COACHMEPLUS

How To: Un-Pause a Paused Program

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18 hours ago · Updated

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In the fast-paced world of athletic performance, flexibility and adaptability are key to achieving success. As athletes and coaches navigate through various training phases and circumstances, the ability to pause and resume training programs becomes crucial. **CoachMePlus**, a comprehensive performance management system, offers a seamless solution to effectively **Pause** and **Un-Pause** programs and ensure optimal training outcomes

This article will show you:

- How to un-pause a paused program.

You need this because:

- You want to un-pause a paused program.
- To learn how to pause a program, click here.

Help

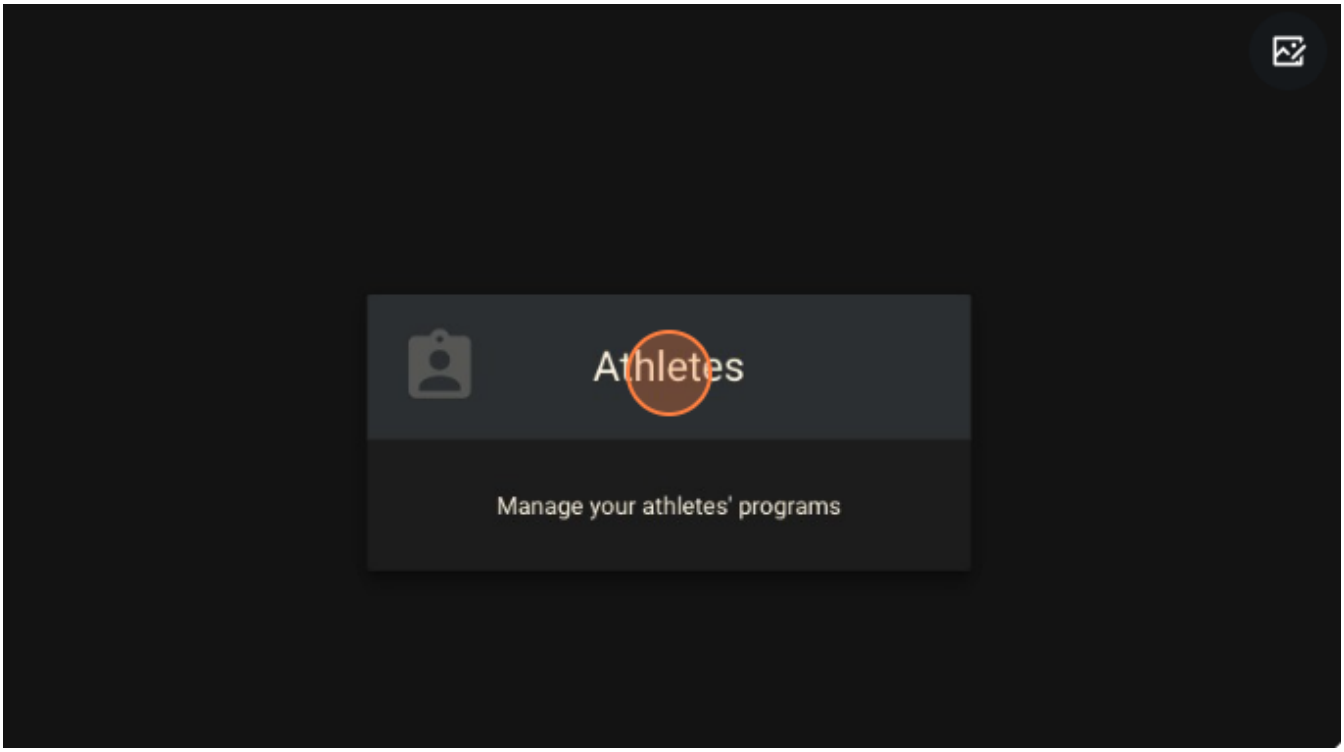
Un-Pausing a Paused Program:

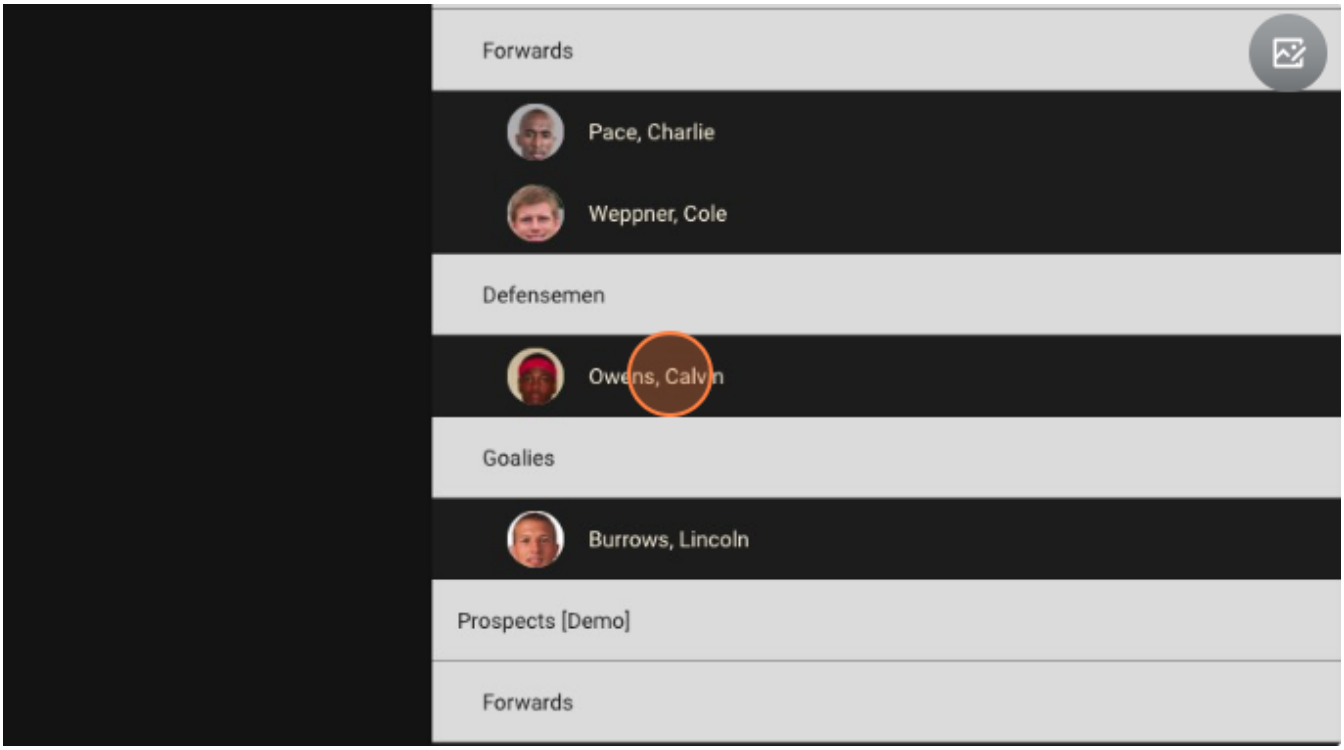
To un-pause a program for an athlete or group, go to the individual's program, press un-pause, and the program will re-commence.

Video Walkthrough:

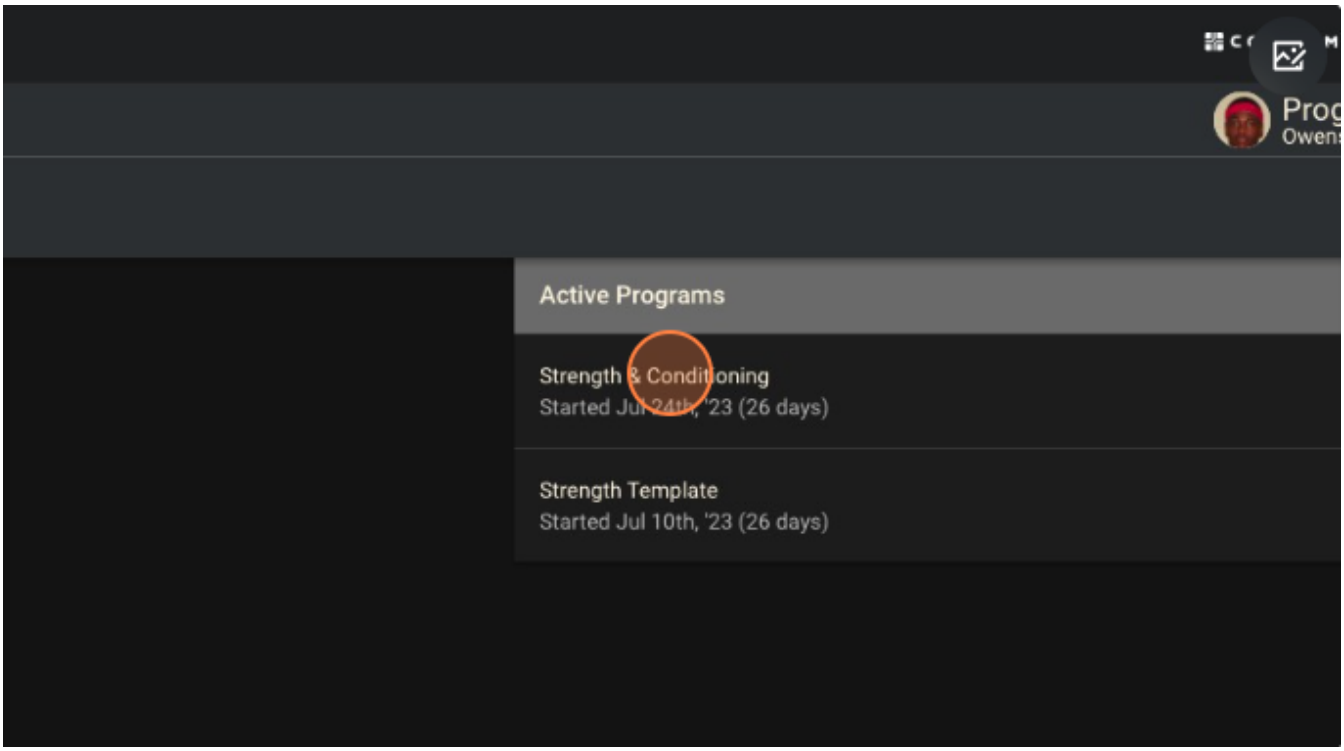
Un-Pause for individual athletes

Step One: From **Program Builder,** select **Athletes,** then select the athlete who's program you'd like to un-pause.

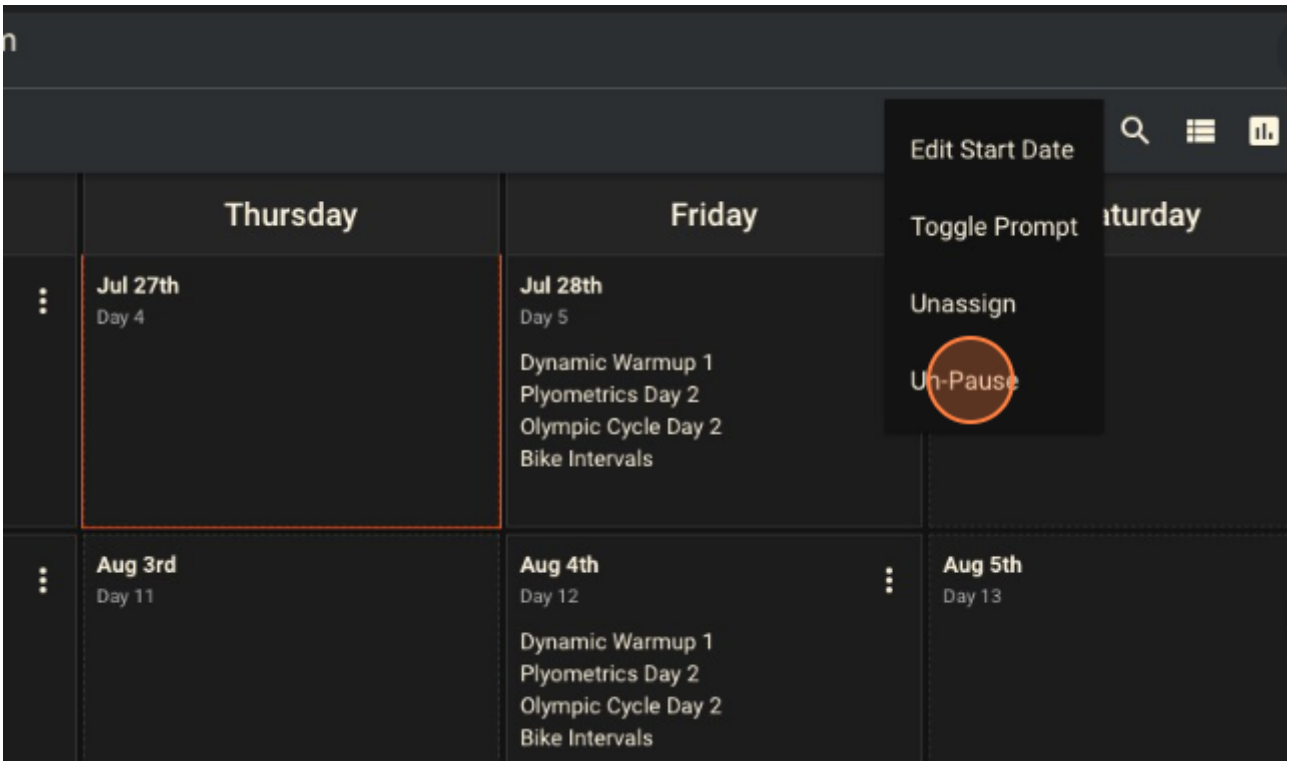




Step Two: Select the program you'd like to un-pause.



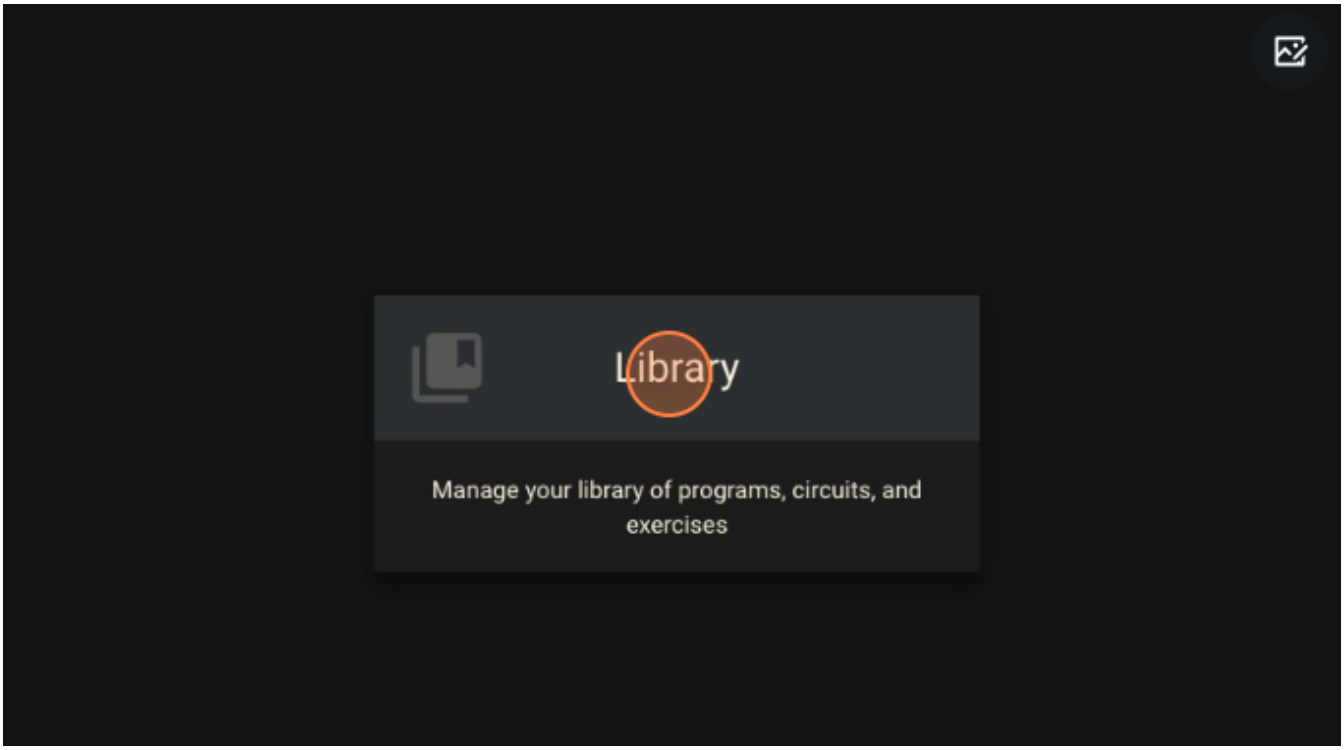
Step Three: Click on the **Three dots** button, then the un-pause button to reactivate the program for the athlete.

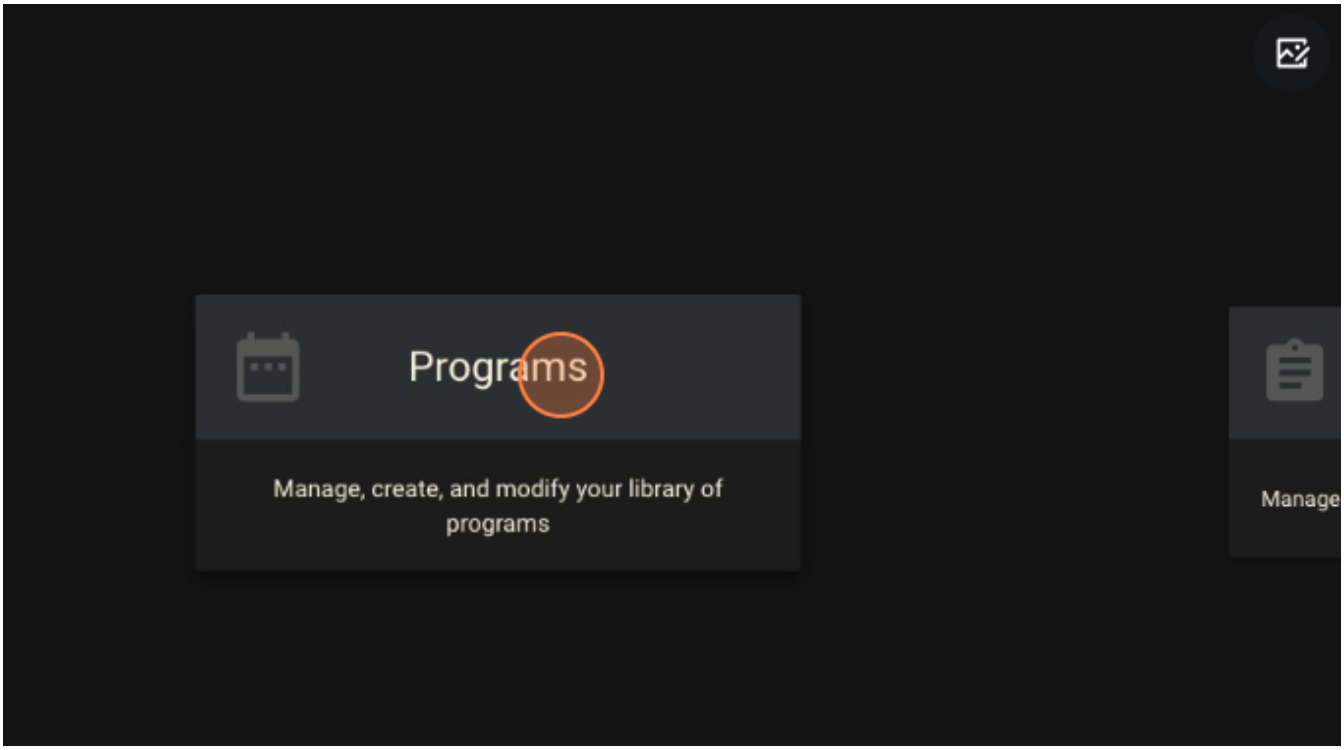


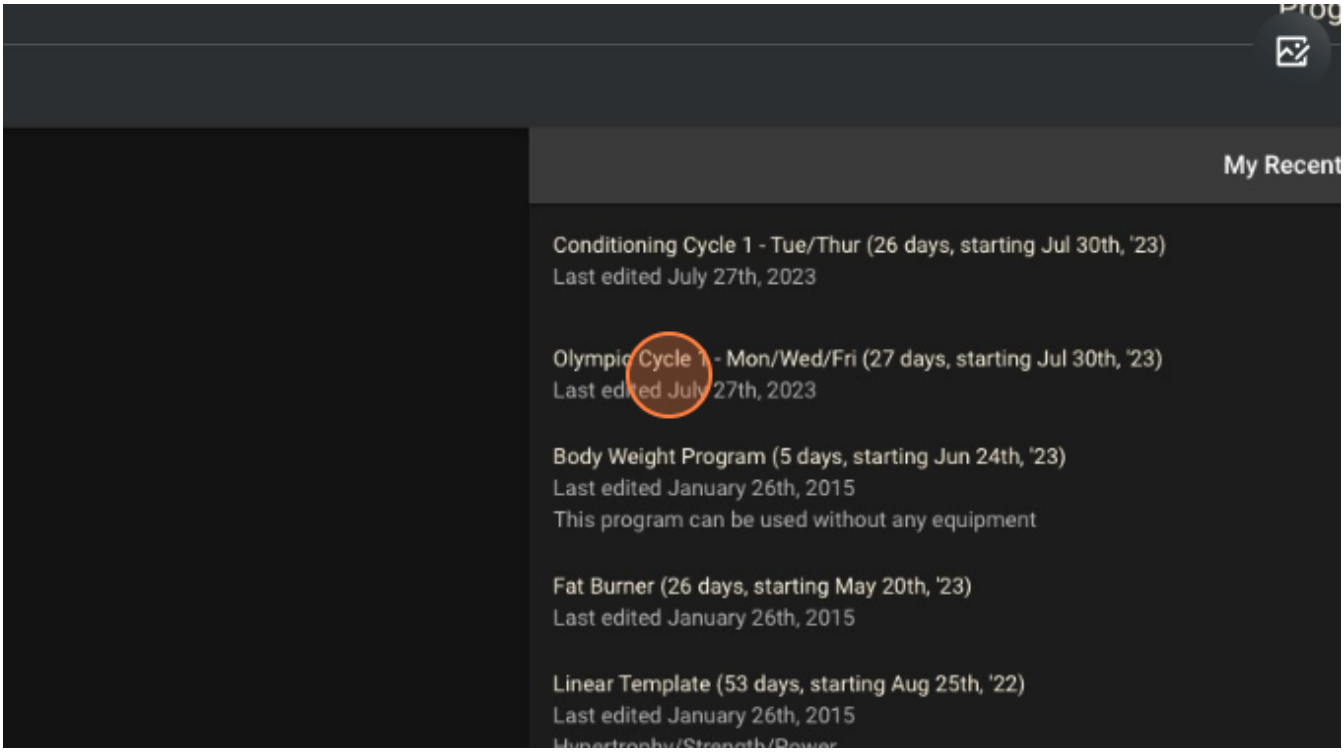
Step Four: After you un-pause the program, the program will be available to the athlete. You will notice that the pause icon has disappeared from the program for that athlete.

Un-Pause for a Group/Team

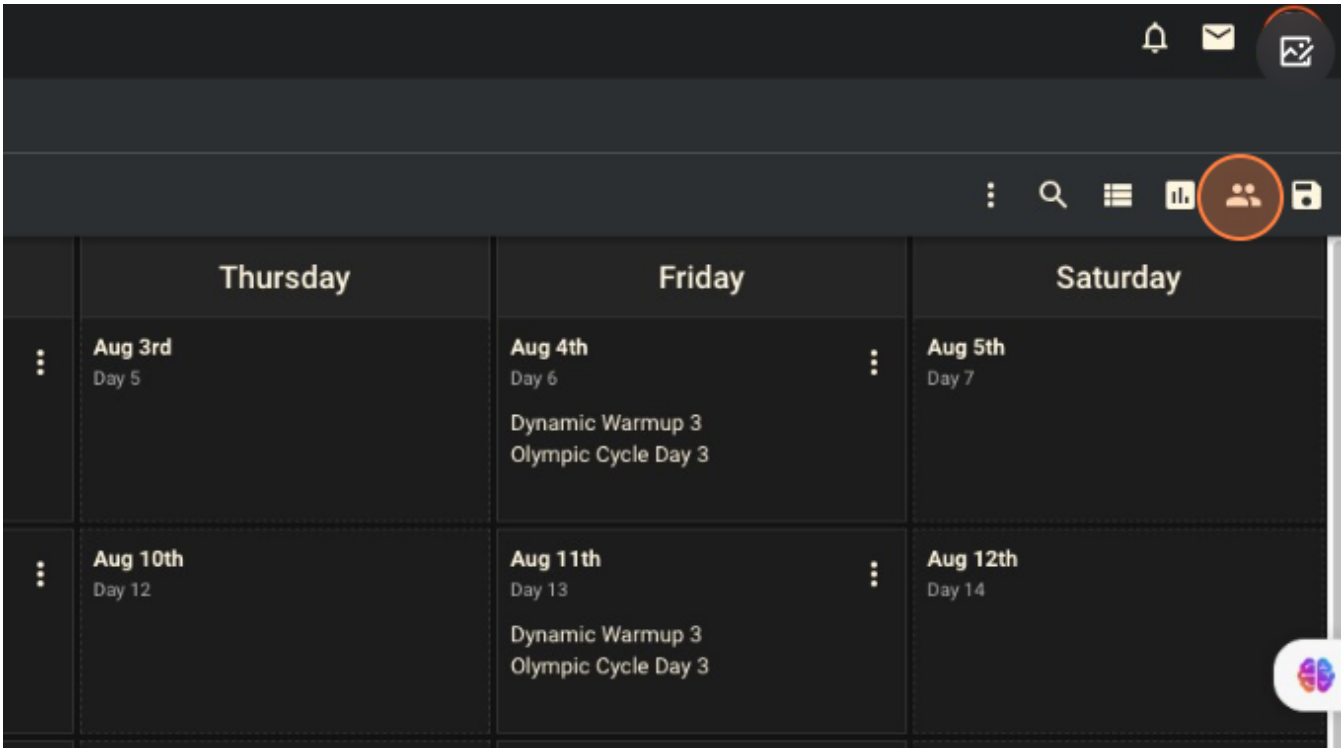
Step One: From **Program Builder,** Select **Library**, then **Programs**. Then Select the program you wish to un-pause.


Library
Manage your library of programs, circuits, and exercises

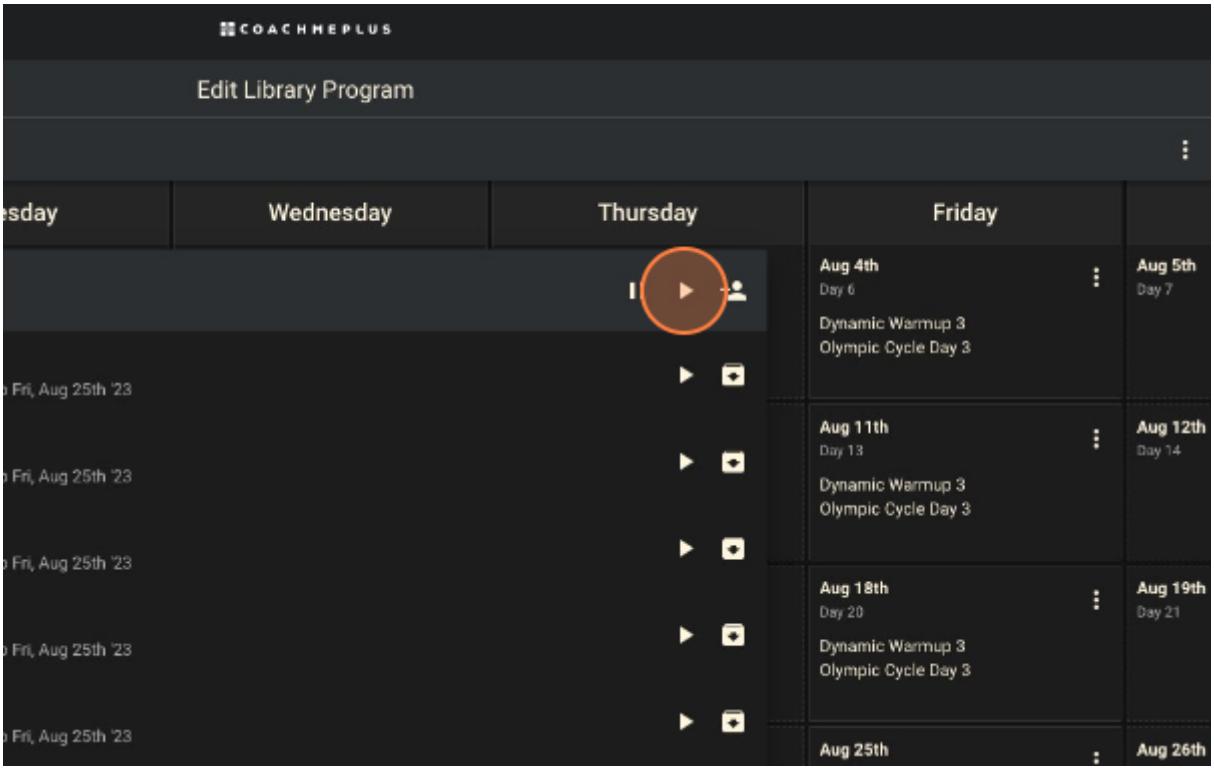

Programs
Manage, create, and modify your library of programs
Manage

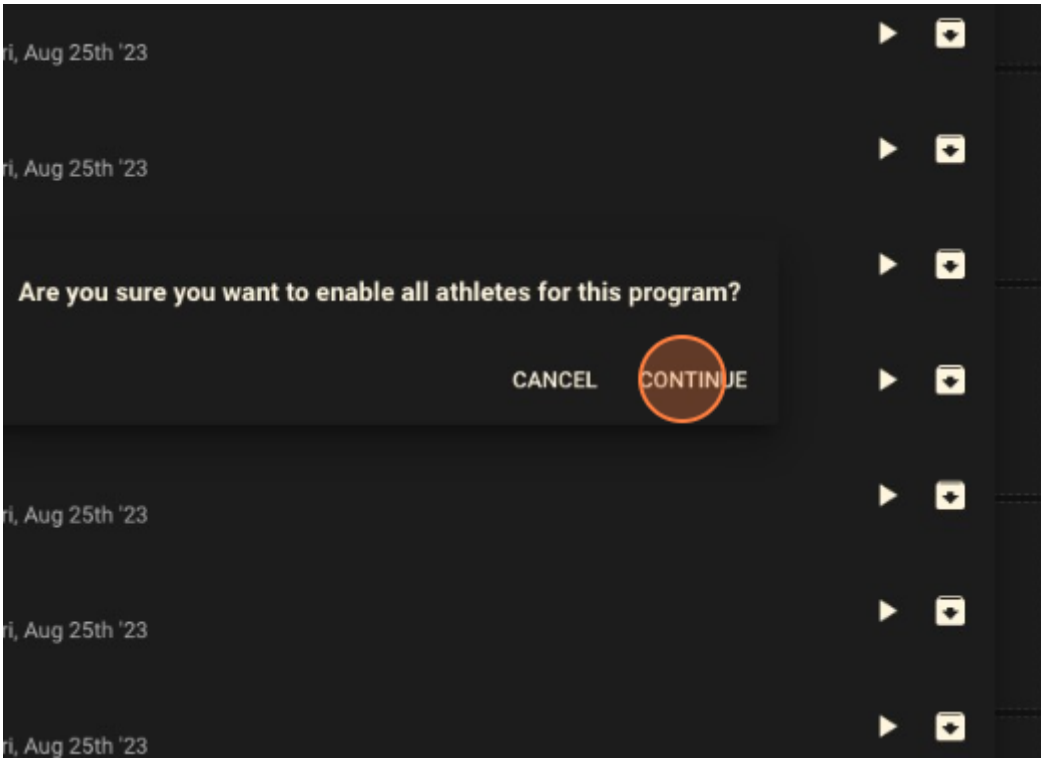


Step Two: Select the Assignment Icon to bring up the dialogue box.



Step Three: Select the top **Play Button** to un-pause any paused programs, or you may select Individuals if you wish. Then select **Continue** and **Save** the program to confirm your action.





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