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How To: Assign a Workout Program



Stephen Ostrow 3 days ago · Updated

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In this article:

• How to assign one of the preset programs in the CoachMePlus program builder.

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



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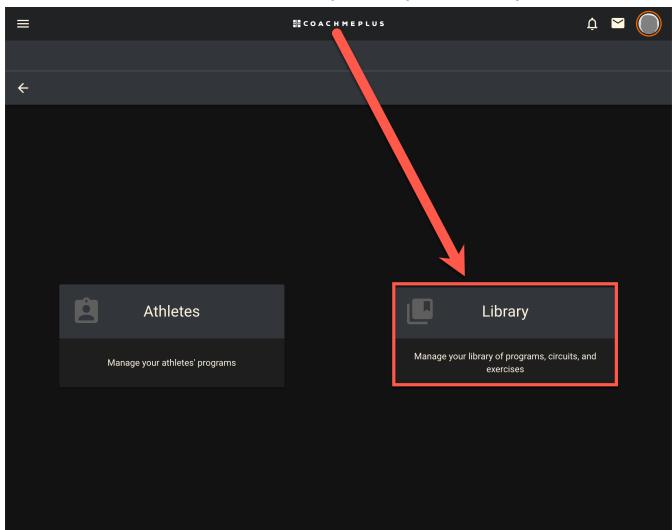
How to Assign a Preset Program

When you have created athletes, you will then need to assign them a program to complete. In the **CoachMePlus** system, there are preset programs available to you, which will be fully built out for you to use. These are known as CM+ Programs.

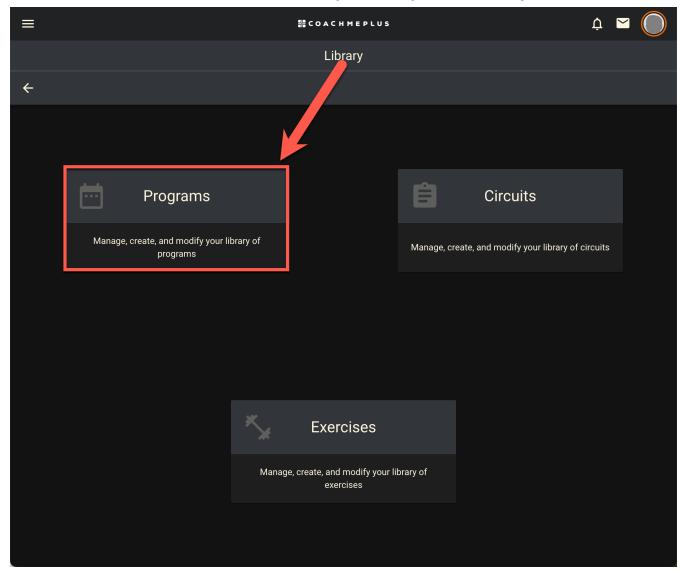
 \equiv # COACHMEPLUS Ĺ 🔒 Home \sim 2. Athletes 💒 Manage Your Athletes Ê Testing Reports s [Demo] Sta \$ FMS Ť **Coach Tools** II. View Group Dashboard Program Builder E Activity Builder **Group's Training Status** ? Questionnaire Builder Team Access Points Owens, Calvin 1 File Uploader Pace, Charlie Administration Admin Portal Burrows, Lincoln Organization Weppner, Cole **Ç**∃ Manage Fields Visualizations **Group's Wellness** ۲ Devices My Day Burrows, Lincoln +16.2 📈 Training Owens, Calvin +12.2 📈 Questionnaire 🔀 Nutrition **b** Feed II. My Data Overview ♠ Home

Login to the CoachMePlus system and select "Program Builder".

1. Select the "Library" and then the "Programs" option on the left.



How To: Assign a Workout Program - CoachMePlus Help



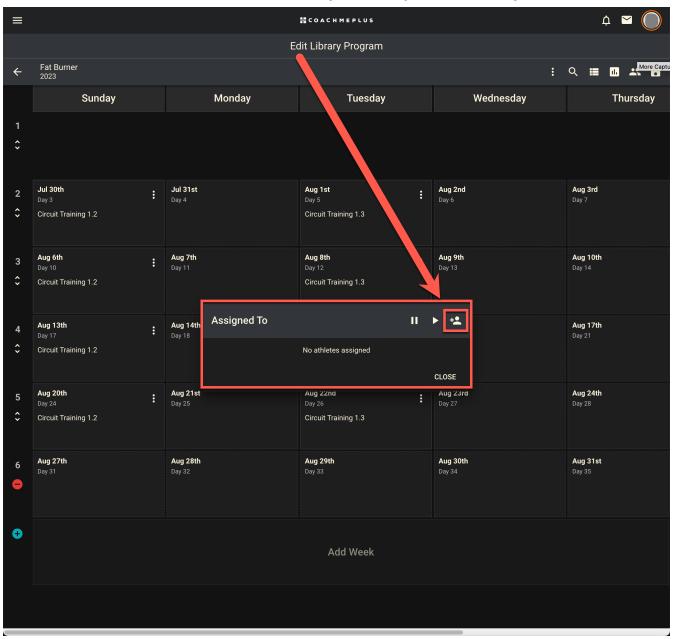
2. Select from the available programs the program you want to assign to your athletes.

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|---|-------------------------|---------------|
| | Programs | |
| ÷ | | ■ CREATE => Q |
| Snort to long speed workouts for team sport athletes. Strength Template (26 days, starting Jul 28th, '23) Last edited January 26th, 2015 This is a percentage based program for beginner athletes. | | |
| | | SORT CREATED |
| Library | My I | Programs |
| Quick Start Program (7 days, starting Oct 1st, '23) Created October 5th, 2023 by Unknown This is a percentage based program for beginner athletes. | | |
| Linear Template (53 days, starting Nov 3rd, '22) Created November 21st, 2014 by Administrator, CoachMePlus Hypertrophy/Strength/Power | | |
| Speed Program (26 days, starting Oct 6th, '22) Created November 21st, 2014 by Administrator, CoachMePlus Short to long speed workouts for team sport athletes. | | |
| Body Weight Program (5 days, starting Sep 2nd, '23) Created November 7th, 2014 by Administrator, CoachMePlus This program can be used without any equipment | | |
| Strength & Conditioning (26 days, starting Oct 2nd, '23) Created October 31st, 2014 by Administrator, CoachMePlus | | |
| Fat Burner (26 days, starting Jul 28th, '23) Created October 24th, 2014 by Administrator, CoachMePlus | | |
| Strength Template (26 days, starting Jul 28th, '23) Created October 23rd, 2014 by Administrator, CoachMePlus This is a percentage based program for beginner athletes. | | |

3. Select "Assign to Athlete(s)" button in the top-right of your screen. If you do not yet have athletes in the system, here is the FAQ on how to add an athlete.

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| | Edit Library Program | | | | | | |
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| 2 | Jul 30th Day 3 | Jul 31st Day 4 | Aug 1st Day 5 | Aug 2nd Day 6 | Aug 3rd Day 7 | | |
| \$ | Circuit Training 1.2 | | Circuit Training 1.3 | | | | |
| | | | | | | | |
| 3 | Aug 6th Day 10 | Aug 7th Day 11 | Aug 8th Day 12 | Aug 9th Day 13 | Aug 10th Day 14 | | |
| \$ | Circuit Training 1.2 | Vay IT | Circuit Training 1.3 | | Day 14 | | |
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| 4 | Aug 13th Day 17 | Aug 14th Day 18 | Aug 15th Day 19 | Aug 16th Day 20 | Aug 17th Day 21 | | |
| \$ | Circuit Training 1.2 | bay to | Circuit Training 1.3 | Day 20 | Day 21 | | |
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| 5 | Aug 20th Day 24 | Aug 21st Day 25 | Aug 22nd Day 26 | Aug 23rd Day 27 | Aug 24th Day 28 | | |
| \$ | Circuit Training 1.2 | 54y 25 | Circuit Training 1.3 | 5uy 27 | 54y 25 | | |
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| 6 | Aug 27th Day 31 | Aug 28th Day 32 | Aug 29th Day 33 | Aug 30th Day 34 | Aug 31st Day 35 | | |
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| | Add Week | | | | | | |
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4. Select the add button in the pop-up menu.



5. Select the athletes you would like to assign the program to. You may either navigate through the drop down menu, search the names of the athletes you wish to assign, or select entire groups of athletes by training group. If you are unsure how to create a training group, here is the FAQ on how to do so.

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| ÷ | Select an athlete | G | Filters | | |
| Search | | × | Training Group | | |
| Arnold, Phillip | | | Position | | CLEAR |
| Berry, Jeffrey | | | | | <u>•</u> |
| Bishop, Kelly | | | | | |
| Bryant, Kimberly | | | | | |
| Burke, Randy | | | | | |
| Burrows, Lincoln | | | | | |
| Carter, Donald | | | | | |
| Chambers, Evan | | | | | |
| Chambers, Ronald | | | | | |
| Chavez, Tina | | | | | |
| Cole, Brian | | | | | |
| Collins, Gary | | | | | |
| Diaz, Gloria | | | | | |
| Diaz, Linda | | | | | |
| Fisher, Andrea | | | | | |
| Gibson, Joe | | | | | |
| Gibson, Linda | | | | | |
| Gonzales, Carolyn | | | | | |
| Hamilton, Craig | | | | | |
| Hawkins, Carol | | | | | |
| Hawkins, Diane | | | | | |

6. Select the program start date using the calendar provided and then select "Assign".

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| 6 😑 | Aug 27th Day 31 | Aug 28th Day 32 | Aug 29th Day 33 | Aug 30th Day 34 | Aug 31st Day 35 | |
| ÷ | Add Week | | | | | |
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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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