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Assign Personal Workouts to Individual Athletes

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You can now assign personal workouts directly to individual athletes, completely separate from class programming. This gives coaches a dedicated space to build individualized training plans for Personal Training clients, rehab, accessory work, or any athlete who needs something outside of the regular class schedule.

- Assign a workout to an athlete from a template, a previous workout, or from scratch
- Control whether the athlete sees the workout right away with the Visible to athlete toggle
- Edit, replace, or delete an assigned workout without touching the original template
- Workouts are available only on the **Kilo - Members app**.

For the full walkthrough, see [Assign Workouts to Individual Athletes](#).

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