

WattFarm
Basic User Manual

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COACH INSTRUCTIONS

1. Open Program

Click on jar file. The program will automatically set up the databases.

2. Select Create Login

Make sure coach is selected

3. Login using your information

Make sure coach is selected

4. Edit your profile

Add your name

5. Create a new team

6. Go back and add your team to your profile

7. Use View Team to view your roster

8. Use Graphics to select and view your team's workout data

You can specify different parameters

9. Use the Workouts to view your teams workouts

ROWER INSTRUCTIONS

1. Open Program

Click on jar file. The program will automatically set up the databases.

2. Select Create Login

Make sure rower is selected

3. Login using your information

Make sure rower is selected

4. Edit your profile

Add your information and a team if available

5. Use the workouts page to log, view, and edit your workouts

You can specify the data from your workouts and view them. You can also select a tag for the workout based on the kind of Heart Rate Zone it is.

6. Use the Graphics page to graph your workouts

You can specify how many recent workouts you want to see graphed and based on which params.