

Client looks up previous workouts

Welcome to DPL

Please select your user name and enter your pin

User names
Cindy Edwards
Michelle Smith
Owen Mead
Jon Dow
Wade Hirsch

User
Pin

123456789

LoginClear

Welcome Wade

Please select the data and class name of your workout

Select Date2008/11/2Select Class5:00pm Class

Filthy Fifties
50 Box Jumps24" Box
50 PullupsToe
50 SquatsRegular
50 Push Presses45lb Bar

Completed Workouts
Sept 14 - 27:30
July 2 - 29:45

Welcome Wade

Please select the data and class name of your workout

Select Date2008/11/2Select Class5:00pm Class

Filthy Fifties
50 Box Jumps24" Box
50 PullupsToe
50 SquatsRegular
50 Push Presses45lb Bar

Completed Workouts
Sept 14 - 27:30
July 2 - 29:45

Welcome Wade

Please select the data and class name of your workout

Select Date2008/11/2Select Class5:00pm Class

Fran : 21- 15 -9
Thrusters95 lbs
Pull upsKipping

Completed Frans
Sept 14 - 10:21
Thrusters95 lbs
PullupsKipping
July 2 - 29:45

Welcome Wade

Please select the data and class name of your workout

Select Date2008/11/2Select Class5:00pm Class

Cindy : AMRAP
5 Pull upsKipping
10 Push upsToe
15 SquatsRegular

Completed Cindys
Sept 5 - 13 rds
July 1 - 10 rds
Pull upsKipping
Push upsToe
SquatRegular
June 15 - 10 rds

Welcome Wade

Please select the data and class name of your workout

Select Date2008/11/2Select Class5:00pm Class

Filthy Fiftys : 50
Box jump24 inch box
Jumping pull-upsToe
Kettlebell swingsRegular
Walking LungeRegular
Knees to elbowsChest

Completed Cindys
Sept 5 - 13 rds
July 1 - 10 rds
Pull upsKipping
Push upsToe
SquatRegular
June 15 - 10 rds

After workout, person enters workout they just did

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Welcome Wade

Please select the data and class name of your workout

Select Date2008/11/2Select Class5:00pm Class

Filthy Fifties
50 Box Jumps24" Box
50 PullupsToe
50 SquatsRegular
50 Push Presses45lb Bar

Completed Filthy Fifties
Sept 14 - 27:30
July 2 - 29:45

Welcome Wade

Workout Entered.
Thank you!

Back

Logout

Welcome Wade

Please select the data and class name of your workout

Select Date2008/11/2Select Class5:00pm Class

5km run
Time
Save

Completed 5kms
Sept 5 - 22:30
July 1 - 21:30

Welcome Wade

Please select the data and class name of your workout

Select Date2008/11/2Select Class5:00pm Class

19534: 21- 15 -9
Hanstand Pull upsBox
400M RunRegular
Weighted pull-ups15 lbs

Completed 19534
Sept 14 - 10:21
HanstandBox
400M runRegular
Weighted pull ups10 lbs
July 2 - 29:45

Login Screen

Username

Password

Login

Trainer pull up weekly roster

Week of: November 1st - 7th, 2009

Mon	Tue	Wed	Thu	Fri	Sat
5:00pm (5) Cindy Michelle Owen Jon Wade	5:00pm (7) 6:30pm (11) 7:30pm (3)				
6:30pm (12) 7:30pm (2)					

Trainer Create Client

Name

PIN

PIN Again

(optional) Email

(optional) Phone

Save

Cancel

Client Wade Added Succesfully

Add Another

Main Menu

Trainer View /Edit Client Information Client Forgets Pin

Use Menu Instead Across All Screens -- Weekly Roster default View

View Client Information

Setup Class Workouts

Create Account

View Weekly Roster

Clients

Q-

Aaylesworth, Art
Abernethy, Rob
Ahn, Thomas (Yong-il)
Appleby, Chris
Arthur, Cora
Azad, Farsheed
Baker, Bill
Balkwill, Brian
Banks, Kevin
Beavil, Lori
Bennallack, Vince & Janice
Bennett, Rob
Bergshoeff, Paul
Berrang, Peter
Bertrand, Ryan

Arthur, Cora
home +1 (250) 727-6113
mobile (250) 858-6113
other wdh@uvic.ca
pin 12345
Edit

Trainer sets workout for the day

Create new workout

Name

TypeTimed

Rounds/

Elements
Pull Ups
Push Press
Push Jerk
Push Ups

Workout so far
Reps
Element
Prescribed
Push UpsKnees
Pull Ups1" Band

Save

Workout "Fran" has been Successfully Added

Add Another

Select Date

November 2nd, 2009

5:00pm Class
6:30pm Class
8:00pm Class
Olympic Lifters
Crazy Mofos
The other guys
Soccer Moms

Filthy Fifties
Not Set
Not Set
Not Set
Not Set
Not Set
Not Set

Add Class

Select Date

November 2nd, 2009

5:00pm Class
6:30pm Class
8:00pm Class
Olympic Lifters
Crazy Mofos
The other guys
Soccer Moms

Filthy Fifties
Not Set
Not Set
Not Set
Not Set
Not Set
Not Set

Add Class

Select Workout

Q-

4R4T - 50 Walk lunge,
Annie
Michael
Nate
Tommy V

Save

Cancel

Add Workout

Select Date

November 2nd, 2009

5:00pm Class
6:30pm Class
8:00pm Class
Olympic Lifters
Crazy Mofos
The other guys
Soccer Moms

Filthy Fifties
Not Set
Not Set
Not Set
Not Set
Not Set
Not Set

Add Class

Select Workout

Q-

4R4T - 50 Walk lunge,
Annie
Michael
Nate
Tommy V

Save

Cancel

Add Workout

Select Date

November 2nd, 2009

5:00pm Class
6:30pm Class
8:00pm Class
Olympic Lifters
Crazy Mofos
The other guys
Soccer Moms

Filthy Fifties
Not Set
Not Set
Not Set
Not Set
Not Set
Not Set

Add Class

Select Workout

Q-

4R4T - 50 Walk lunge,
Annie
Michael
Nate
Tommy V

Save

Cancel

Add Workout

Trainer Create/Edit/Delete Workout