



# Send a training program to your athlete (Trainee) or to an entire Group.

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.

Member

[Forgot your password?](#)

E-mail:

Password:

2. NB! Once logged in, click "Login" **again** at the top right; and you will then enter your member page:

<p><b>Mats Mejdevi</b> developer of the concept Sportsbasics,</p> <p>Member</p> <ul style="list-style-type: none"><li>• Välkomna</li><li>• Create new user</li><li>• My exercises</li><li>• My Templates</li><li>• My users</li><li>• My Profile</li><li>• Log out</li></ul>	
<p>3. Click on "My users"</p>	<p>and/or..... on "My trainees" in the menu at the top of the page</p>

4. The athletes who are not assigned to a group can be found under the bar called **"Ungrouped"**. Click on **"My trainees"** and on the **"Ungrouped"** bar and they will appear.

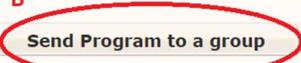
5. You now have two options. Either to send to one athlete or to an entire group.

A. To send a training program to one athlete, click on the symbol to the right of the athlete **(A)**

B. To send to a group, click on the button **"Send Program to a group"** **(B)**

**Groups**

<b>Former athletes</b>			<b>Edit</b>
<b>Monday training</b>			<b>Edit</b>
<b>Ungrouped</b>			
Trainee10	Falcke	trainee10@falcke.ch	<b>A</b> 

**B**   

To send to an entire group, now go to step 11.

6. See points 6 to 10 when you have chosen to send to a single athlete.

**My trainees**

Username:	trainee9@falcke.ch	Select groups:	Select
First name:	<input type="text" value="Trainee9"/>		
Surname:	<input type="text" value="Falcke"/>		
Address:	<input type="text"/>	Member of:	Monday training
City:	<input type="text"/>		
Postcode:	<input type="text"/>		
Telephone:	<input type="text"/>		

7. Click on **"Create new program"** and fill in the form.

**Create new program for user**

Program: Trainee9 Falcke

Program name: **A** January 2021

Start date: **B** 03-01-2021 Format: dd-mm-yyyy End date: 03-02-2021 Format: dd-mm-yyyy

Programs: **C**  Use a database program

Choose category: **D** Personal programs

**E** Filter

**F**  nov  
 novaaaa  
 November 20  
 November 20  
 november 2020  
 November 2021

Descriptions: **G**

**H** Next

8.

**A.** Give the program a name. (Mandatory)

**B.** Write start date and end date.

(Mandatory - max 3 months interval)

However, the program can still be viewed after the end date.

**C.** Check **"Use a database program"**.

You can now see all the programs that are in the system - also the programs that you e.g. has saved under **"Personal programs"**

**D.** Select category: e.g. **"Personal programs"**

**E.** Click on **"Filter"**. You can now see all the programs listed under **"Personal programs"**, or another category.

- F. **Select** the program that you want to send to your athlete (Trainee).
- G. Here you can write a **description** of the program
- H. Then click on the **"Next"** button on the far right.
- 9. You can now see the program (with its exercises) that you are about to submit to your athlete (trainee) **Select** the program.

**Edit user program**

Program: **Trainee9 Falcke**

Program name:

Start date:   End date:    
Format: dd-mm-yyyy Format: dd-mm-yyyy

Descriptions:

Turn repeat on

- 10. Click on **"Activate program"** and the screen will display **"The program was sent"**, which confirms that your athlete (trainee) has now received an e-mail, and he/she can, with his/her e-mail address as "username" and the password that they have received, log on to [www.sportsbasics.com](http://www.sportsbasics.com) via PC, Mobilephone or Tablet and see the **Personal program** that you want him/her to train.

- 11. To send a training program to a group, click the button **"Send program to a group" (B)**

**Groups**

<b>Former athletes</b>	<b>Edit</b>
<b>Monday training</b>	<b>Edit</b>
<b>Ungrouped</b>	

## 12. Fill out the form.

**Create new program for a group/groups**

Program: **A**

Program name: **B**

Start date: **C**   End date: **C**  
Format: dd-mm-yyyy

Programs: **D**  Use a database program

**E** Choose category:

**F**  **H**

**G**  nov  
 novaaaa  
 November 20  
 November 20  
 november 2020  
 November 2021

Descriptions: **I**

**J**  **K**

Turn repeat on

## 13.

- A. Program:** Select the group you want to send a training program to.  
The group you have selected can be seen on the right.
- B.** Give the program a name. **(Mandatory)**
- C.** Write start date and end date. **(Mandatory - max 3 months interval)**  
However, the program can still be viewed after the end date.
- D.** Check **"Use a database program"**.  
You can now see all the training programs that are in the system – also the programs that you have saved under **"Personal programs"**
- E.** Select category: for inst. **"Personal programs"**
- F.** Click on **"Filter"**. Now you can see all the programs listed under **"Personal programs"**, or under other categories.
- G.** Below the **"Filter"** button you see the programs that you have the option to choose.  
**Select the program you want to send.**

**H.** Then click on **"Import program"** You can now see below the training program (with its exercises) that you are at to send to your group.

**I** Here you can write a more detailed description of the program

**J.** Then click on the **"Save"** button on the far right.

The screen shows **"Your changes have been saved"**

**K.** Click on **"Send program"**

The screen shows **"The program was sent"**, which confirms that all the athletes in the group have now received an email and they can with their email address and the password they received, Log on to [www.sportsbasics.com](http://www.sportsbasics.com) and watch the training program you want them to train.

Create new program for a group/groups

Program: **A** Select

Program name: **B** 2. januar 2021

Start date: **C** 04-01-2021 End date: 03-02-2021  
Format: dd-mm-yyyy

Programs: **D**  Use a database program

Choose category:  
**E** Personal programs

**F** Filter **H** Import program

**G**  nov  
 novaaaa  
 November 20  
 November 20  
 november 2020  
 November 2021

Descriptions: **I**

**A** Monday training

Turn repeat on

**J** Save **K** Send program

**L** The program was sent

Exercise	Click to play	Description	Number	Set
1		<b>Balance on one leg</b> Balance on one leg, on a solid surface. Without shoes. 10...	<input type="text"/>	<input type="text"/>