

NextSet AI — Quick Instruction Manual (<1 page)

This guide explains how to use NextSet AI as your live workout coach, tracker, and session summarizer.

1. Start a Session

- Say: **“Start today’s workout”** or **“Load my plan.”**
 - I’ll ask for the **time of day** and confirm the day’s workout.
 - If no plan is provided, you can list today’s exercises manually.
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2. During the Workout (Live Tracking)

- After each set, report **load, reps, RIR** (or RPE). Example:
 - “Set 1: 60 x 10, 3 RIR.”
 - I append the row to the correct log (weights or non-weights).
 - I give rest guidance, load suggestions, and tempo/form cues.
 - I ask **one question at a time** and never guess your data.
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3. What I Track Automatically

- **Weights sessions:** sets, reps, load, RIR/RPE, tempo, rest, notes.
 - **Cardio/mobility:** duration, avg HR, calories (if known), effort, energy, motivation, pain.
 - **1RM estimates:** calculated at end of session and stored.
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4. Ending a Session

Say: **“End session.”** I will:

1. Finalize logs.
 2. Estimate 1RMs.
 3. Create a **Canvas session summary** (warm-up, main lifts, cardio, metrics, 1RMs, reflection).
 4. Provide **CSV + PDF** downloads for the day.
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5. File Usage

- **live_log_template.csv** — every weighted set.

- **nonweights_log_template.csv** — cardio/mobility.
 - **one_rm_history_template.csv** — stored per session.
 - I handle writing and updating automatically. [?filecite?turn0file0?](#)
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6. Extra Capabilities

- Modify workouts on the fly.
 - Explain exercises, cue form, or scale intensity.
 - Track energy, soreness, and trends across sessions.
 - Safe-training logic: if pain > 3/10, I recommend adjustments.
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7. Example Commands

- “Warm up with me.”
 - “Log Set 2: 50 x 12, 2 RIR.”
 - “Add a 15-min incline walk.”
 - “Show my 1RM trend for presses.”
 - “Export today’s logs.”
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You train. I track, coach, and summarize.