

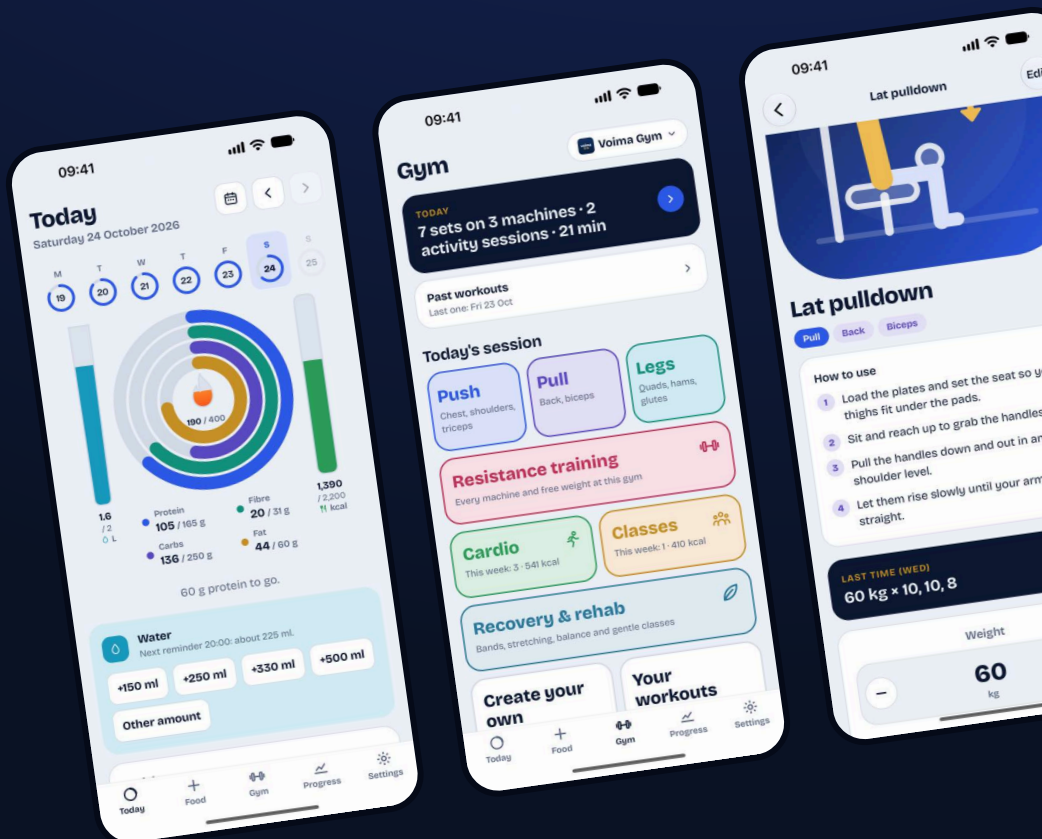


Voima

User Guide

Train hard. Eat well. Track both.

Everything you need to log your lifts, your cardio and your food, on your iPhone and Apple Watch. Plain English, lots of pictures.



For Voima 1.0.8 on iPhone (iOS 17 or later) and Apple Watch
October 2026

support.replug@gmail.com

What's inside

Voima puts your gym training and your food in one app. Read it front to back, or jump to the part you need.

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TIP

Gold boxes like this one give you a shortcut or a good habit.

PRO

Purple boxes mark features that are part of **Voima Pro**. The 7-day free trial includes them.

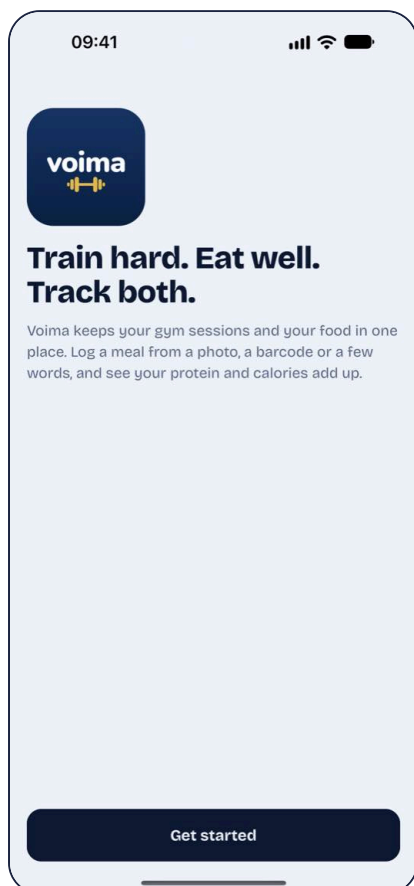
GOOD TO KNOW

Blue boxes explain how something works behind the scenes.

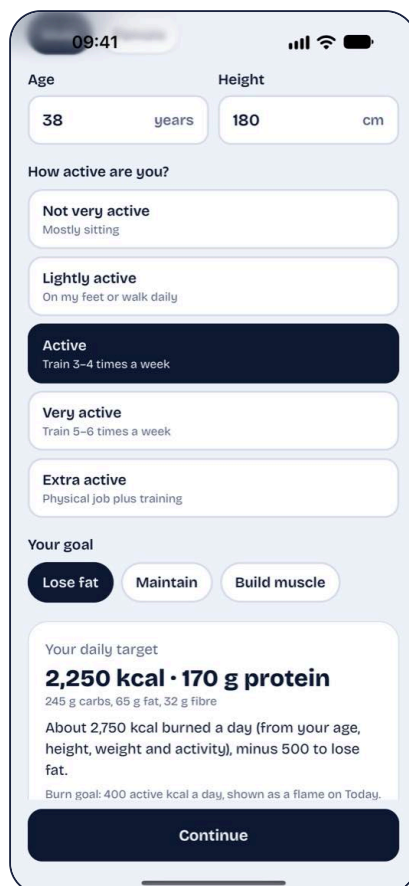
The screenshots in this guide come from the iPhone app with made-up demo data. Your screens can look slightly different. This guide is also available in Greek and Russian: it opens in the app's language.

Getting started

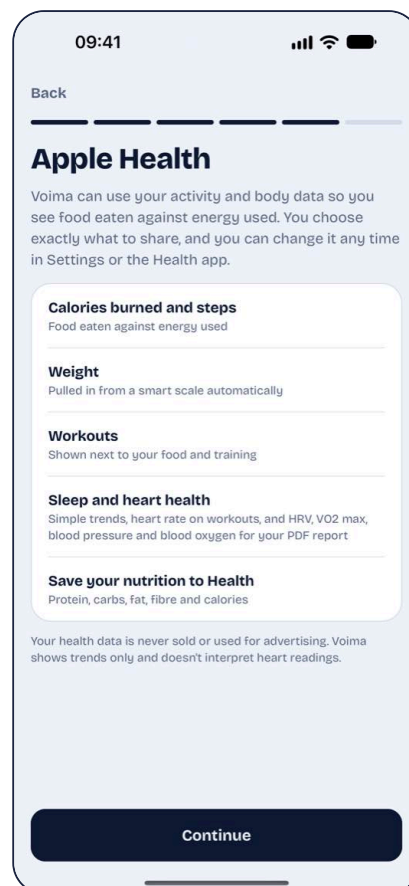
Setup takes about two minutes. There's no account to create and no email to give: your logs stay on your iPhone.



Welcome



About you and your targets



Apple Health

The setup steps

- 1 **Agree to the terms.** Tick each box so you know how Voima uses your data. Voima is a tracking tool, not medical advice.
- 2 **Your weight.** Today's weight and your goal weight.
- 3 **About you.** Sex, age, height, how active you are and your goal (lose fat, maintain or build muscle). Voima works out a **daily calorie and protein target**, plus carbs, fat and fibre, and a **daily burn goal**.
- 4 **Diet and allergies** (optional), so AI suggestions and takeaway menus can warn you.
- 5 **Apple Health.** Tap Continue and choose what to share. You can change it any time in the iPhone Settings app.
- 6 **Voima Pro.** Start the free week, or carry on with the free version.

Your targets

Targets are worked out for you from your details. To change them, go to [Settings → Daily targets](#). You can type your own numbers, or go back to the automatic ones.

To see exactly how they're worked out, and the research behind them, tap **How we work this out** there, or visit voima.co.uk/targets. If you know your own numbers, use them: yours always win.

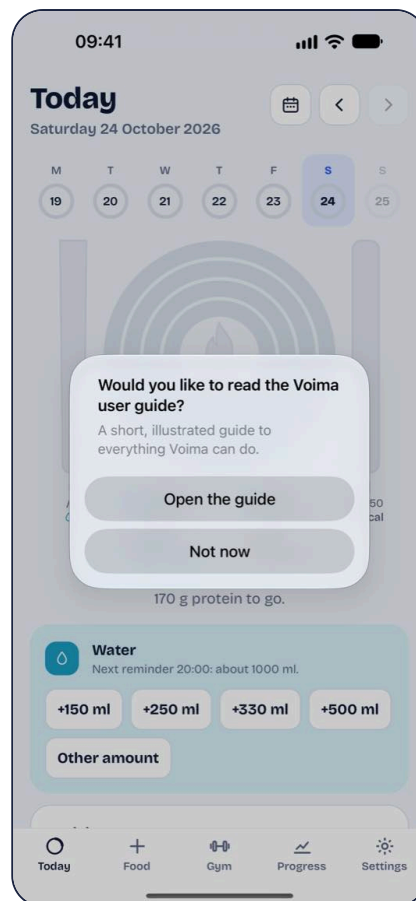
Apple Health

With Health connected, Voima can:

- read **active calories, steps and workouts** (from your Apple Watch or another tracker) to show calories in vs out and light your burn flame;
- import your **weight** from a smart scale;
- read **sleep and heart health** for the sleep card and your PDF report;
- save your **nutrition** and your **gym workouts** back to Health.

GOOD TO KNOW

Your Health data never leaves your iPhone, and it is never sold or used for advertising.



The user guide prompt

When setup is finished, Voima asks once if you'd like to read this guide. Tap **Not now** and you'll find it any time in [Settings → Help & guides](#).

Pairing your Apple Watch

- 1 On your iPhone, open the **Watch** app.
- 2 Scroll to **Available apps** and tap **Install** next to Voima. It installs by itself if "Automatic app install" is on.
- 3 Open Voima on the watch once and allow Health access.

That's it: there's nothing else to pair. When you start a workout on your iPhone, Voima opens on your watch by itself. [Settings → Gym → Apple Watch](#) shows whether the watch app is installed and when your gym was last sent to it.

PRO

The Apple Watch app is part of Voima Pro.

The Today screen

One look tells you how your day is going: what you've eaten, what you've drunk and what you've burned.



1 Calendar and day arrows

Open your history calendar, or step back a day with < >.

2 Week strip

Each day's ring shows how close you came to your calorie target. Tap a day to see it.

3 Water glass

Fills as you drink, including water in drinks you log. Tap it to open Water.

4 Macro rings PRO

Protein (blue), fibre (green), carbs (violet) and fat (gold), each against its target.

5 Burn flame

Your active calories against your burn goal. It fills from the bottom and lights up when you reach the goal. Tap it for the burn goal page.

6 Calorie bar

Calories eaten against your target. Green while you're under, red once you go over.

7 Numbers

Exact amounts and targets. With Voima Pro, also how much protein is left to go.

8 Quick water

One tap adds a glass. Below it: activity, sleep, and everything you've eaten today.

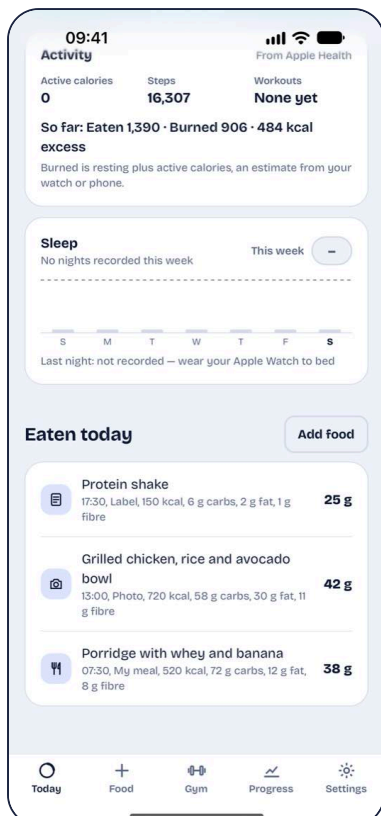
TIP

Tap the calorie bar for a short explanation and a link to [Calories in vs out](#).

PRO

The calorie bar, water glass and burn flame are free. Macros (the rings, targets, protein to go and each food's protein, carbs, fat and fibre) are part of Voima Pro. They're always saved, so they're there when you upgrade.

Further down Today



Activity, sleep and “Eaten today”

- **Activity:** active calories, steps and workouts from Apple Health, and calories eaten against calories burned so far.
- **Sleep:** last night's sleep and a simple nightly score (wear your Apple Watch to bed).
- **Eaten today:** every food you logged with its time, method and protein. Tap one to change or delete it.
- On Sundays and Mondays a **weekly review** card asks if you want to change your burn goal (Section 9).

TIP

To log food for another day, go to that day first (week strip or calendar), then add the food.

The history calendar

Tap the calendar button at the top of Today. Every month shows your days at a glance:

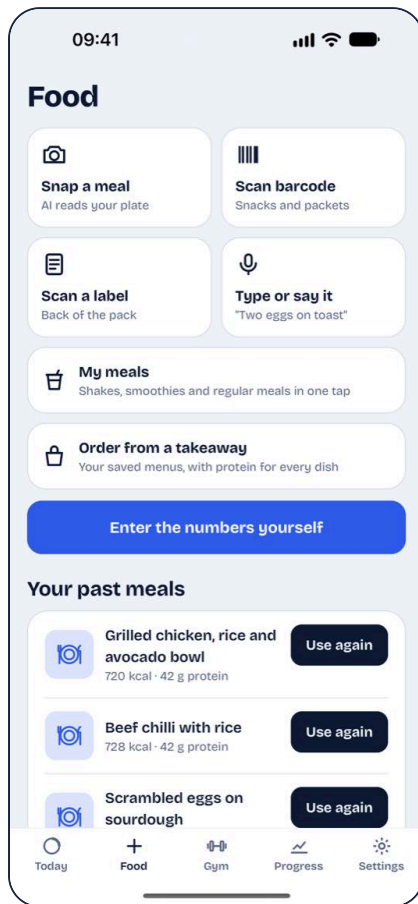
- the **inner ring** is calories (red when you went over), the **outer ring** protein (Voima Pro);
- a **tiny flame** shows whether you lit your burn goal;
- a **dot** means you worked out that day.

Each month's heading counts your flames and workouts. Tap any day to jump to it on Today. **Today** scrolls back to this month.



Food

Log a meal the way that suits you: a photo, a label, a barcode, a few words, or your own numbers.



The Food tab

Snap a meal **PRO**

Take a photo of your plate. Voima estimates calories, protein, carbs, fat, fibre and water, and lists what it thinks is in the meal. Check it, change anything, then **Add to today**.

Scan a label **PRO**

Photograph the nutrition panel on the back of a pack. Voima reads it and asks how much you had.

Scan a barcode **FREE**

Point the camera at the barcode of a packet or snack. Voima looks it up in Open Food Facts. If it isn't found, enter the numbers yourself.

Type or say it **PRO**

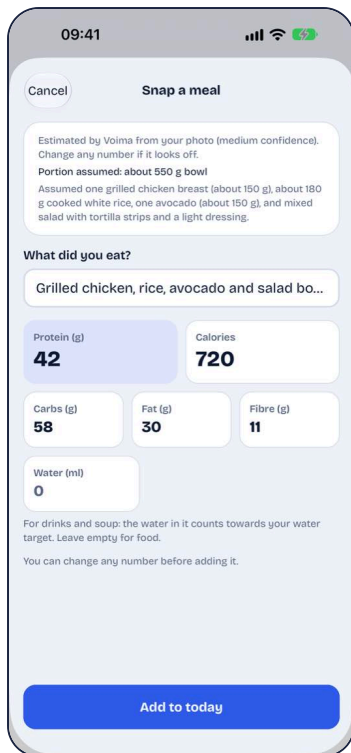
"Two eggs on toast and a latte." Type it, or tap the microphone and say it.

Enter the numbers yourself **FREE**

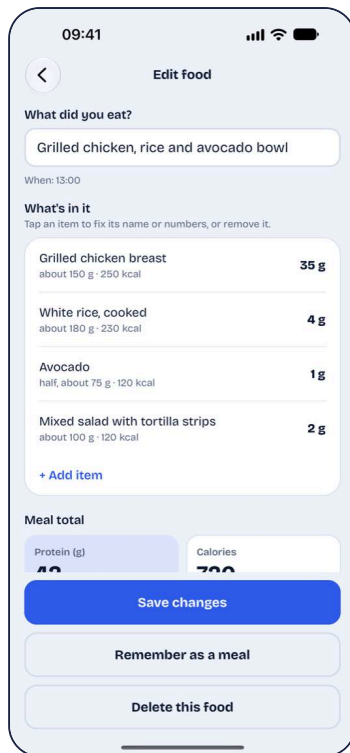
For anything else, type the calories (and with Voima Pro, the macros).

GOOD TO KNOW

AI answers are estimates. A photo is only sent for processing when you use an AI feature, and you can always change a number before it's saved.



An AI estimate, ready to check



Fix any item in a meal

Checking and editing

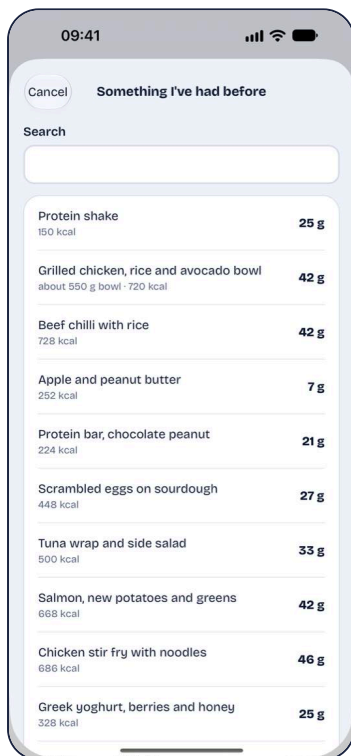
An AI meal is split into its items ("What's in it"). Tap an item to fix its name or numbers, or remove it, for example when a Babybel was read as a rice snack. The meal's totals follow.

To change a meal later, tap it on Today. You can change the time, the numbers, or delete it.

Saved and past meals

My meals keeps meals you eat often, like your breakfast shake. Build one from several items, or tap **Remember as a meal** on anything you logged.

Something I've had before lists your recent foods with search, so a repeat meal is two taps.



Something I've had before

Use again

On the Food tab, **Your past meals** has a **Use again** button next to each recent meal.

TIP

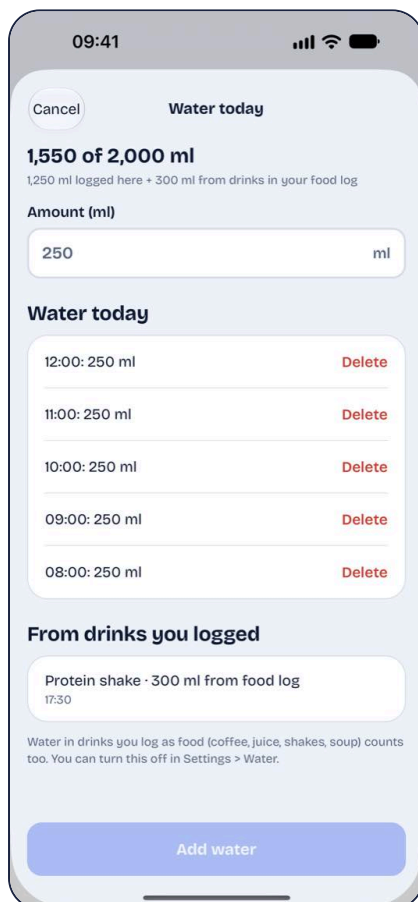
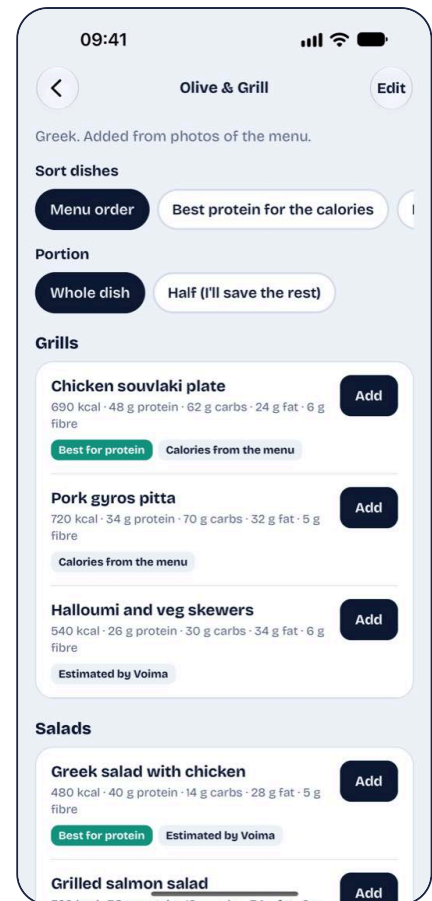
Saved meals and "had before" never use AI, so they're free and work offline.

Takeaway menus PRO

Before you order, photograph a menu or paste the restaurant's link. Voima reads every dish and shows the calories and protein of each, grouped like the menu, with likely allergens.

- 1 **Food → Order from a takeaway**, then add a menu.
- 2 Pick a dish and change the portion if needed.
- 3 Tap it to log it. The menu stays saved for next time.

Takeaway numbers are estimates from the menu text, not from the restaurant.



Water

Tap **+150**, **+250**, **+330** or **+500 ml** on Today, or **Other amount**. The Water page shows today's drinks and your daily target.

Water in drinks you log (a protein shake, a juice, a soup) counts towards your target too. You can turn that off in **Settings → Water**.

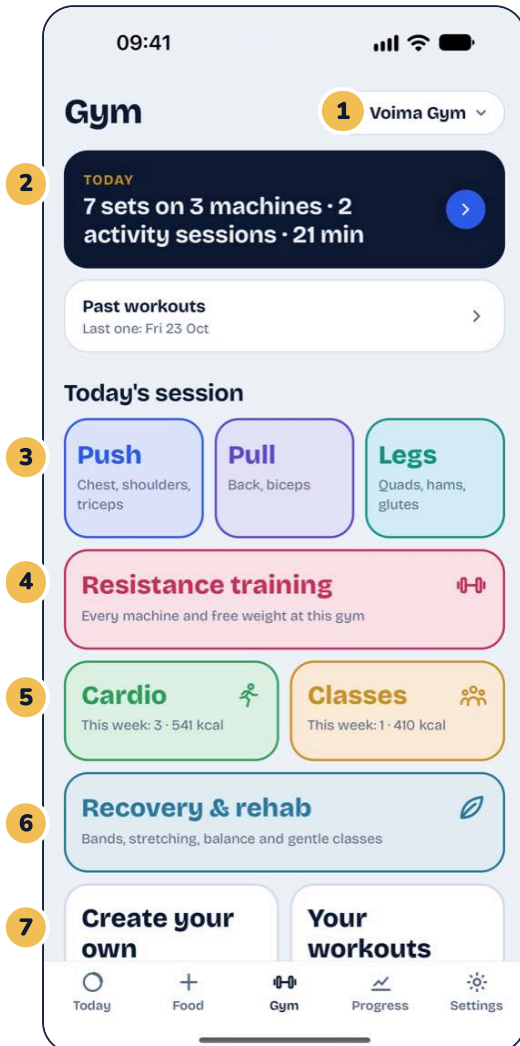
Water reminders spread through your day, between the times you choose.

Body weight

Log your weight from the Progress tab (**Log weight**), or let a smart scale send it through Apple Health.

Gym

Pick your gym, pick today's session, and log your sets. Voima remembers what you lifted last time.



1 Your gym

Tap to switch gyms or open **Your gyms**. Each gym has its own machines.

2 Today

What you've done today. Tap for the day's workout page; **Past workouts** is below it.

3 Push, Pull, Legs

Shows just the machines and free weights for that day.

4 Resistance training

Everything at the gym in one list, for when you don't split your days.

5 Cardio and Classes

Runs, rides, rowing, BODYPUMP, yoga and more (Section 5). Run and walk are free.

6 Recovery & rehab **PRO**

Bands, stretching, balance, chair exercises and gentle classes (Section 6).

7 Create your own and Your workouts

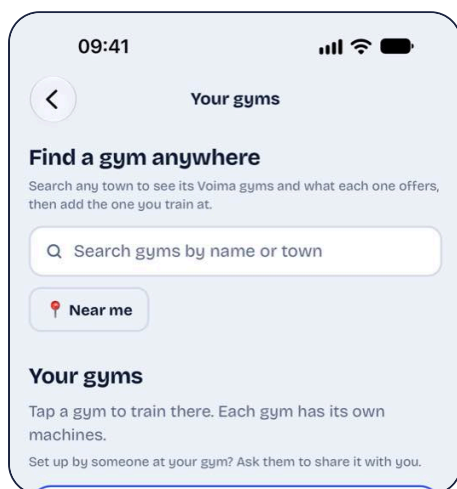
Build workouts and run them with a timer (Section 7).

Scroll down for **Featured** community workouts, **Add a machine** and the full machine list with search.

Voima Gym: your own independent gym

Everyone has **Voima Gym**: everything, wherever you train. It has every machine in the Voima library, cardio machines and every free weight, bar, bench, station and band, each with a drawing, the muscles it works and short how-to steps. It's always first in **Your gyms** and can't be renamed or deleted, so you can switch to it at home, on holiday or anywhere. With Voima Pro you can delete items you don't want, bring them back with **Restore equipment**, or **Start fresh** (deletes the sets logged at that gym; make a backup first).

Your gyms



Open **Gym** → **(gym name)** → **Your gyms**. Here you can:

- **search every Voima gym** by name or town, or tap **Near me** (Pro);
- tap a gym to **train there** (it becomes the current gym);
- **Rename, Delete**, add a **Logo** or **Share this gym**;
- **Re-sync from gym** for a gym you added from the directory: it brings back machines you deleted and adds new ones, without touching your history;
- add a **new gym** of your own and build it from scratch.

PRO

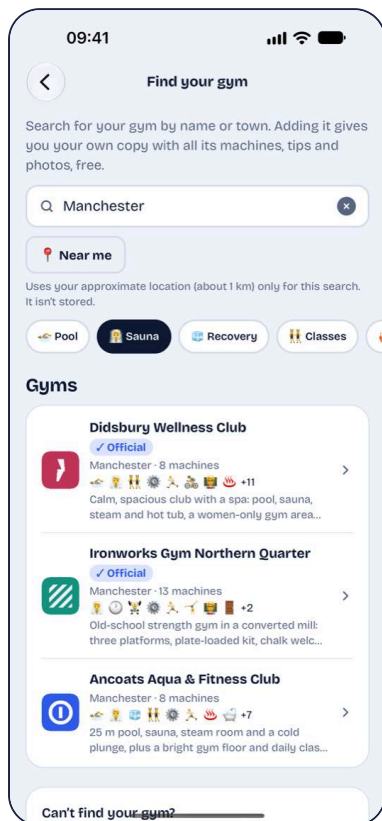
Everyone has **Voima Gym**, your own independent gym: everything, wherever you train. Free, you log on dumbbells, kettlebell, bench press, treadmill, bike, cross trainer, rower and bodyweight. Voima Pro unlocks every machine, searching the directory, adding your own gym and gyms from the directory, opening a shared gym, and editing gyms and machines (**Restore equipment**, **Start fresh**).

TIP

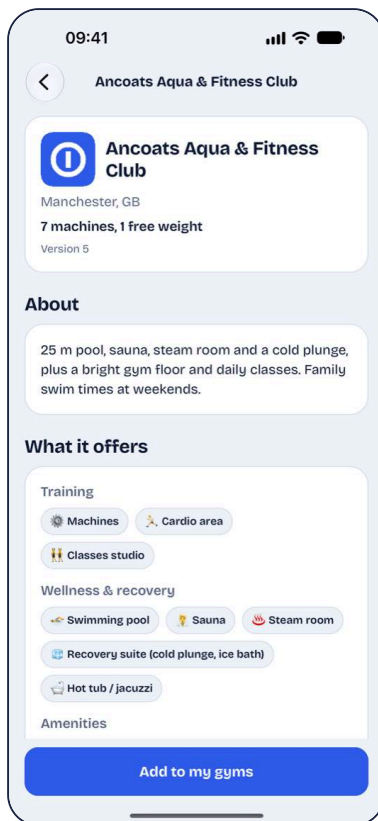
Did someone at your gym already set it up? Ask them to **Share this gym** by AirDrop or WhatsApp. Open the file and every machine is added in one go. No sets or history are shared.

Find a gym anywhere **PRO**

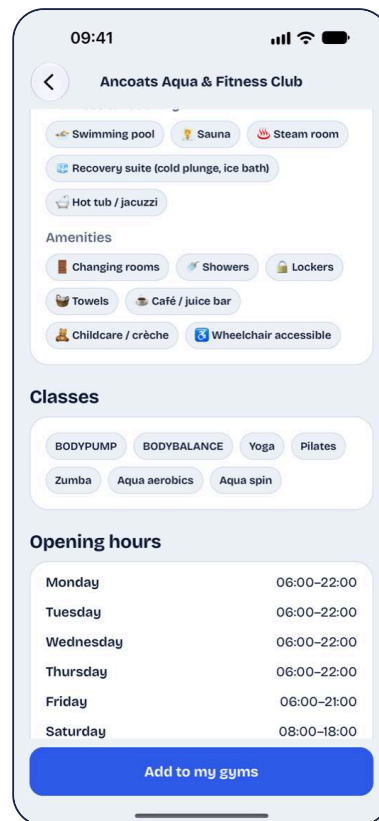
Many gyms are listed in the Voima directory by their owners, managers or PTs. The search sits at the top of **Gym → Your gyms**, so you can look up a gym at home, at work or on holiday. Adding one gives you **your own copy** with every machine, tip and photo, with no scanning. Searching and adding gyms are part of Voima Pro. Own or manage a gym? Managing and publishing it stays free.



Search a town, filter by Sauna



The gym's page



Facilities, classes, hours

- 1 Type a town or gym name ("Manchester"), or tap **Near me**. Near me uses your approximate location (about 1 km) only for that search.
- 2 Narrow it down with the filter chips: **Pool, Sauna, Recovery, Classes, Hyrox-style, 24 hours**, or **More filters** for all 30 facilities. Each result shows the town, the number of machines and small facility icons.
- 3 Open a gym to see its profile: about the gym, facilities, classes, opening hours, website, phone and the full machine list.
- 4 Tap **Add to my gyms**.

✓ **Official** means the gym itself manages the listing.

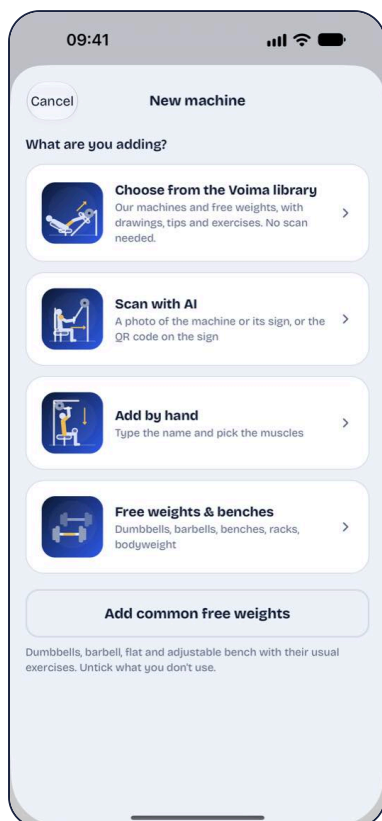
When the gym adds machines, you get a notification and a card on the Gym tab ("Ancoats added 3 machines"). Pick what to bring into your copy. Nothing is ever deleted: a machine the gym removed is marked "No longer at this gym", and your history stays.

GOOD TO KNOW

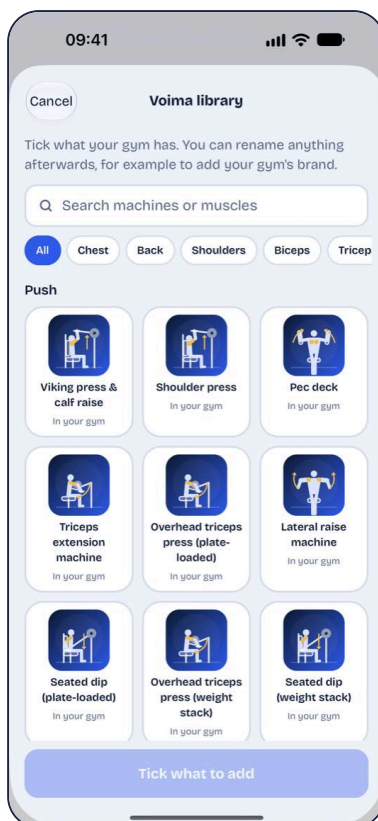
Your copy is yours: delete machines you never use or add your own. Can't find your gym? Add it yourself, or ask the gym to list it (see the **Voima for Gyms** guide).

Adding machines

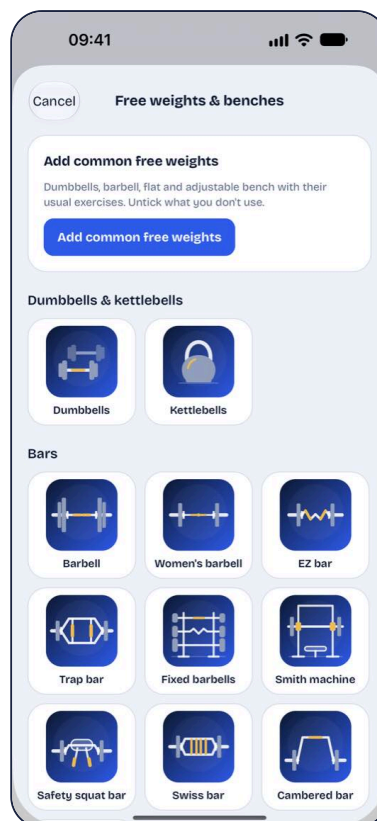
Tap **Add a machine** on the Gym tab. There are four ways:



Add a machine



The Voima library



Free weights & benches

Choose from the Voima library **FREE**

44 machines plus free weights, bars and benches, with drawings, tips and exercises. Search or filter by muscle, tick several and add them at once. Rename one afterwards to add your gym's brand.

Scan with AI **PRO**

Photograph the machine, its brand sign, or the QR code on the sign. Voima works out the name, muscles, Push/Pull/Legs and short how-to tips. Check them and save.

Add by hand **FREE**

Type a name, pick the muscles and the day. Add your own photo if you like.

Free weights & benches **FREE**

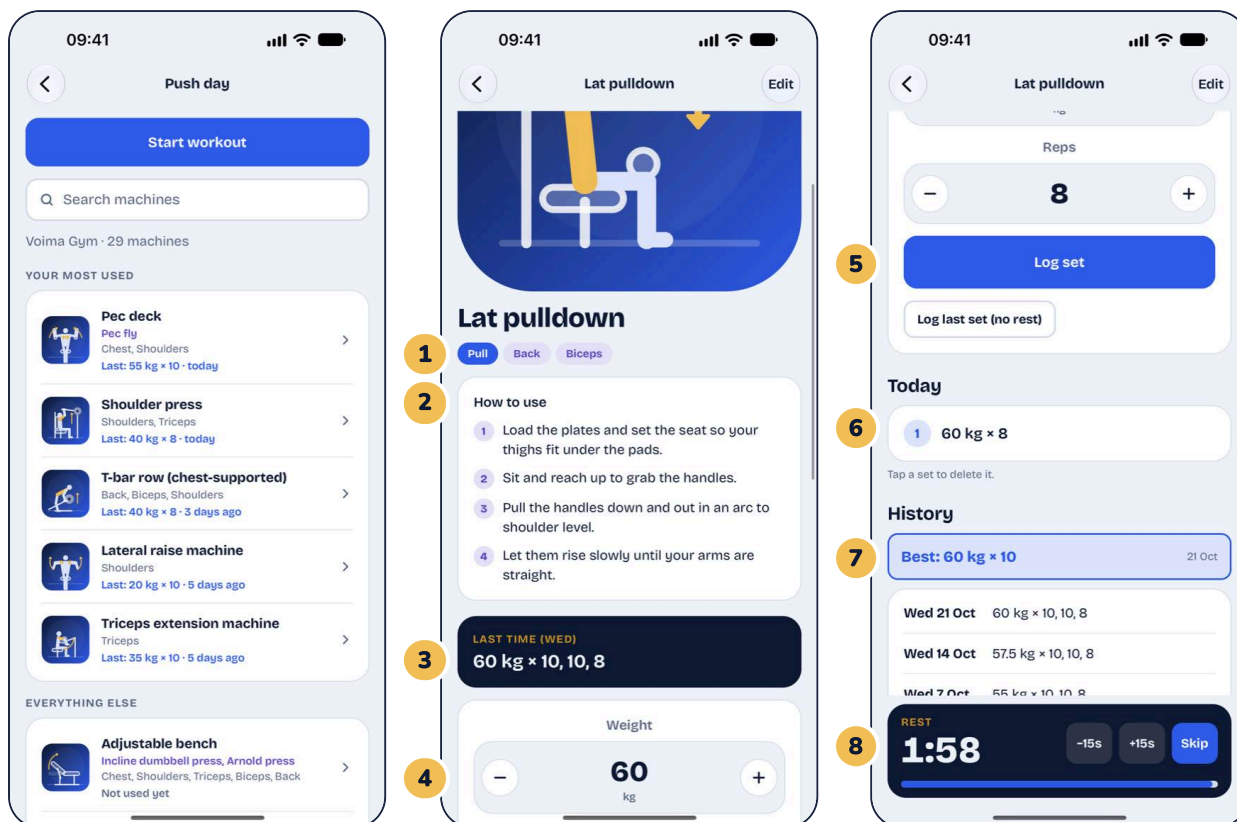
Dumbbells, kettlebells, every kind of bar, benches, racks, cable station, pull-up bar and bodyweight. Tick the exercises you do on each. **Add common free weights** sets up the usual ones in one tap.

TIP

Cable machines can hold several exercises (curls, pushdowns, face pulls), each with its own weights and history. Tap + **Add exercise** on the machine page.

Logging your sets

Choose **Push**, **Pull**, **Legs** or **Resistance training**. Your most-used machines are at the top, each with what you lifted last. Tap **Start workout** to time the session, then open a machine.



Push day, most used first

1 Day and muscles

Which split it belongs to and what it works.

2 How to use

Short steps for setting up and moving.

3 Last time

"60 kg x 10, 10, 8": the sets from your last session.

4 Weight and reps

Already filled in from last time. Use - and + to change them.

5 Log set

One tap saves the set and starts the rest timer.

Log last set (no rest) takes you back to the list.

6 Today

Your sets so far. Tap one to delete it.

7 History and Best

Every session on this machine, and your best lift.

8 Rest timer

Counts down at the bottom: -15s, +15s or Skip.

The rest timer

When rest is over, your phone (and your Apple Watch) tells you it's time to go again. Change the length in **Settings → Gym → Rest between sets**.

- **Start rest automatically** after each set (on by default).
- **Sets per machine**: after this many sets, no rest starts, so you know it's time to move on.
- **Forgot to end your workout?** If no set is logged for a while, Voima asks "Still working out?" and can end the workout at your last set.

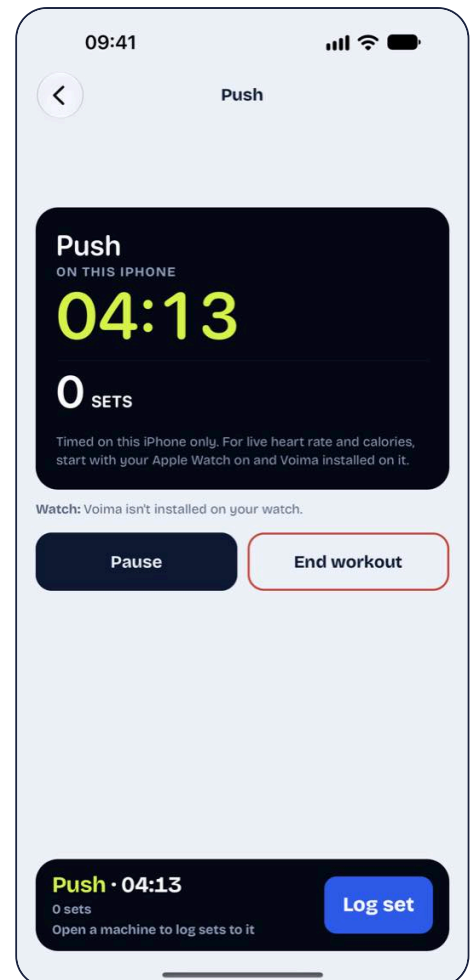
The workout bar

While a workout runs, a bar at the bottom of the Gym screens shows the time, your sets and a big **Log set** button. It logs the machine you last opened, with the weight and reps it shows. Tap the bar for **Pause** and **End workout**.

The workout also shows on your Lock Screen and in the Dynamic Island.

Swaps

Your own workouts work at every gym. If a machine in one isn't at the gym you're in, it's greyed out with **Swap**: choose something similar and Voima remembers it for that gym.



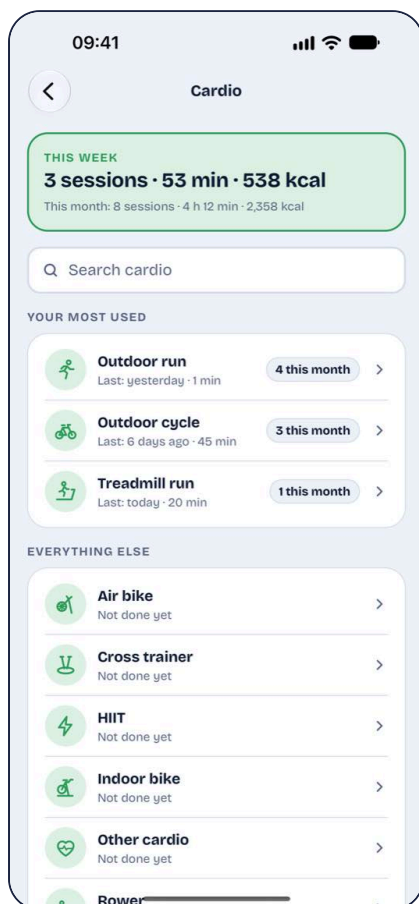
A workout running, with the Log set bar

TIP

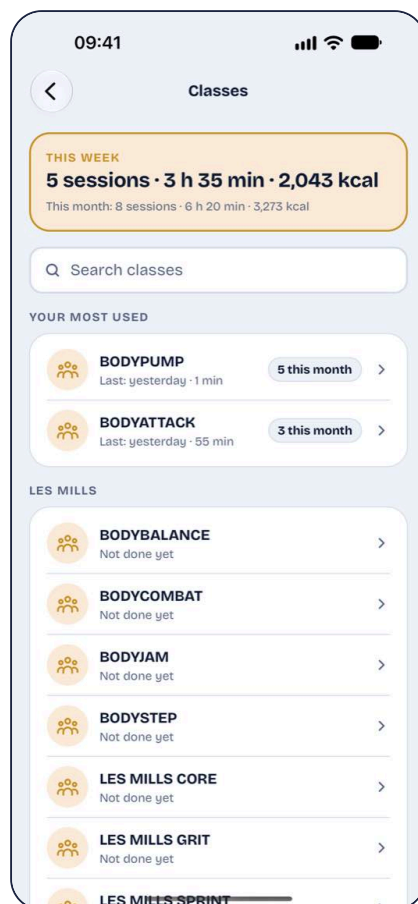
Free weights remember across gyms: your dumbbell curl "Last time" follows you to a hotel gym too.

Cardio and classes

Runs, rides, the rower and every class you go to count towards your week, your burn goal and your awards.



Cardio



Classes

Log a session

Tap a type, then **Start** to time it live (with your Apple Watch for heart rate and calories), or add one you've already done: time, distance and calories.

From Apple Health

Workouts saved in Apple Health by your watch, Strava, Garmin and others appear here by themselves.

Your own types

Missing something? Search for it, then add it as your own type.

PRO

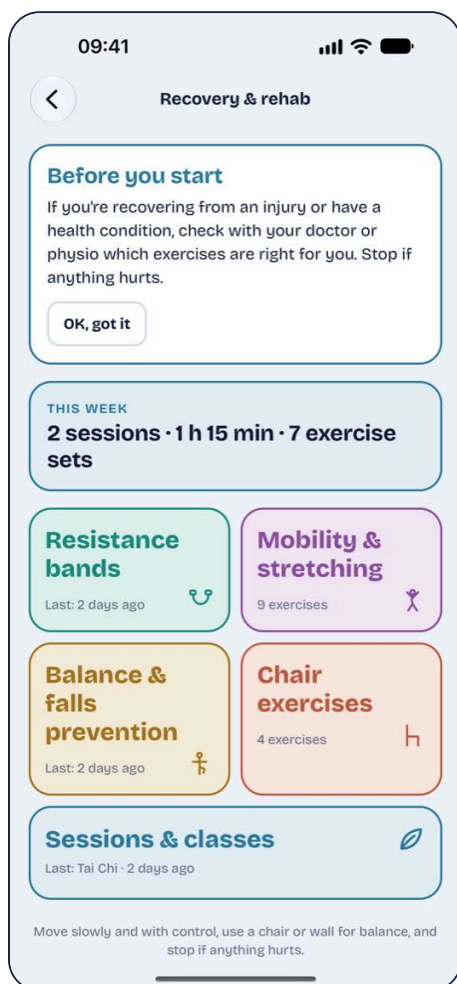
Run (outdoor and treadmill) and **Walk** are free. Every other cardio type and all classes are Voima Pro. Sessions already in your history, or brought in from Apple Health, stay there to look at.

TIP

Classes include all the Les Mills programmes, spin, yoga, Pilates, Zumba, boxing, CrossFit, Hyrox and more.

Recovery & rehab PRO

Gentle, steady exercise for getting back on your feet after an injury, staying strong and steady as you get older, or easing off after a hard week. This section is part of Voima Pro; without it you can still look round the page and see what you logged before.



The first time you open it

Tap the **Recovery & rehab** card on the Gym tab. You don't need a gym: it works at home, in a hotel room or at the physio's. Under **This week** are five coloured cards; tap one to see its exercises.

Resistance bands	25 exercises: chest press, seated row, lat pulldown, curls, squats, glute bridge, clamshell, ankle and shoulder rotations and more. You log the band and your reps.
Mobility & stretching	9 gentle movements: neck and shoulder rolls, cat-cow, hip flexor, hamstring and calf stretches, thoracic rotation, ankle circles, wall angels.
Balance & falls prevention	6 exercises: single-leg stand, heel-to-toe walk, sit to stand, step-ups, heel raises and side leg raises, always with a chair or wall within reach.
Chair exercises	4, all done sitting down: marching, leg extension, arm raises, torso twist.
Sessions & classes	Tai Chi, Qigong, Mat and Reformer Pilates, gentle yoga, chair yoga, aqua aerobics and hydrotherapy, physio sessions, walking, stretch classes and cool-downs.

Every exercise has a drawing and three short steps. Each card and exercise shows when you last did it, for example "Last: Medium band × 12 · Tue".

① BEFORE YOU START

The first time you open Recovery & rehab, Voima reminds you: if you're recovering from an injury or have a health condition, **check with your doctor or physio which exercises are right for you**, and **stop if anything hurts**. Move slowly and with control, and use a chair or wall for balance. Voima helps you keep track; it doesn't replace medical advice.

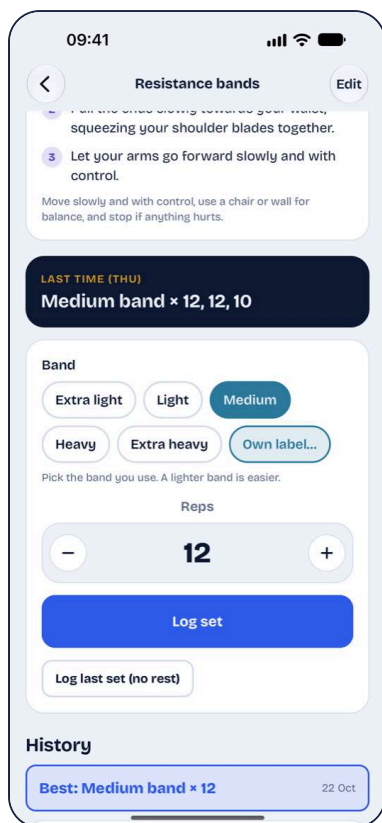
① IT ALL COUNTS

Recovery sets and sessions show on the Gym tab, your workout page, the calendar, the weekly summary (as **Recovery**) and the PDF report. Awards include **Gentle start** (your first recovery session) and **Steady progress** (10 sessions).

💡 TIP

Helping a parent or a friend? Start with two or three chair or balance exercises and a light band. The list shows what was done last time, so it's easy to build up slowly.

Logging a band exercise



Band seated row

- 1 Tap an exercise. Its page shows the drawing, the steps and **Last time**, for example “Medium band x 12, 12, 10”.
- 2 Pick your **band**: Extra light, Light, Medium, Heavy or Extra heavy. A lighter band is easier. Bands differ by brand, so choose **Own label...** to name yours, such as “Green”.
- 3 Set the **reps** with – and +. Voima fills in what you did last time.
- 4 Tap **Log set**. The rest timer starts and today’s sets appear underneath, just like gym sets.

Best is your heaviest band with the most reps, and the history shows every set. Band sets aren't counted as kilograms, so they never change your lifting totals or personal bests.

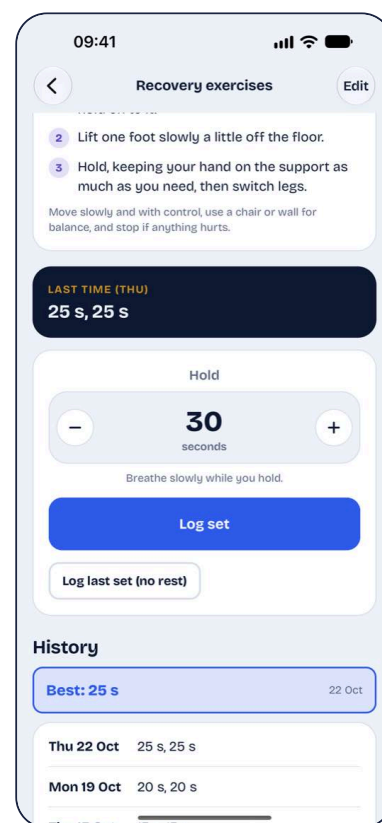
The Hold timer

Stretches and balance exercises such as the hamstring stretch or the single-leg stand are **held** rather than counted. Instead of reps you set the **Hold** in seconds, 5 seconds at a time, then tap **Log set**. It's saved as “30 s”, so you can see your holds get longer week by week.

Movements like neck rolls or sit to stand are counted in reps instead. The longest hold is your **Best**.

Sessions and classes

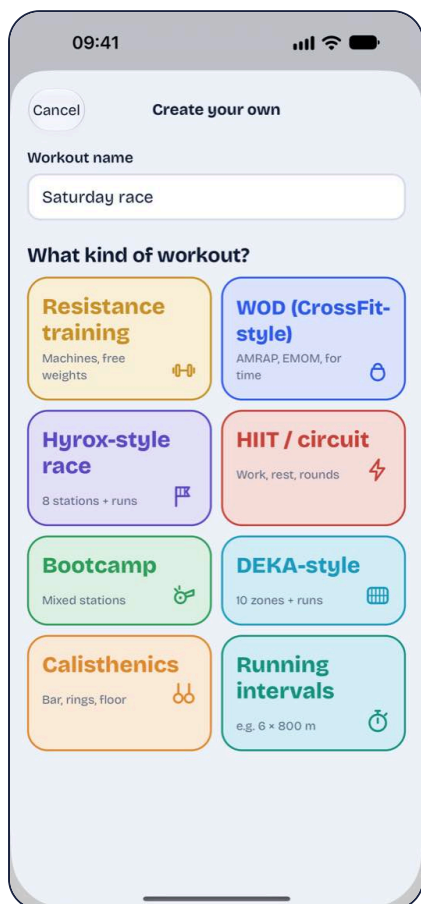
Open **Sessions & classes** and tap a session, such as Tai Chi or Mat Pilates, to time it live, or tap **Log a session** to add one you've already done, just like cardio. Sessions saved in Apple Health (for example Tai Chi or Pilates from your watch) appear by themselves. Missing one? **Add your own**.



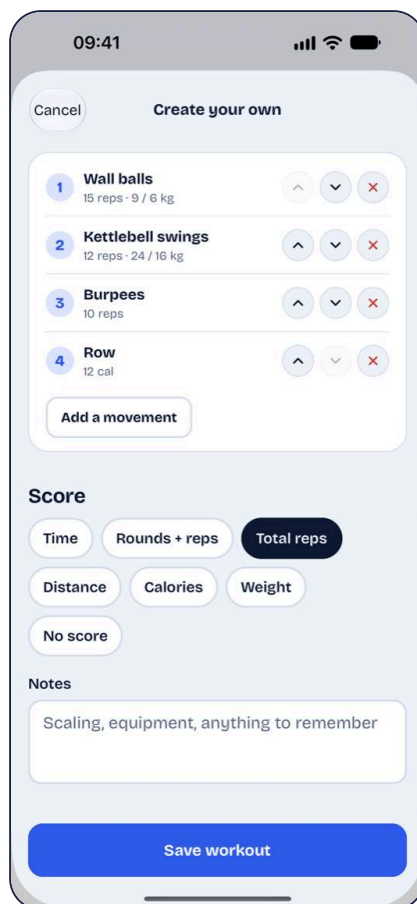
Single-leg stand: the Hold

Create your own workouts PRO

Save the workouts you do again and again, from a machine circuit to a Hyrox-style race, and let Voima run the clock.



Name it, pick a type



Add movements, choose a score

The types

- **Resistance training:** machines and free weights, in order.
- **WOD (CrossFit-style):** AMRAP, EMOM, for time, rounds for time, Tabata, chipper.
- **Hyrox-style race:** 8 stations with runs.
- **HIIT / circuit:** work, rest, rounds.
- **Bootcamp, DEKA-style, Calisthenics and Running intervals** (e.g. 6 × 800 m).

Templates

Start from Hyrox-style race, DEKA-style 10 zones, Tabata, EMOM 20, a Murph-style hero workout or 6 × 800 m, then change anything.

Building it

Pick a format, set the length or rounds, then **Add a movement** from 86 built-in movements (or your own). Tap a movement to set reps, distance, calories, time or weight, with separate numbers for women if you like. Reorder with the arrows.

PRO

Creating, editing, starting and sharing custom workouts is part of Voima Pro. Workouts you made before stay in **Your workouts** to look at, with their results.

The workout timer



The timer during an EMOM

Tap **Start** on your workout. After a 5-second “Get ready”, the timer shows the clock, what to do **now** and what's **next**, with buzzes at every change and a 3-2-1 before it.

- The big button changes with the format: **+1 round**, **+1 rep**, **Done · next** or **Skip rest**. **Undo** takes back the last tap.
- **Pause** and **Finish** at the bottom. The screen stays awake.
- The current move and its countdown show on your Lock Screen and Apple Watch.

Intervals and splits

Tap **Interval** (the flag) to mark a lap, like a segment on a run. In a race, every station you finish is a split too. After the workout you see each split, your total and the fastest one.

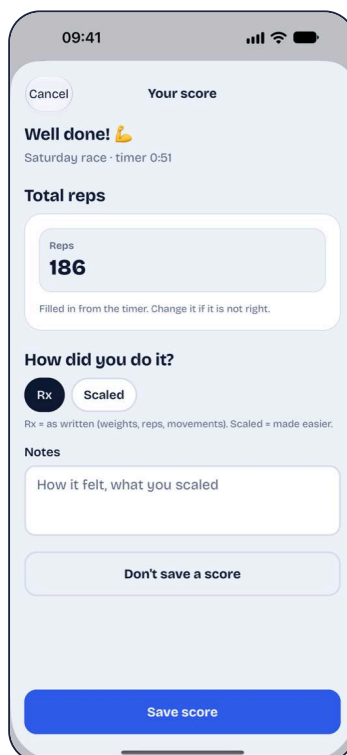
Scores and PBs

When you finish, your score is filled in from the timer: time, rounds and reps, total reps, distance, calories or weight. Mark it **Rx** (as written) or **Scaled**, add notes and save. A new best gets a gold **PB** badge, and the workout page lists your results.

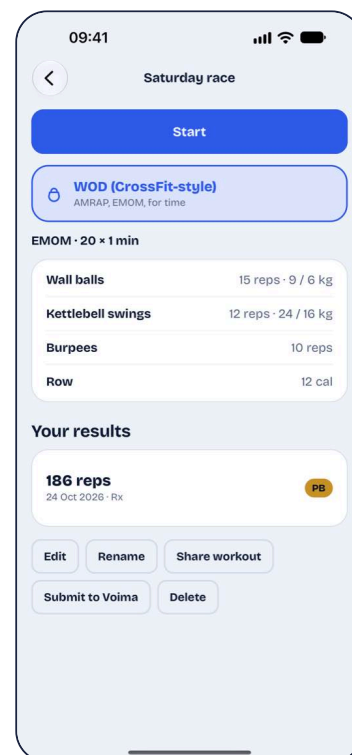
Sharing workouts

Share workout sends a small Voima file by AirDrop, WhatsApp, Messages or Mail. The other person opens it and it's added to their workouts, matched to the machines at their gym. No results or weights are shared.

Submit to Voima offers it to the community (Section 11). Opening a workout someone shared, and the community, need Voima Pro.



Your score



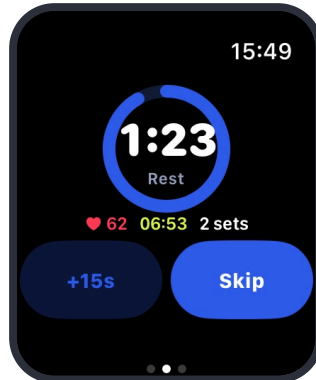
Results with a PB

Apple Watch

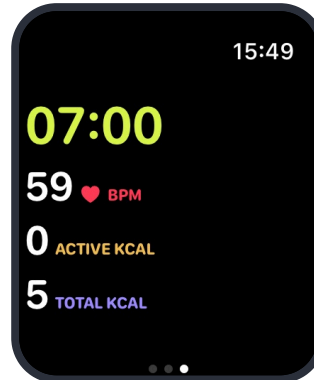
Leave your phone in your bag. Your workout, your rest timer and a Log set button live on your wrist. **PRO**



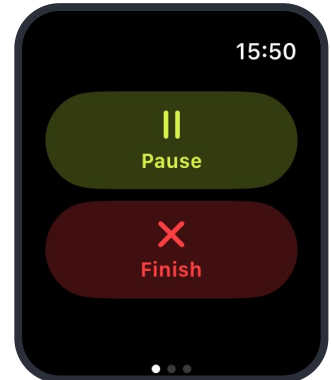
Main page: time, heart rate, calories, sets and Log set



Rest: countdown with +15s and Skip



Metrics: swipe left



Controls: swipe right for Pause and Finish

Start

Start a workout on your iPhone and Voima opens on your watch by itself, with the same time. No phone handy? Open Voima on the watch and tap **Start Gym workout**; the phone joins in.

Log set

Open a machine on your phone. **Log set** on the watch logs that machine with the weight × reps shown (it changes if you change them on the phone) and starts your rest.

Rest

The watch taps your wrist in the last seconds and buzzes when rest is over, even with your wrist down.

Pause and Finish

Swipe right to **Pause**, **Resume** or **Finish**. Finishing on the watch ends the workout on the phone too, and it's saved to Apple Health with heart rate and calories.

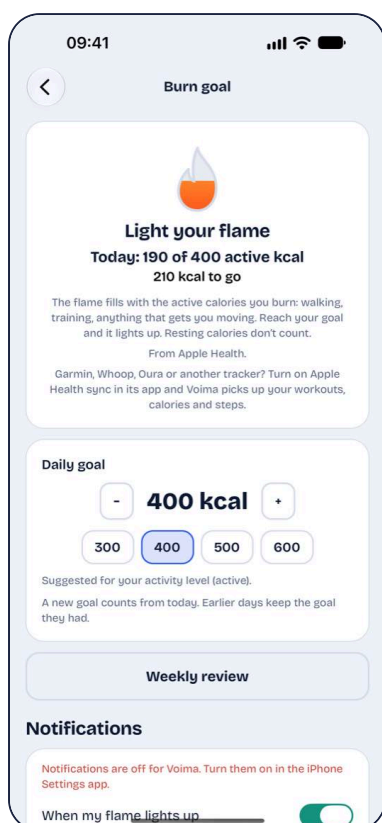
The Action button (Apple Watch Ultra)

Press it to **Log set**. During a timed workout it marks an **Interval**. A **double tap** presses the big button on screen.

Still working out?

No set for a while and your heart rate back near resting? The watch asks. Keep going, or end it at your last set.

Burn goal and weekly review



Burn goal

Your burn goal is how many **active calories** you aim to burn each day: walking, training, anything that moves you. Reach it and the flame on Today lights up.

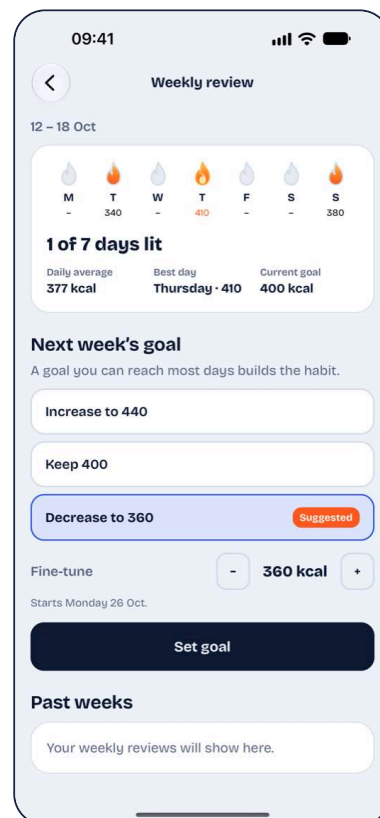
- The goal starts from your Apple Watch Move goal, or from your activity level. Change it with – and + or the quick chips.
- Active calories come from Apple Health. Without Health, your logged cardio and classes count.
- **Flame lit!** notification when you reach it, an optional evening reminder at 7 pm, and a Sunday **weekly review**.

GOOD TO KNOW

Open it from the flame on Today, or [Settings → Burn goal](#). The burn goal is free.

The weekly review

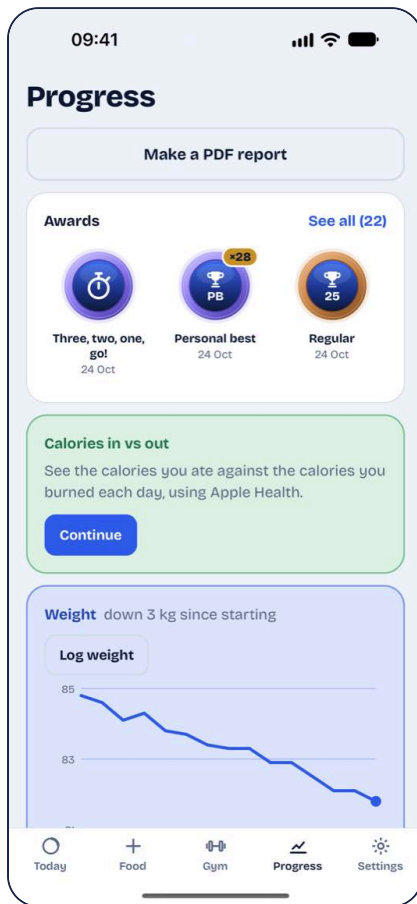
On Sunday (or Monday) Voima looks back at your week: flames lit, your daily average and your best day. It suggests whether to **Increase**, **Keep** or **Decrease** your goal. The new goal starts on Monday; old days keep their old goal.



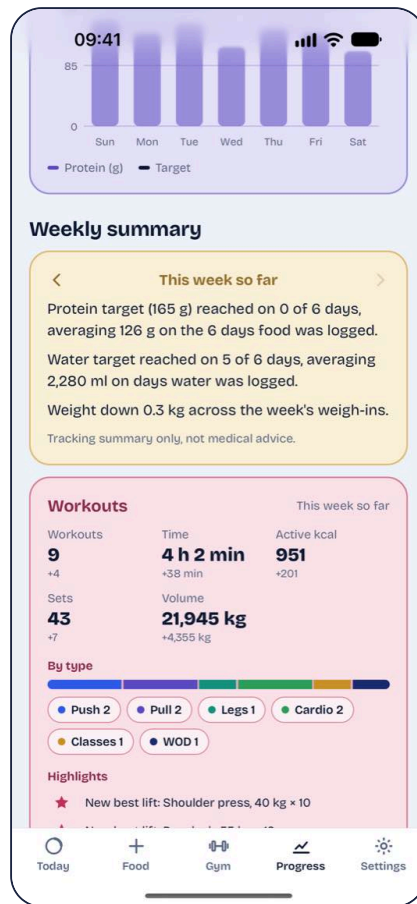
Weekly review

Progress, awards and PDF report

See the trends: weight, protein, calories in vs out, and a summary of every week.



The Progress tab



Weekly summary and workouts

On this tab

- **Make a PDF report** (below).
- **Awards**: your latest three.
- **Calories in vs out** **PRO**: 7 or 30 days, deficit or excess per day and a running total. Needs Apple Health.
- **Weight**: your trend and **Log weight**.
- **Protein this week** **PRO** against your target.
- **Weekly summary**: targets reached and weight change (protein with Pro). Use < to look at earlier weeks.

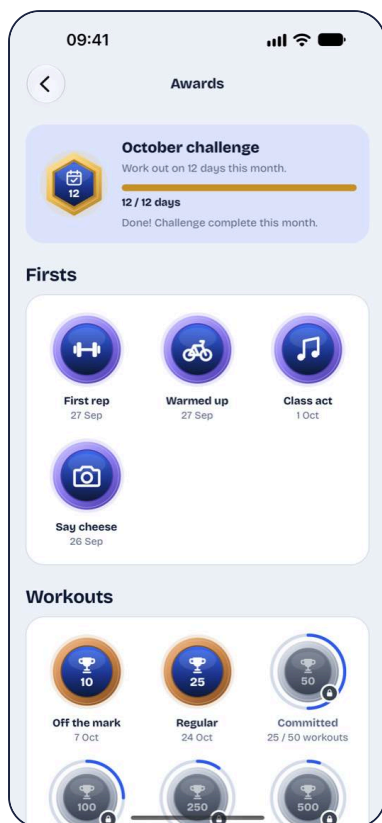
Workouts this week

The workouts card adds up your week: number of workouts, time, active calories, sets and volume (kg lifted), each compared with last week. A coloured bar splits it by type (Push, Pull, Legs, Cardio, Classes, Recovery, WOD), followed by **Highlights** (new best lifts and awards) and a list of everything you did. Tap any workout to open it.

PRO

The free version keeps the last 30 days of workout history. Voima Pro keeps it all.

Awards



Awards keep you coming back. They're worked out on your phone from what you log, and a celebration pops up when you earn one. Open them from the **Awards** card on Progress. Awards are free, except the protein ones (protein streaks and Perfect week), which are Voima Pro.

- **Firsts**: first rep, first cardio, first class, first snapped meal.
- **Workouts**: 10, 25, 50, 100, 250 and 500 workout days.
- **Streaks**: weeks with 3+ workouts in a row, protein and water targets, food logged every day.
- **Lifting**: personal bests and big totals. **WODs & races**: your first timed workout and Hyrox-style finish.
- **Burn**: first flame, 7 and 30 days in a row, 100 flames, a month on fire.
- **Recovery & rehab**: Gentle start and Steady progress. **Monthly challenge**: work out on 12 days this month.

Locked awards show how close you are ("7 / 10 workouts"). Tap any badge to see what it's for.

PDF report **PRO**

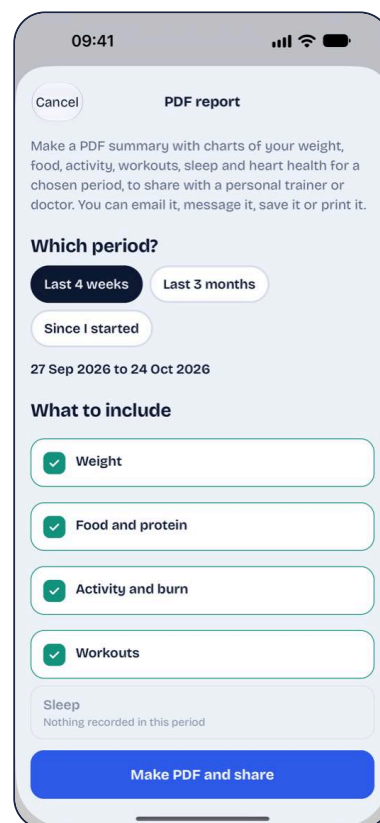
A tidy, illustrated summary to share with a personal trainer, a dietitian or your doctor.

- 1 Go to **Progress → Make a PDF report**.
- 2 Choose **Last 4 weeks**, **Last 3 months** or **Since I started**.
- 3 Tick what to include: weight, food and protein, activity and burn, workouts, sleep, heart and health.
- 4 Tap **Make PDF and share**: email it, message it, save it to Files or print it.

Inside: an "at a glance" page, charts of weight, calories eaten vs burned, protein, active calories and workouts per week, your recent workouts and personal bests, and heart health from Apple Health (resting heart rate, HRV, blood pressure, VO2 max, blood oxygen, breathing rate).

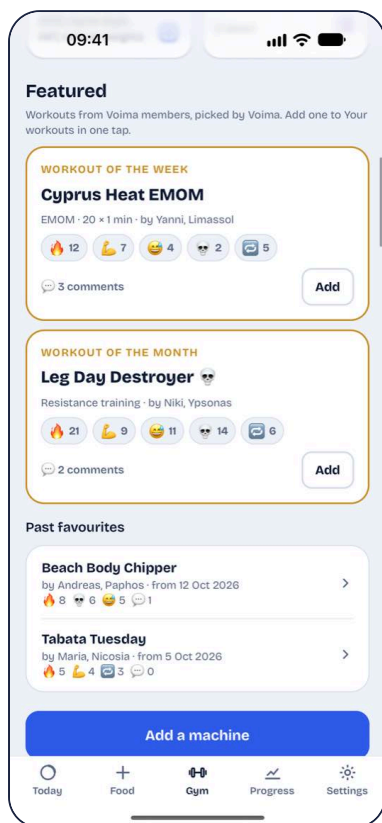
GOOD TO KNOW

The report shows your numbers as recorded. It's a tracking summary, not a diagnosis, and no name is printed on it.

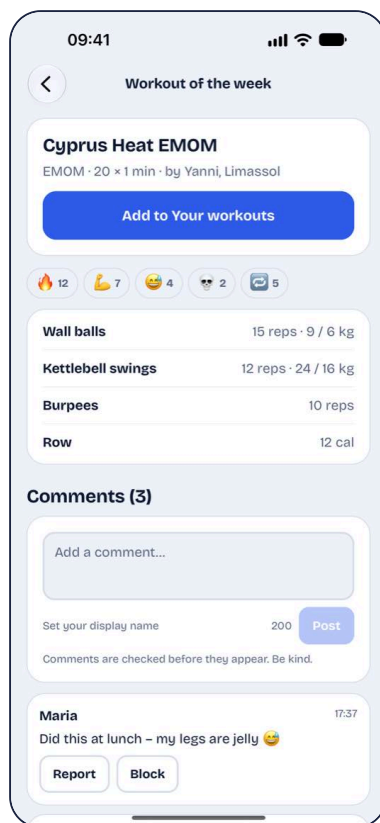


Community PRO

Workouts made by Voima members, picked by Voima. Try one, react, and share your own. Everything on this page is part of Voima Pro.



Featured on the Gym tab



Reactions and comments

Featured workouts

On the Gym tab: the **Workout of the week**, the **Workout of the month** and **Past favourites**. Tap **Add** and it's in Your workouts, ready to start.

Reactions

🔥 Fantastic · 💪 Great workout · 😓 This was hard · 💀 Brutal · 🔄 Doing it again. Tap again to take one back.

Comments

Up to 200 characters, shown with the display name you choose ([Settings → Community](#)). Comments are checked automatically before they appear.

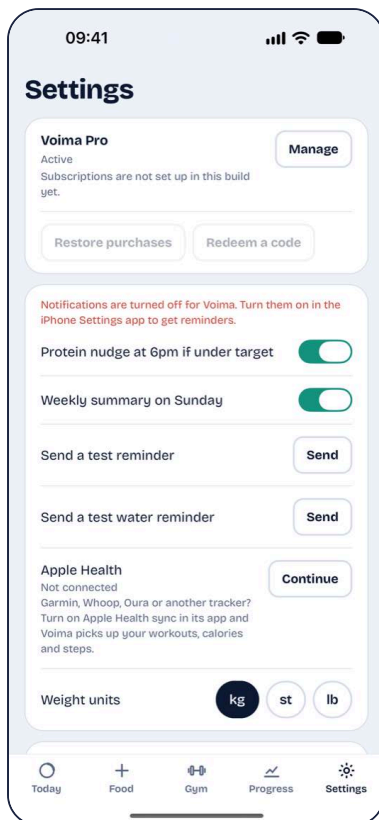
Submit to Voima

On any of your workouts, tap **Submit to Voima**, add a display name and (optionally) your town, e.g. "Yanni, Limassol". Voima reviews it; you'll see if it's waiting, approved or featured. You can withdraw it any time.

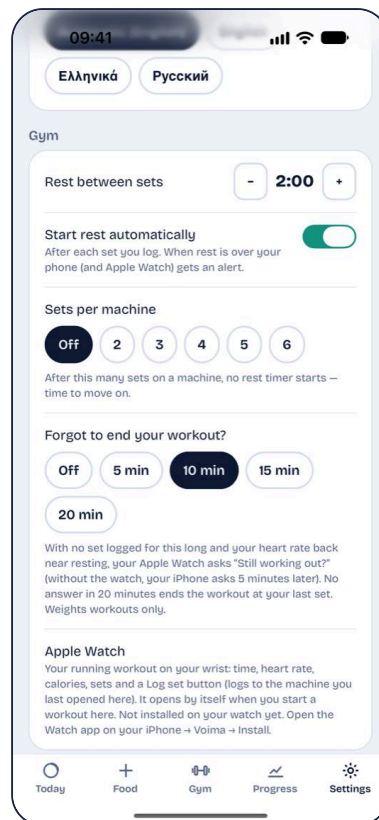
Community rules, report and block

Before your first comment or submission you agree to the community rules: zero tolerance for abuse, be kind, no personal details, no ads, safe training. Every comment has **Report** and **Block**. Reported comments are hidden at once and Voima reviews every report within 24 hours. Unblock people in [Settings → Community → Blocked people](#).

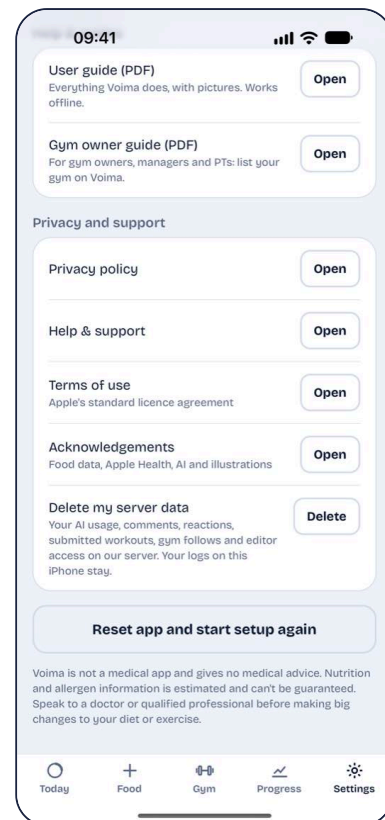
Settings, languages, backup and privacy



Settings



Gym settings



Help & guides, privacy

What you'll find

- **Voima Pro:** status, upgrade, restore purchases, redeem a code.
- **Reminders:** protein nudge, weekly summary, water.
- **Apple Health, weight units** (kg, stones, pounds).
- **Language:** Automatic, English, Ελληνικά or Русский. Close and reopen Voima to switch.
- **Gym:** rest time, sets per machine, "Still working out?", Apple Watch status.
- **Community:** display name, gym update notifications, rules, blocked people, Gyms I manage.
- **You:** weights, about you, targets, burn goal, water, sleep goal, diet and allergies.
- **Help & guides:** this guide and the gym owner guide, inside the app, even offline.

Backup and restore **PRO**

Save everything to one file (Files, iCloud Drive, AirDrop or email) and restore it on a new phone.

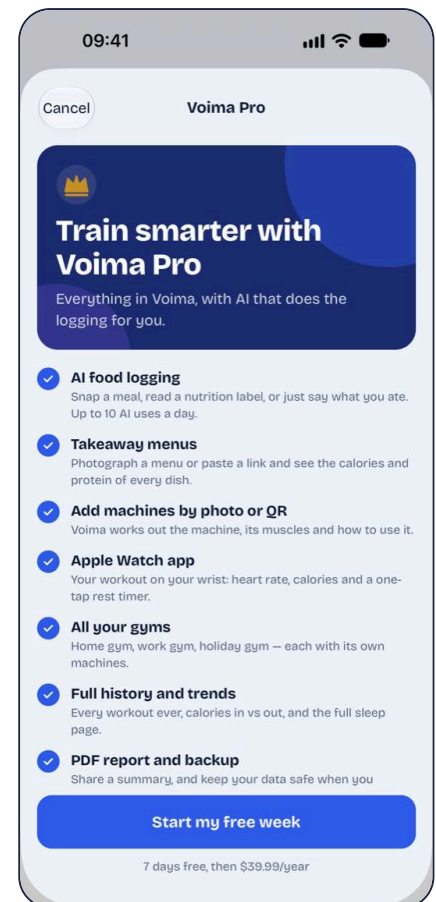
Your privacy

- No account, no email, no ads. Your logs stay on your iPhone.
- Photos and text are sent for processing only when you use an AI feature.
- **Delete my server data** removes your AI usage, comments, reactions, submitted workouts and gym follows from our server. Your logs on the phone stay.
- **Reset app and start setup again** deletes everything on this phone. Back up first.

Voima Pro

The free version covers the basics: food by barcode or by hand, calories, water, weight, runs and walks, and a taster set at Voima Gym. Voima Pro adds everything else. New subscribers get **7 days free**.

FEATURE	FREE	PRO
Barcode scanning, manual food, saved and past meals (with calories)	✓	✓
Calories, water, weight, burn goal and flame, most awards	✓	✓
Calendar, weekly summary, rest timer, Voima Gym (look through every machine)	✓	✓
Log sets at Voima Gym: dumbbells, kettlebell, bench press, treadmill, bike, cross trainer, rower, bodyweight	✓	✓
Cardio: run (outdoor and treadmill) and walk	✓	✓
Protein, carbs, fat and fibre for every food; macro rings, targets, protein chart and awards	–	✓
All other cardio, classes, Recovery & rehab	–	✓
Community: featured workouts, reactions, comments, opening shared workouts and gyms	–	✓
All machines and equipment in Voima Gym; edit your gyms and machines	–	✓
Find a gym in the directory, add your own gym and directory gyms	–	✓
Custom workouts (create, start, share)	–	✓
Workout history	30 days	All
AI: snap a meal, labels, type or say it, takeaway menus, machine scans	–	10 a day
Apple Watch app	–	✓
Calories in vs out, full sleep page	–	✓
PDF report, backup and restore	–	✓



Anything you logged before stays in your history to look at, even if it's now part of Pro. Gym owners and PTs manage and publish their gym for free.

Monthly or yearly subscription, renews automatically until cancelled. The price for your country is shown in the app before you buy. Manage or cancel it in [Settings → Voima Pro → Manage](#), or in your Apple Account settings, at least 24 hours before it renews.

Questions, fixes and contact

I use Garmin, Whoop, Oura or Fitbit. Does Voima work?

Yes, through Apple Health. In your tracker's own app, turn on Apple Health sync (workouts, active calories, steps, sleep, heart rate). Voima then picks it all up: your burn flame, calories in vs out, workouts and sleep. Make sure Voima is connected too: [Settings](#) → [Apple Health](#).

I don't get any notifications.

Open the iPhone **Settings** app → **Voima** → **Notifications** and turn on Allow Notifications. Check Focus and Do Not Disturb. In Voima, check the reminder switches in Settings and on the burn goal page. **Flame lit!** needs Apple Health, and can arrive after you next unlock your phone.

My Apple Watch doesn't open Voima.

Check the watch app is installed (Watch app on the iPhone → Voima → Install), the watch is unlocked and near your phone, and you have Voima Pro. You can always start on the watch with **Start Gym workout**.

The flame isn't filling.

Active calories come from Apple Health. Connect it in [Settings](#) → [Apple Health](#) and allow Active Energy. Without Health, only cardio and classes you log count.

The barcode isn't found.

Not every product is in Open Food Facts. Scan the label instead (Pro) or enter the numbers yourself.

An AI estimate looks wrong.

Change any number, or tap an item to fix it. A clear photo from above, in good light, works best. Typing "about 200 g" helps too.

I changed the language and nothing happened.

Close Voima (swipe it away) and open it again.

I'm getting a new phone.

Make a backup first ([Settings](#) → [Back up and restore](#), Pro) and save it to iCloud Drive or AirDrop it. On the new phone, restore it after setup. Voima Pro comes back with **Restore purchases**.

My gym doesn't get updates.

Updates only come to gyms added with **Find your gym**. Turn on [Settings](#) → [Community](#) → [Gym update notifications](#).

How do I cancel Voima Pro?

[Settings](#) → [Voima Pro](#) → [Manage](#) opens your Apple subscriptions. Cancel at least 24 hours before it renews.



CONTACT US

support.replog@gmail.com

Questions, ideas, a bug, or a machine Voima got wrong? We read every message. Please tell us your iPhone model, iOS version and Voima version, and what you tapped before the problem. A screenshot helps a lot.

Help & support

[Settings](#) → [Help & support](#) opens our support page.

Privacy policy

[Settings](#) → [Privacy policy](#) explains what we keep and why.

For gyms and PTs

Read **Voima for Gyms** in [Settings](#) → [Help & guides](#).

HEALTH NOTE

Voima is a fitness and nutrition tracking tool, not a medical device, and doesn't give medical advice. Nutrition, calorie and energy figures are estimates. Speak to a qualified professional before making big changes to your diet or exercise.

Train hard. Eat well. Track both.