TrackCraze – Quick Tutorial

They all started with the board!

trackCraze

Search users

Behind the Workout

Logged in as: **timothyphtse@gmail.com**

Programs | Account | Logout

Timothy Tse

God of Thunder

Gender: Male   Weight: 144.0lbs
Age: 19   Height: 175 cm
Birthday: 8th Sep 1992

Programs

My Workout   View
Default Program   View

Progress

Timothy Tse has worked out on **06/03/2012**
Timothy Tse has worked out on **05/30/2012**
Timothy Tse has worked out on **05/29/2012**

One of Timothy's goals
Get to 150 lbs by 12/31/2012

Feedback   Tell us what you think!

Daily Tips

Strive to include total body workouts. These include: cardiovascular exercises, strength training (both upper and lower body), core training and stretching/flexibility.

When stretching before a workout, it's best to stretch after you've gotten warmed-up for about 5 minutes (your muscles will be looser).

When working out on cardio equipment (e.g. elliptical trainers), don't lean heavily on the handrails. This will

News & Updates

You have 0 track requests.

Nothing much has happened since you last logged in.

Consider getting more friends

Remember, be nice!

Post it   Cancel

(250 characters remaining)

Alex Yau
Imposter.
1 weeks ago

comment

Kudos to you Sir!   x1

Programs
Clicking "Programs" (next to "Account") will bring you to your list of workout programs, while clicking "Programs" in that nice looking white box will bring you to your main workout program.

Tips
Spice up your workouts with helpful daily tips written by our very own TrackCraze crew. You can thank us later!

Edit Profile
Clicking that pencil icon will bring you to your "Edit Profile" page. You can change your privacy options, body measurements, goals and more there.

Progress
Click into progress to record your workout stats, view your past workouts and track your bodyweight.

Express Yourself

Remember, be nice!

Post it   Cancel

(250 characters remaining)

Timothy Tse
Puny God
28 seconds ago

comment

Timothy Tse
Smash
1 weeks ago

comment

Timothy Tse
Hulk
1 weeks ago

comment

Let your trackers know what you are up to (Yes we are still extremely hyped about The Avengers movie) by taking it out on your board. You can also post on other users' board.

Remember, be nice!

(250 characters remaining)

Post it   Cancel

Timothy Tse
solid workouts by the way, congrats on the recent PR on the deadlift!
52 seconds ago

comment

Find Friends

trackCraze   Joe Klein

Track down your friends and follow their workouts on TrackCraze. Simply type in their name in the search bar and click the search button. You can also search for e-mails.

Your Very Own Newsfeed
News & Updates

Board
Programs
Progress
Photos
Profile

Tracking (6)
Trackers (4)

Top Tracks

Alex Yau is now tracking **Derek Mok**

Derek Mok wants the whole world to know that:

yay
6 days ago

Thor Odinson changed his location to Asgard. 1 weeks ago

Thor Odinson changed his location to Asgard. 1 weeks ago

Thor Odinson is now 191cm tall!! Congratulations. 1 weeks ago

Thor Odinson is now 191cm tall!! Congratulations. 1 weeks ago

Check out what your buddies are up to by opening your own personalized newsfeed. Access their workout logs, programs and more to stay up to date.

Top Tracks

Search who you are tracking 🔍

Tracking

Top Tracks
- ☑ **Alex Yau**
- ☑ **Isaac Cutler 4-Time Mr Olympia Jason**
- ☐ **Derek Mok**
- ☐ **Tim Tse**
- ☐ **Alex Yau**
- ☑ **Thor Odinson**

Board

Programs

Progress

Photos

Profile

Tracking (6)

Trackers (4)

Top Tracks

Isaac   Cutler
4-Time Mr Olympia
Jason

Alex Yau

Go to your "Tracking" page (see sidebar) and select the favorite users that you are tracking (we call them Top Tracks).

Profiling

Edit Profile | Goals | Privacy Options | Update Options | Body Measurements

Pictures

Choose a file to upload: [_____] Browse.. Maximum size-700kB

Upload File

Or **Choose from existing photos**

I Am Male ▼

It's very important to edit your profile and moderate your own privacy options; some might not want other TrackCraze users to see their secret workout programs or body measurements. Let's direct our attention to "Privacy Options" for now.

Privacy option is pretty self-explanatory, but if you don't want people you don't know to see your weight, select "Show my weight to trackers only." You can also select "Don't show my weight in my profile" if you don't want anyone (except yourself) to see your weight.

In "Update Options", you can play around and decide which updates you want to notify your trackers and which ones you don't.

There are several options for Weight under the "Progress Options" subsection. Choosing "Don't automatically update" won't update the weight in your profile from your progress (if you started TrackCraze at 180 lbs and

now weighs 200 lbs, your profile will say "180 lbs" and not "200 lbs"). On the other hand, choosing "Automatically update from Progress" will quite literally update the weight in your profile whenever you update your progress.

Creating Your Workout Program

Now that you have explored basic TrackCraze features, let's go ahead and draw up your first program. In "Programs," (top right button) go ahead and "Click to add a new Program."

See the checkboxes next to each program? Selecting one of these programs and clicking "Update" will make it your main program. Whenever you want to record your workout stats in "Progress", the default program that you can enter your stats in will be your main program. Clicking "Programs" in the programs box on the frontpage wil also bring you to the your main program.

Here you can create new splits – chest, arms, back and shoulders etc. It's totally up to you.

When you're done adding splits, start adding your exercises. You can always edit or delete the split and/or exercises if you want to.

Calves [Edit] ✕

Exercise	Sets	Weight	Reps	Comments
Seated calf raises	3	95 lbs ▾	15	Usually I do a triple drop set:
				[Save] [Cancel]
Seated calf presses	3	230 lbs	10	

[Add]

[Click to add a new Split]

Tracking Your Progress

Progress | Record   Track   Physique

Select Program   **Select Split**

| My Workout ▾ | Back ▾ | 06/06/201📅 | Record |

Back

Exercise	Prev	Weight	Rep		Comments
Row	175lbs x 9	___ lbs ▾	___	Last / Prev	New Notes
	175lbs x 9	___ lbs ▾	___	Last / Prev	
	175lbs x 9	___ lbs ▾	___	Last / Prev	[ad]

Entering your workout stats is easier than ever: simply input your stats in the correct box! Some useful pointers:

- Add new sets if you have done more than planned
- Clicking the grey "ad" button will add new sets

6

Dumbbell pullovers

38lbs x 13 [____] lbs ▾ [__] **Last** **Prev** **New Notes**

38lbs x 13 [____] lbs ▾ [__] **Last** **Prev**

35lbs x 15 [____] lbs ▾ [__] **Last** **Prev** [ad]

Trying something new today?

Enter new Exercise [____] lbs ▾ [__] Notes [_____] [ne]

Trying something you have already done before?

Back squat ▾ [__] lbs ▾ [__] Notes [_____] [ne]

- If you did an exercise that wasn't part of the program, enter it under "Trying something new today?" It works exactly the same way as the regular exercises. One note though: these exercises will not be tracked. They will still show up in your workout logs (in Track By Day) but they won't show up in Track By Exercise.

- If you are doing an exercise that you have done before in other programs (e.g. you used to do reverse grip lat pulldowns for your back workouts) and decided to give it a go again, use "Trying something you have already done before" instead so that you can track the stats for that exercise altogether. What do I mean by that? Let's say in Program A you could rep out on reverse grip lat pulldown with 150 lbs for 10. You decide to give that exercise a go in your current program (which I'll conveniently label as Program B) and now you are able to rep out with 170 lbs for 10. Entering it under "trying something you have already done" will allow TrackCraze to track the stats for that exercise in program A and B together. If you go to Track By Exercise, you will now see your "170 lbs" entry under the exercise "Reverse grip lat pulldown." Pretty cool eh?

- Be sure to click the grey "ne" button under "Trying something new today?" and "Trying something you have already done before" so that they can be recorded

- Don't forget to hit "record" when you're done
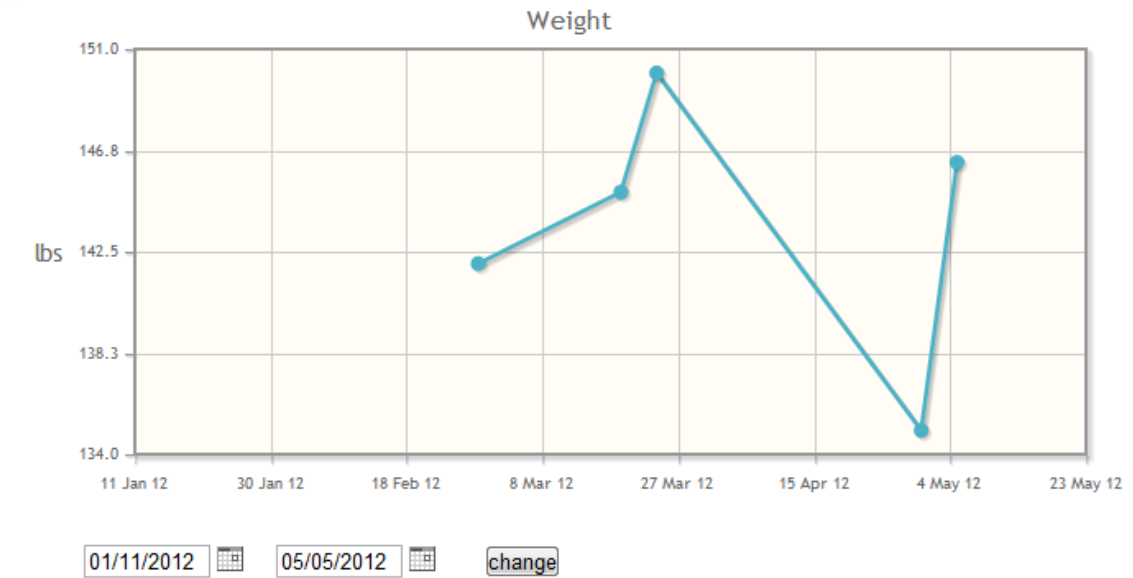
Now let's click into "Physique."

Progress

New Weight [_____] lbs ▼ [05/12/2012] ▦ [Enter]

Trendline
☐

Weight

151.0 ─

146.8 ─

lbs 142.5 ─

138.3 ─

134.0 ─

11 Jan 12   30 Jan 12   18 Feb 12   8 Mar 12   27 Mar 12   15 Apr 12   4 May 12   23 May 12

[01/11/2012] ▦   [05/05/2012] ▦   [change]

Weight					
Date	28 Feb 12	19 Mar 12	24 Mar 12	30 Apr 12	05 May 12
Weight	142 lbs	145 lbs	150 lbs	135 lbs	146.25 lbs

Visualize your progress by entering your bodyweight under "Physique."

See the little calendar icons below the graph? They are for you to change the start and end date of the weight graph on the horizontal axis. Perfect for those who are dieting for a contest to track their progression within a certain time period.