



How to get started quickly

1. Click on "login", at the top right of the menu.



Then enter your username (email address) and the password you received by separate mail.

A screenshot of the member login form. It features a dark grey header bar, the word "Member" in bold, a link for "Forgot your password?", an "E-mail:" field containing "coach8@falcke.ch", a "Password:" field with four dots, and a "Login" button.

Member

[Forgot your password?](#)

E-mail:

Password:

NB! Once logged in, click "Login" again at the top right; and you will then enter your member page, which looks like this:



Mats Mejdevi

developer of the concept Sportsbasics, Coach and P.E. Teacher

Member

- ▶ Välkomna
- ▶ Create new user
- ▶ My exercises
- ▶ My Templates
- ▶ My users
- ▶ My Profile
- ▶ Log out

2. On the member area, you can select the following:

- **Welcome**

Here you return to sportsbasics.com's landing page. Under the menu item "**About Sportsbasics**" you find pages with Help, FAQ, Downloads and Contact form.
- **Create new user**

Here you come to the page where you create your athletes (trainees).
Take a closer look at the instruction "Create new athlete."
- **My exercises**

It is here that you from the "**Video Library**" select your favorite exercises and save them under "**My exercises**".
Here you always have a total overview and easy access to all of the exercises that you have chosen as favorite exercises.

- **My templates**

Here you come to the page with an overview of all of the exercises and programs listed by category/sport.
To create an exercise program, see the instruction "How to create a training program/template."
- **My users**

Here you get a total overview of all your athletes (trainees)
- **My profile**

Here you see the information registered about yourself and when your subscription expires. Payment can no longer be made by credit card. One month before the expiration date, we will forward invoice for the following year.
This is also where you can change your password to one that is easier to remember.

3. Get started quickly, select "My exercises"

Sportsbasics.com has a wealth of options, but we would suggest that you start by being inspired by the exercises in the "**Video Library**" and select a number of exercises that you save as favorite exercises under "**My exercises**". At the bottom you can choose which level of difficulty you want the exercises to have (A, B, C, D, E or All). This way, you can slowly become familiar with the platform.

SPORTS basics .COM

SB Test | Create new

Video library:

Feet & Legs

Abdominal & Back

Upper part of body & Arms

Whole body

Working in Pairs

Mobility & Flexibility

Combinations

Sportsbasics test 1

All exercises

Choose difficulty:

A B C

D E All

Video Filter

Feet & Legs

	A	B	
A0010	Balance on one leg	Balance on one leg, with the free foot resting on	Balance on one leg, on surface
A0011		Ankle circles whilst standing on one leg.	
A0013			Standing on one leg, be supported

In the **Video library's** menu (3) on the left, click on the category you want to be inspired by. (Eg "Feet & Legs".) You can now scroll down through all the video clips where the exercises concentrate on the feet and legs

4. You can now choose to **play the video, save/add** it to an existing program or **save** the exercise under "**My exercises**"

SB Test | Opret ny trænee | Mine trænees | Mine

Video bibliotek:

Fod & Ben
 Mave & Ryg
 Overkrop & Arme
 Hele kroppen
 Parøvelser
 Smidighed & Bevægelighed
 Kombinationer
 Sportsbasics test 1
 Alle øvelser

Vælg sværhedsgrad:
 A B C
 D E Alle

Video Filter
 Mave & Ryg

	A	B	C	D
B0010	V - Sid med bøjebe ben	V - Sid med bøjebe ben og knæene så tæt på	V - Sid med strakte ben	V - Sid med strakte ben og knæene så tæt på
B0020	Kropsholdning ("spænding") med et bøjet ben - det	Kropsholdning ("spænding") på ryg - strakte ben	Kropsholdning ("spænding") på ryg - strakte ben	Kropsholdning ("spænding") på ryg - strakte ben
B0030		Spænding med gyng - et ben bøjet og	Spænding med gyng - med strakte ben og	Spænding med gyng - med strakte ben og

To the right of each exercise you will find three symbols.



Click here to play the video



Click here to save/add the exercise to an existing program



Click here to save the video as a favorite under "My exercises"