and can say:

- **Everything is on track:** your pace is within the target corridor. Change nothing.
- **Downward adjustment:** the daily kcal to cut and several ways to get there: **Move more** (daily steps computed from your data; the best route whenever you can take it on), **diet** (cut carbohydrates, or carbohydrates and fats, with examples from your foods or from the app's basics; protein is not cut), **Activity and diet** (half and half) and **Your own mix** (choose one or two foods and split the kcal between them; if you like, cover part of it by walking). When the phase already carries many recommended steps, only diet remains.
- **Upward adjustment:** raise calories, prioritising carbohydrates. Reducing activity is never proposed.

- **Refeed and deload:** after a long deficit, two days with more carbohydrates coordinated with a training deload. The card shows the refeed dates, until which day weigh-ins do not move the trend, and whether it is in progress or completed.
- **Protecting the stimulus:** a training volume cut (see coordination).
- **Target safely adjusted** or **This phase is over:** the loop has reached its safety cap. The app proposes setting up the next phase.

The card closes with **Apply** or **Postpone**. Apply is not scored and does not change the adjustment: it only marks the decision as taken. Pick a single option, keep it every day until the next card, and remember that the figure is an adjustment relative to your average intake of the previous week with the same training and activity, not a target intake. If there is no clean signal (few weigh-ins or a water window), the assessment is postponed and the card says so.

Your data

- **Body-fat %:** the current estimate, its date and method, the full composition curve and re-measurement. The estimator offers three methods: **Navy tape** (tape measure at neck and waist, plus hips for women; the most precise), **Gallery** (reference silhouettes) and **Manual** (bioimpedance scale, DEXA or skinfolds). It is a guide with a margin of several points, not a clinical measurement. Always repeat the same method under the same conditions; the app asks you to re-measure every so often.
- **Experience:** editable with one tap.
- **Height:** as declared in the assistant.
- **Fat / lean mass split:** with two measurements far enough apart, the split sheet says how much of the weight change was fat and how much lean mass (which includes water and glycogen), the margin of the reading and the kilos of change that would make it reliable. With three or more measurements it adds the split of the whole phase. If the split is going badly and the reading is reliable, it proposes lowering the pace with one tap. The split never modifies your training.

Phase settings

- **Menstrual cycle mode (optional)** (if your profile is female): reduces the effect of cycle-related weight swings. It works from day one with a standard length; once you mark day 1 twice (first day of bleeding; you can mark a past date) it uses your real length. The mark is optional.
- **Weekly card available:** notification that a new card is ready. Off by default.
- **Pause phase:** for trips or illness. The loop freezes and those days do not count; adjustments, refeeds and volume protection are kept. On resuming, the app lets a few days pass and asks for several weigh-ins before assessing again. Pausing is better than quitting.
- **Turn the layer off:** switches the module off without deleting anything. The diet phase becomes manual again and body weight can be edited in Settings again.
- **Delete nutrition data:** phase, weigh-ins, library and profile, with double confirmation. Workouts are untouched. The module is included in the app's general backup.

The season planner

Opens from the Season card. You chain Bulk, Maintenance and Cut blocks, each with dates and a weekly pace, and the chart shows the projected weight, lean mass and body-fat % at the end. No need to plan the whole year: the next phase is enough. When a block ends, the app moves to the next one by itself and tells you. Without a plan, the module stays at maintenance: it tracks your weight but proposes neither raising nor lowering calories.

Your foods

The library exists so the recommendation reads "cut 60 g of dry rice" rather than "200 kcal less". Six to eight foods you eat daily are enough. For each you enter the name, kcal per 100 g from its label, whether you weigh it dry or cooked, its dominant macronutrient and the minimum adjustment in grams. The most common mistake is the weighing mode: 100 g of dry rice is about 300 g cooked. Without foods, the app uses a list of basics.

Coordination with training

- The diet phase is set by the current block, and the progression engine uses it as always.
- **Performance monitor:** the app tracks two or three main lifts. Selection is automatic; you can change it from its screen. If you change routine, it recalibrates over a few sessions.
- **Protecting the stimulus:** if performance in those lifts drops steadily and the diet adjustment does not fix it, the app reduces the volume of your exercises: a little first and, if the drop is confirmed, by 20 %. It never goes below one set per exercise and does not cut indefinitely. Load can keep progressing.
- Refeed and deload go together.
- The weekly card reminds you of an approximate daily protein amount.

Notifications

The module only adds the **Weekly card available** notice (Phase settings). The weigh-in reminder is part of the **Daily log reminder** in Settings, which also carries, on the day it is due, the request to re-estimate your body-fat %. Inside the app you will also see a re-measurement reminder that does not nag.

Get the most out of it

- Weigh yourself daily and always the same way.
- Give calibration time.
- One adjustment at a time, for the whole week.
- Enter your real foods.
- Update your body-fat % with the same method.
- If you travel, pause the phase.
- The PRO trial lasts 16 training sessions and calibration takes two or three weeks: the loop's value shows with more mileage.

16. Support tools

Plate calculator

Dumbbell icon, top. Three blocks:

- **Barbell:** target weight and bar weight; it tells you which plates to put on each side using only the ones you have configured. If the target cannot be made exactly, it warns you.
- **Machine or cable** where plates load on one side only: target load and breakdown.
- **Warm-up sets:** enter your 1RM for a main exercise and the app proposes five sets (three essential and two optional), raising the weight and lowering the reps.

Rest timer

Described in section 4 (During the session): countdown with alarm, notification, floating timer on Android and smartwatch notice.

17. Sharing your training

- **Share session:** from the history, an image with the date, tonnage, total reps and exercise details, with the TrueLift branding.
- **Monthly report (PRO):** from Progress, as HTML, to share or archive.

18. Backup and TrueLift Coach

Your data lives on your phone. In **Settings → Backup**:

- **Export backup:** saves routine, history, settings and nutrition data to a file. Keep it somewhere safe.
- **Restore:** loads a backup on another phone or after reinstalling. It replaces all current data with the backup's.

The same backup lets you show your training to a coach and open it in **TrueLift Coach** (truelift.es/coach/), the desktop app for reviewing your metrics and editing your routines on a computer. The link is on the TrueLift PRO screen and at the end of the monthly report.

19. Recommendations by level

If you are starting

- Choose Simple linear progression.
- Prioritise technique and log RIR honestly.
- Set up your equipment, log your sessions and let the app guide you.

If you are experienced

- When linear progression stalls, move to Double progression.
- Consider Top set + back-offs on the big basics.
- Turn on autoregulation and log your daily readiness, session effort and cardio.
- If you combine strength and endurance, log all your cardio with realistic duration and intensity.

20. Frequently asked questions

Do I lose my data when the PRO trial ends? No. Routine and history are kept; only PRO features are locked. If you used a custom routine, make a backup before it expires: the app offers it.

Is the PRO version a subscription? Your choice: monthly subscription, one year or a one-time lifetime payment. All through Google Play, restorable on any phone with your account.

I can't change sets, RIR or add exercises. Editing the routine is a PRO feature. In the free version you can swap an exercise for another of the same pattern and group.

I can't load the proposed weight. Check **Settings → Equipment available**: 1.25 kg plates, microloading and dumbbell jump.

I loaded a different weight and the app proposes mine, not its own. On purpose: if you changed it by hand and did not progress, it keeps yours. When you progress, the new weight is built from your equipment.

"prev." shows one session, but the proposal comes from another. That last session does not drive progression (deload, amber or red day, or reduced intensity). The card explains it and says which session it starts from.

Why won't it let me save a second session today? Only one strength session per calendar day is saved. Edit today's to add what is missing. If you train at night and log after midnight, you take up the next day.

What are the small bars under the exercise? Progression attempts: each is an attempt to hit the target with the current weight. When they run out, the app warns of the decisive attempt, tries reordering (PRO) and, if you stay stuck, proposes a step back.

I've been weeks without training. Between 2 and 8 weeks, the app lets you choose a modulated return or picking up where you left off. After more than 8, it rebuilds your level in a few sessions with manual weights.

Why is this increase smaller than other times? Because the last session was very demanding, you are in a deficit or you did not log RIR. That is the expected behaviour.

My leg hurts, does everything stop? No. With autoregulation, set the zone in the check-in and the app slows only the exercises of that region.

I slept badly and my HRV came out low. A single night modulates nothing. Only the sustained signal counts.

How do I enter the assisted pull-up? The assistance as a positive number, as the machine shows it. Progressing means removing assistance; at 0, move to the regular pull-up.

Can I switch from kg to lb without breaking the history? Yes. Only what you see changes.

Why doesn't this month's report appear? Reports exist only for closed months, and they are a PRO feature.

My overall level doesn't appear. It needs at least three exercises with a record from two different patterns; the card says how many are missing. If you do not declare sex and date of birth, the thresholds for a 25–40-year-old man are used.

Do I have to count calories? No. The nutrition layer only needs your daily weight; adjustments are relative to what you already eat.

I've been weighing myself for two weeks and it proposes nothing. That is calibration; it usually takes about three weeks. The status card shows the countdown.

Today I weigh a kilo more than yesterday. It is water, salt, glycogen or gut content. The app looks at the trend, not the spike.

Why can't I change my body weight or the phase in Settings? With the nutrition layer on, weight is driven by your weigh-ins and the phase by the current block of the plan. When you turn the layer off, both become manual again.

The app has cut my sets. Your performance in the monitored lifts was dropping steadily and the diet adjustment did not fix it. It is temporary, has a floor and load can keep progressing. The weekly card explains it.

What happens to my nutrition data if I turn the module off or PRO expires? It is kept and comes back when you reactivate it.

The floating timer doesn't appear. Check that you are on Android, that the countdown is on and that you granted the Display over other apps permission. Inside TrueLift the capsule hides on purpose.

Can I get the rest-finished notice on my watch? Yes: allow TrueLift notifications on your smartwatch. You can keep only the "Rest finished" channel.

21. About the author

TrueLift was created by Rubén Soro. His approach: evidence-based training, with no shortcuts, to progress with sound judgement in every session.

Author's website: www.rubensoro.es

App website: www.truelift.es

TrueLift — Train with sound judgement.