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How To: Assign a Workout Program



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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:

How to Assign a Preset Program

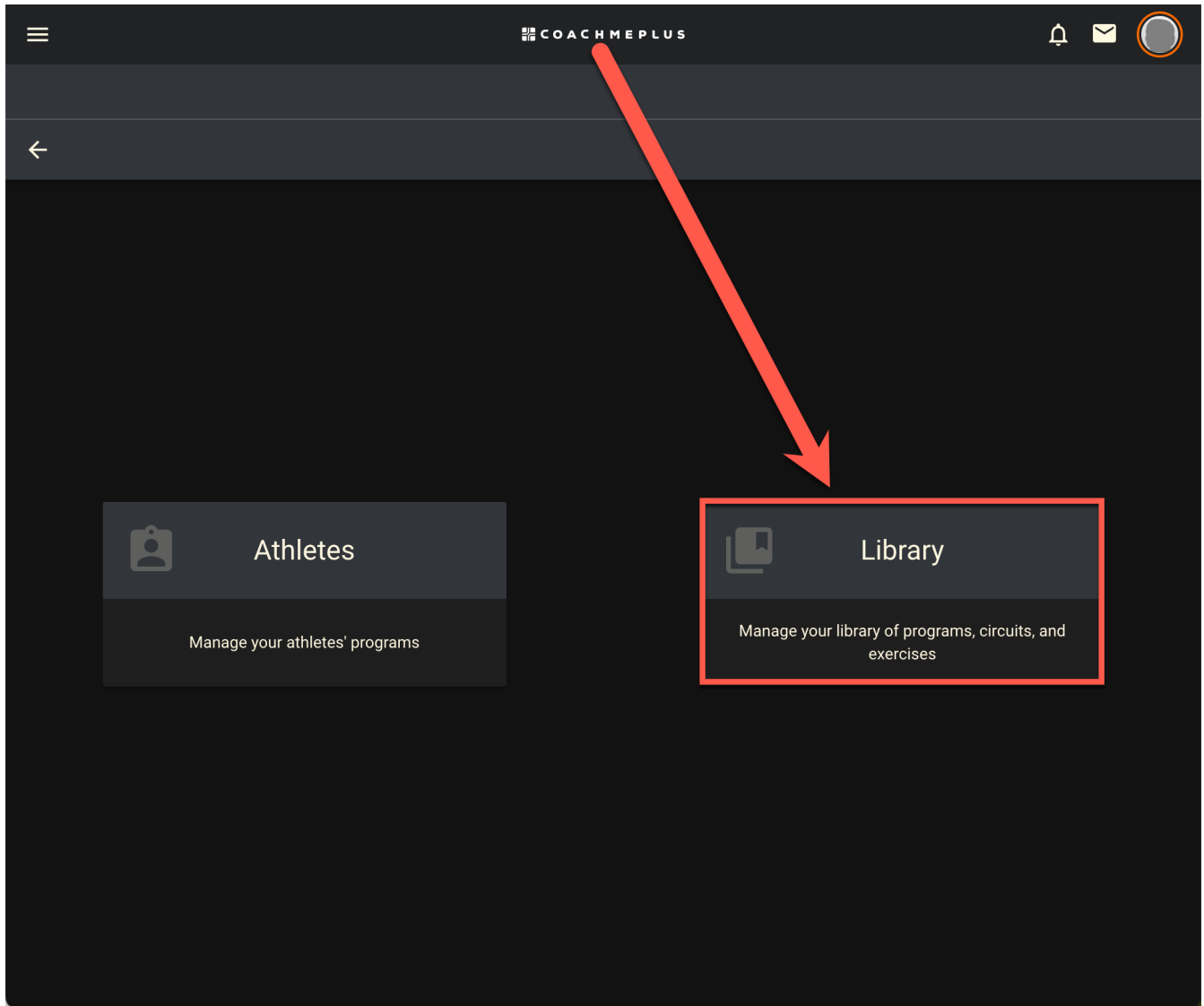
When you have created athletes, you will then need to assign them a program to complete. In the **CoachMePlus** system, there are preset programs available to you, which will be fully built out for you to use. These are known as CM+ Programs.

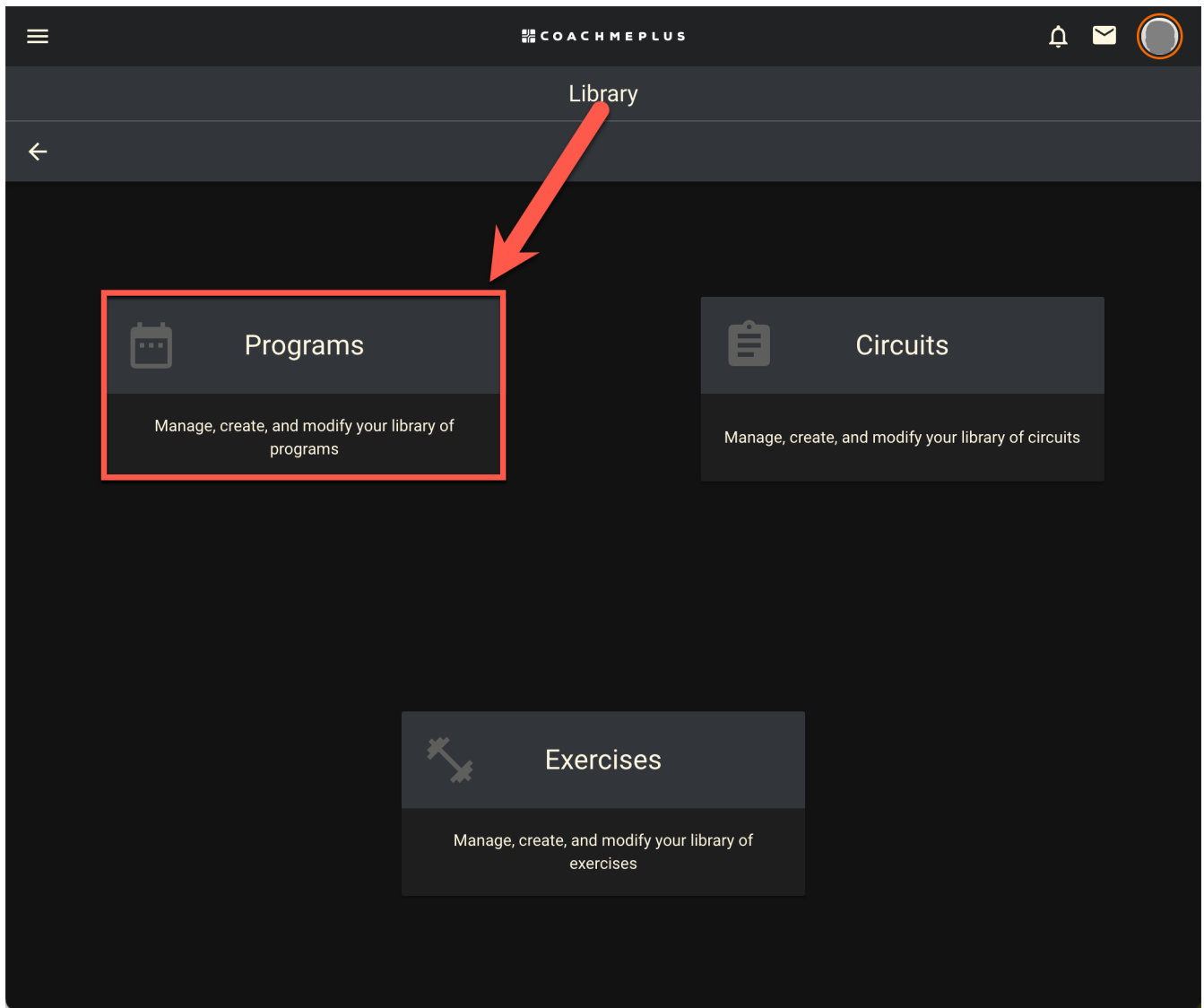
Login to the **CoachMePlus** system and select “Program Builder”.

The screenshot displays the CoachMePlus dashboard. On the left, a dark sidebar contains a menu with various options. The 'Program Builder' option is highlighted with a red box and a red arrow pointing to it. The main content area shows the 'Manage Your Athletes' section for a group named 'Stallions [Demo]'. Below this, there is a 'Group's Training Status' section with a table of athlete progress for the week. The table has columns for days of the week (S, M, T, W, T, F, S) and rows for athletes: Owens, Calvin; Pace, Charlie; Burrows, Lincoln; and Weppner, Cole. Each cell in the table contains a colored circle indicating status (green for completed, red for pending, grey for not started). Below the training status is a 'Group's Wellness' section with line graphs showing the latest questionnaire response versus the weekly average for Burrows, Lincoln (+16.2) and Owens, Calvin (+12.2).

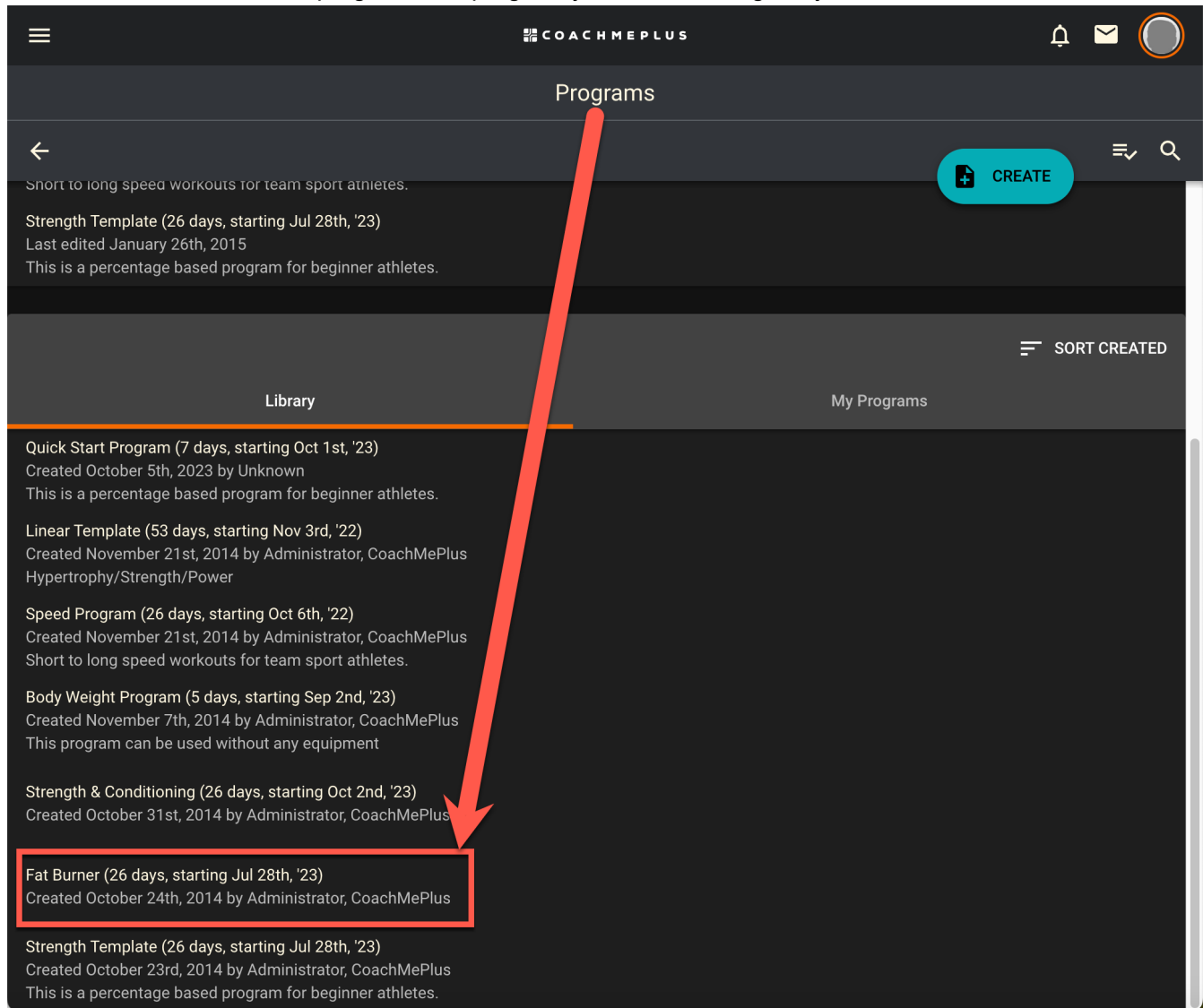
Athlete	S	M	T	W	T	F	S
Owens, Calvin	✓	○	○	○	○	○	○
Pace, Charlie	✓	○	○	○	○	○	○
Burrows, Lincoln	✓	○	○	○	○	○	○
Weppner, Cole	✓	○	○	○	○	○	○

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

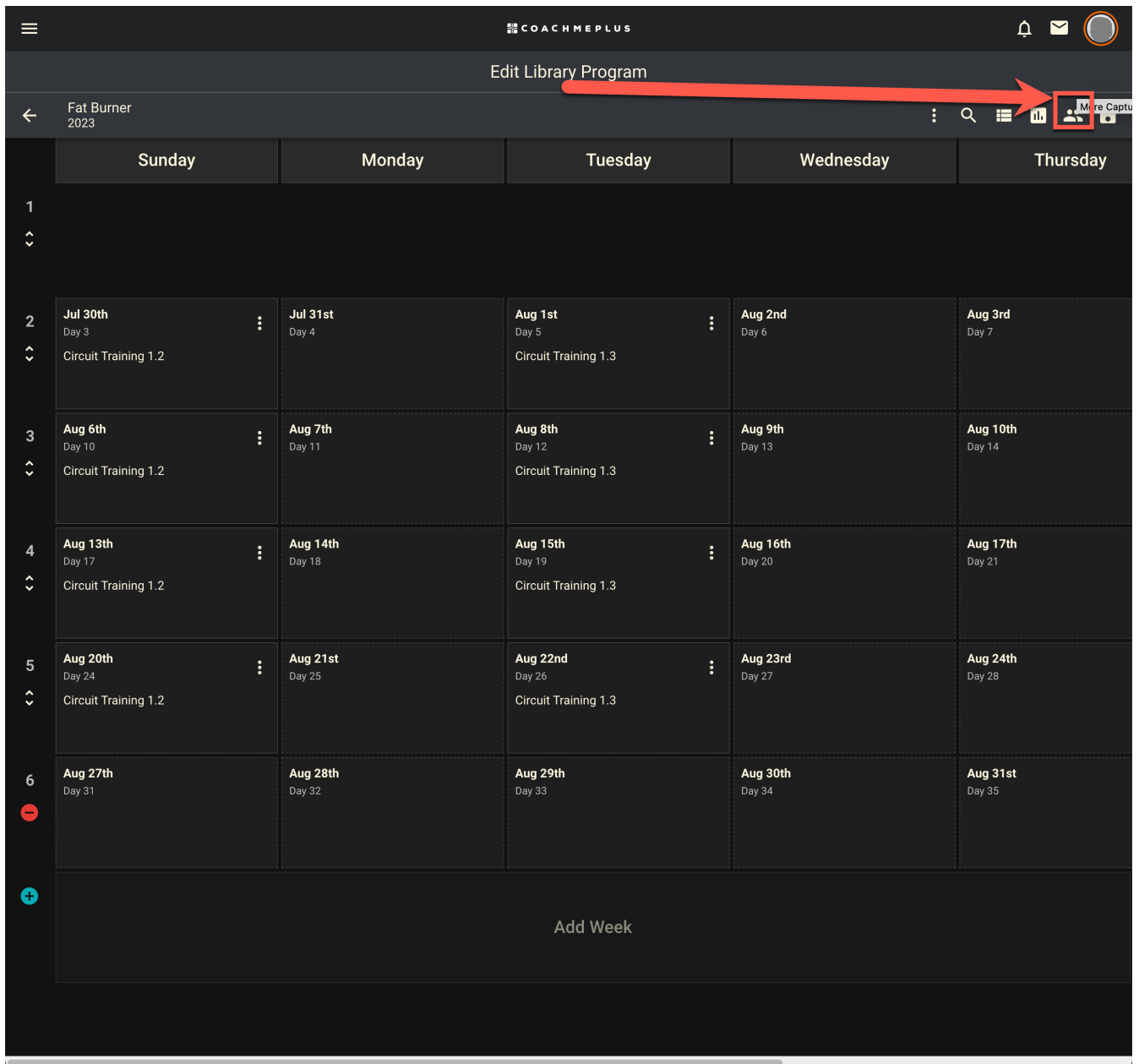




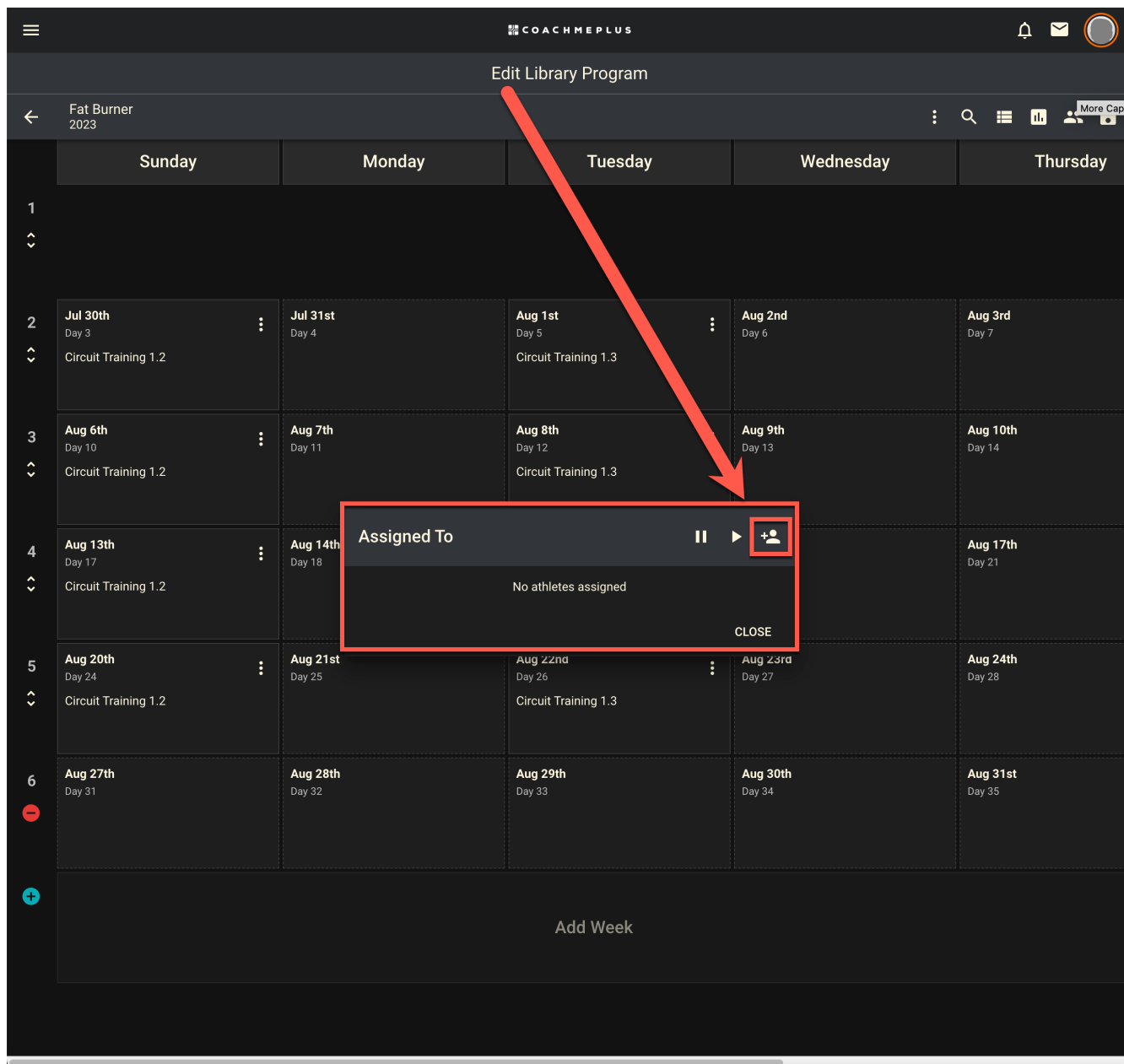
2. Select from the available programs the program you want to assign to your athletes.



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.](#)



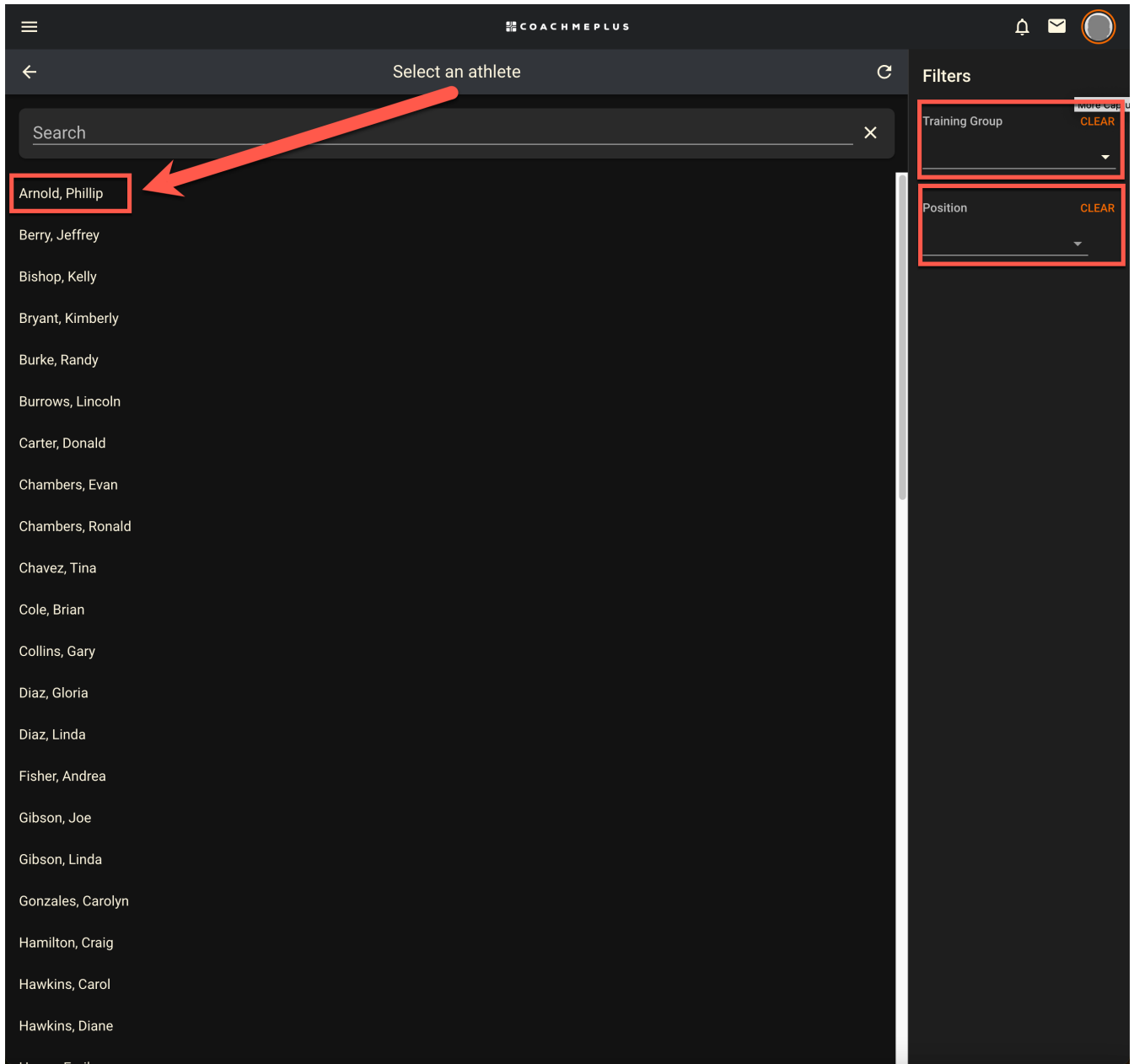
4. Select the add button in the pop-up menu.



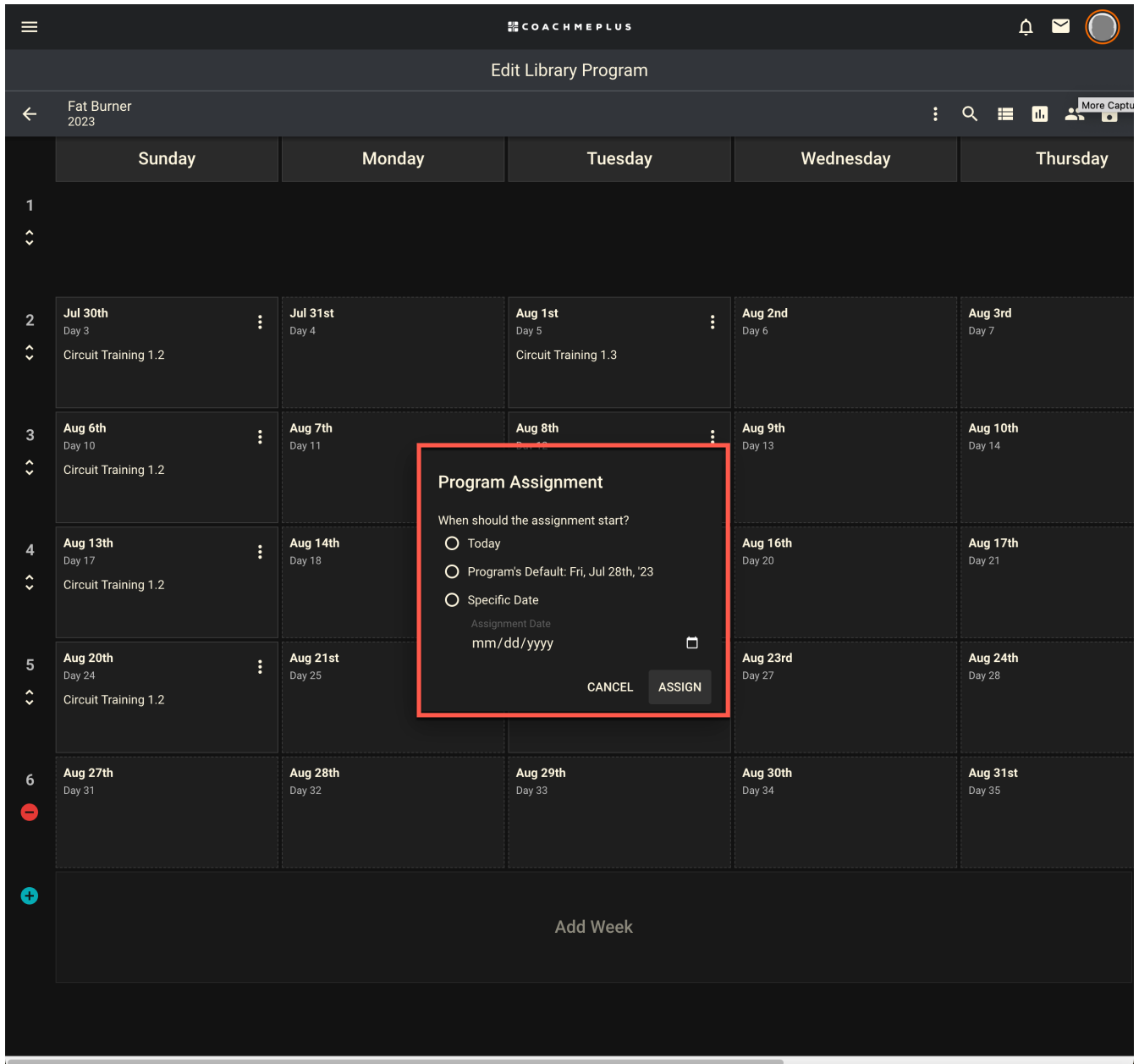
5. Select the athletes you would like to assign the program to. You may either navigate through the drop down menu, search the names of the athletes you wish to assign, or select entire groups of athletes by training group. If you are unsure how to create a training group, here is the [FAQ](#) on how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

The screenshot displays the 'Edit Library Program' interface for a program named 'Fat Burner 2023'. The calendar view shows days from Sunday to Thursday. A modal titled 'Assign Athletes' is open, featuring an 'Assign To' field with a red border, a 'Prompt on Home Screen' toggle, and 'CANCEL' and 'CONTINUE' buttons. A red arrow points from the 'Assign To' field to the 'Assign Athletes' modal title.

	Sunday	Monday	Tuesday	Wednesday	Thursday
1					
2	Jul 30th Day 3 Circuit Training 1.2	Jul 31st Day 4	Aug 1st Day 5 Circuit Training 1.3	Aug 2nd Day 6	Aug 3rd Day 7
3	Aug 6th Day 10 Circuit Training 1.2	Aug 7th Day 11	Aug 8th Day 12 Circuit Training 1.3	Aug 9th Day 13	Aug 10th Day 14
4	Aug 13th Day 17 Circuit Training 1.2	Aug 14th Day 18	Aug 15th Day 19	Aug 16th Day 20	Aug 17th Day 21
5	Aug 20th Day 24 Circuit Training 1.2	Aug 21st Day 25	Aug 22nd Day 26 Circuit Training 1.3	Aug 23rd Day 27	Aug 24th Day 28
6	Aug 27th Day 31	Aug 28th Day 32	Aug 29th Day 33	Aug 30th Day 34	Aug 31st Day 35
	Add Week				



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



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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