GLOBAL MEDIA KIT / NOVEMBER 2026

ALWIN FITNESS

Always win, everyday.

The app that helps you understand your readiness, plan your training, track nutrition and stay in control of every decision.

FROM BOILERMAKER TO APP CREATOR

Randy Alwin

Founder & Creator of Alwin Fitness



10K+	4.33★	29 AUG 2026
downloads reported	reported rating	official launch

Reported metrics are supplied by the founder as at 3 November 2026; public download bands can update with a delay.

Official Android listing: https://play.google.com/store/apps/details?id=com.alwinai.app

FOUNDER PROFILE

From Arthurton to Alwin Fitness

THE STORY

Randy Alwin grew up in Arthurton, a small South Australian country town. He played sport, began training in gyms at the age of 15 and completed a boilermaker apprenticeship. He went on to take progressively senior management roles in the engineering industry.

Despite that progression, he wanted to diversify his skills and learn something completely new. At the beginning of 2026 he began teaching himself coding, choosing to build a fitness app around a passion that had followed him throughout his life.

Alwin Fitness launched on 29 August 2026. The Android app brings together daily readiness, sleep and recovery context, workout tracking, nutrition and macro tracking, and optional AI guidance. Its philosophy is straightforward: people should retain control of their own training, supported by useful information rather than told what to do.

THE BRAND IDEA

“Always win, everyday.”

A mindset inspired by the Alwin surname: show up, make progress and keep learning.

THE FOUNDER PHILOSOPHY

Alwin Fitness brings training, recovery and nutrition into one place while keeping individual choices at the centre of every workout.

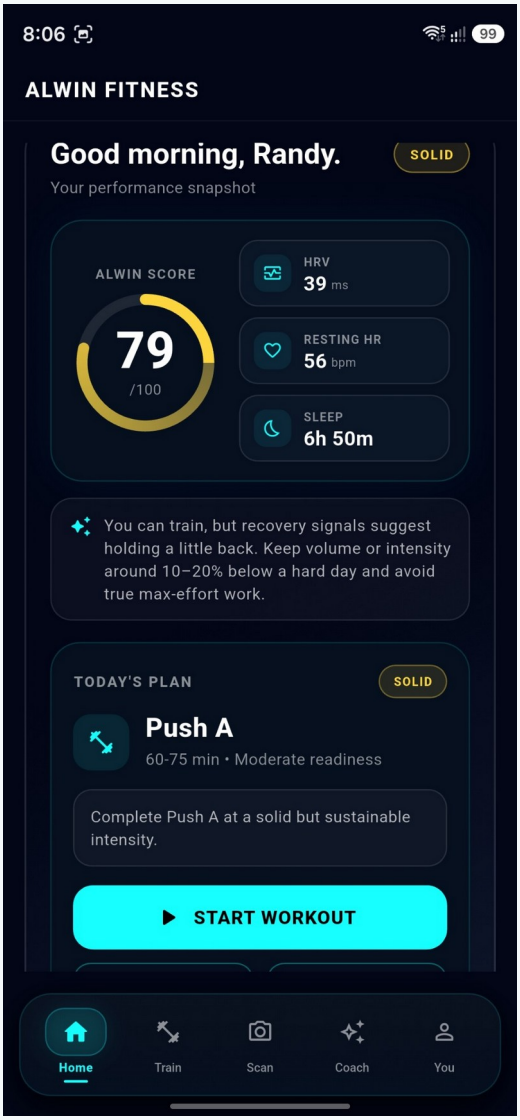
Users can create and customise their workouts, with optional AI guidance available when they want it.

INSIDE THE APP

Readiness meets user choice

The dashboard explains the readiness concept; the workout screen proves the person remains in charge.

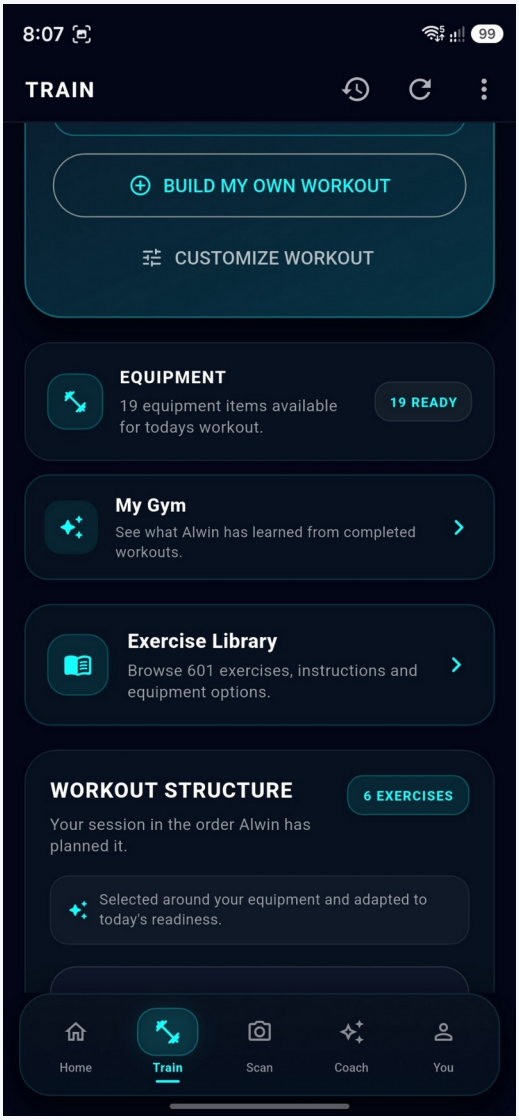
01 READINESS DASHBOARD



Understand your readiness

Alwin Score brings sleep, HRV, resting heart rate and today's training context into one view.

02 USER-DIRECTED WORKOUTS



Train your way

Build a workout yourself or customise a suggested structure. The user remains in control.

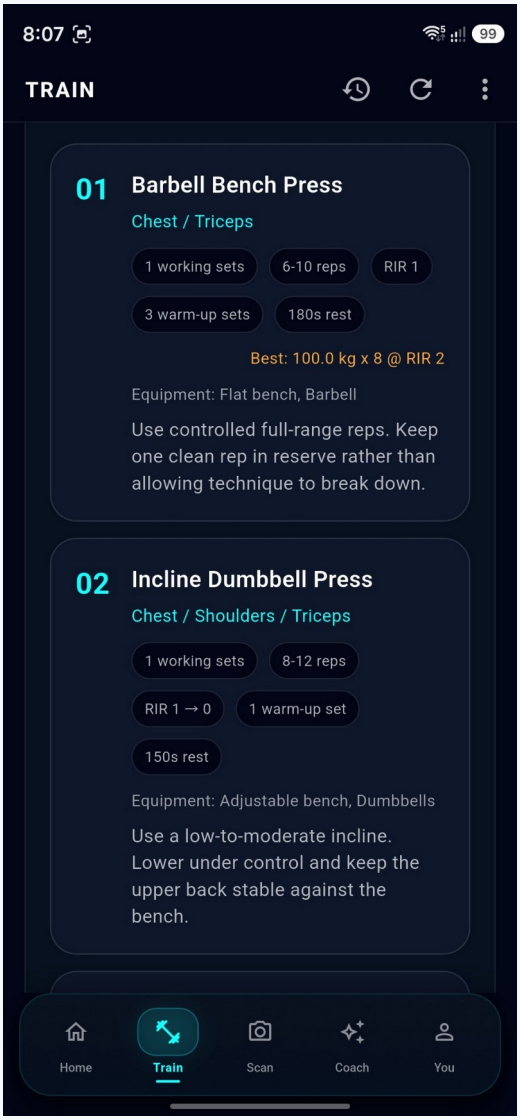
Real screenshots supplied by the founder on 3 Nov 2026. Some screens display personal example data; estimates are informational and not medical advice.

INSIDE THE APP

Training detail meets nutrition

Exercise programming and a photo-first nutrition tool both live in the same product.

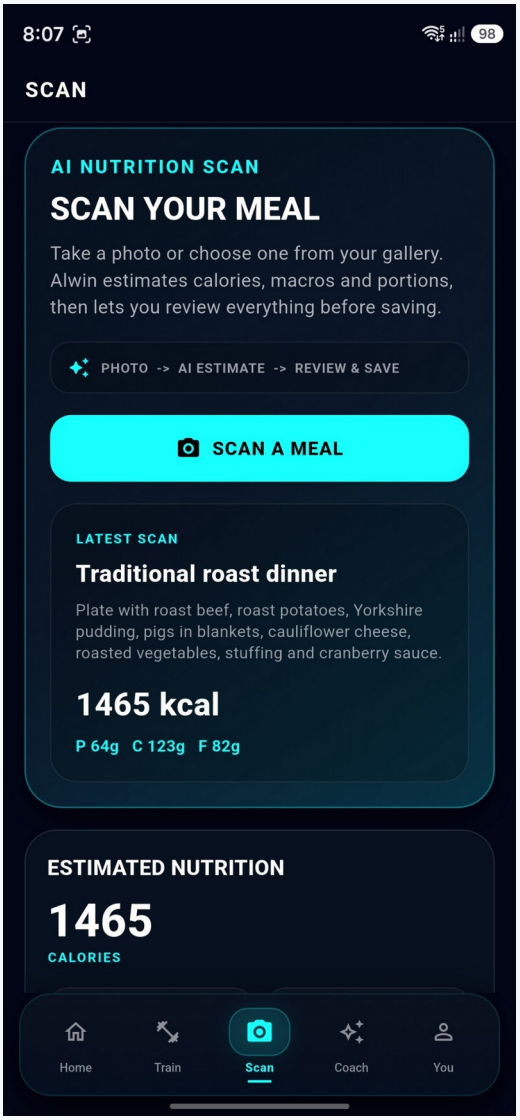
03 DETAILED WORKOUT GUIDANCE



Every set has a purpose

Exercises include rep ranges, working sets, warm-ups, rest recommendations and movement guidance.

04 PHOTO-BASED NUTRITION



Scan, review, track

Estimate meals, calories and macros from a photo, with the opportunity to review before saving.

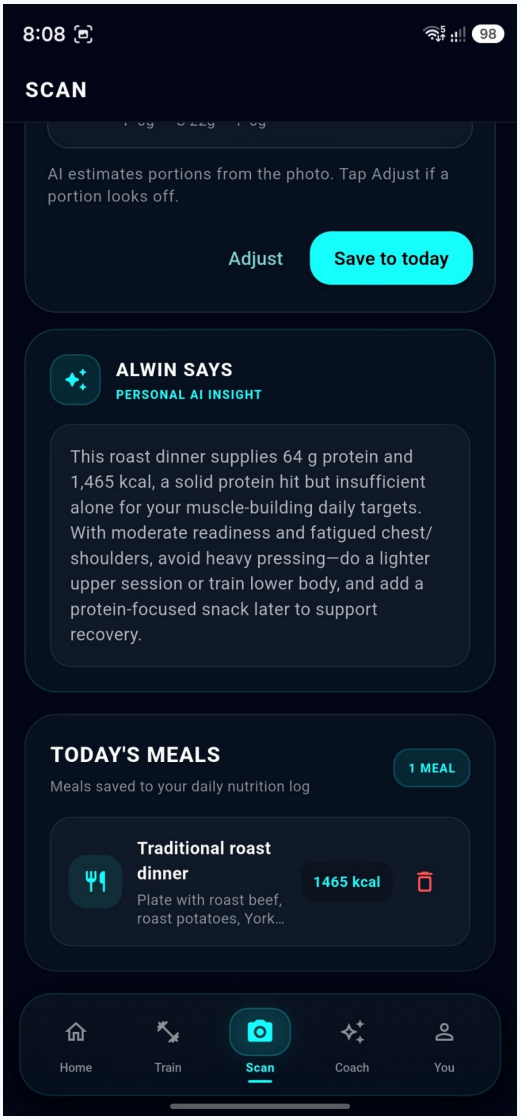
Real screenshots supplied by the founder on 3 Nov 2026. Some screens display personal example data; estimates are informational and not medical advice.

INSIDE THE APP

Contextual guidance meets recovery

AI insights and muscle-load views put useful context around training decisions.

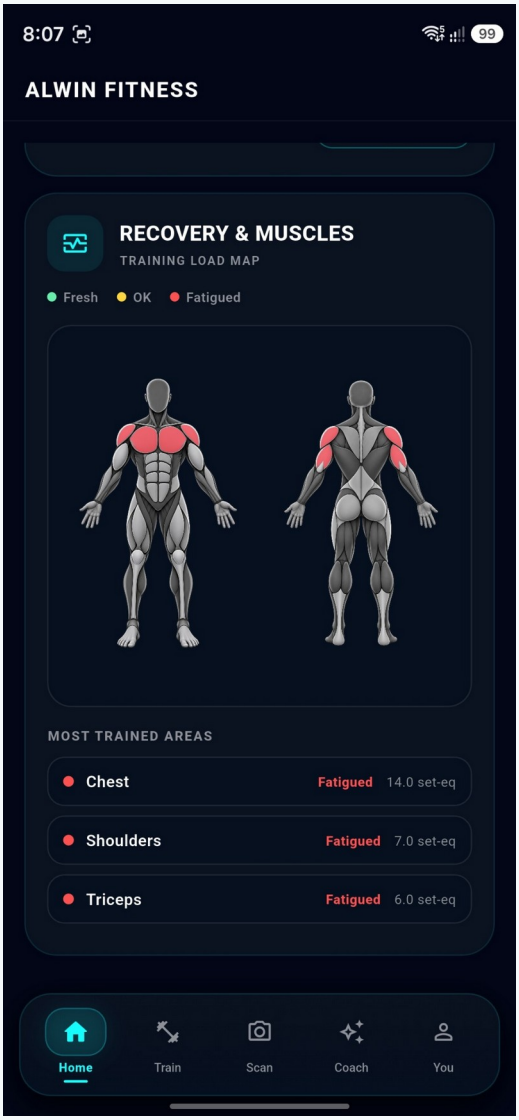
05 CONTEXTUAL AI INSIGHT



Guidance, not commands

Optional insights connect nutrition and training context. Estimates are informational, not clinical advice.

06 RECOVERY & MUSCLE LOAD



See the bigger picture

A visual muscle-load map highlights areas carrying recent training load and estimated fatigue.

Real screenshots supplied by the founder on 3 Nov 2026. Some screens display personal example data; estimates are informational and not medical advice.

REVIEWER GUIDE

What journalists need to know

FAST FACTS

App	Alwin Fitness: AI Coach
Founder & Creator	Randy Alwin
Company / developer brand	Alwin Performance
Release date	29 August 2026
Platform	Android / Google Play
Reported traction	10K+ downloads; 4.33-star average; 12 reviews (3 Nov 2026, founder supplied)
Slogan	Always win, everyday.
Store listing	https://play.google.com/store/apps/details?id=com.alwinai.app

REVIEWER NOTES

- Independent, critical reviews are welcome. No positive rating, purchase or coverage is requested or implied.
- Pricing and free-trial offers may differ by country; verify live subscription terms before citing prices.
- AI features and connected health information can depend on network access, supported sources, permissions and subscriptions.
- Readiness scores, muscle fatigue indicators and nutrition estimates are informational and should not be framed as medical diagnoses.
- Founder image has been digitally enhanced from a low-resolution personal photograph. The creator can provide the original for editorial verification on request.

MEDIA CONTACT

Randy Alwin | Founder & Creator of Alwin Fitness

Alwinperformance@gmail.com

https://alwinperformance.com

For media interviews or independent product reviews, contact Alwinperformance@gmail.com. Independent evaluation is welcome; favourable coverage is never required.