



File A8. Online training program guide.

How to follow an online training session?

STEP 1. Create a Gmail account if you don't have one

1. Search in google: gmail
2. Click on ; Gmail, google email.
3. Click on “Create an account”
4. Enter name and surname
5. Create a profile and password

STEP 2. Enter your Gmail account.

1. Search in google: gmail
2. Click on ; Gmail, google email.
3. Click on “Log in” at the top right.
4. Enter our previously created data.

STEP 3. Preparation of material

- Elastic bands
- Registration sheet of Rate of perceived exertion
- Marker pen and daily session tables
- Chair
- Mat
- Heart rate monitor band
- Mobile for heart rate monitor application
- Computer or tablet

STEP 4. Put on the chest band to control my heart rate

STEP 5. Enter in the googlemeet link given by his/her trainer.

STEP 6. Activate the mobile applications for synchronization with my chest band.

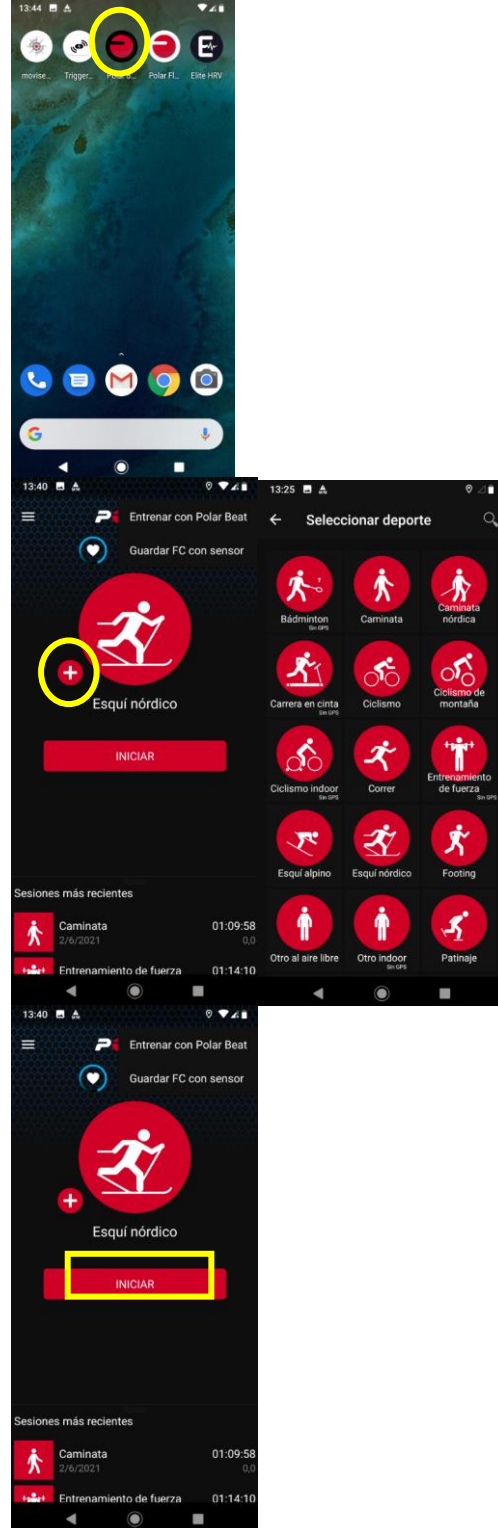
Activation of the "Polar Beat" application.

Open the "Polar Beat" app on your mobile.

Click on the "+" symbol and look for the sport that your trainer has indicated to you.

Click on the three dots at the top right and select "Save HR with sensor"

Click on "Iniciar"

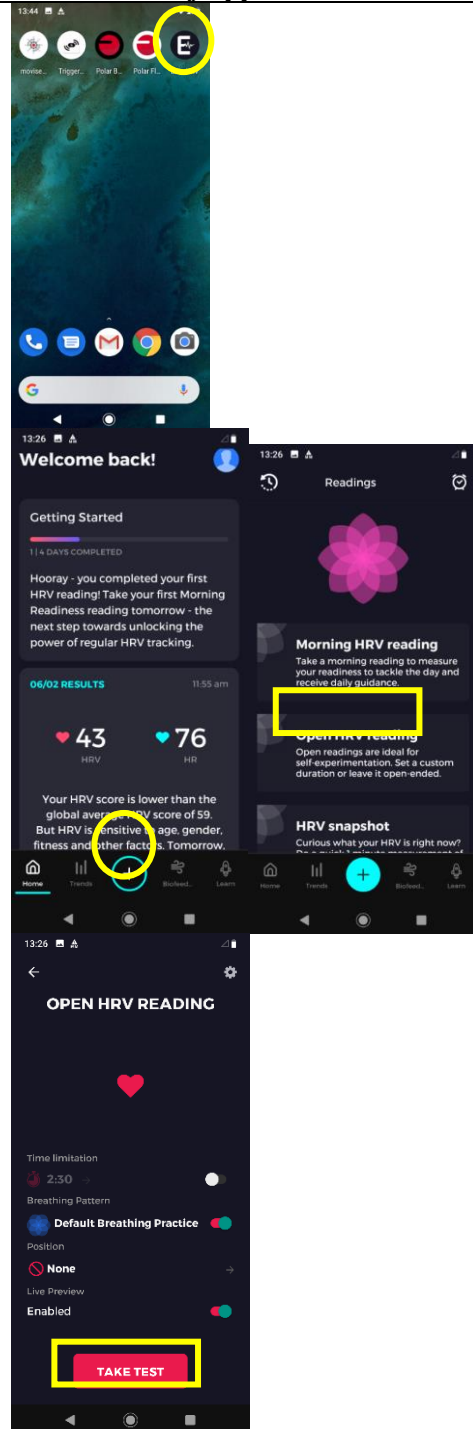


Activation of application : "Elite HRV"

Open "Elite HRV" app on your mobile phone

Click on the symbol "+" and after in "Open HRV reading"

Click on "Take test"



STEP 7. Write your subjective perception of effort from how you slept last night and how you are before starting the session.

STEP 8. Write down my subjective perception of effort and the repetitions that I have performed in my spreadsheet after each exercise.

STEP 9. Record on my subjective effort perception sheet how I feel after the session and the total effort perception of the entire session.



STEP 10. Finnish training record in mobile applications.

- End “Polar Beat” app
 - Open “Polar Beat” app
 - Click on the “STOP” symbol
- End “Elite HRV” application
 - Open the Elite HRV app
 - Click on “STOP TEST”

STEP 11. Remove your chest band.

STEP 12. Take a picture of the perception sheet and send it to the trainer.