

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 Date

2008/11/2

Select Class

5:00pm Class

Filthy Fifties

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

Time

Save

Completed Workouts

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

Welcome Wade

Please select the data and class name of your workout

Select Date

2008/11/2

Select Class

5:00pm Class

Filthy Fifties

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

Time

Save

Completed Workouts

Sept 14 - 27:30
50 Box Jumps Orange Box
50 Pullups Regular
50 Squats Regular
50 Push Presses 45lb Bar
July 2 - 29:45

Welcome Wade

Please select the data and class name of your workout

Select Date

2008/11/2

Select Class

5:00pm Class

Fran : 21- 15- 9

Thrusters95 lbs
Pull upsKipping

Time

Save

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 Date

2008/11/2

Select Class

5:00pm Class

Cindy : AMRAP

5 Pull upsKipping
10 Push upsToe
15 SquatsRegular

Rounds : 13

Save

Completed Cindys

Sept 5 - 13 rds
July 1 - 10 rds
Pull upsKipping
Push upsToe
Squat Regular
June 15 - 10 rds

Welcome Wade

Please select the data and class name of your workout

Select Date

2008/11/2

Select Class

5:00pm Class

Filthy Fiftys : 50

Box jump24 inch box
Jumping pull-upsToe
Kettlebell swingsRegular
Walking LungeRegular
Knees to elbowsChest

Time

Save

Completed Filthy

Sept 5 - 13 rds
July 1 - 10 rds
Pull upsKipping
Push upsToe
Squat Regular
June 15 - 10 rds

After workout, person enters workout they just did

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 Date

2008/11/2

Select Class

5:00pm Class

Filthy Fifties

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

Time23:30

Save

Completed Filthy Fifties

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

Welcome Wade

Workout Entered.
Thank you!

Back

Logout

Completed Filthy Fifties

Nov 2 - 23:30
50 Box Jumps24" Box
50 PullupsToe
50 Squats Regular
50 Push Presses 45lb Bar
Sept 14 - 27:30
July 2 - 29:45

Welcome Wade

Please select the data and class name of your workout

Select Date

2008/11/2

Select Class

5:00pm 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 Date

2008/11/2

Select Class

5:00pm Class

19534: 21- 15- 9

Hanstand Pull upsBox
400M RunRegular
Weighted pull-ups15 lbs

Time

Save

Completed 19534

Sept 14 - 10:21
HanstandBox
400M run Regular
Weighted pull ups 10 lbs
July 2 - 29:45

Welcome Wade

Please select the data and class name of your workout

Select Date

2008/11/2

Select Class

5:00pm Class

Tabata This: 8 rounds each of

Sit upsCrunch
Push UpsKnees
Jumping JacksRegular

Save

Completed 19534

Sept 14 - 10:21
HanstandBox
400M run Regular
Weighted pull ups 10 lbs
July 2 - 29:45

Welcome to DPL Trainer login

Please select your user name and enter your pin

User names

Alex P
Robyn H
David Buch
David War

User

Pin

123456789

LoginClear

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

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

View Client Information

Setup Class Workouts

Create Account

View Weekly Roster

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

Create new workout

Name

Type

Comments

Time

Rounds

Elements

Workout so far

Save

Workout "Fran" has been Successfully Added

Add Another

Trainer sets workout for the day

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

Trainer Create/Edit/Delete Workout