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Trainer & coach getting started

PulseGrid setup for personal trainers, gyms & studios



Scan for the online setup wizard

Members join free from their phones. You run class from the trainer console. This guide covers account setup, your group code, and your private trainer PIN.

What PulseGrid does for you

PulseGrid puts live heart rate zones on a studio board during class. Participants connect from their phones — no app install, no payment. You control the session from the trainer console: timer, target zones, sprints, roster, and after-class reports.

- Members use your group code on /join — always free.
- You use the trainer console at /admin — sign in with owner email and password.
- An optional studio PIN gives quick access on a shared iPad.
- The live board at /board goes on your TV or projector.
- Class data is saved when you tap End class — reports and emails on Premium.

Choose a plan

- Flex — week pass or per-class credits. Ideal for pop-up sessions and trying PulseGrid.
- Premium — monthly subscription with analytics, PDF/email reports, branding, and marketing tools.
- Members never pay on any plan. Only trainers and gyms subscribe.



View plans & sign up

Start a trial or buy Flex credits. You receive your group code after checkout.

pulsegrid.club/premium

Your group code vs trainer sign-in

Share the group code widely. Keep your account password and optional studio PIN private.

Group code (for members)

- Members enter this on the join page to find your studio.
- Safe to print on posters, WhatsApp groups, and Instagram.
- Usually six characters, not case-sensitive.
- Pre-fills automatically when you share a join link or QR code.

Your group code

Trainer sign-in (staff only)

- Primary: owner email and account password on any phone, laptop, or tablet.
- Optional: 4–8 digit studio PIN for quick daily access on a shared iPad (after password is set).
- Unlocks Start, zones, sprint, End class, and reports.
- Separate from the group code members see on /join.
- Forgot password? Tap Forgot password on /admin and check your owner email.

First-time account setup

1. Sign up at Premium or Flex and complete checkout.
2. Open the onboarding wizard — bookmark it for your team.
3. Note your group code. Share it with members, not your password.
4. Open the trainer console (/admin) with your group code.
5. Verify your owner email and set your account password from the welcome link.
6. Optionally set a studio PIN for the shared iPad.
7. Sign in on up to two trainer devices (e.g. front-desk iPad and office laptop).

Password vs studio PIN

Your password is the primary credential for console access on any device. The optional studio PIN is a convenience shortcut on the shared tablet after your password is set.

Forgot your password?

On /admin tap Forgot password and enter your owner email. Open the secure link we send within one hour to choose a new password.



Trainer console

Daily control



Setup wizard

5-step guide