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How To: Add Exercises to Athlete On the Fly



Michael Gallivan

3 days ago · Updated

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Success Path: How to Create a Workout On the Fly

CoachMePlus has the option available to quickly create a workout for your athletes. You may want to use this tool if your **Athlete** has no program assigned to them for the day, or if the **Athlete** has asked for extra work, a finisher, a cooldown, or other work such as prehab or rehab exercises in addition to their existing assignment.

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The **On the Fly** tool in **CoachMePlus** allows you to create these **simple workouts** without the steps of creating a new program, choosing a start date, and adding in exercises and circuits to the calendar. It also skips the need to assign the workout as you are directly creating the assignment for the given athlete.

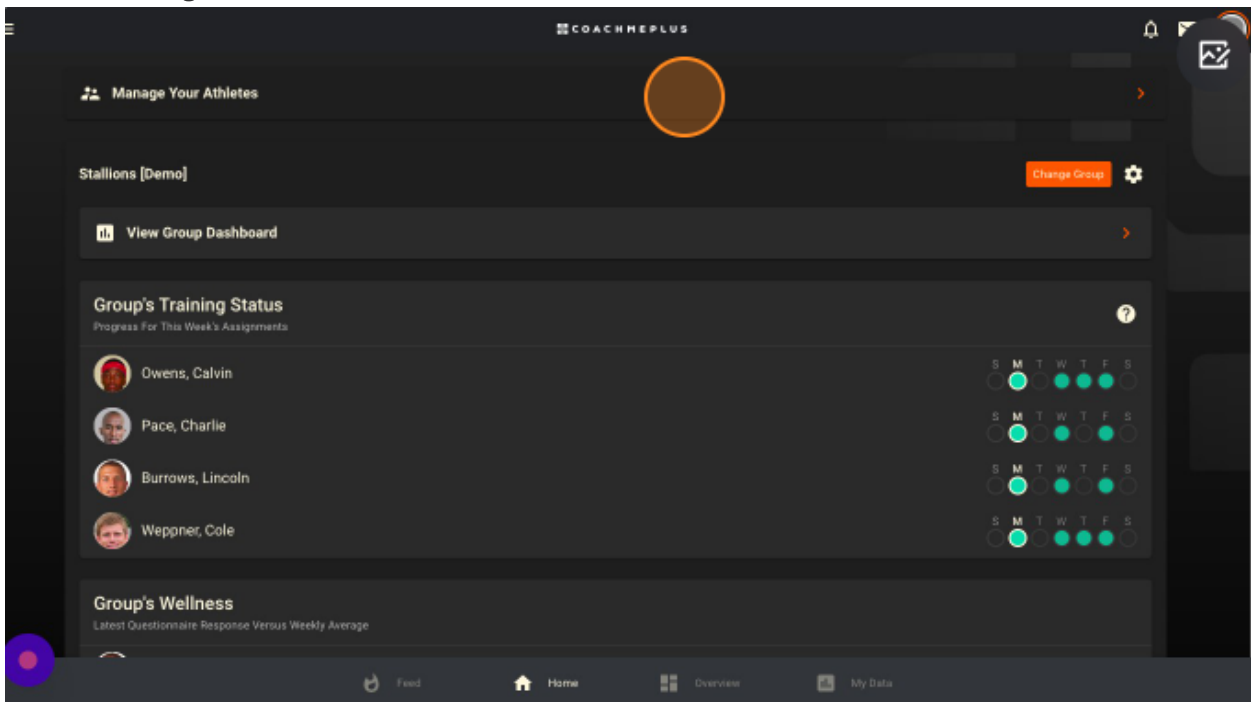
If your **Athlete** has no **Program** assigned to them for the day, you can create a **simple workout On the Fly** for your **Athlete** to complete.

Video Walkthrough:

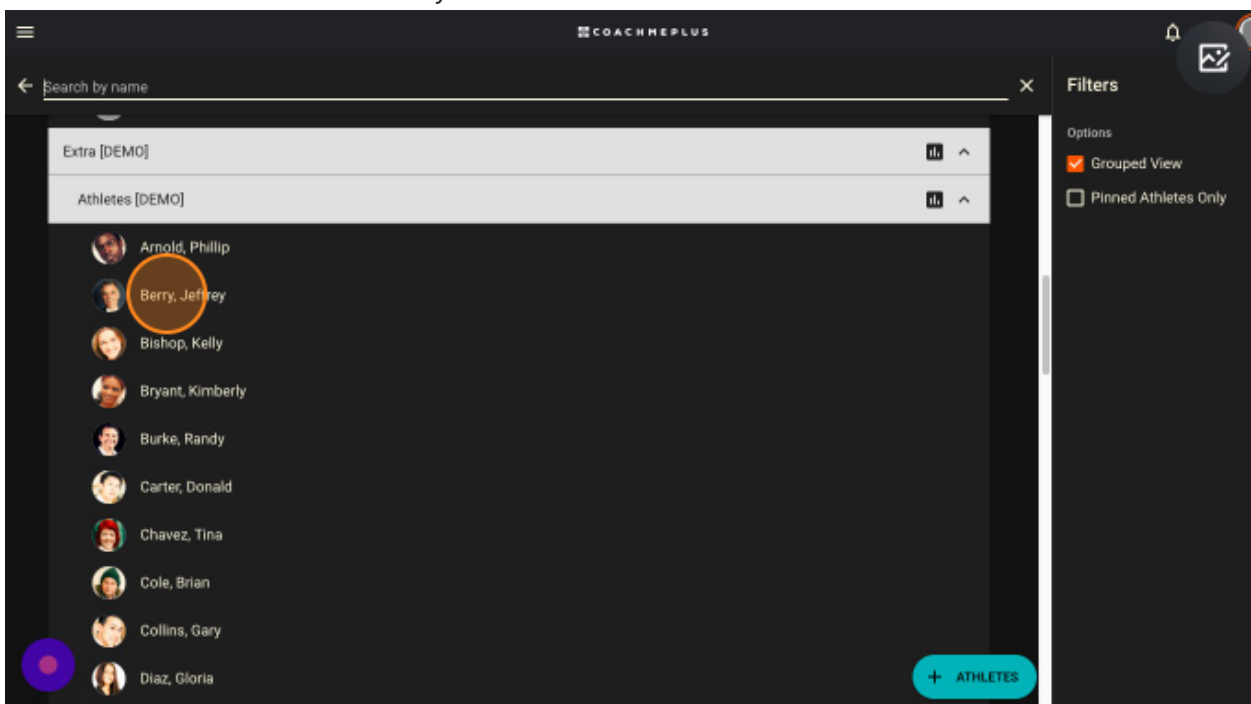
How to Add Exercises to Athletes on the Fly in CoachMePl...



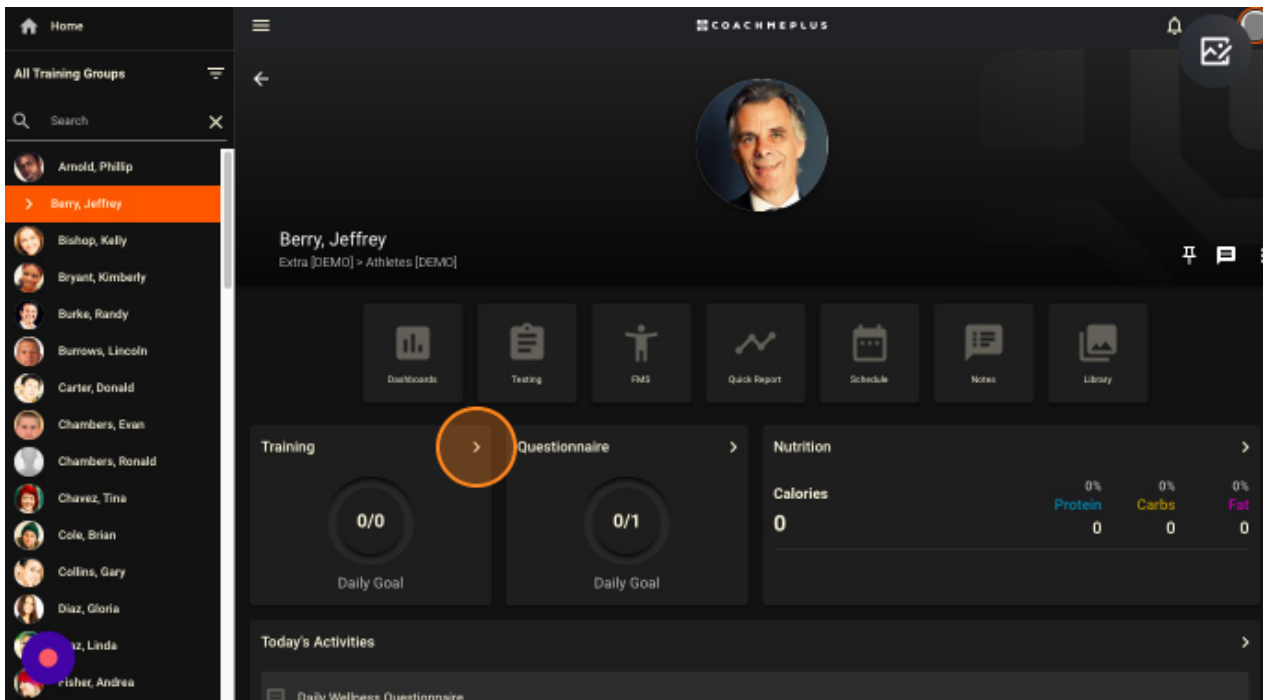
1. Select **Manage Your Athletes** from the home screen.



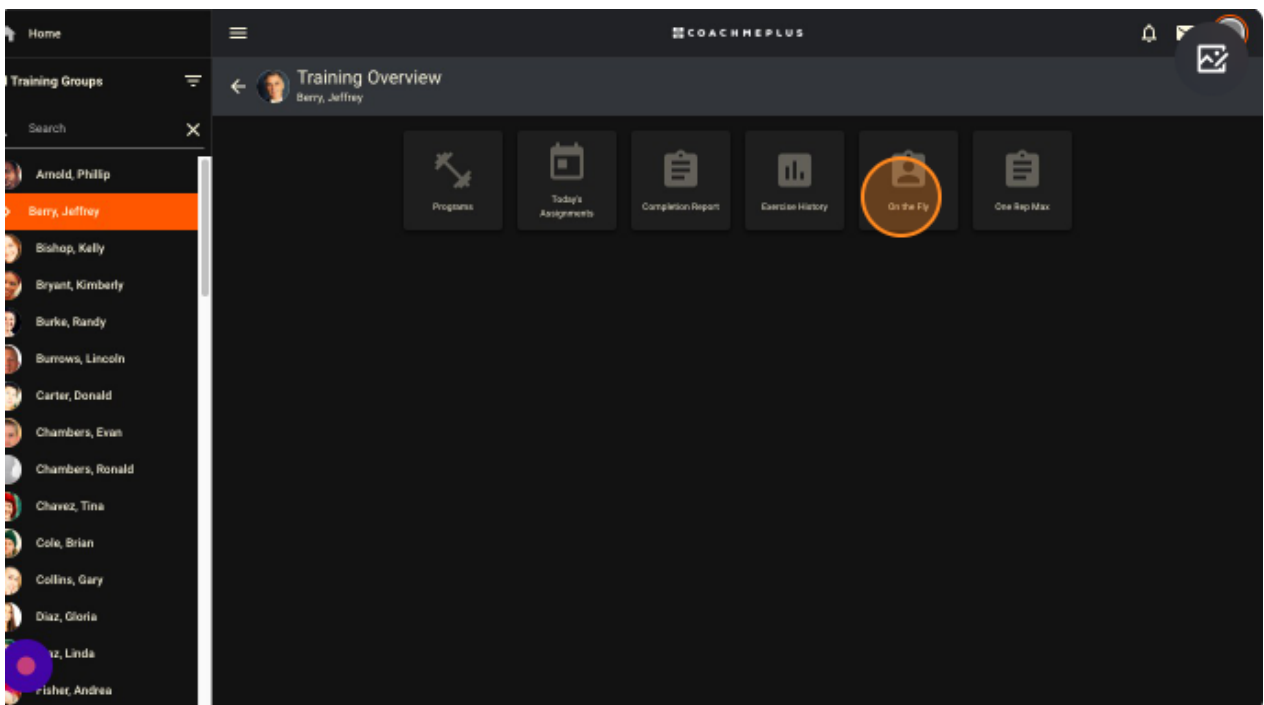
2. Find the **Athlete** in the list that you would like to create a workout for.



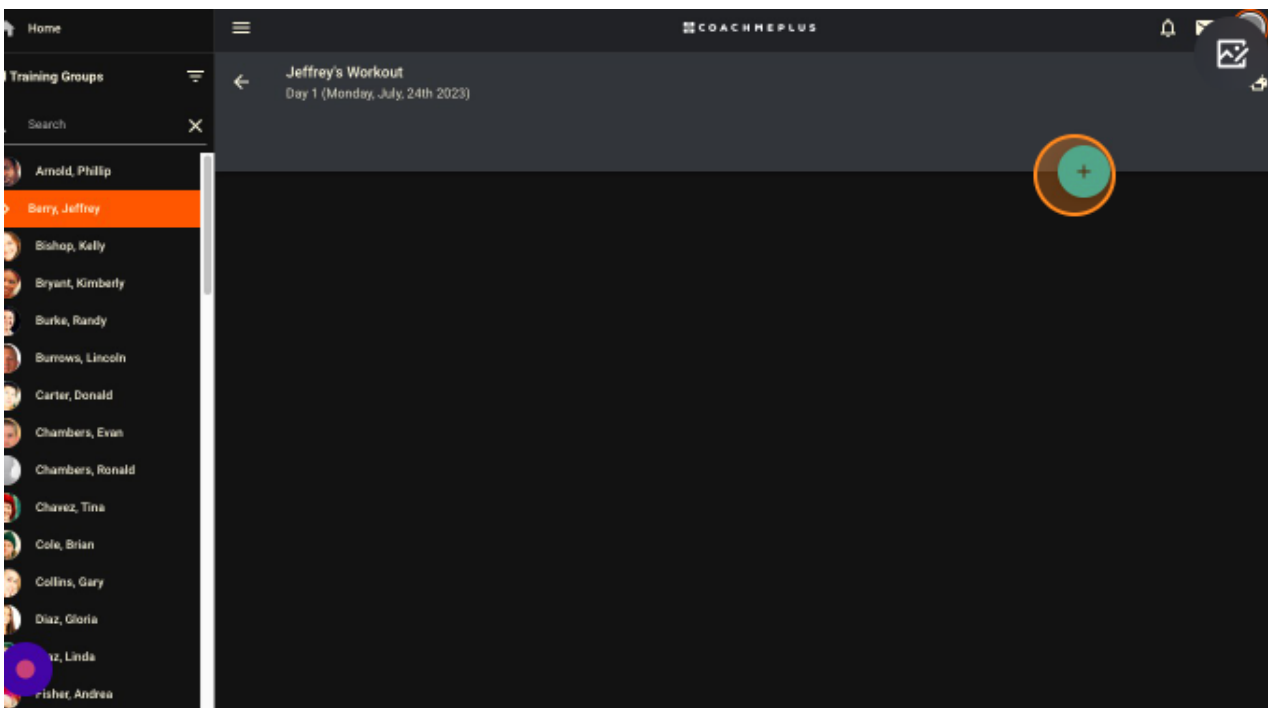
3. Select the **Training** button from the **Athlete** profile screen.



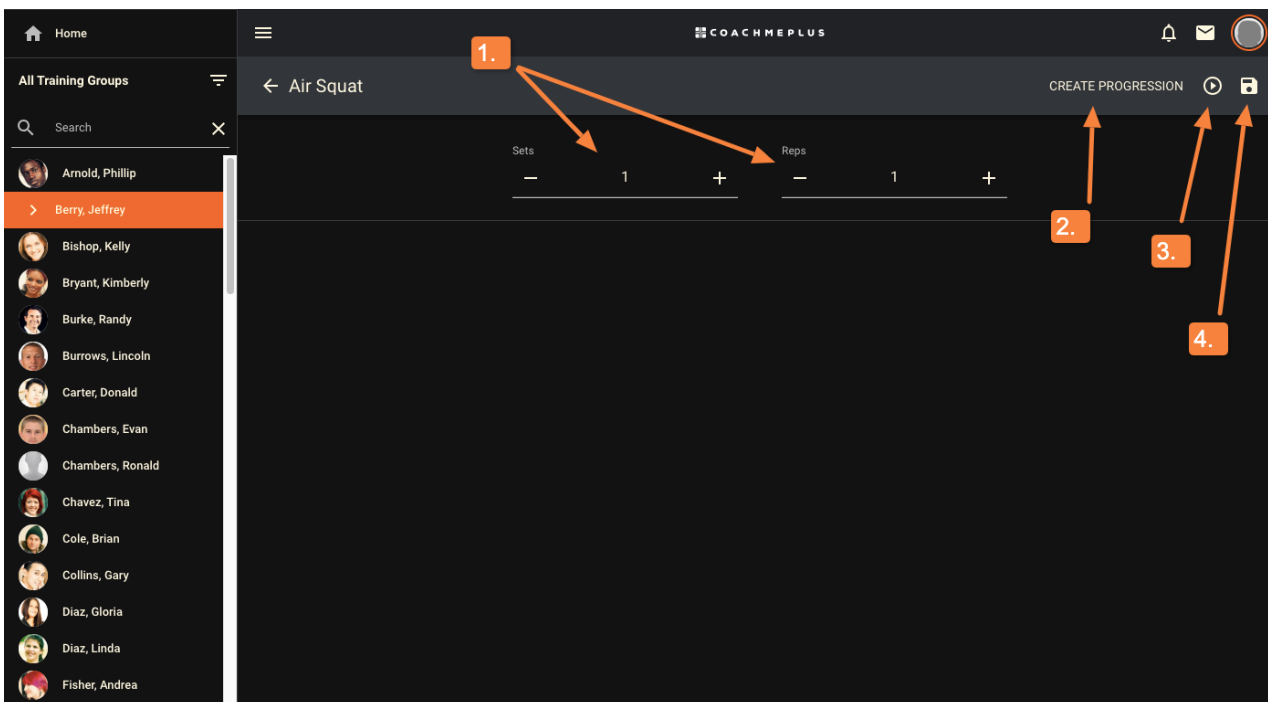
4. Select **On the Fly**



5. Add the exercises you would like by using the green **Add Exercise** button, then select them from the list. If you cannot find an **Exercise** you would like to add, select the back arrow, then select the green **Create Exercise** button to create that **Exercise**.



6. Once you select the exercise, you have the option to change sets/ reps, create a progression, preview the video, and save the exercise when satisfied to add it to the user's workout.



1. Edit sets/ reps for the chosen exercise
2. Bring up the **Progression Editor** for the chosen exercise
3. Preview the exercise video
4. **Save** to add to the **Athlete's** workout.



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