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How to: Use the Progression Editor - Progression Edit From Program View



Michael Gallivan 10 days ago · Updated

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How to use the Progression Editor

The progression editor is a powerful tool offered by the **CoachMePlus** platform that allows coaches and trainers to create and manage customized progressions for their athletes. Whether you want to design strength training programs, track skill development, or monitor rehabilitation protocols, the progression editor provides a user-friendly interface to streamline your coaching process. In this article, we will guide you through the steps of using the progression editor effectively.

Video Walkthrough:

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1. Click the **Search Icon** at the top right corner of the page.

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			Edit Library Program		
-	Strength Template 2023				(<) 🖬 🛋 🖻
	Sunday	Monday	Tuesday	Wednesday	Thursday
2	May 21st Bag 2	May 22nd : Bay 3 Bench 5-3-1 Bike Warmup Core Circuit	May 23rd Lag 4 Deadlift 5-8-1 Run Warmup Plyometrics Lower Core	May 24th Day 5 Plyometrics Upper Military Press 5-3-1 Med Ball Core	May 25th Ma Day 6 Day
	May 28th Day 9	May 29th Day 10 Bike Warmup Bench 5-9-1 Core Circuit	May 30th Day 11 Run Warmup Plyometrics Lower Deadlift 5-3-1 Core	May 31st Day 12 Plyometrics Upper Military Press 5-3-1 Med Ball Core	Jun 1st Ju Day 13 Day
	un 4th Day 16	Jun 5th Day 17	Jun 6th Day 18	Jun 7th Day 19	Jun 8th Jun Day 20 Day

2. An **Exercise Search Menu** will appear after you click the **Search Icon**. In this **Search Menu**, you can type out and search for an **Exercise** in your **Program**.

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2	May 21st _{Bay 2}	May 22nd Day 3 Bench 5-3-1 Bike Warmup Core Circuit	Barbell Back Squat Barbell Bench Press Barbell Bent Over Row Barbell Bolgarian Split Squat		h : rics Upper Press 5-3-1 Core	May 25th Day 6			
» с	May 20th Day 9	May 29th Bay 10 Bike Warmup Bench 5-3-1 Core Circuit	Barbell Deadlift Barbell Good Morning Barbell Military Press Barbell Reverse Lunges		t : rics Upper Press 5-3-1 Core	Jun 1st Day 13		€ ⊝	
4	un 4th	Jun 5th Day 17	i Dav 18 i Da	ur 19	:	Jun 8th		C	^

3. When selecting the exercise of your choice, **Week View** will then **Filter** and **Show** the days where the **Selected Exercise** will be.

Click one of the days to edit the **Exercise**.

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			Edit Library Program		C 4
€ I	Barbell Deadlift				:
	Sunday	Monday	Tuesday	Wednesday	Thursday
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2			May 23rd Day 4 3x5 (g) athlete-chosen lb		
3			May 30th Dap 11 1x5 @ 75% 1RM Rest: 1 minute 1x1 @ 95% 1RM Rest: 1 minute 1x1 @ 95% 1RM		
4			Jun 6th Day 18 1x5 @ athlete-chosen lb 1x3 @ athlete-chosen lb 1x1 @ athlete-chosen lb		

4. You can **Edit** the **Set** by clicking one of the grey boxes. An **Expanded Box** will appear where you can make the **Adjustments**.

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	Strength Template day 4	
← Progression for Barbell Deadlift		: 🕑 🖬
Sets		
5 reps @ athlete-chosen lb		Ē
Rest: athlete-chosen duration		□ 🗊 =
Notes	Hour Min Sec 0 athlete-chosen	
5 reps @ athlete-chosen lb		Ē i =
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5. The various tools in Progression editor are in place to help you customize each aspect of the progression.

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	Strength Template day 4	
← Progression for Barbell Deadlift		: 0 3
Sets	2.	
5 reps @ athlete-chosen lb		3.
3 reps @ athlete-chosen lb		···· • =
1 reps @ athlete-chosen lb		
Notes	Reps Weight - 1 + athlete-chosen Ib athlete-chosen	4.

1. This options menu will allow you to edit the properties of the exercise (weight, one rep max, distance, etc.) and create **Test Sets** which can be used to estimate and/or update an athlete's stored one rep max.

2. This button will allow you to add in a new set to the progression or add in a rest period.

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- 3. This button will copy the corresponding set and add it to the bottom of the progression
- 4. This will delete the corresponding set
- 5. If you click and drag this icon, it will allow you to reorder the sets in the progression.

Note: Elite package shown. Your page may contain less options as the one in the video. Click here to learn more about the different package offerings.

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