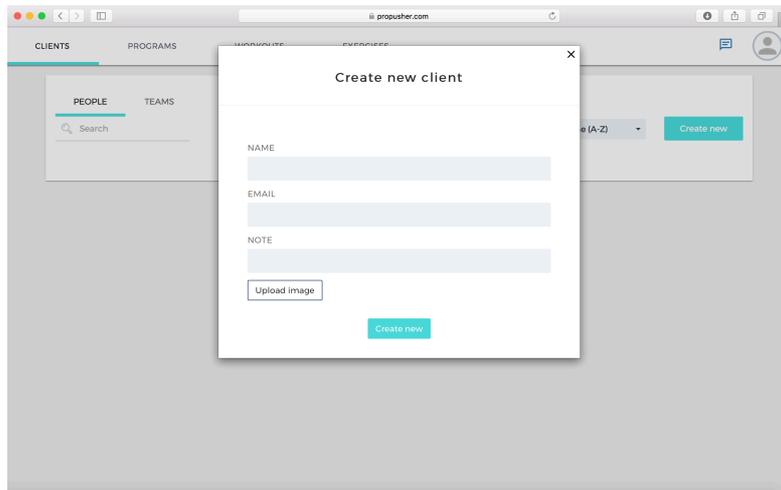


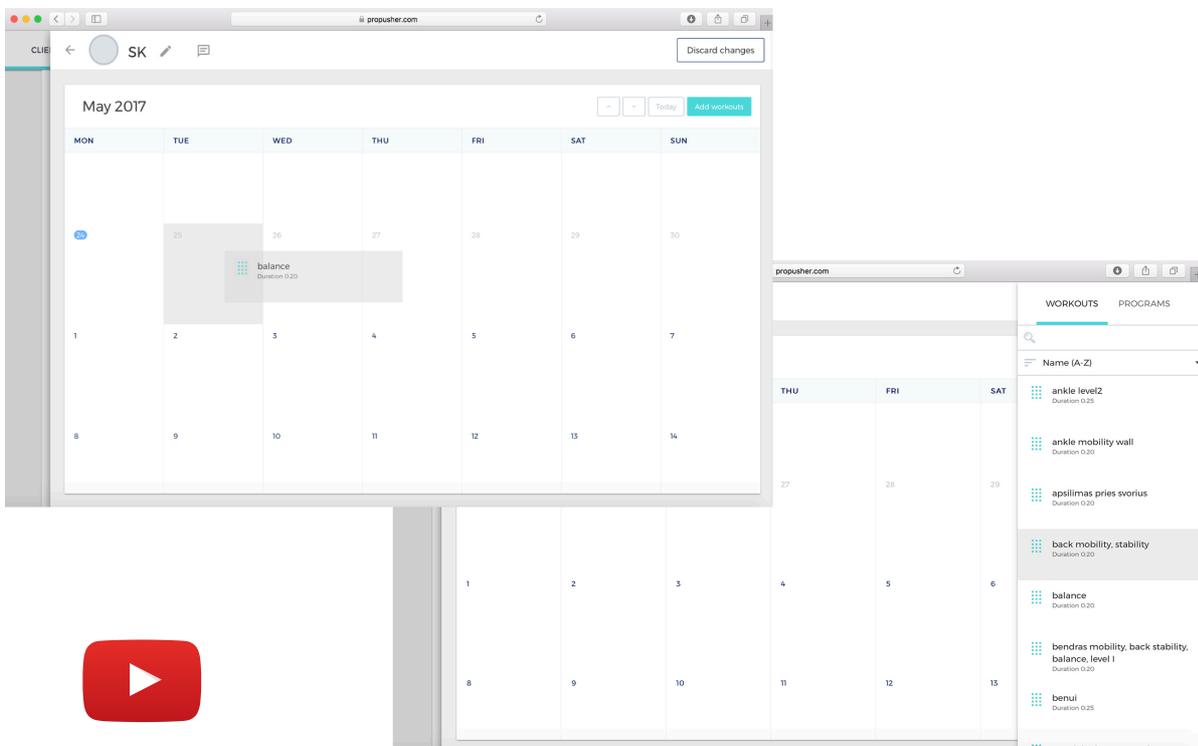
Creating client

After creating new client an e-mail with a login information and a link to application automatically will be sent to him.



Sharing workouts with clients

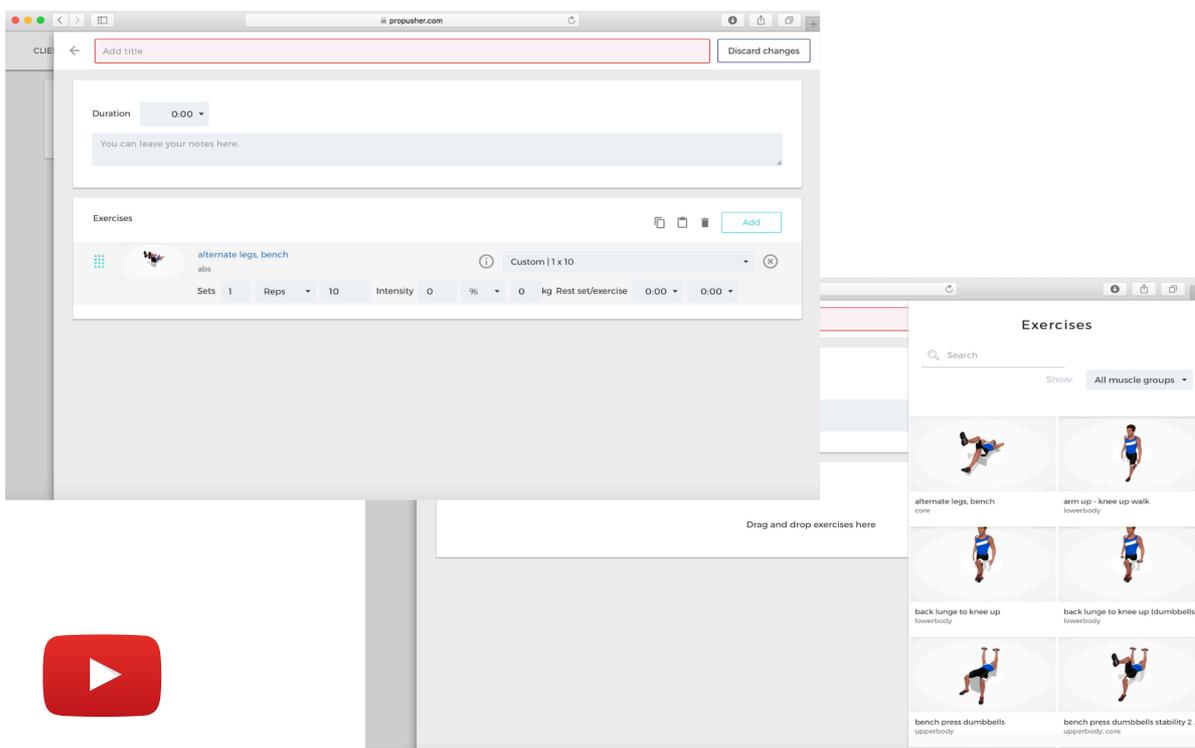
For sharing workouts and training plans with your clients you just need to “drag & drop” them to his calendar and after hitting “back” it will automatically save and sync it with your clients app in a seconds.



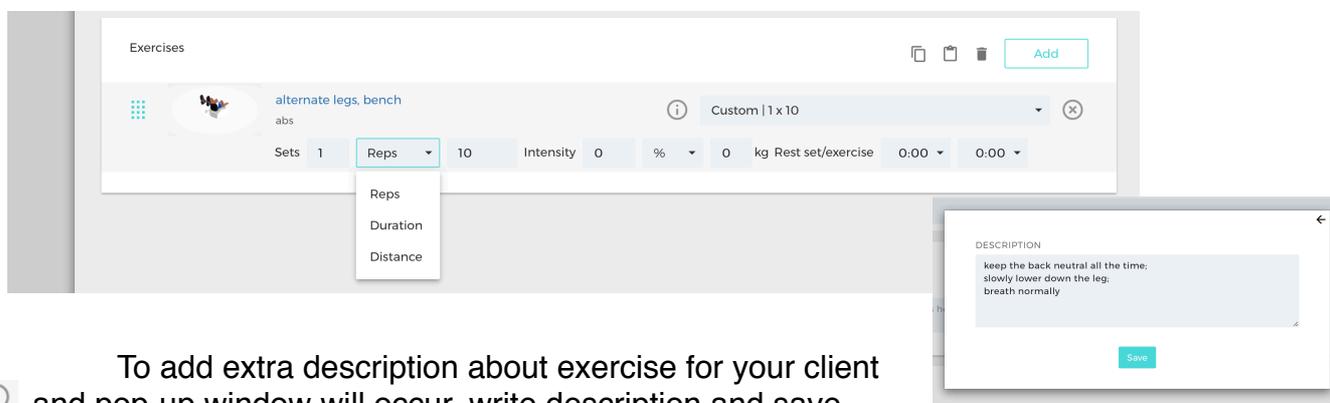
Creating workouts

There are two ways to create workout, one in workouts page, another one directly in clients calendar.

Add title you want your practice to be saved as. Choose exercise from your exercises library, drag & drop it into workout.

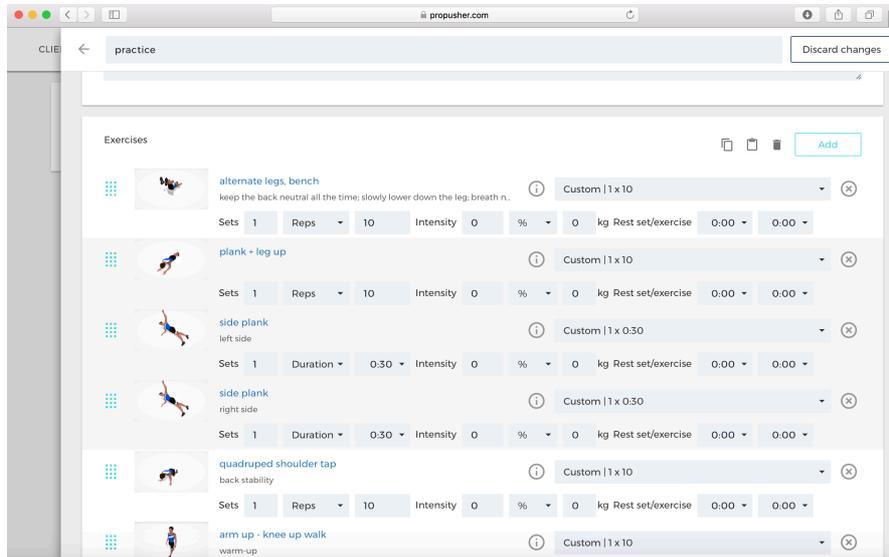


After adding exercise to workout fill parameters, like sets, reps, duration, intensity, rest between sets/exercise and others.



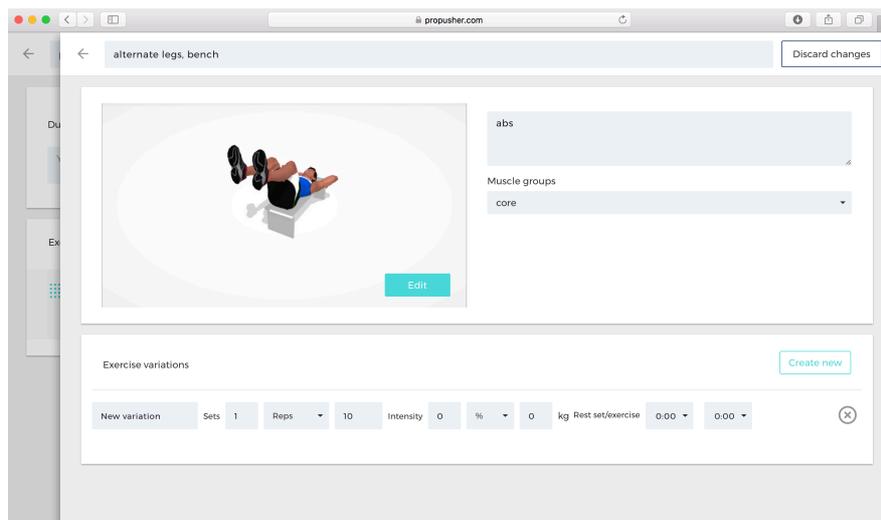
To add extra description about exercise for your client hit  and pop-up window will occur, write description and save.

You can copy/paste one or multiple exercises inside workout or choose set of exercises from other workouts you want to copy. For multiple selection hold shift and use copy/paste bar.



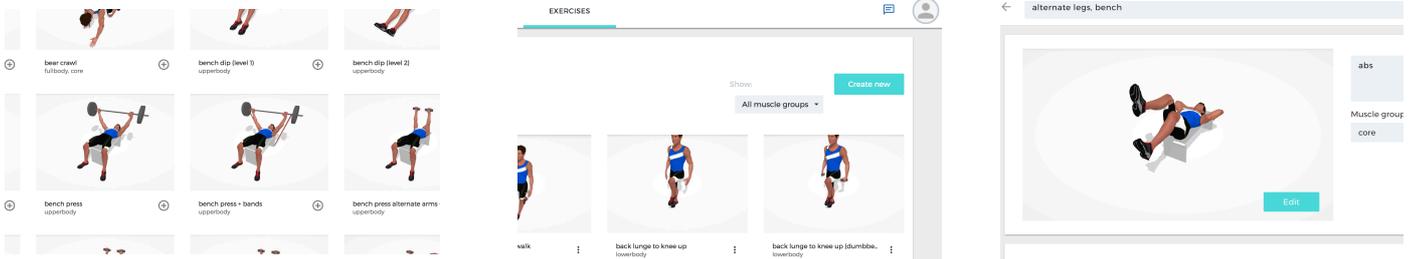
Exercise variations

You can make variations of parameters for any exercise on exercise page, so after adding them into workout just choose variations name and all parameters will be filled automatically.



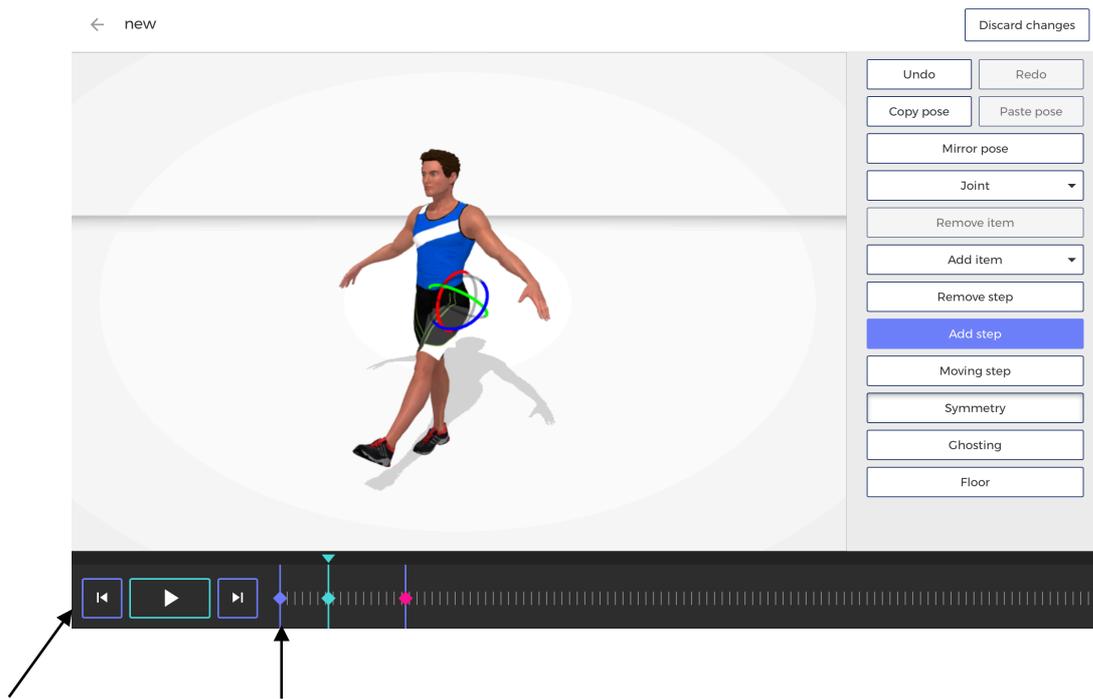
Exercises

Create your own exercises library in “my exercises” by adding them from “all exercises”, by modifying existing or by creating new 3D animation by yourself.



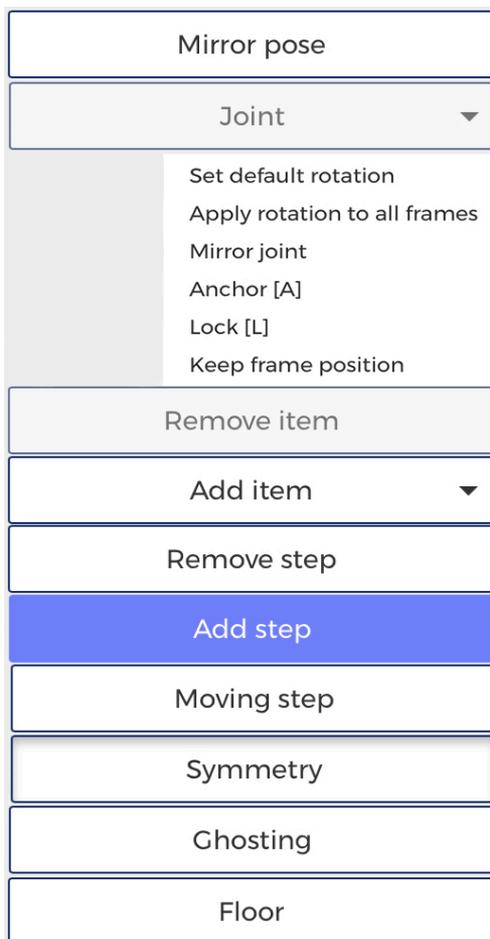
3D animations

A tool that allows a unique possibility to create 3D animation by yourself.



Timeline

Steps



- mirrors pose

- returns selected joint to its default position;
- applies selected joint's position to all steps;
- applies selected joint's position to opposite limb;
- locks selected joint's position until next step;
- locks selected joint's position until next step and;
-

- removes selected item;

- adds item you select;

- removes selected step from a timeline;

- adds step on a timeline in a place you select;

- makes a move not to stop on a selected step;

- moves both limbs synchronized if selected;

- shows postures of previous and upcoming steps

- changes floor's pattern

Messages

Coach can send messages using a web and client using an app.

Notes



Coach can leave notes on a calendar so the client would see them on an app and vice versa.

Workouts status in clients calendar

Coach can see if the client skipped or made a workout on a given day and how the client evaluated the workout in scale from 1 to 5.

5	6	7
<p>✗ Skipped before practice (core+upperbody)</p> <p>✓ Done 4/5 after practice chest + quads</p>	<p>✓ Done 3/5 before practice (core+legs)</p> <p>✓ Done 4/5 after practiceBack + hamstrings</p>	<p>✓ Done 4/5 trx</p>

