Qowa

Free app · Early access

FOR TRAINEES & ATHLETES

Train smarter. Keep your progress for life.

Log every workout — even with no signal — see your progress, and connect with your coach and your gym in one app. In Arabic and English.



Works offline in the gym

Records and progress charts

Your data stays yours

WHY QOWA

One app for your training, your coach and your gym.

Your workouts are in a notes app, your plan is a PDF, your coach is on WhatsApp and your gym card is a slip of paper. Bring it all together.

Sound familiar?

- Your progress disappears every time you change coach, gym or phone.
- Fitness apps freeze when the gym has no signal.
- You can't remember what you lifted last week, so you guess.
- Your plan is a PDF you have to zoom into between sets.
- Most apps don't speak Arabic or know Egyptian food.

With Qowa

- Your history lives in your own space and moves with you.
- The logger works fully offline and syncs when you are back online.
- Last time's weights and reps show next to every set.
- Your coach's program shows up as today's workout, set by set.
- Arabic throughout, with Arabic exercise demos — and an Egyptian food diary coming soon.

You own your data. Coaches and gyms see only what you allow, only while they work with you — and you can take that access back.

Made for

Gym-goers
Log your lifts, beat your records, book your classes.

Coached clients
Your coach's plan, check-ins and chat in one place.

Just starting out
Simple routines, clear demos and progress you can see.

FEATURES · PART 1

A logger that never lets you down

Fast enough to use between sets, clear enough to keep you honest.

Workout logger
Sets, reps, weight and RPE in a few taps, with notes and quick exercise swaps.

Fully offline
No signal in the gym? Keep logging; everything syncs when you are back online.

Rest timer
Starts on its own after each set and tells you when to go again.

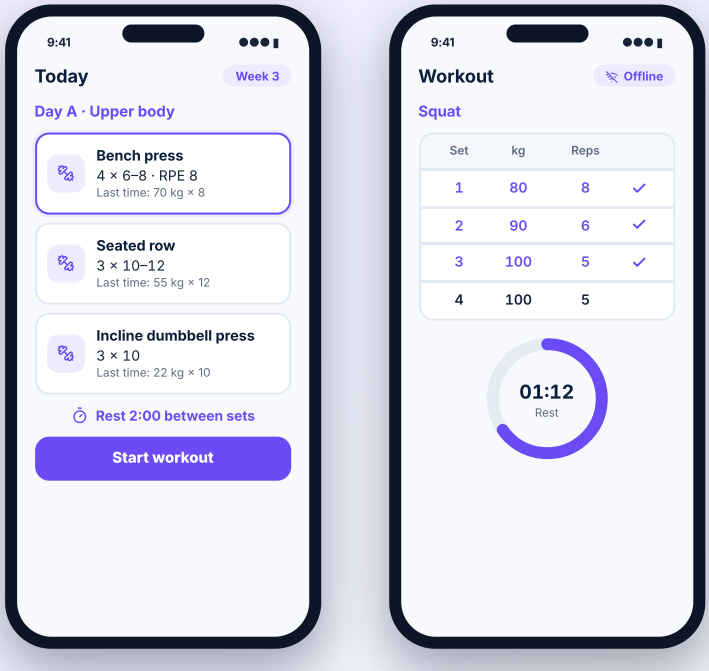
Plate calculator
Know exactly which plates to load for the weight you want.

Arabic exercise demos
Short videos with coaching cues in Arabic and English.

Your own routines
Build routines or train freely — three saved routines on the free plan.

Personal records
New PRs are spotted and celebrated automatically.

History & charts
Every workout saved, with charts for your lifts and body weight.



Today's workout from your coach · logging a set offline

FEATURES · PART 2

Your body, your coach, your gym

Progress you can see — and the people helping you, in the same app.

Body metrics
Weight, measurements and how they trend over time.

Private progress photos
Encrypted, and never shared unless you choose to.

Your coach in the app
Get your program and meal plan, send weekly check-ins and chat with voice notes.

Your coach's meal plan
See your meal plan and its alternatives any time.

Gym membership card
Your membership as a QR code at the desk, with days left, visit history and freeze requests.

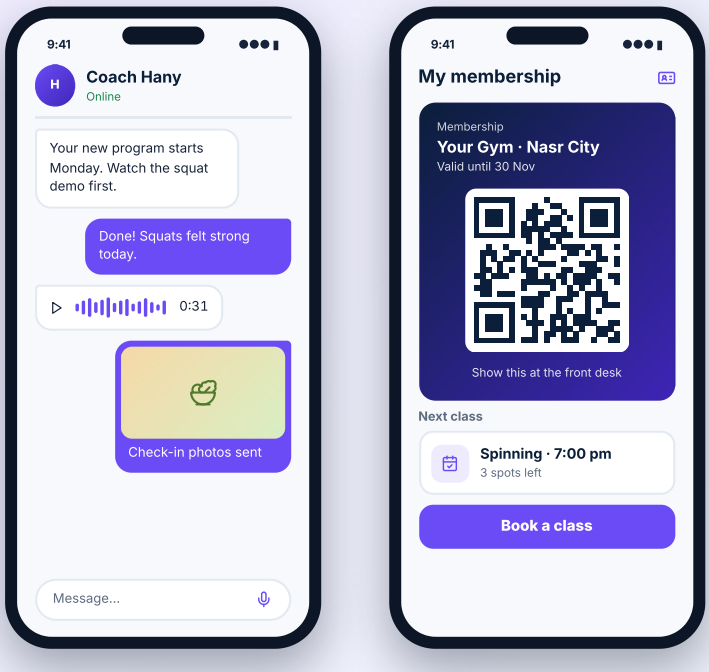
Book classes Coming soon
See the timetable, book a spot or join the waitlist.

Food diary Coming soon
Log meals with Arabic search and Egyptian dishes.

Habits & reminders Coming soon
Water, steps, sleep and supplements.

On the roadmap

Apple Health & Health Connect · Find a coach or a gym · Qowa Plus analytics · Challenges & streaks



Chat with your coach · your gym card

GETTING STARTED

Start in a minute

1

Get the app

Free on iPhone and Android.

2

Set your goal

Your goal, experience, equipment and training days.

3

Start training

Pick a routine or train freely — the logger does the rest.

4

Connect (optional)

Accept your coach's or gym's invite; you choose what they see.

Everything in one app

Workout logger · Progress & records · Body metrics & photos · Coach plan & chat · Gym card & visits · Class booking — coming soon · Food diary — coming soon

Your data, your rules

You own it

Your workouts, metrics and photos live in your personal space, not in your coach's or gym's account.

You choose who sees what

Approve or remove a coach's or gym's access at any time.

Private photos

Progress photos are encrypted and never shown without your permission.

Take it with you

Ask for a copy of all your data, or delete your account.

Questions people ask

Is it really free?

Yes. Unlimited logging, three saved routines, a year of charts and everything your coach or gym gives you are free. Plus (on the roadmap) adds extras.

Does it work without internet?

Yes. The workout logger works fully offline and syncs when you are back online.

Can my coach see everything?

No. You choose what each coach or gym can see, and you can remove their access at any time.

What if I change coach or gym?

Your logs, metrics and photos stay with you, and you keep a read-only copy of the programs you paid for.

Qowa is a training and wellness app, not a medical service. Check with a doctor before starting a new exercise or nutrition program, especially if you have a health condition.

PLANS

Free to train. Plus when you want more.

The core app is free for good. Coaches and gyms can unlock their features for their own clients and members.

Free

0 EGP — forever

Unlimited workout logging

- 3 saved routines
- 12 months of charts
- 2 GB for progress photos
- Coach plans, check-ins & chat
- Gym features when your gym uses Qowa

Through your coach or gym

Included in their plan

Unlocked by your membership

- Your coach's programs & meal plans
- Check-ins and chat
- Membership card & visit history
- Class & PT booking (soon)
- Nothing extra to pay Qowa

On the roadmap

Plus

79 EGP / month

or 599 EGP a year

- Unlimited routines
- Advanced analytics
- Smart progression
- Full food diary (barcode, recipes)
- Wearable sync & CSV export

Every plan includes

- Arabic & English
- You control who sees what
- Offline logging
- Your data on request
- Private, encrypted photos
- Free updates

Training with a coach or at a gym?

Ask them to invite you to Qowa — and your history comes with you, wherever you train next.

Be among the first to train with Qowa

Join the early-access list and we will send you the app as soon as it opens in Egypt.

+20 155 544 0882 support@qowa.app

Join early access →

qowa.app

Early-access brochure. Features marked "Coming soon" or "On the roadmap" are planned and not available yet. Plus prices are planned, in EGP including VAT; features and prices may change before launch. Not medical advice.