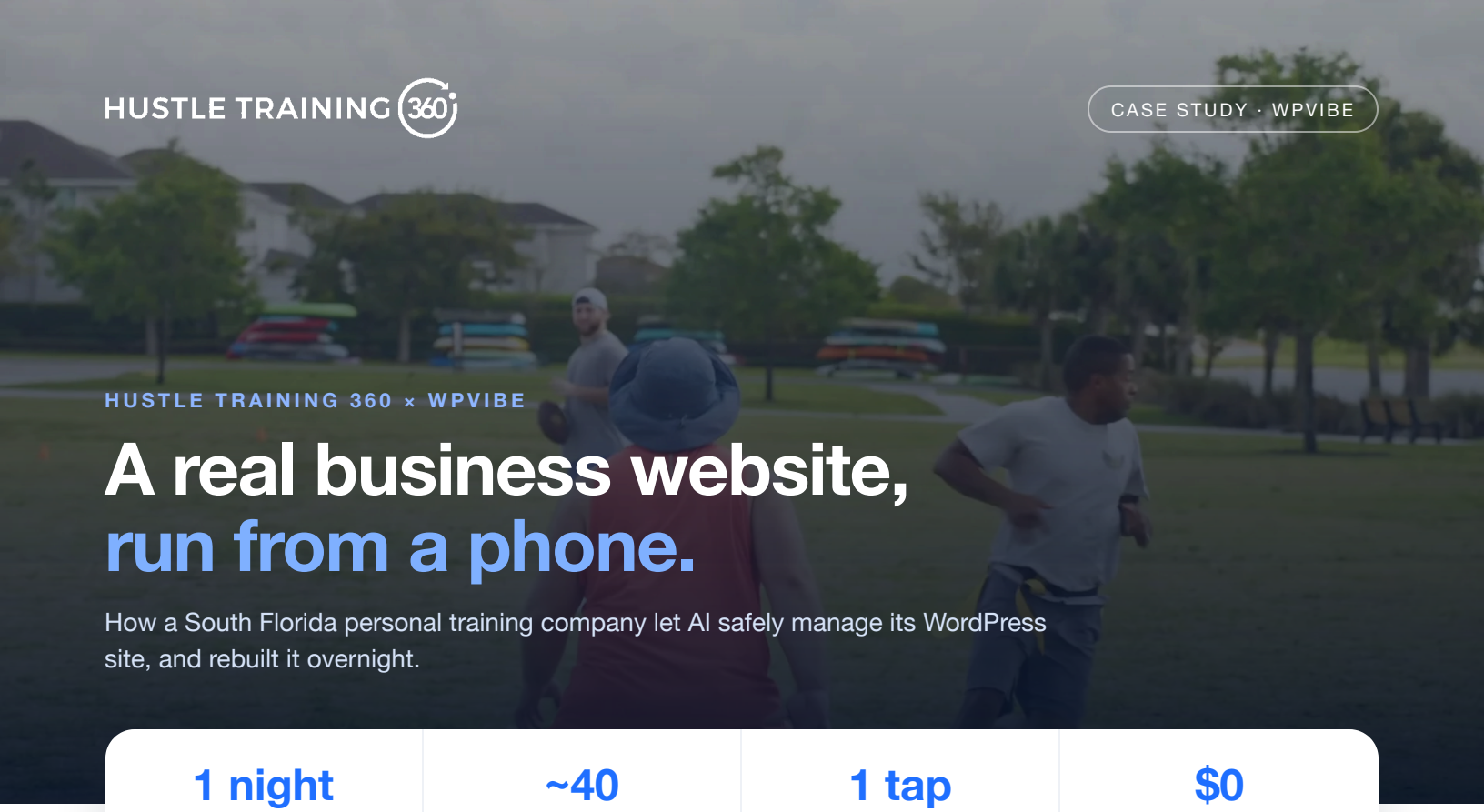


HUSTLE TRAINING 360

CASE STUDY · WPVIBE

HUSTLE TRAINING 360 × WPVIBE

A real business website, run from a phone.

How a South Florida personal training company let AI safely manage its WordPress site, and rebuilt it overnight.

1 night	~40	1 tap	$0
APPROVED TO LIVE	LIVE UPDATES IN 1 DAY	TO APPROVE RISKY STEPS	WPVIBE PLAN USED

WHO WE ARE

Hustle Training 360 is a South Florida personal training company. Our trainers work in clubhouse gyms inside residential communities and in clients' homes. We're rated 5.0 from 449 Google reviews and we've won 5 awards. Like most small business owners, I don't have time to babysit a website.

THE PROBLEM

- An old WordPress site that had grown to **about 95 pages**
- Built in Elementor, and the **Pro license had lapsed**
- WordPress behind, with a **known security hole**
- Signups ran through **Typeform embeds**
- Every change meant wp-admin, hosting logins, or paying someone

HOW WPVIBE SAVED US TIME

Connected in a few minutes on 10/21/2026, on the free plan. My AI assistant (built on Claude) works through it.

Security update from my phone

WordPress went from 6.9 to 7.1.3 and the security hole was closed. I tapped an approval link and it ran. No logins.

Plugin cleanup

SEO plugins and a dozen others were updated, and the AI tested the key pages after each one.

Safe access cleanup

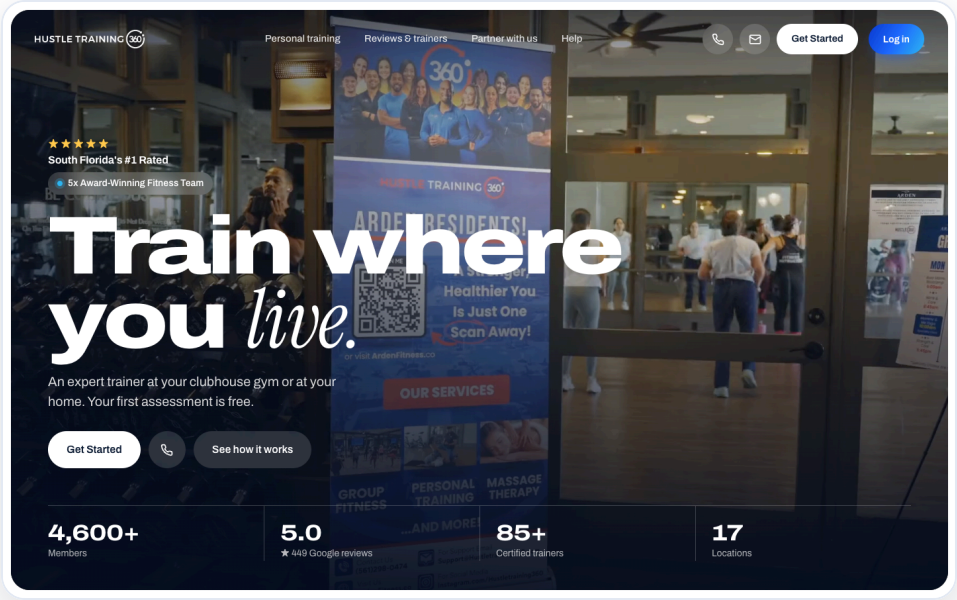
Old admin logins from a former contractor were removed, also behind a one-tap approval.

Guardrails I trust

The AI reads plugins, versions and settings so I can ask in plain English. Anything risky waits for my tap.

What we rebuilt
on the same WordPress site.

HUSTLE TRAINING 360



Live homepage, desktop. Background video hero.



Live homepage, phone. Its own portrait video cut.

Background video hero
A looping video of our training in the community, with a separate portrait cut so it stays sharp on phones.

95 pages cut down
A focused set of pages, with redirects so no old link breaks.

Our own signup form
One question per screen replaced Typeform. Leads land in our system and get an instant text to book.

Sticky buy bar
"Get my free assessment" plus a one-tap call button on every page.

Awards + real reviews
A scrolling award badge strip and real Google review cards.

Built for AI search
An llms.txt file and local pages so AI assistants like ChatGPT can recommend us.

~40
LIVE UPDATES SHIPPED ON 10/25 ALONE

- Design approved at 12:32am, live by 1:45am
- Most changes came from voice notes sent from my phone
- Every change backed up first and checked on phone and desktop

> **"I'm not a developer. I send a voice note, approve on my phone, and it's live. WPVibe made it feel safe to let AI touch the real site."**



Sean Nelson
Founder & CEO, Hustle Training 360