

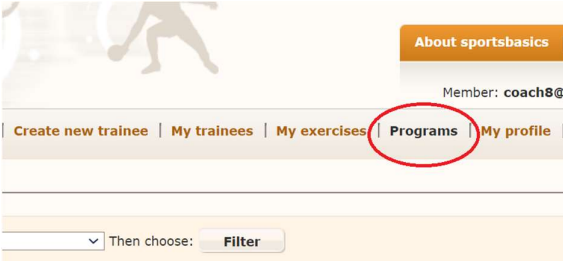




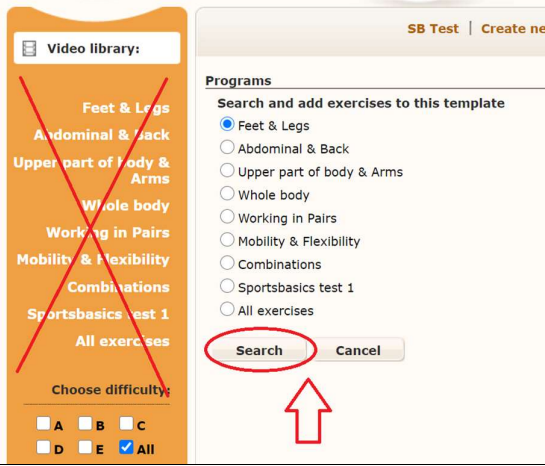




How to make a personal training program

 <p>Mats Mejdevi developer of the concept Sportsbasics, Coach and P.E. Teacher</p> <p>Member</p> <ul style="list-style-type: none"> Välkomna Create new user My exercises My Templates  My users My Profile Log out 	 <p>Member: coach8@</p> <p> Create new trainee My trainees My exercises Programs My profile </p> <p>Then choose: <input type="button" value="Filter"/></p>																								
<p>1.</p>																									
<p>Click on "My templates"</p>	<p>or..... on "Programs" in the menu at the top of the page</p>																								
<p>2.</p>																									
<table border="1" data-bbox="224 1339 820 1577"> <tr> <td></td> <td>Badminton</td> <td>14</td> <td></td> </tr> <tr> <td></td> <td>Badminton</td> <td>14</td> <td></td> </tr> <tr> <td>)</td> <td>Football / Soccer</td> <td>6</td> <td></td> </tr> <tr> <td>)</td> <td>Football / Soccer</td> <td>6</td> <td></td> </tr> <tr> <td>)</td> <td>Football / Soccer</td> <td>6</td> <td></td> </tr> <tr> <td>)</td> <td>Football / Soccer</td> <td>7</td> <td></td> </tr> </table> <p>1 2 3 4 5 6 7 8 9 10 ...</p> <p><input type="button" value="Create a new template"/></p>		Badminton	14			Badminton	14)	Football / Soccer	6)	Football / Soccer	6)	Football / Soccer	6)	Football / Soccer	7		<p>Then click on "Create a new template" at the bottom of the page</p>
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<p>3.</p> <p>Programs : Create program</p> <p>Name: <input type="text" value="Post new program name here"/> A</p> <p>Descriptions: <input type="text" value="Write descriptions for the program"/> B</p> <p>Prog. templates: <input type="text" value="Select program template"/> C</p> <p>Category: <input type="text" value="Badminton"/> D</p> <p>E </p>	<p>A. Give the program a "Name", e.g. "November 2020".</p> <p>B. You can then add a description of the program.</p> <p>C. Skip "Progr. Templates". You should ONLY make a selection here, if you want to use a program from the database. We will give further instructions on this in another document.</p> <p>D. Under the item "Category", now select "Personal programs"</p> <p>E. Then click the button on the far right "Create a new Template"</p>
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<p>Programs  Print Report</p> <p>Name: <input type="text" value="november 2020"/></p> <p>Descriptions: <input type="text" value="Write descriptions for the program"/></p> <p>Category: <input type="text" value="Personal programs"/></p> <p><input type="button" value="Add from my tutorials"/> <input type="button" value="Add from all"/></p> <p>Turn repeat on <input type="checkbox"/></p>
<p>4. Now you are ready to add exercises to your new program. Click on "Add from all"</p>

	<p>5. Then mark from which group you want to pick exercises to your new program. F.inst. from "Feet & Legs".</p> <p>6. Then click on "Search". Wait a minute, and all the exercises from the chosen group will show up.</p>
	<p>7. Click on the symbol  next to one or more exercises that you want to select for your new program. When you select an exercise, the background changes color, indicating that it has been selected.</p> <p>8. Go all the way to the bottom of the page and click "Add".</p>



Programmer Udskriv Rapport

Navn:

Beskrivelser:

Kategori:

Bemærk: Øvelsesbeskrivelser til basisskabeloner vises kun, når programmet er tildelt en bruger.

Øvelse	Klik for at afspille	Beskrivelse	Antal	Sæt
1		Stå på et ben Stå på et ben og forsøg at holde balan...	<input type="text"/>	<input type="text"/>
2		Etbensstående med cirkelbevægelse af fødderne 10 + 10 Stående på et ben og rotere fodledet med st&...	<input type="text"/>	<input type="text"/>

Now you get back to your program and can see the exercises that you have added.



You can now add more exercises from the other groups by repeating the same procedure (points 4, 5, 6, 7 and 8).

Once you have added the exercises that you want your program to include, you can scroll through the exercises. You can move the exercises up and down using the arrows so that the exercises come in the order you want. Then click on **"Save"**.

Now add the "Number" of repetitions and "Sets" you want to use and click **"Save"**.

Your new "Personal program" is now ready and you can always find it by first clicking on **"Programs"** in the main menu at the top, then selecting the Category **"Personal programs"**, and click on **"Filter"**.

To print the program, select from the listing and click on **"Print Report"**, which you will find at the top right of the screen.



Send your program to your iPad or iPhone

The "Sportsbasics App" is no longer part of Apple's App Store. You can therefore ONLY use this function if you previously have downloaded this App.

If you have the App on your iPad or iPhone, you can below the section "Mobile access" click on "Add" to transfer up to 10 programs, or "Remove" to remove them from your iPad/iPhone.

<p>Mats Mejdevi developer of the concept Sportsbasics, Coach and P.E. Teacher</p> <p>Member</p> <ul style="list-style-type: none"> Välkomna Create new user My exercises My Templates My users My Profile Log out 	<p>About sportsbasics Member: coach8@ </p> <p>Create new trainee My trainees My exercises Programs My profile </p> <p>Then choose: Filter</p>																					
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<p>Choose category: Personal programs Then choose: Filter</p> <table border="1"> <thead> <tr> <th>Mobile Access</th> <th>Name</th> <th>Category</th> </tr> </thead> <tbody> <tr> <td>Add</td> <td>November 2021</td> <td>Personal programs</td> </tr> <tr> <td>Add</td> <td>November 20</td> <td>Personal programs</td> </tr> <tr> <td>Add</td> <td>November 20</td> <td>Personal programs</td> </tr> <tr> <td>Add</td> <td>november 2020</td> <td>Personal programs</td> </tr> <tr> <td>Add</td> <td>nov</td> <td>Personal programs</td> </tr> <tr> <td>Add</td> <td>novaaaa</td> <td>Personal programs</td> </tr> </tbody> </table>	Mobile Access	Name	Category	Add	November 2021	Personal programs	Add	November 20	Personal programs	Add	November 20	Personal programs	Add	november 2020	Personal programs	Add	nov	Personal programs	Add	novaaaa	Personal programs	<p>2. Select the category "Personal programs" and click on "Filter"</p> <p>3. You will now see a list of all your "Personal programs".</p> <p>Under "Mobile Access", click "Add" to get access to the selected program, or "Remove" to remove it from your iPad/iPhone.</p>
Mobile Access	Name	Category																				
Add	November 2021	Personal programs																				
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	<p>4. Download the "Sportsbasics app" on your iPad or iPhone.</p> <p>5. Open the App and log in with your username (email address) and normal password.</p>
	<p>6. Click on the Name ("Navn").</p>
	<p>6. Now you can play the exercises by clicking on the image.</p>