

Client wants to see previous workouts

Enter Pin

* * *

1

2

3

4

5

6

7

8

9

Login

Clear

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

Filthy Fifties

50 Box JumpsOrange Box50 PullupsRegular50 SquatsRegular50 Push Presses45lb Bar

TimeSave

Completed Workouts

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

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

Filthy Fifties

50 Box JumpsOrange Box50 PullupsRegular50 SquatsRegular50 Push Presses45lb Bar

TimeSave

Completed Workouts

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

After workout, person enters workout they just did

Enter Pin

* * *

1

2

3

4

5

6

7

8

9

Login

Clear

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

Filthy Fifties

50 Box JumpsOrange Box50 PullupsRegular50 SquatsRegular50 Push Presses45lb Bar

TimeSave

Completed Workouts

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

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

Workout Entered.
Thank you!

Logout

Completed Workouts

Nov 2 - 28:42
50 Box JumpsOrange Box
50 PullupsRegular
50 SquatsRegular
50 Push Presses45lb Bar
Sept 14 - 27:30
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 AnotherMain Menu

Trainer View /Edit Client Information Client Forgets Pin

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

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

View Client Information

Setup Class Workouts

Create Account

View Weekly Roster

Create new workout

Name

Type

Timed

Rounds/

Elements

Pull Ups
Push Press
Push Jerk
Push Ups

Save

Workout so far

RepsElementPrescribed

Push UpsKnees

Push Ups1" Band

Workout "Fran" has been Successfully Added

Add Another

Trainer sets workout for the day

Select Date

October 2009

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

October 2009

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

October 2009

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

October 2009

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

Trainer Create/Edit/Delete Workout