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# How to: Create a new Circuit in the Program Builder



Mike Zoetewey 7 days ago · Updated

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Circuits are a fantastic way to optimize your athletes' training routines, and with this step-by-step guide, you'll be able to create and save circuits for future use. Let's get started!

Watch this How To video and follow the steps below:



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### Step 1: Accessing the Program Builder

To begin, log in to your CoachMePlus account and navigate to the program builder. This is the place where you can create, manage, and organize workout programs and circuits.

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# Step 2: Accessing the Circuit Library

Once inside the program builder, click on the "Library" tab, and then select "Circuits." Here, you will find the existing circuits available in the system. However, for this guide, we will create a new circuit from scratch.

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#### Step 3: Creating a New Circuit

Click on the "Create" button to start building your new circuit. Give your circuit a title, such as "Mike's Circuit," to help you identify it easily later on when using the filtering tool. Optionally, you can add a note, like "Basic Circuit Demo," which will appear for your athletes whenever they access this circuit in their program.

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Circuits							
← All Circuits		Filters					
10 Meter-Phase 1 Speed		Source					
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20 Meter-Phase 2 Speed		Recently Edited					
Skipping A, Running A, Sprint from push-up star	t, Sprint from medicine ball, Sprint from 3-point starts, Sprin	My Circuits					
<b>30 Meter-Phase 3</b> <b>Speed</b> Skipping A, Running A, Sprint from push-up star	t, Sprint from 3-point starts, Sprint from falling start, Sprint ε	Category					
40 Meter-Phase 4		All Categories					
Speed Skipping A, Running A, Sprint from push-up star	t, Sprint from 3-point starts, Sprint from falling start	Speed					
5-3-1		Strength					
Strength Barbell Back Squat, Barbell Reverse Lunges, Bai	rbell Good Morning, Barbell Standing Calf Raises	Conditioning					
Bench 5-3-1 Strength		Warmup					
Barbell Bench Press, Pronated Grip Lat Pulldow	n, Kettlebell One Arm Alternating Bicep Curl, Dumbbell Trice	Circuit					
Bench 5-3-1 Strenath		Core					
Barbell Bench Press, Pronated Grip Lat Pulldow	Power						
Bike Intervals Conditioning Assault/AirDyne Bike		Foam Roll					
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## Step 4: Adding Exercises to the Circuit

Now, it's time to add exercises to your circuit. Click on the "+" button next to "Exercise" to add the first exercise. For example, let's add "Barbell Bench Press." Type in the exercise name, and CoachMePlus will suggest exercises matching your input. Select the appropriate exercise from the suggestions.

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← Select an exercise		
bench	×	Filters
Alternating Bench Press 1x1 @ Note: This is an upper body strength exercise.	• <b>6</b>	Source All Exercises
Band-suspended Kettlebell Beren Press	0	Recently Edited
1x1 @ athlete-chosen lb		My Exercises
1x5 @ 80% 1RM	$\odot$	Tags CLEAR
Barbell Bench Press with Bands 1x1 @ 0.00 lb		1 Leg
Barbell Bench Press with Chains 1x1 @ athlete-chosen lb	O	1x1 1x2
Barbell Bench Press-Wide Grip 1x1 @ athlete-chosen lb	$\odot$	2x1
Barbell Bench Pull		2x2
1x1 @ 0.00 lb		2x3
Barbell Bulgarian Split Squat on Bench 1x1 @ athlete-chosen lb	$\odot$	3x1
Barbell Close-Grip Bench Press 1x1 @ athlete-chosen lb	$\odot$	3x2 4x1
Barbell Decline Bench Press		Abdensionale

Repeat the process to add other exercises to your circuit. For this demonstration, we'll add "Barbell Bent Over Row" and "Push-Up" exercises to create a simple circuit.

## Step 5: Setting Sets and Repetitions

Once you have added the exercises, it's time to specify the sets and repetitions for each exercise in the circuit. Click on each exercise to adjust its sets and reps.

For instance:

- Barbell Bench Press: 5 sets of 4 reps

- Barbell Bent Over Row: 5 sets of 10 reps
- Push-Up: 5 sets of 15 reps

Feel free to adjust the numbers according to your athletes' specific needs and training goals.

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← Mike's Circuit					Ū	-	6
Circuit Title Mike's Circuit		ate 	gory cuit				▼
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Barbell Bench Press 1x5 @ 80% 1RM					¢	€	:
Sets 	1 +	Reps — 5	<u>+</u>	One Rep Max % 80 % of Bench Pr	ess		
Notes		athlete-chose	en				
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#### Step 6: Save the Circuit

After setting the sets and reps for each exercise, click on the "Save" button to finalize and save your circuit. Congratulations! Your basic circuit is now saved and ready to use in your coaching.

Step 7: Accessing the Saved Circuit

To access your saved circuit, simply go back to the circuit library or use the search function to find it. Type in the circuit title you used earlier, such as "Mike's Circuit," and it will appear in the search results.

#### Conclusion

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You've successfully created a basic circuit using the CoachMePlus program builder. These circuits are incredibly versatile and can be included in multiple programs without having to recreate them every time.

If you have any questions or need further assistance, our dedicated CoachMePlus support team is here to help. Thank you for choosing CoachMePlus to enhance your athletes' training experience. Happy coaching!

\*Remember to always consult with a qualified fitness professional before starting any exercise program.\* f in)

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