

WHAT IF YOUR AI HAD A PERSONAL TRAINER?

The AI Gym — Episode 1



78% of senior leaders lack full confidence their organization could pass an independent AI governance audit within 90 days.

— Grant Thornton AI Impact Survey, April 2026

Taylor's gym. Monday morning.
Three new clients walk in. Sort of.

TAYLOR

Alright — before anybody touches
anything, we're doing an assessment.



GUY-PT

Assessment? Bro, I'm already certified.

points at chest

P. T.

GEMMA

I made 47 programs! Some use equipment you don't own, and three of them are for horses, but the STRUCTURE is solid!



GUY-PT

Don't worry about form, I've got this. I trained like a THOUSAND people.

(narrator: he had not)



CLAUDIO

Before we begin — I have 14 clarifying questions. Starting with: what's your injury history, do you have a written goal, and could you define what you mean by "training"?



TAYLOR: ...we're gonna be here a while.

TAYLOR

I've seen this before. Two versions of the same thing.

Client shows up, Googles "best chest workout," does it wrong, gets hurt.

Employee shows up, pastes ChatGPT into a report, sends it unread, gets burned.

Same energy. Same mistake.



Same fix, too.

TAYLOR: Step one is always the same. Assessment. What can you do? What can't you do? What do you THINK you can do that you actually can't?



GEMMA

I can do EVERYTHING! Watch this!
attempts overhead squat, falls sideways

CLAUDIO

I'm not ready to begin yet. I'm mapping the biomechanical risk factors. Framework by... Thursday?

GUY-PT

Hey bro, you're doing that wrong. Let me show you. **is also doing it wrong**

TAYLOR: See what just happened? One overcommits, one overthinks, and one wandered off to give advice nobody asked for. That's why we assess first. ...and why I should probably update this intake form. It's from 2019.



CRACK

What happens without governance.



TAYLOR

You skipped the assessment. You didn't track your progress. You loaded weight you weren't ready for. And now we're here.

GUY-PT

I thought I had it...

In 2022, an Air Canada chatbot invented a refund policy that didn't exist. In 2024, a tribunal ruled the airline had to honor it.

— summarized from *Moffatt v. Air Canada*, 2024 BCCRT 149

Confidence without governance has a cost.

TAYLOR

Governance isn't a 200-page manual nobody reads. It's four questions on a whiteboard. And actually answering them before you start.

Governance Checklist

- ☒ What are we trying to do?
- ☒ How will we know if it's working?
- ☒ What could go wrong?
- ☒ Who checks the work?

- ☒ Clean Check
- ☒ Re-rack We
- ☐ Learn new t
- ☐ Rest and Re

GEMMA

I still generate a lot of ideas. But now I check which ones are real before I hand them over.

CLAUDIO

I figured out I can take notes AFTER the set. Not during. Turns out you learn more from doing the thing than from planning to do the thing.

GUY-PT

...I started keeping a log. Don't make it weird.



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Only 1 in 5 have tested
a response plan for AI failures.

— Grant Thornton AI Impact Survey, April 2026
Nearly 1,000 senior US business leaders surveyed.

TAYLOR

In the gym, we call that “training without a program.” You’re doing stuff. You can’t prove it’s working. And you don’t have a plan for when something goes wrong. That’s not training. That’s just showing up.

GUY-PT

...maybe PT stands for “Progress Tracking.”

TAYLOR

Your first day doesn't have to be your worst day.

Whether you're training a person or training an AI, the discipline is the same:

Assess. Plan. Track. Adjust.

And don't skip the form check just because you feel confident.



Taylor: "...we're gonna talk about what that actually means next time."

GUY-PT

Still certified, though.

SOURCES CITED IN THIS COMIC:

- Grant Thornton AI Impact Survey (April 2026)
- Moffatt v. Air Canada, 2024 BCCRT 149 (summarized)
- NIST AI Risk Management Framework

FULL ANNOTATED VERSION WITH ALL CITATIONS:

echoangelstudio.online/notes/ai-gym-episode1

CHARACTERS

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