COACHMEPLUS

How To: Create a Circuit from an Exercise

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a few seconds ago · Updated

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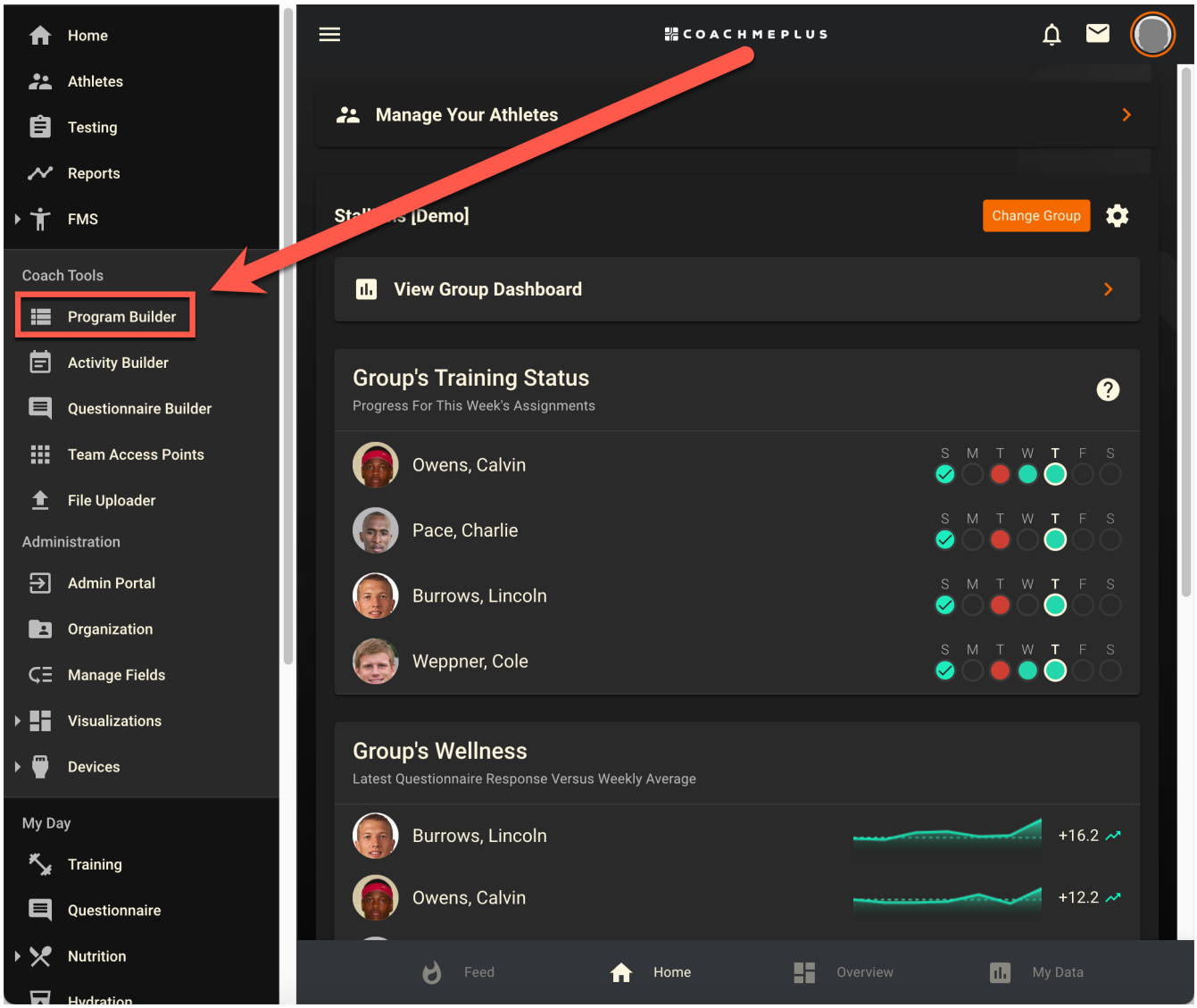
How To: Create a Circuit from an Exercise

When you are building a **Program**, and want to add **Exercises** to a **Program**, you can now create a new **Circuit** from an **Exercise** without having to leave the **Day View**. This process allows you to add as many **Exercises** to a **Program Day** without having to create a **Library Circuit**.

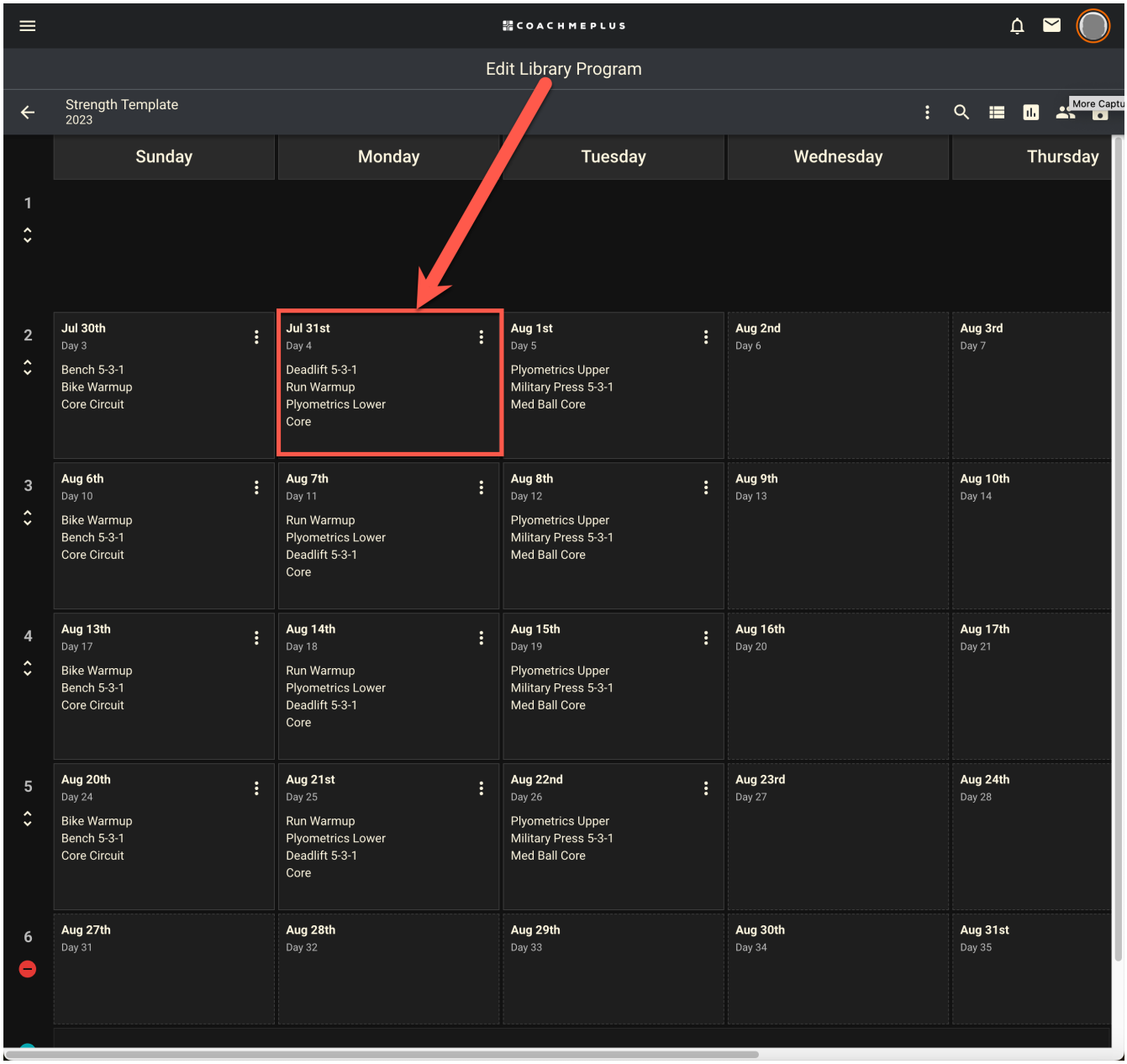
Watch this How-To Video and Follow the instructions below.

Help

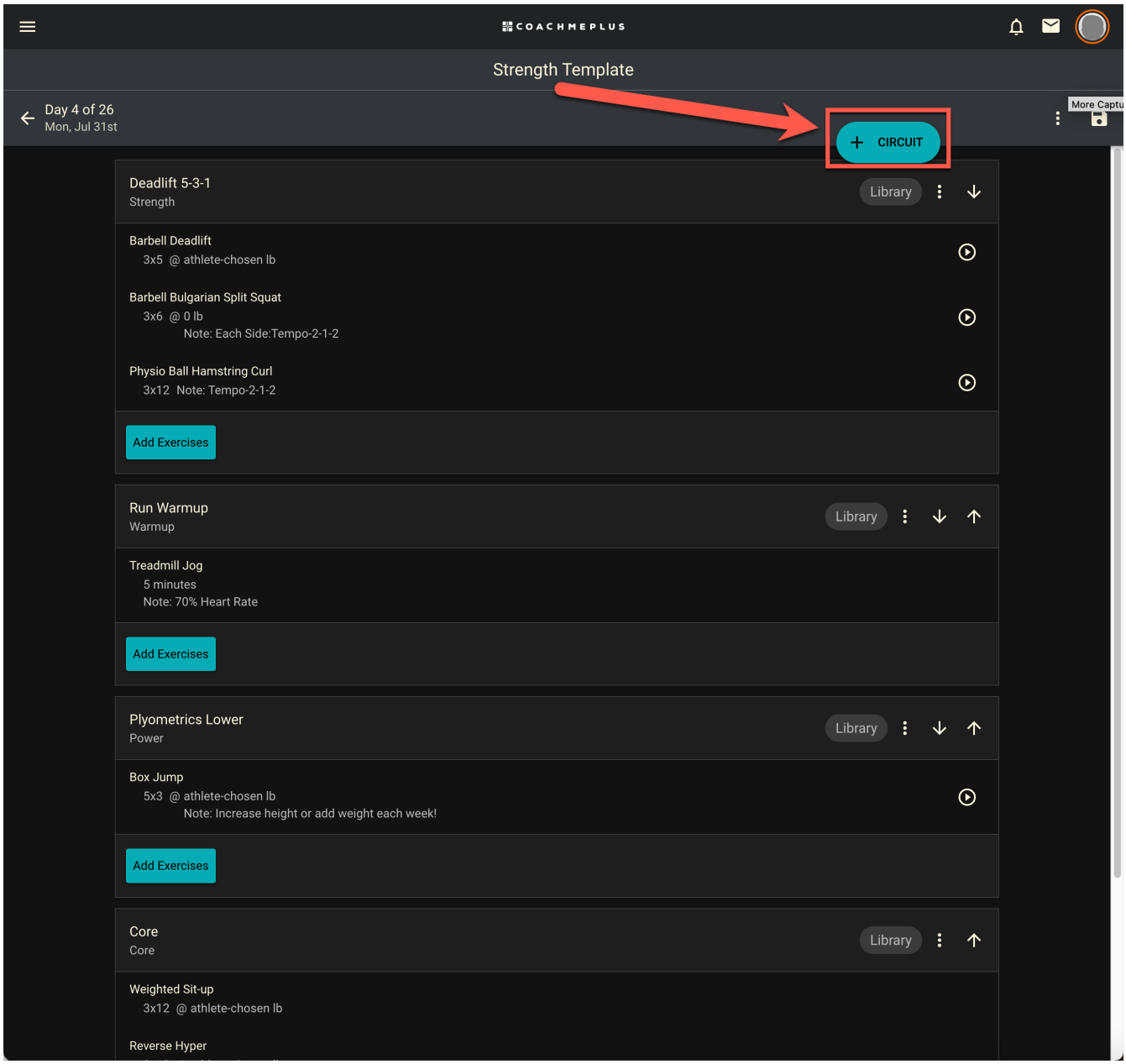
1. Go to the **Program Builder**.

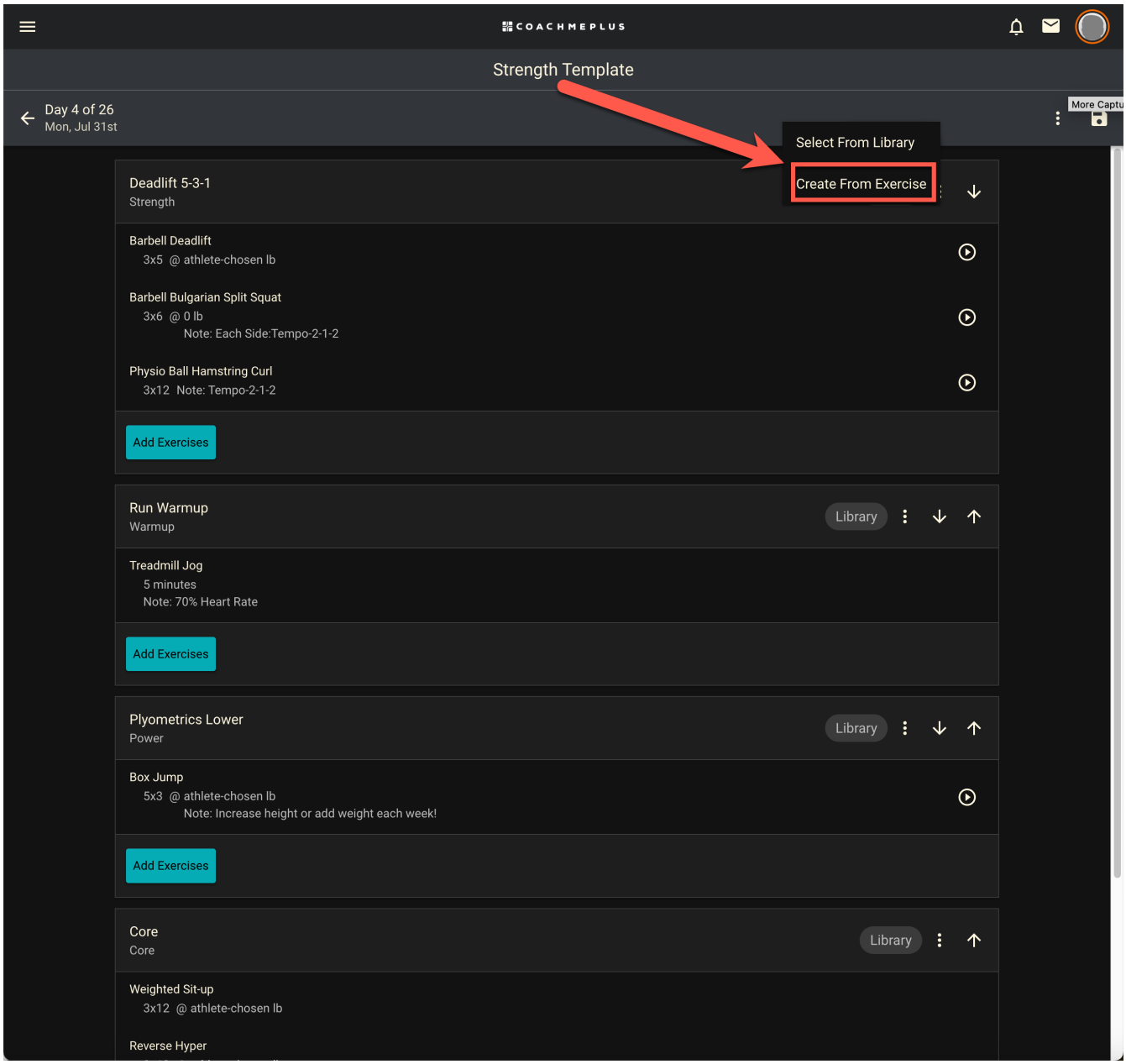


2. Go to the **Day** of the **Program** that you would like to quickly add **Exercises** to and select the green **Add Circuit** button.



3. Select **Create From Exercise** and choose continue. Then, select the **Exercise** you would like to start with from the **Exercise List**.


COACHMEPLUS
Strength Template
Day 4 of 26
Mon, Jul 31st
CIRCUIT
Deadlift 5-3-1
Strength
Library
Barbell Deadlift
3x5 @ athlete-chosen lb
Barbell Bulgarian Split Squat
3x6 @ 0 lb
Note: Each Side:Tempo-2-1-2
Physio Ball Hamstring Curl
3x12 Note: Tempo-2-1-2
Add Exercises
Run Warmup
Warmup
Library
Treadmill Jog
5 minutes
Note: 70% Heart Rate
Add Exercises
Plyometrics Lower
Power
Library
Box Jump
5x3 @ athlete-chosen lb
Note: Increase height or add weight each week!
Add Exercises
Core
Core
Library
Weighted Sit-up
3x12 @ athlete-chosen lb
Reverse Hyper


COACHMEPLUS
Strength Template
Day 4 of 26
Mon, Jul 31st
Select From Library
Create From Exercise
Deadlift 5-3-1
Strength
Barbell Deadlift
3x5 @ athlete-chosen lb
Barbell Bulgarian Split Squat
3x6 @ 0 lb
Note: Each Side:Tempo-2-1-2
Physio Ball Hamstring Curl
3x12 Note: Tempo-2-1-2
Add Exercises
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Core
Core
Library
Weighted Sit-up
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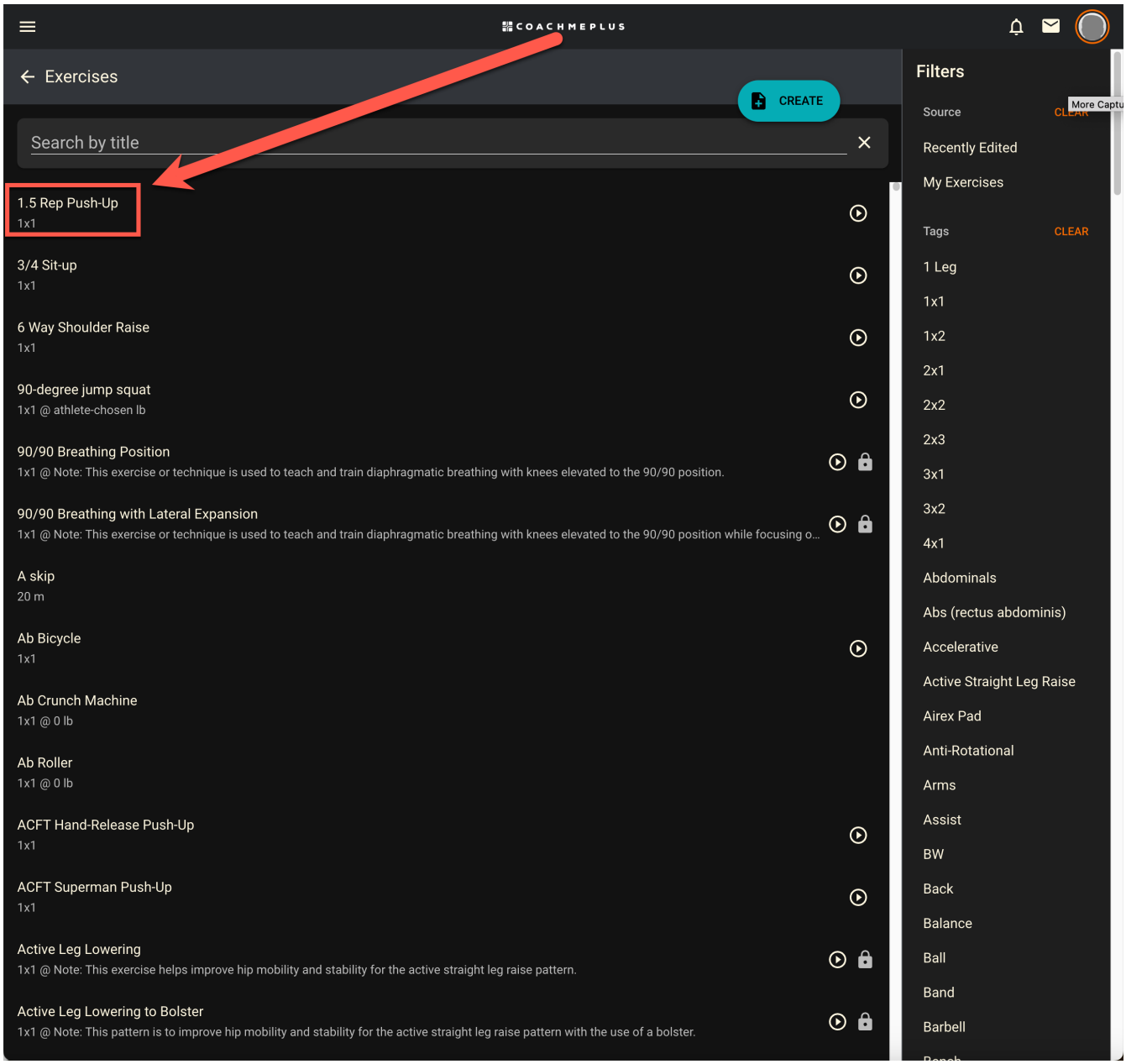
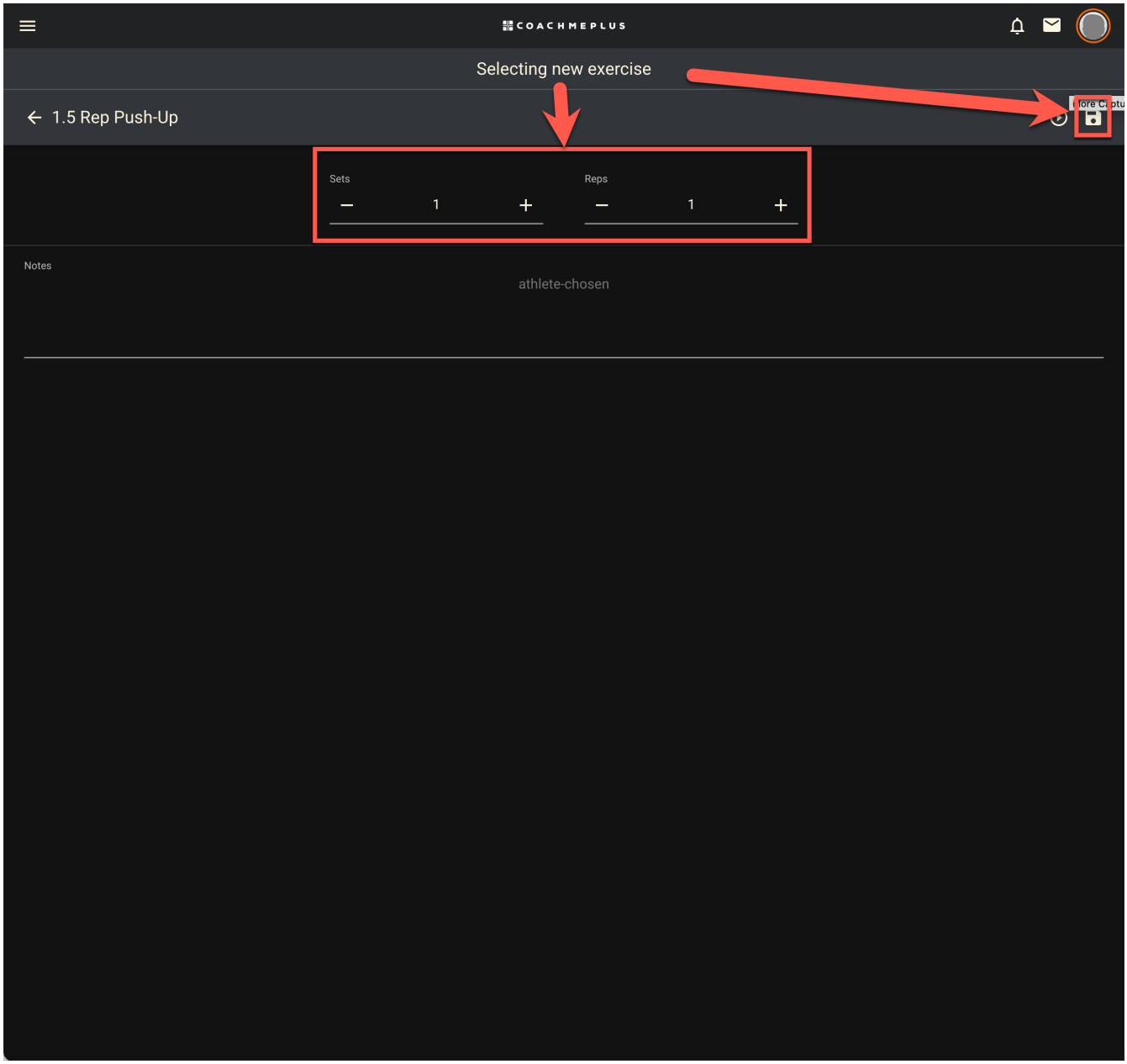
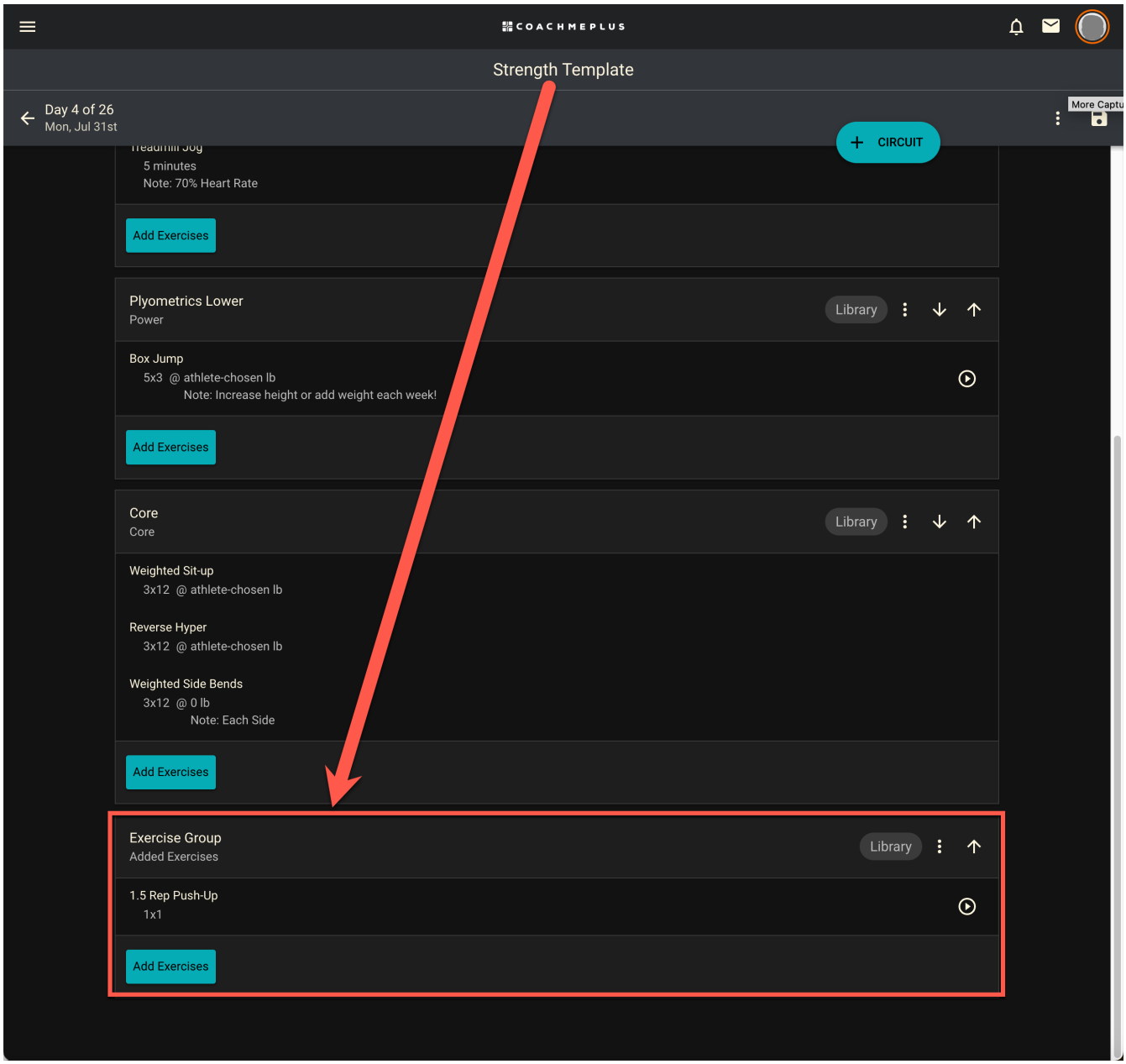
Reverse Hyper


COACHMEPLUS
Exercises
CREATE
Search by title
1.5 Rep Push-Up
1x1
3/4 Sit-up
1x1
6 Way Shoulder Raise
1x1
90-degree jump squat
1x1 @ athlete-chosen lb
90/90 Breathing Position
1x1 @ Note: This exercise or technique is used to teach and train diaphragmatic breathing with knees elevated to the 90/90 position.
90/90 Breathing with Lateral Expansion
1x1 @ Note: This exercise or technique is used to teach and train diaphragmatic breathing with knees elevated to the 90/90 position while focusing o...
A skip
20 m
Ab Bicycle
1x1
Ab Crunch Machine
1x1 @ 0 lb
Ab Roller
1x1 @ 0 lb
ACFT Hand-Release Push-Up
1x1
ACFT Superman Push-Up
1x1
Active Leg Lowering
1x1 @ Note: This exercise helps improve hip mobility and stability for the active straight leg raise pattern.
Active Leg Lowering to Bolster
1x1 @ Note: This pattern is to improve hip mobility and stability for the active straight leg raise pattern with the use of a bolster.
Filters
Source
CLEAR
Recently Edited
My Exercises
Tags
CLEAR
1 Leg
1x1
1x2
2x1
2x2
2x3
3x1
3x2
4x1
Abdominals
Abs (rectus abdominis)
Accelerative
Active Straight Leg Raise
Airex Pad
Anti-Rotational
Arms
Assist
BW
Back
Balance
Ball
Band
Barbell

4. Choose the **Exercise Constraints** and select save.



5. You will then see that a new **Circuit** has been created with the **Exercise** you selected. Add any other **Exercises** you would like using the **Quick Add** dumbbell icon.



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