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How To: Create Circuit Categories



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This article will show you:

- How to create categories for your exercise **Circuits**.

You need this because:

- You want to track and manage your **Circuits**.
- You want to keep all Circuits grouped in specific categories so it will be easier to locate.

Watch our How-To video and follow the steps below:

How to Create Categories in CoachMePlus | FAQs + Help



Creating Categories:

Step One: Go to the Admin Portal and click on **Settings => Training => Circuit Category.**

The image shows a screenshot of the CoachMePlus web application. On the left is a dark sidebar with various navigation options. The 'Admin Portal' option is highlighted with a red box and a red arrow points from it to the main content area. The main content area displays a dashboard for a group named 'Stallions [Demo]'. It includes a 'View Group Dashboard' button, a 'Group's Training Status' section with a table of athlete progress, and a 'Group's Wellness' section with line graphs.

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Stallions [Demo] Change Group ⚙️

View Group Dashboard >

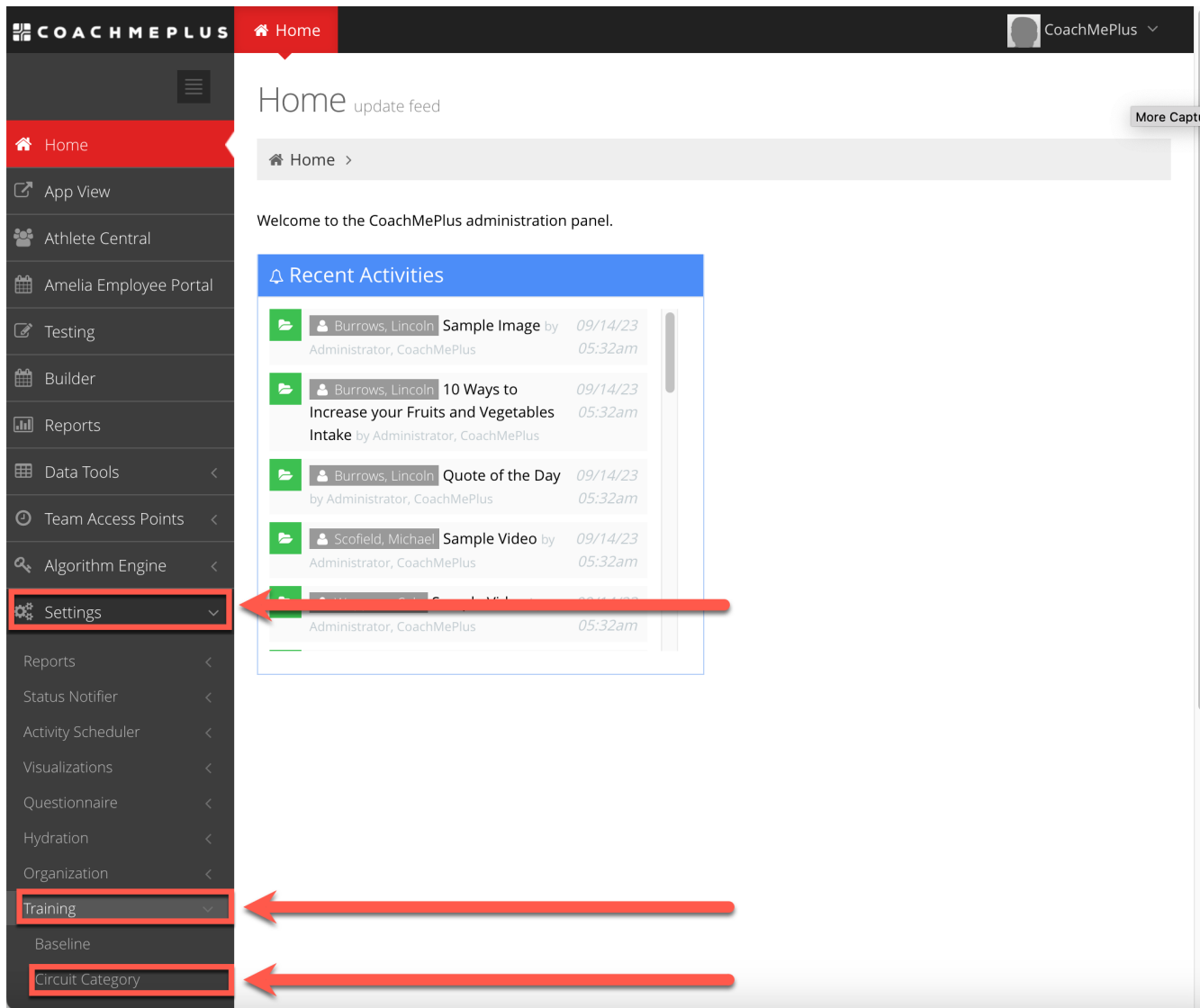
Group's Training Status ?
Progress For This Week's Assignments

	S	M	T	W	T	F	S
Owens, Calvin	✓	○	○	○	○	○	○
Pace, Charlie	✓	○	○	○	○	○	○
Burrows, Lincoln	✓	○	○	○	○	○	○
Weppner, Cole	✓	○	○	○	○	○	○

Group's Wellness
Latest Questionnaire Response Versus Weekly Average

- Burrows, Lincoln +1.0
- Owens, Calvin 0.0

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Step Two: You will be brought to a new page with a list of Categories that you have created previously. To create a new category, click on **+New**.

Circuit Category List

<input type="checkbox"/>	Title	Actions
<input type="checkbox"/>	Added Exercises	
<input type="checkbox"/>	Circuit	Edit Archive
<input type="checkbox"/>	Conditioning	
<input type="checkbox"/>	Core	
<input type="checkbox"/>	Endurance	
<input type="checkbox"/>	Foam Roll	Edit Archive
<input type="checkbox"/>	Hypertrophy	
<input type="checkbox"/>	Power	
<input type="checkbox"/>	Prehab	
<input type="checkbox"/>	Speed	
<input type="checkbox"/>	Strength	
<input type="checkbox"/>	Stretch	
<input type="checkbox"/>	Warmup	

Choose an action

1-13 of 13 results

Step Three: You will be brought to a new page to complete information for your new category. Enter the **Title** of the category you are creating and click **Save** to save all changes.

COACHMEPLUS Home CoachMePlus

+ New Circuit Category

Title * <Enter New Category Name>

← Back to list ✓ Save

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Step Four: A confirmation message will appear to inform you that your item was successfully created. Your new category will now appear on the **Category** list.

The screenshot displays the 'Circuit Category List' interface. At the top, a green notification banner states: 'The item was created successfully. Click here to review or edit this item.' Below this is a table with the following structure:

<input type="checkbox"/>	Title	Actions
<input type="checkbox"/>	<Enter New Category Name>	Edit Archive
<input type="checkbox"/>	Added Exercises	
<input type="checkbox"/>	Circuit	Edit Archive
<input type="checkbox"/>	Conditioning	
<input type="checkbox"/>	Core	
<input type="checkbox"/>	Endurance	
<input type="checkbox"/>	Foam Roll	Edit Archive
<input type="checkbox"/>	Hypertrophy	
<input type="checkbox"/>	Power	
<input type="checkbox"/>	Prehab	
<input type="checkbox"/>	Speed	
<input type="checkbox"/>	Strength	
<input type="checkbox"/>	Stretch	
<input type="checkbox"/>	Warmup	

At the bottom of the table, there is a dropdown menu labeled 'Choose an action' and an 'Apply' button. Below the table, it indicates '1-14 of 14 results'. The left sidebar shows the 'Settings' menu item highlighted in red.

[How To Create Categories – CoachMePlus Help.pdf](#)

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