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How To: Print Program Day for an Athlete



Stephen Ostrow

1 minute ago · Updated

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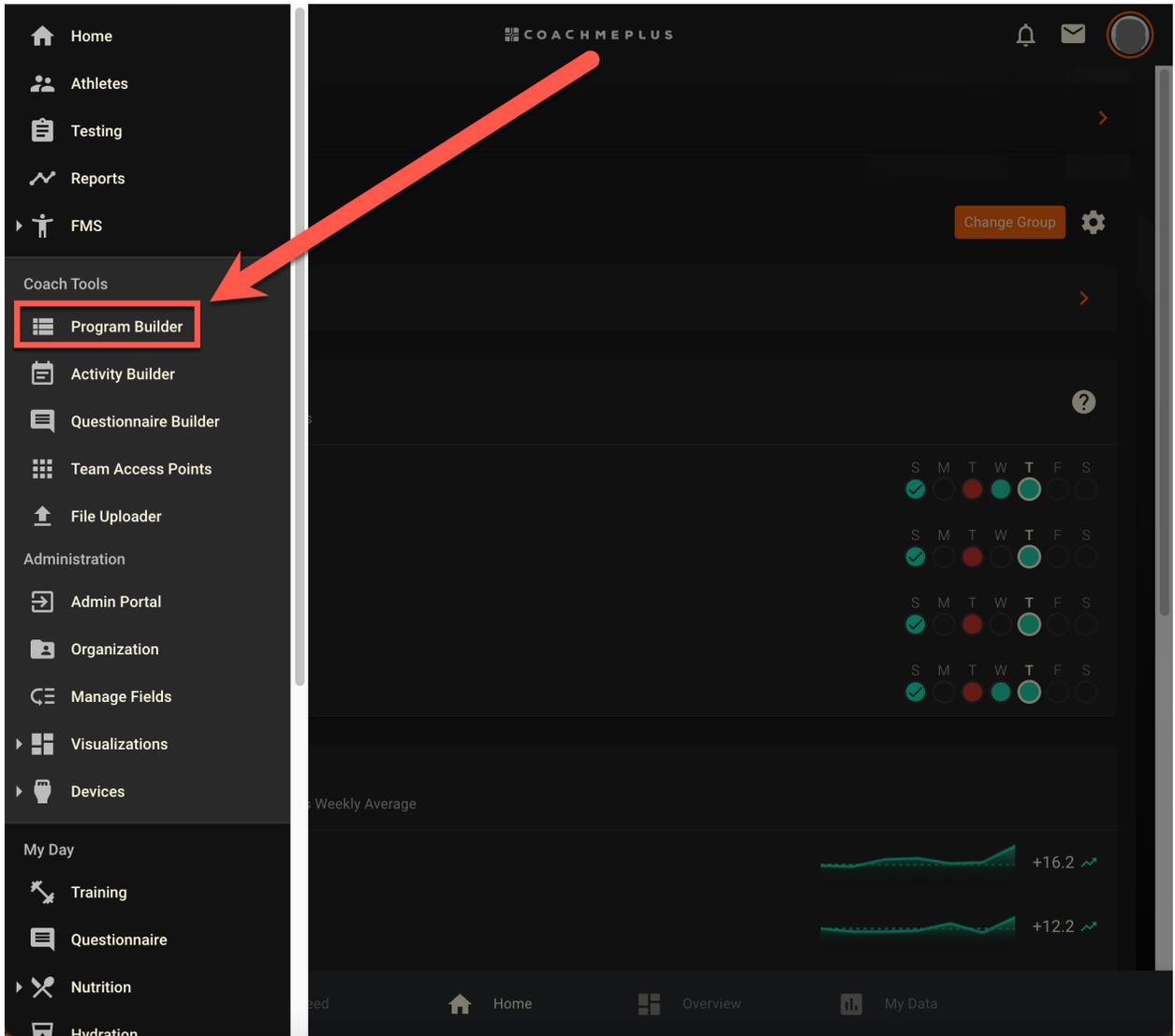
- [How To: Print Program Day for an Athlete](#)

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

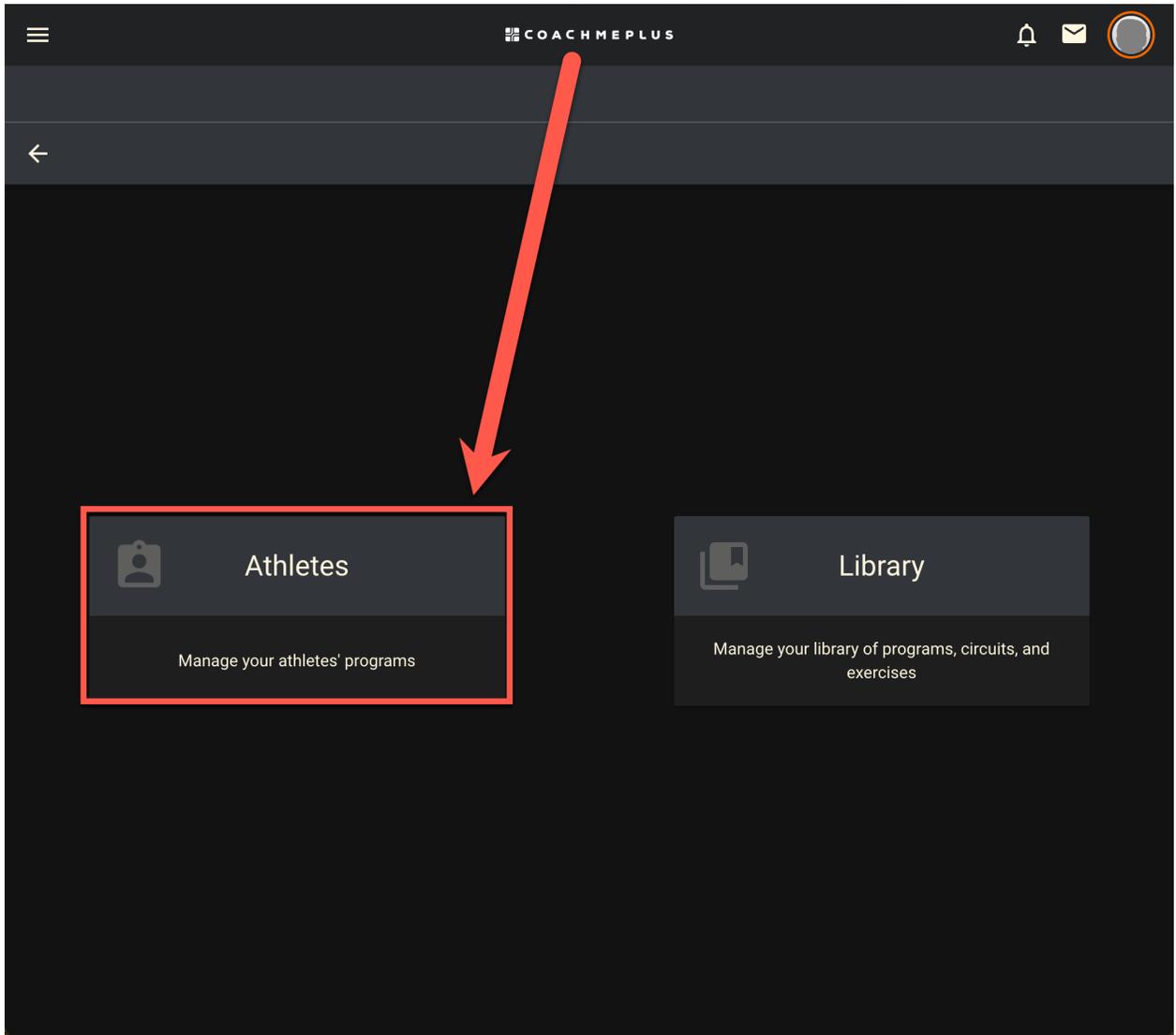
How To: Print Program Day for an Athlete

When printing an athlete's programs for the day, it is possible to split them up by program through the New Program Builder. If you do not want to give your athlete all of their programs printed out at once for the day, use this function to print only one program for a day.

1. Go to the Program Builder.



2. Select Athletes, then select the athlete for the program day you would like to print for them.



Athletes

Search by name

Stallions [Demo]

Forwards

Pace, Charlie

Weppner, Cole

Defensemen

Goalies

Prospects [Demo]

Forwards

Defensemen

Users

Athletes

Staff

Administrators

Extra [DEMO]

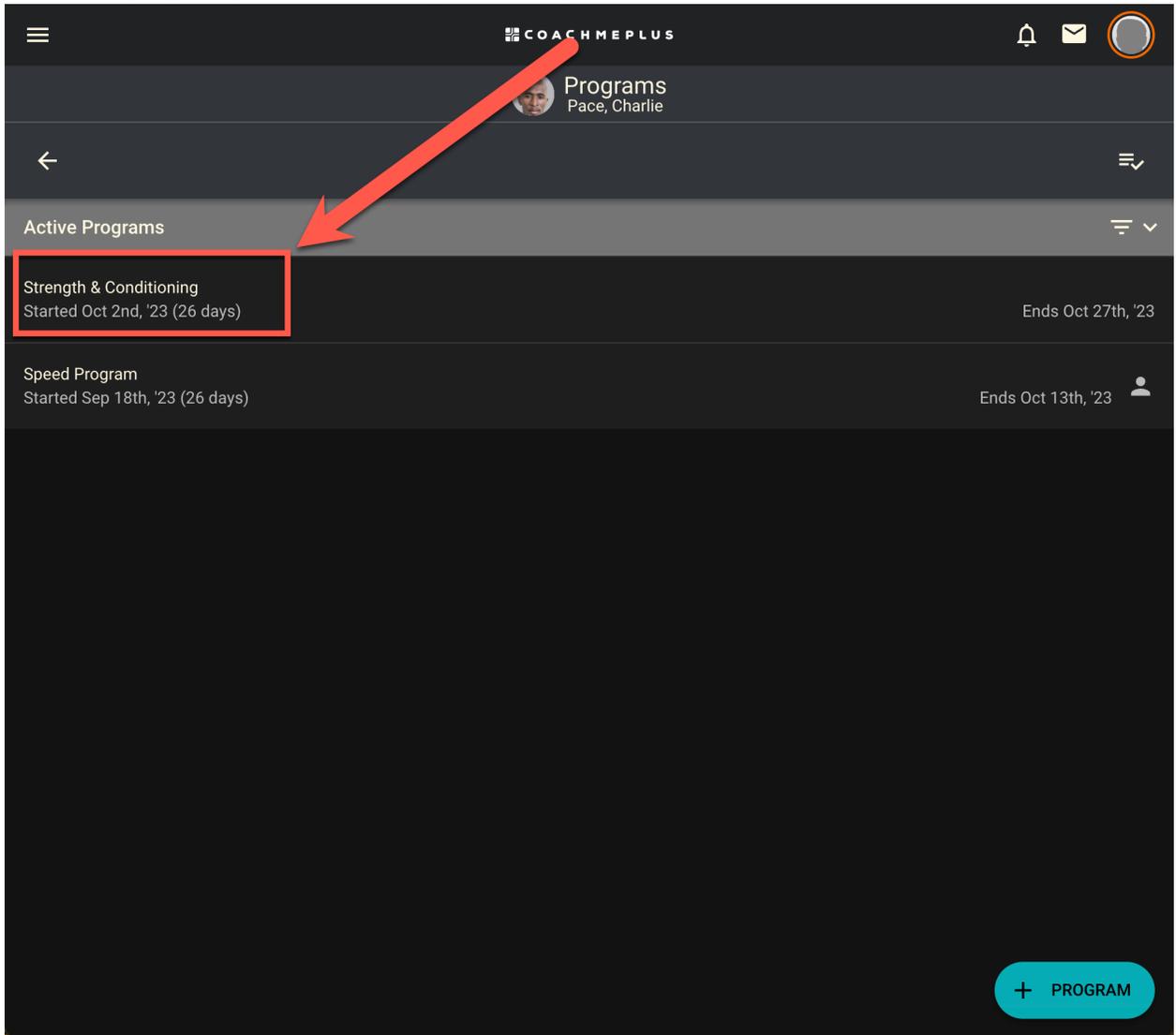
Filters

Options

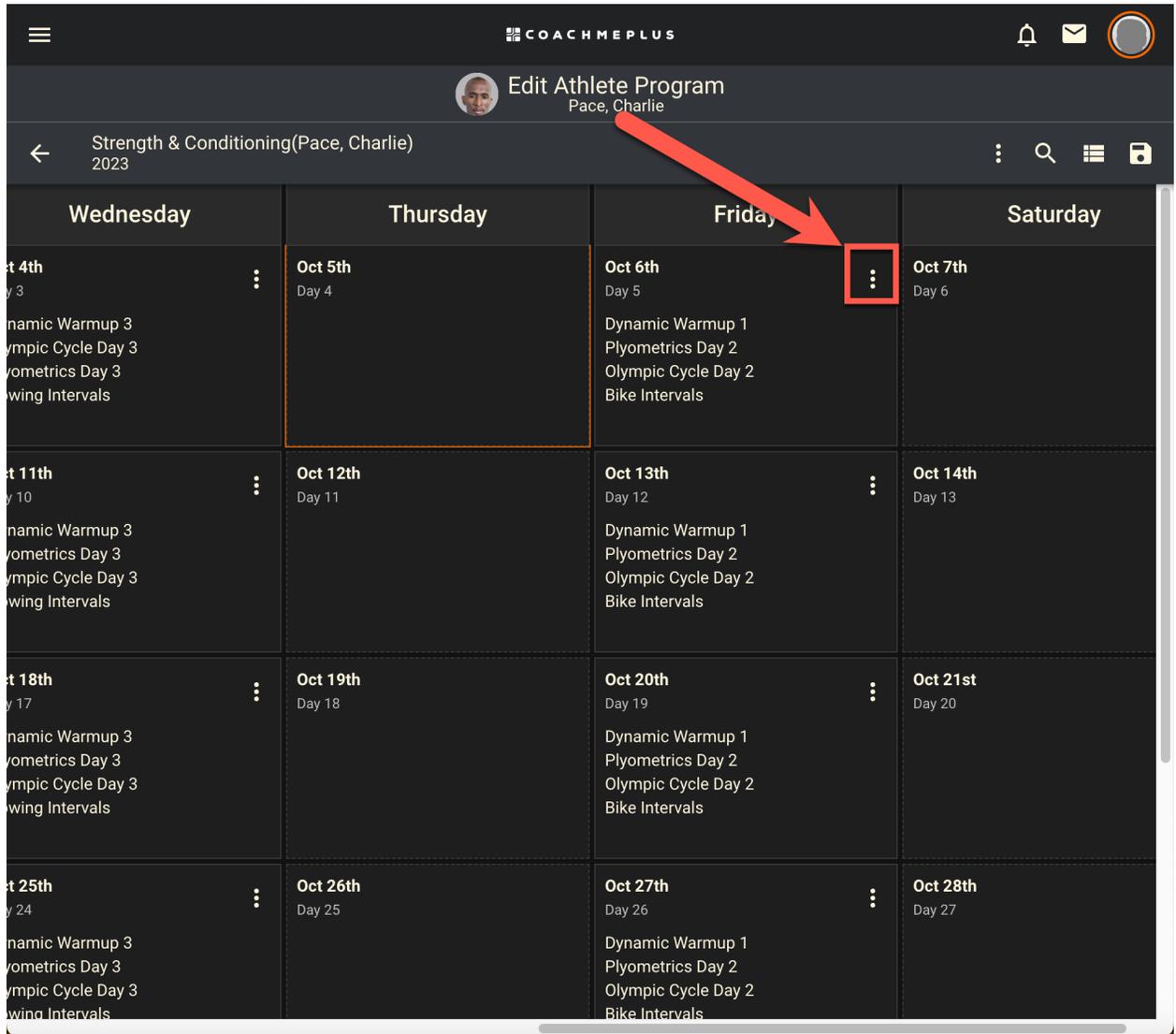
Grouped View

Pinned Athletes Only

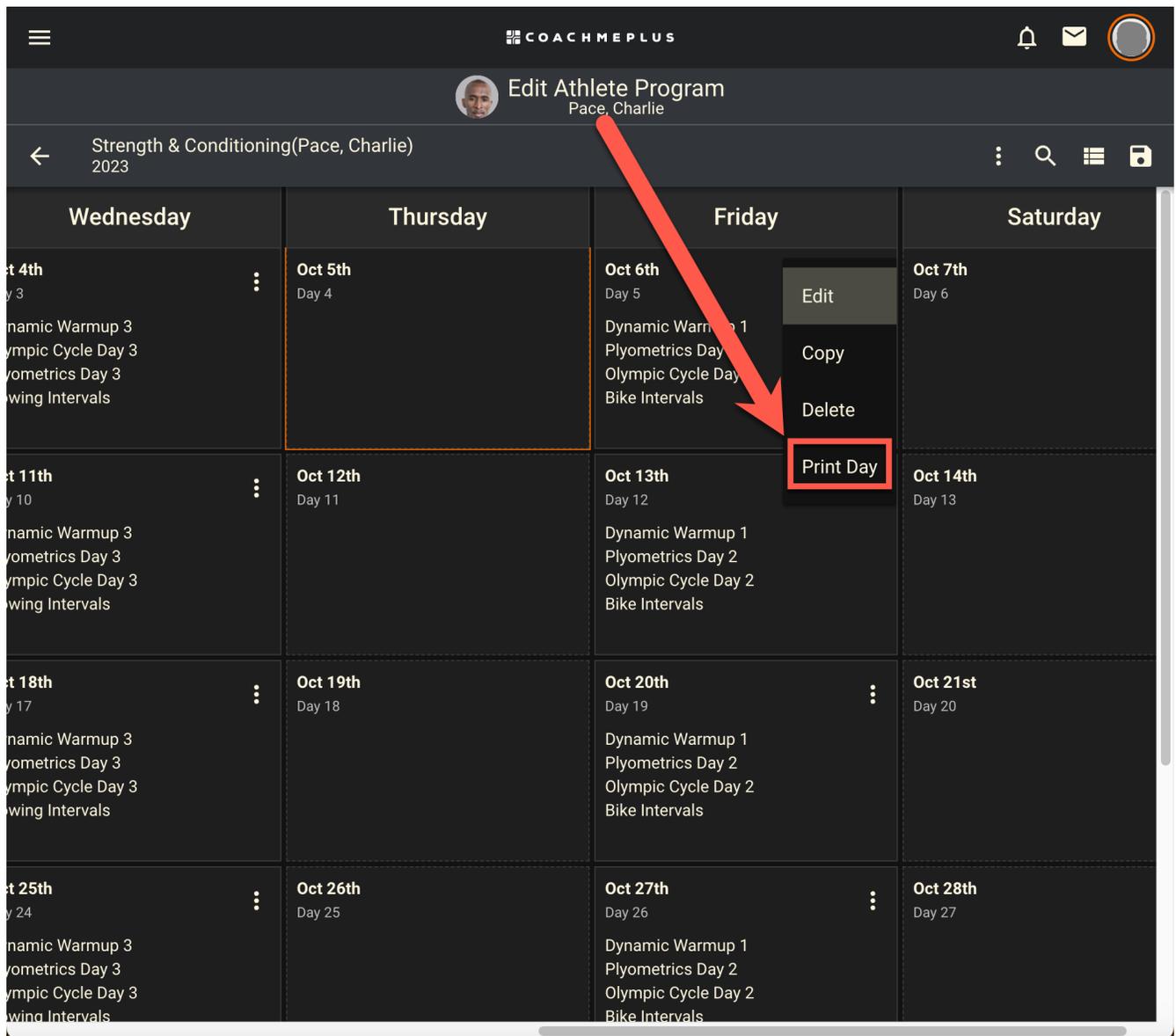
3. Select the program you would like to print the day for.



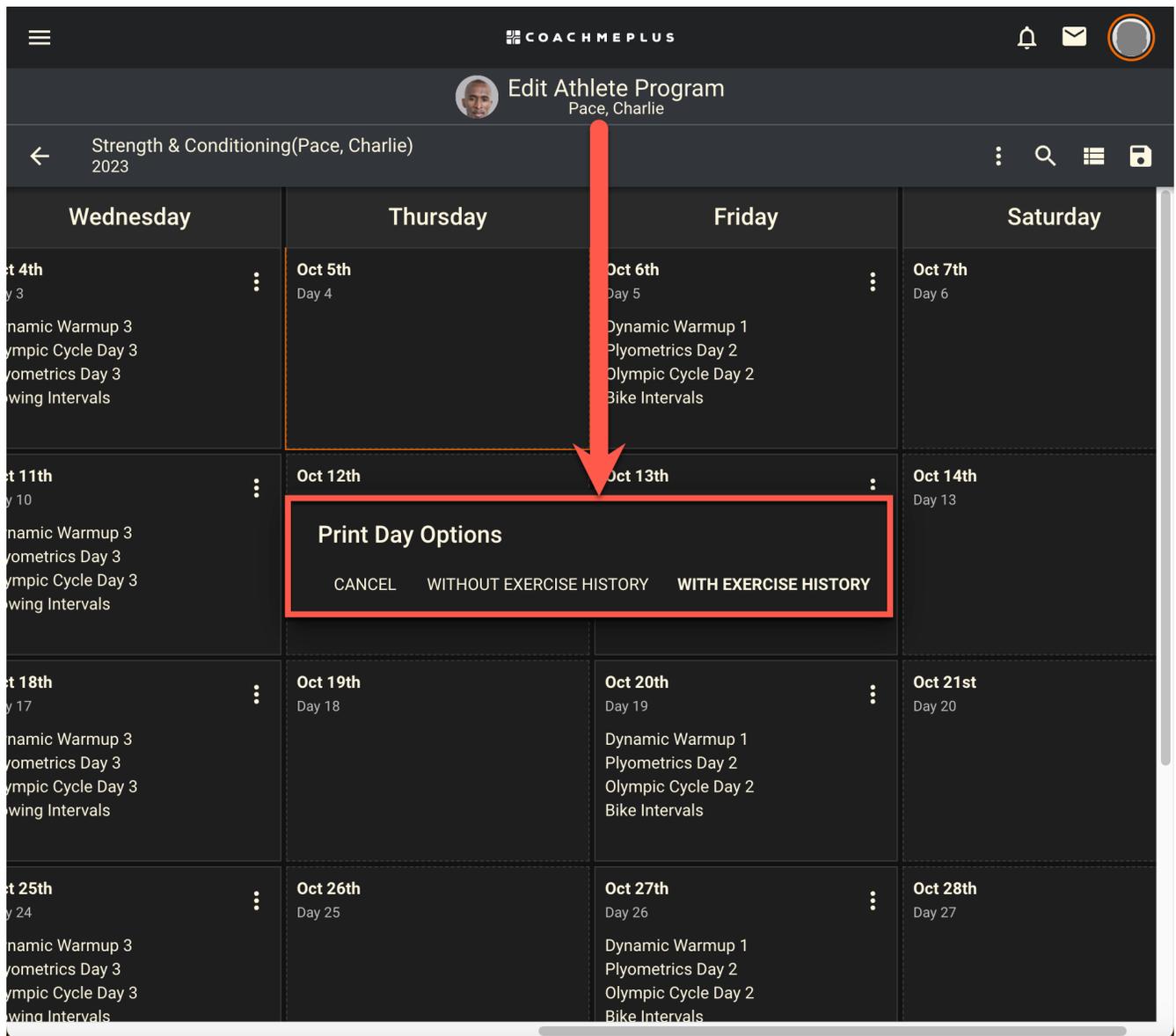
4. Select the day in that program you would like to print.



5. Select Print Day:



6. Select your print options to show exercise history or not:



7. Use the Print Dialogue box to make your final print decisions and click Save.

13 Pace, Charlie
Strength & Conditioning -
(Strength)

Fri, Oct 6, 2023 — Day 5 of 26

Warmup **Dynamic Warmup 1**

Exercise	Sets/Reps	Weight	% Load	Sets/Reps	Weight	Time	Distance	Per / Spd
Dynamic Open Leg March	1/						25 m	/
Alternating Sides								
Dynamic Arm Hugs	1/					:30		/
Both Arms								
Dynamic High Knee Walk	1/						25 m	/
Alternating Sides								
Dynamic Butt Kickers	1/						25 m	/
Alternating Sides								
Dynamic External Hip Rotation	1/						25 m	/
Both Sides								
Dynamic Lounge Walk	1/						25 m	/
Alternating Sides								
Dynamic Inch Worm	1/10							/
Full Extension								
Band 90 Degree Internal Rotation	1/15							/
Both Sides								

Speed **Plyometrics Day 2**

Exercise	Sets/Reps	Weight	% Load	Sets/Reps	Weight	Time	Distance	Per / Spd
Broad Jump	3/5							/
Medicine Ball Slam	3/5							/
Medicine Ball Throw	3/5							/

Strength **Olympic Cycle Day 2**

Exercise	Sets/Reps	Weight	% Load	Sets/Reps	Weight	Time	Distance	Per / Spd
High Hang Power Snatch	3/5							/
High Hang Snatch Pull	3/5							/
Barbell Zercher Squat	5/5							/
Physio Ball Hamstring Curl	3/10							/
Tempo: 2-1-2								
Superset								
Plank	1/					:00		/
Prone Cobra	2/15							/
Side Plank	3/					:30		/
Each Side								

Conditioning **Bike Intervals**

Exercise	Sets/Reps	Weight	% Load	Sets/Reps	Weight	Time	Distance	Per / Spd
Assault/AirDyne Bike	5/					3:00		/
2 minute rest between bouts								

Print 2 pages

Destination

Save as PDF

Pages

All

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Portrait

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