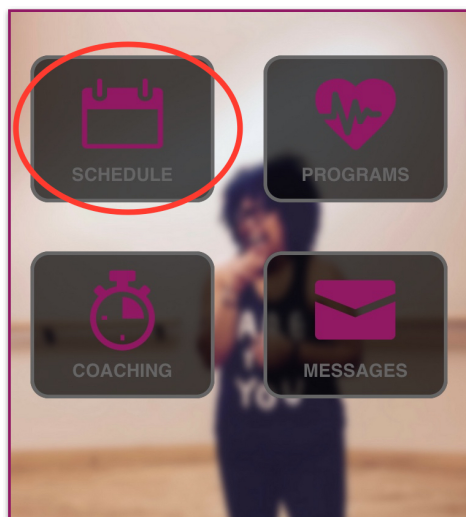


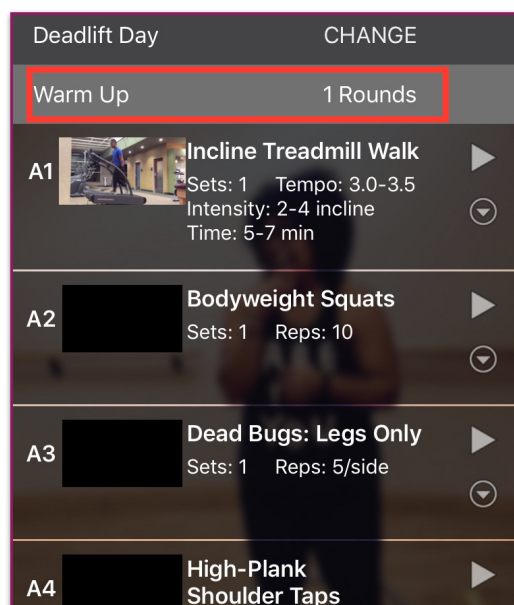
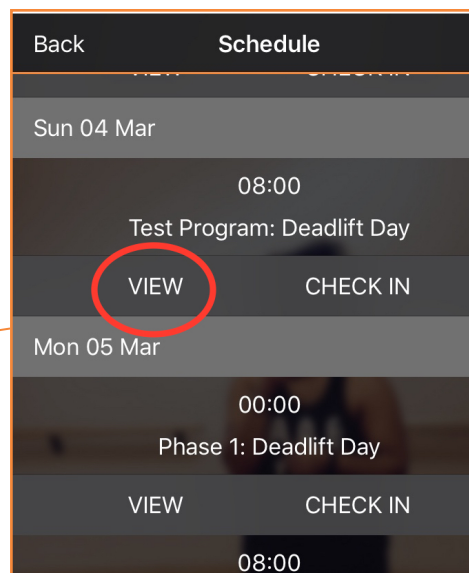
Step 4a: Access Your Workouts on the App!

(Note: You can only print your program from the website. Scroll down to Step 4b to find out how to access your workouts from the website.)



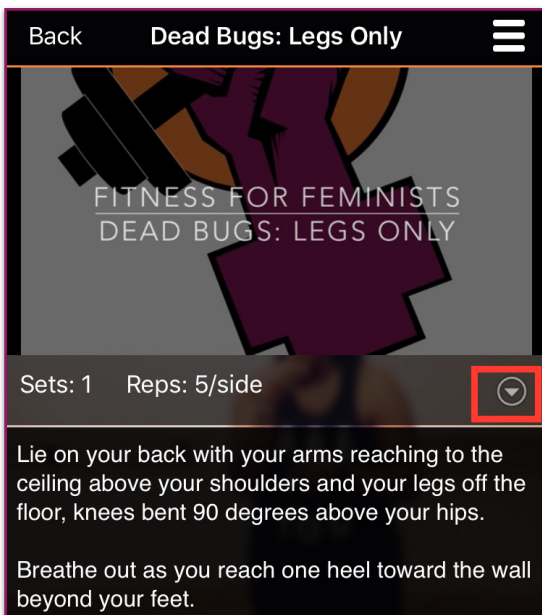
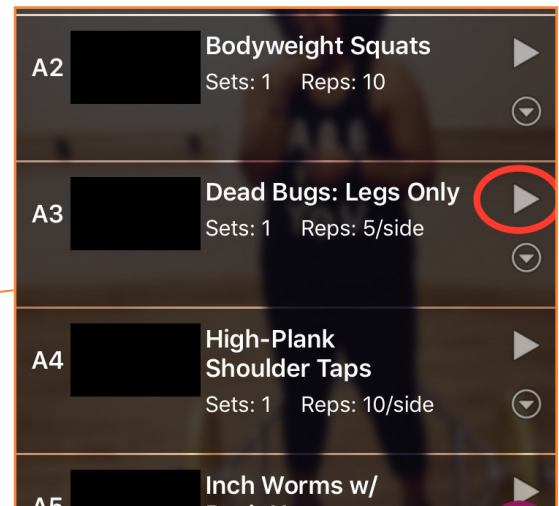
After you've gotten me your forms and assessments, I'll start writing your workout program. Your workouts will appear on your weekly schedule. That's the easiest way to find what you're supposed to do that day.

Once you click on the schedule, it will show you a list of your upcoming workouts by day. (Note: If you've missed a workout and want to go back, scroll up and find the date you're looking for.) Simply click on "View" below that day's workout to access the workout screen.



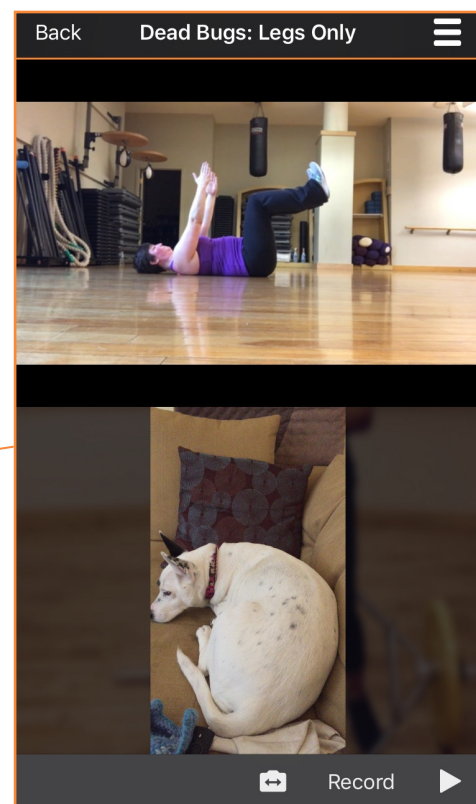
The first thing you should see in any workout is the Warm Up. In this workout, you would do 1 round of the warm up exercises, which are labeled with the letter A.

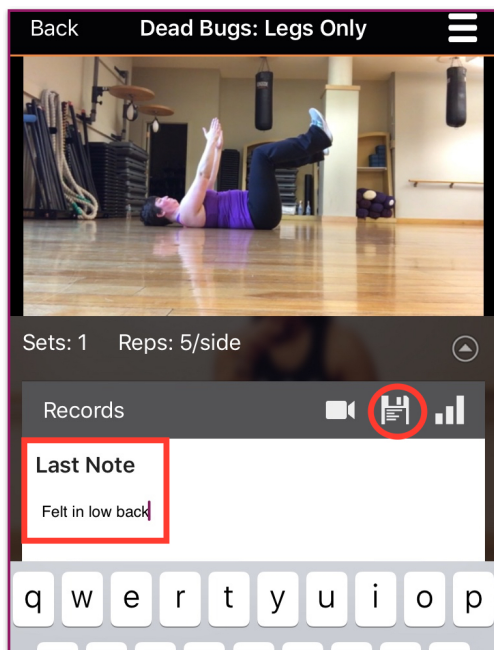
Each exercise has a video and instructions associated with it, even if the video just looks like a black box. Hit the play button on the right side of the exercise to watch the video and access the written instructions. Note, these videos do not have audio.



Inside the video, you can click on the circled arrow to access your records.

From there, you can videotape yourself just like you did in your movement assessment to see if you're doing the exercise correctly and to send your exercise form to me.

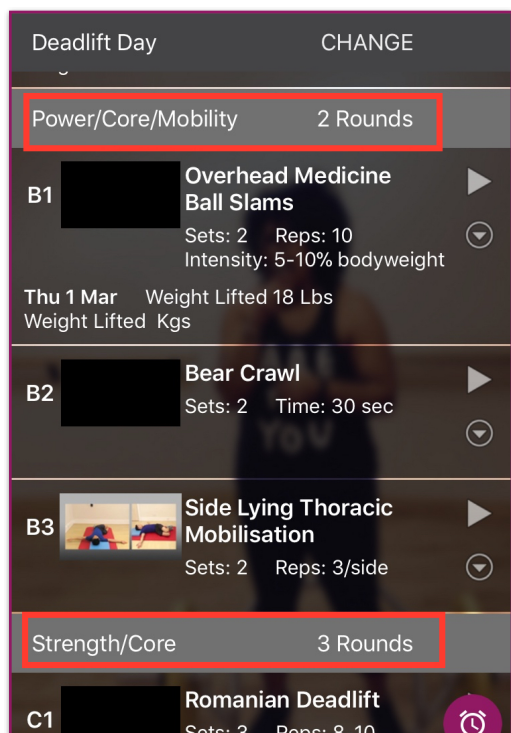
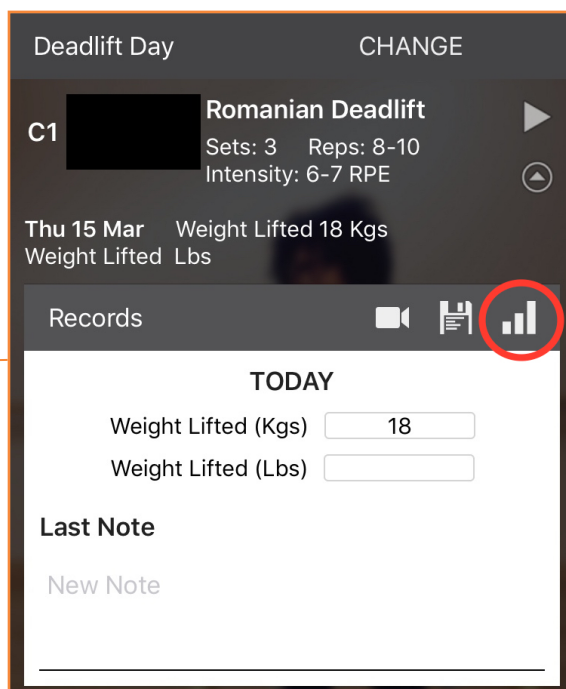




You can also access the results section after clicking the circled triangle (on either the video page or your program's main screen). Here, you can write in a note about anything you want to track or anything you want me to know. Remember to hit the save button to save your note and to send it to me.

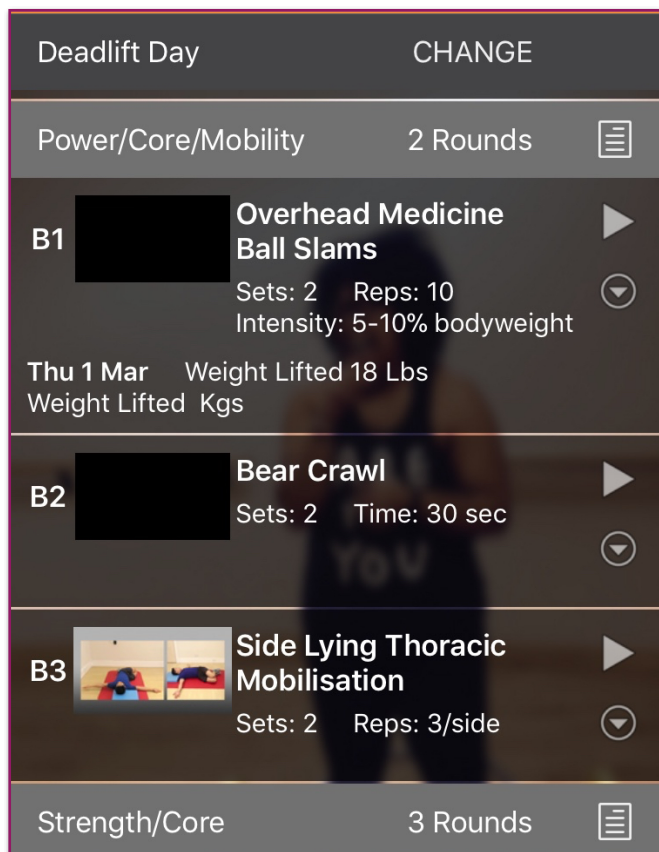
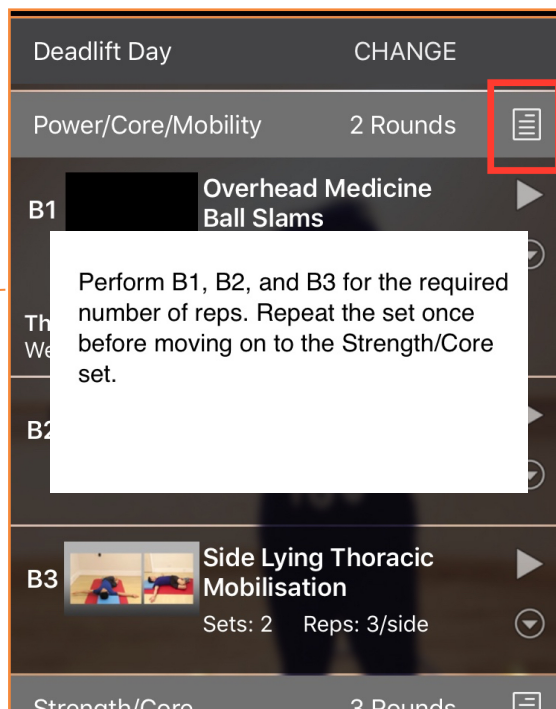
If you're doing an exercise for which I want you to track something (usually this will be the amount of weight lifted or reps completed), you can also enter that information when you click on the circled triangle. You can access that from the video page or from your program's main screen.

Once you've completed this workout a few times, you'll be able to track your progress by clicking on the bar graph icon.



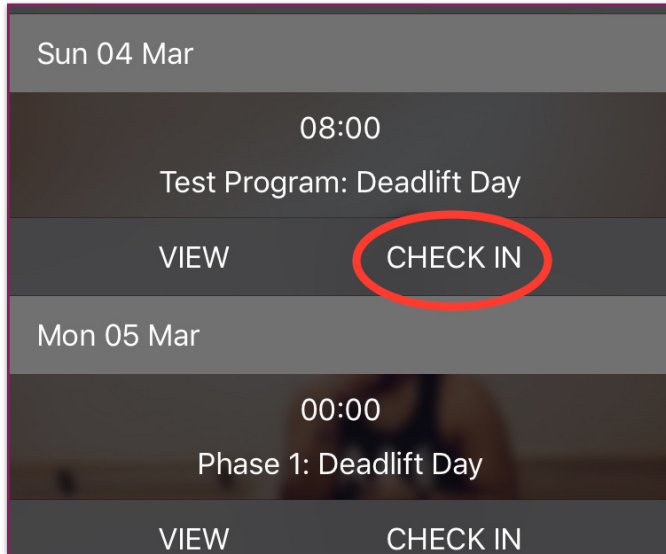
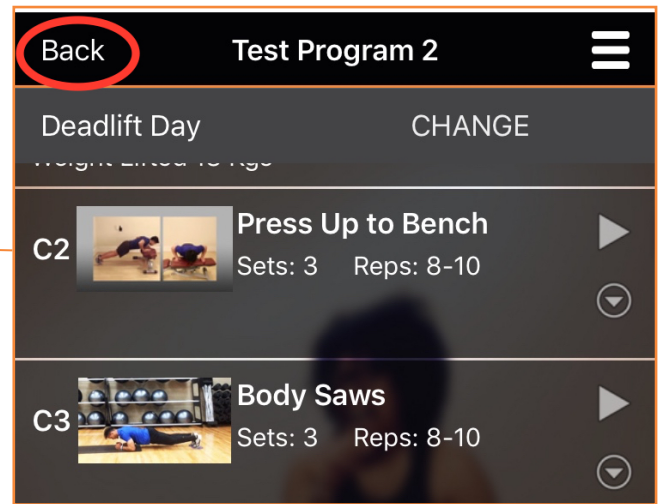
To move onto the next set, scroll down the program page. Each set is labeled with a title, and a number of rounds. You can see from this picture that you'll complete the Power/Core/Mobility circuit twice and the Strength/Core circuit 3 times.

If a set has notes, a page icon will appear. Click on the page icon to access the notes.



Each exercise has a title and a video, plus the number of sets, reps, and the amount of intensity, (ie. weight in lbs) if applicable. Looking at the directions for this set (including the notes above), you would complete 10 ball slams using a ball that's 5-10% of your bodyweight, then you would bear crawl for 30 seconds, then you would do your side-lying thoracic mobilization 3 times on each side. Then you'd go back to the ball slams and complete the circuit a second time before moving on to the Strength/Core set.

After you've finished the workout, hit the back button at the top of the page.

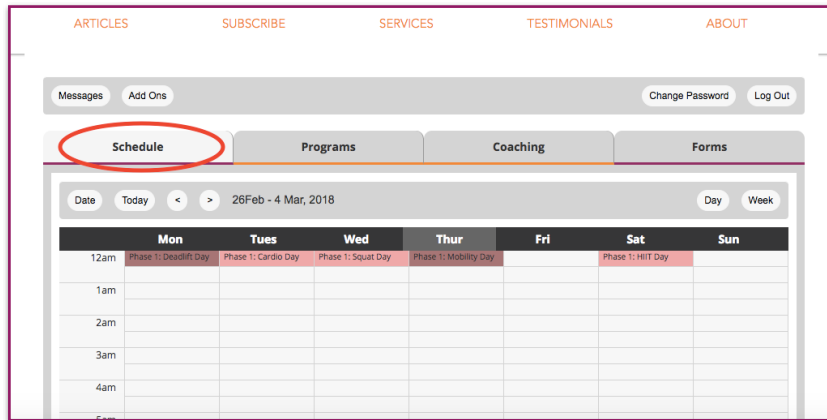


Hit "Check In" to let me know that you've finished your workout.

Scroll down to learn how to access your programs from the website.

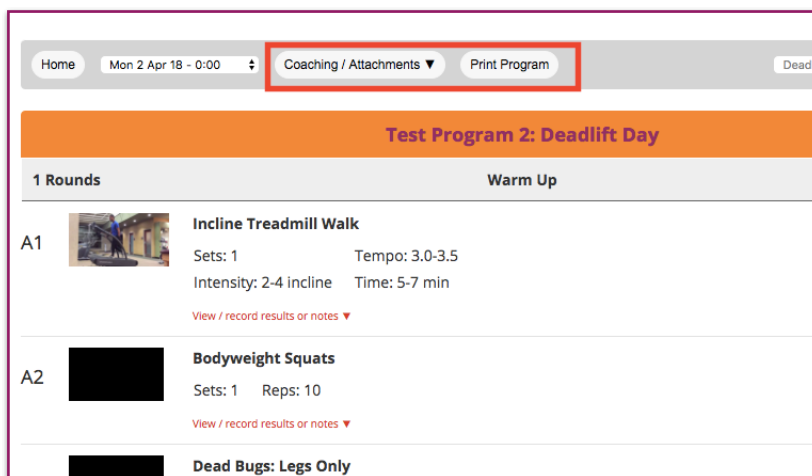
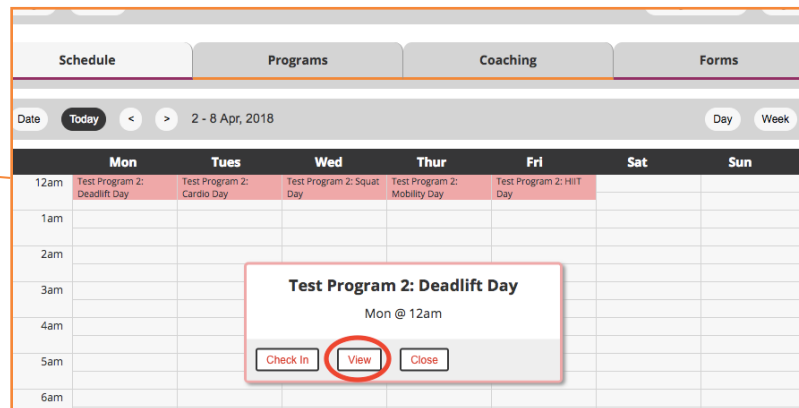
Step 4b: Access Your Workouts on the Website!

(Note: You cannot access the software to video your exercises on the website; you must use the app. Scroll back up to Step 4a to learn how to use the app.)



After you've gotten me your forms and assessments, I'll start writing your workout program. Your workouts will appear on your weekly schedule, which is the screen that opens up when you log into the website. That's the easiest way to find what you're supposed to do that day.





Once you click on the workout of the day, a pop-up will appear, allowing you to Check In, View, or Close. Click "View" to view your workout.







At the top of your workout page, if the workout has any attached Coaching or Tutorials, you can find those under the "Coaching/ Attachments" button. You can also click "Print Program" to print out your program.

The first thing you should see in any workout is the Warm Up. In this workout, you would do 1 round of the warm up exercises, which are labeled with the letter A.

Test Program 2: Deadlift Day

1 Rounds		Warm Up	
A1		Incline Treadmill Walk	Sets: 1 Tempo: 3.0-3.5 Intensity: 2-4 incline Time: 5-7 min View / record results or notes ▼
A2		Bodyweight Squats	Sets: 1 Reps: 10 View / record results or notes ▼
A3		Dead Bugs: Legs Only	Sets: 1 Reps: 5/side View / record results or notes ▼
A4		High-Plank Shoulder Taps	Sets: 1 Reps: 10/side


Test Program 2: Deadlift Day

1 Rounds		Warm Up	
A1		Incline Treadmill Walk	Sets: 1 Tempo: 3.0-3.5 Intensity: 2-4 incline Time: 5-7 min View / record results or notes ▼
A2		Bodyweight Squats	Sets: 1 Reps: 10 View / record results or notes ▼
A3		Dead Bugs: Legs Only	Sets: 1 Reps: 5/side View / record results or notes ▼
A4		High-Plank Shoulder Taps	

Each exercise has a video and instructions associated with it, even if the video just looks like a black box. Click on the box to open the video and instructions in another screen.

Hit the play button on the bottom left corner of the box to watch the video and scroll down to read the instructions. (Note, these videos do not have audio.)

A2 - Bodyweight Squats

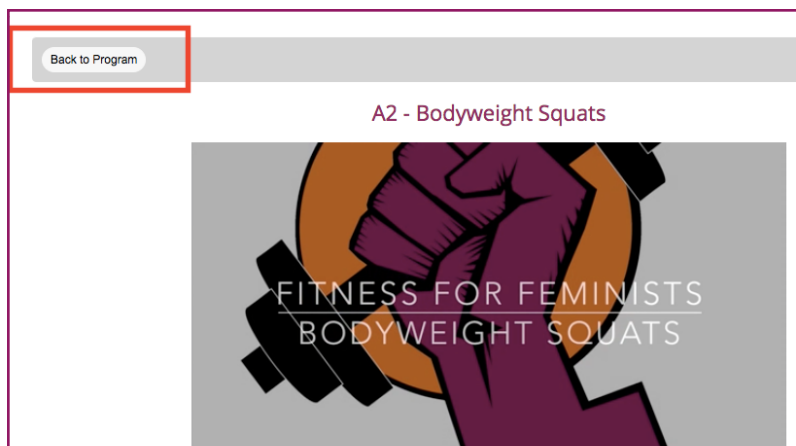


0:00 / 0:37

Sets: 1
Reps: 10

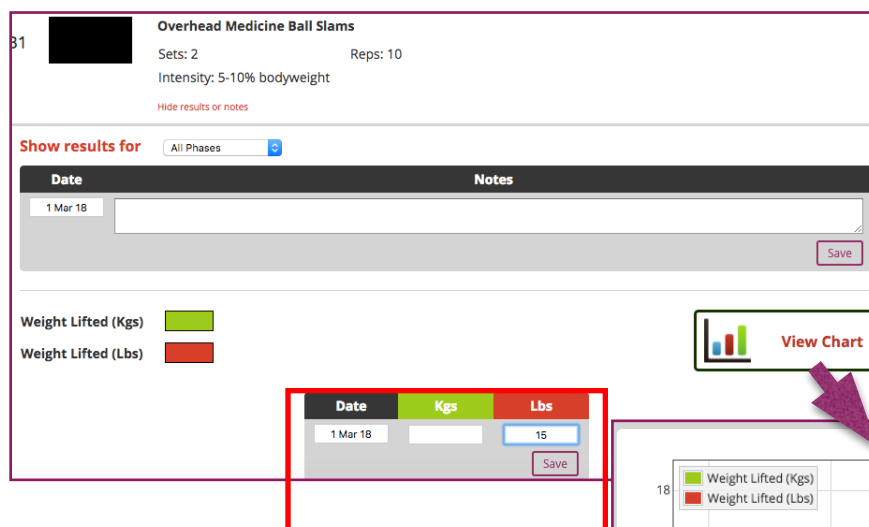
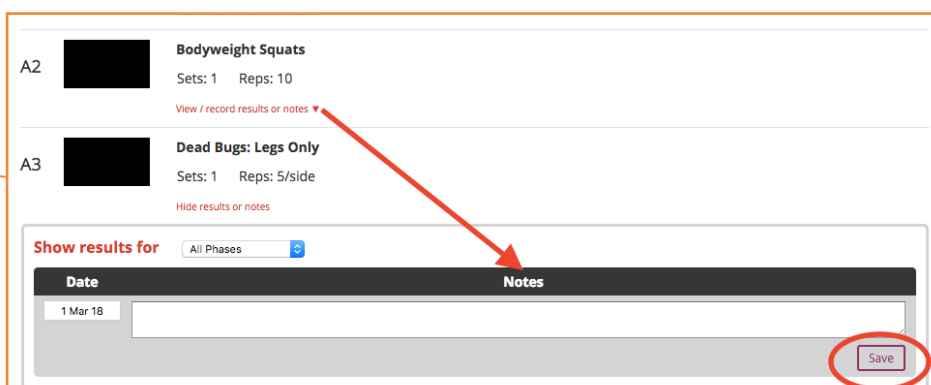
Instructions

Stand tall and tight, feet planted firmly in the ground in your squat stance.



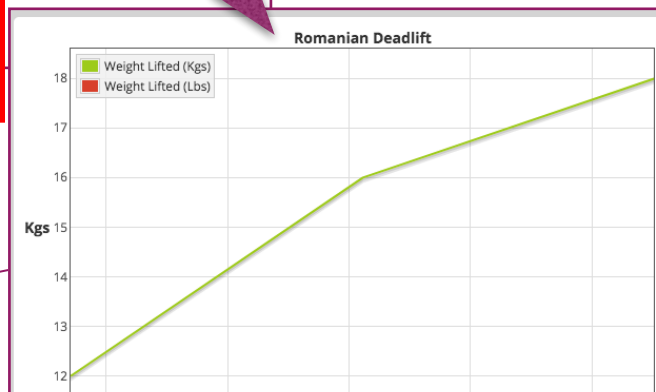
Hit the “Back to Program” button to return to the workout list. DO NOT hit your browser’s back button or you’ll leave your training portal.

From the workout page, you can access the notes section by clicking “View/record results or notes.” Here, you can make notes about anything you want to track or anything you want me to know. Remember to hit the save button to save your note and to send it to me.



If you’re doing an exercise for which I want you to track something (usually this will be the amount of weight lifted or reps completed), you can also enter that information when you click “View/record results or notes.”

Once you’ve completed this workout a few times, you’ll be able to track your progress by clicking “View Chart.”



To move onto the next set, you'll scroll down the program page. Each set is labeled with a title, and a number of rounds. You can see from this picture that you'll complete the Strength/Core circuit 3 times before moving on to the Strength/Cardio circuit.

If a set has notes, click on the page icon to access them.

3 Rounds Strength/Core

C1 **Romanian Deadlift**
Sets: 3 Reps: 8-10
Intensity: 6-7 RPE
[View / record results or notes](#)

C2 **Press Up to Bench**
Sets: 3 Reps: 8-10
[View / record results or notes](#)

C3 **Body Saws**
Sets: 3 Reps: 8-10
[View / record results or notes](#)

3 Rounds Strength/Cardio

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1 Rounds

A1 **Incline Treadmill W**
Sets: 1
Intensity: 2-4 incline
[View / record results or notes](#)

A2 **Bodyweight Squats**
Sets: 1 Reps: 10
[View / record results or notes](#)

Power/Core/Mobility: Notes
Perform B1, B2, and B3 for the required number of reps. Repeat the set once before moving on to the Strength/Core set.
[OK](#)

Notes always appear at the top of the page, so after you click the page icon, scroll up to read your notes.

Each exercise has a title and a video, plus the number of sets, reps, and the amount of intensity, (ie. weight in lbs) if applicable.

Looking at the directions for this set (including the notes above), you would complete 10 ball slams using a ball that's 5-10% of your bodyweight, then you would bear crawl for 30 seconds, then you would do your side-lying thoracic mobilization 3 times on each side. Then you'd go back to the ball slams and complete the circuit a second time before moving on to the Strength/Core set.

2 Rounds Power/Core/Mobility

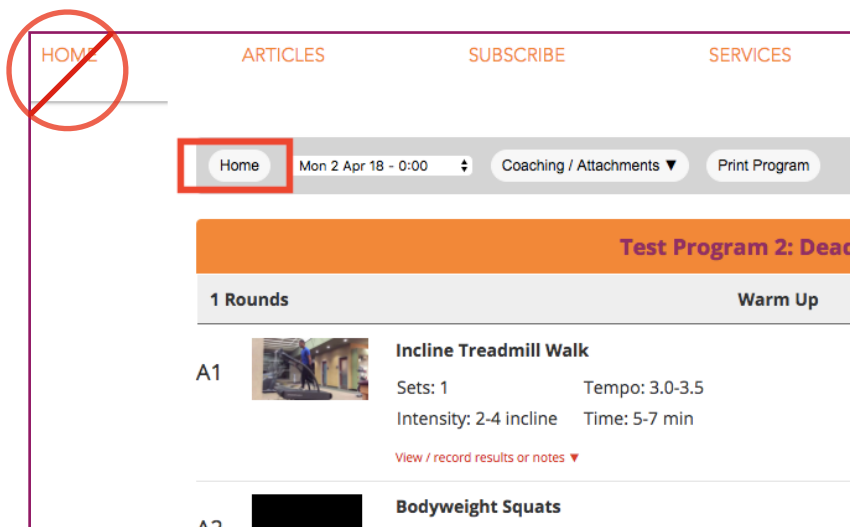
B1 **Overhead Medicine Ball Slams**
Sets: 2 Reps: 10
Intensity: 5-10% bodyweight
[View / record results or notes](#)

B2 **Bear Crawl**
Sets: 2 Time: 30 sec
[View / record results or notes](#)

B3 **Side Lying Thoracic Mobilisation**
Sets: 2 Reps: 3/side
[View / record results or notes](#)

3 Rounds Strength/Core

C1 **Romanian Deadlift**
Sets: 3 Reps: 8-10
Intensity: 6-7 RPE



After you've finished the workout, scroll back to the top of the workout and hit the Home button that's inside the grey banner. Don't hit the Home button on the website banner or you'll go to the Fitness for Feminists home page.

After you've returned to your schedule, click on your workout of the day and hit "Check In" to let me know that you've finished your workout.

