



[CoachMePlus Help](#) > [FAQ](#) > [FAQ - Workouts](#)

 Search

Articles in this section



Can I Select Multiple Exercises at Once?



Stephen Ostrow

4 days ago · Updated

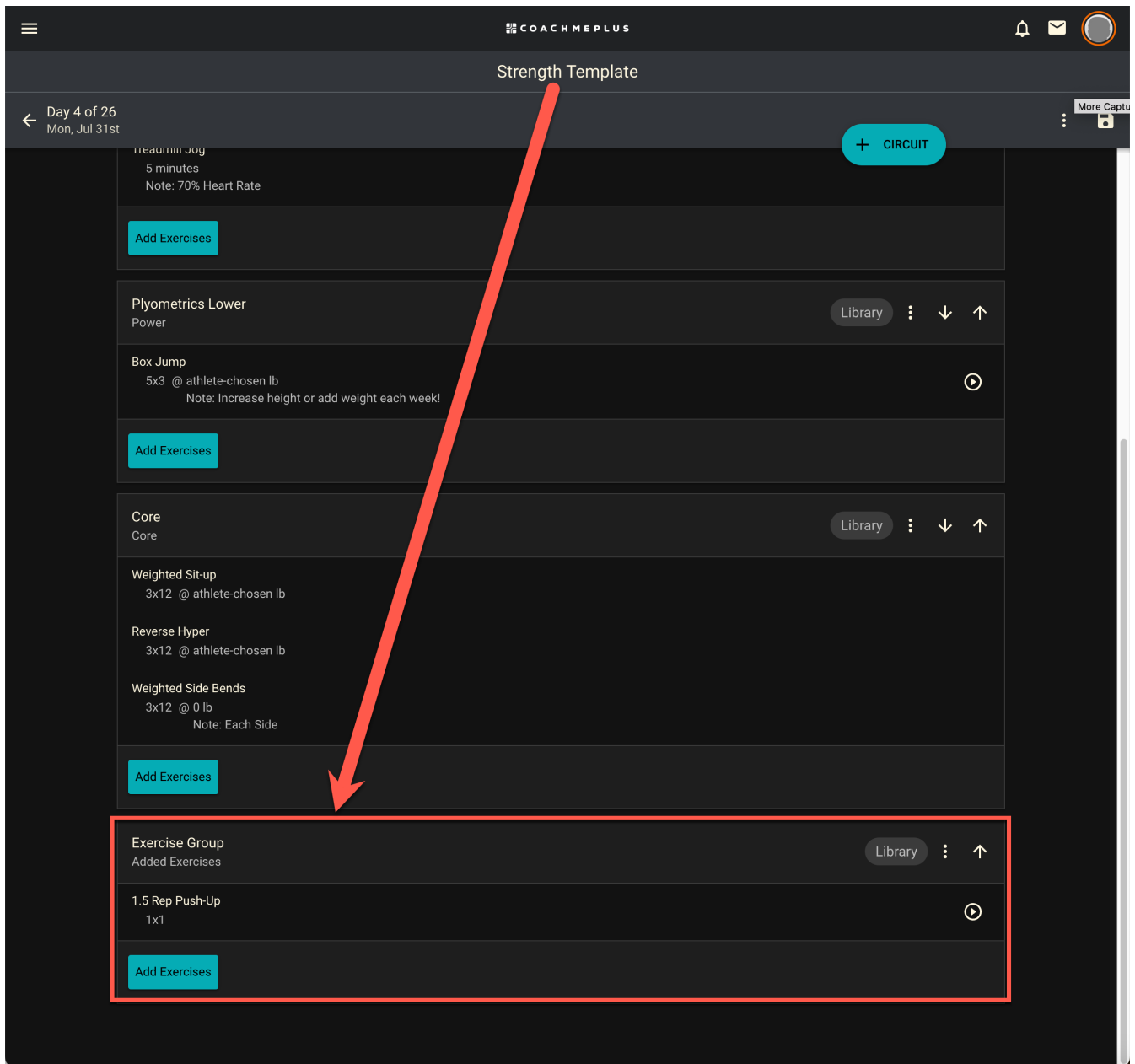
Follow

Yes.

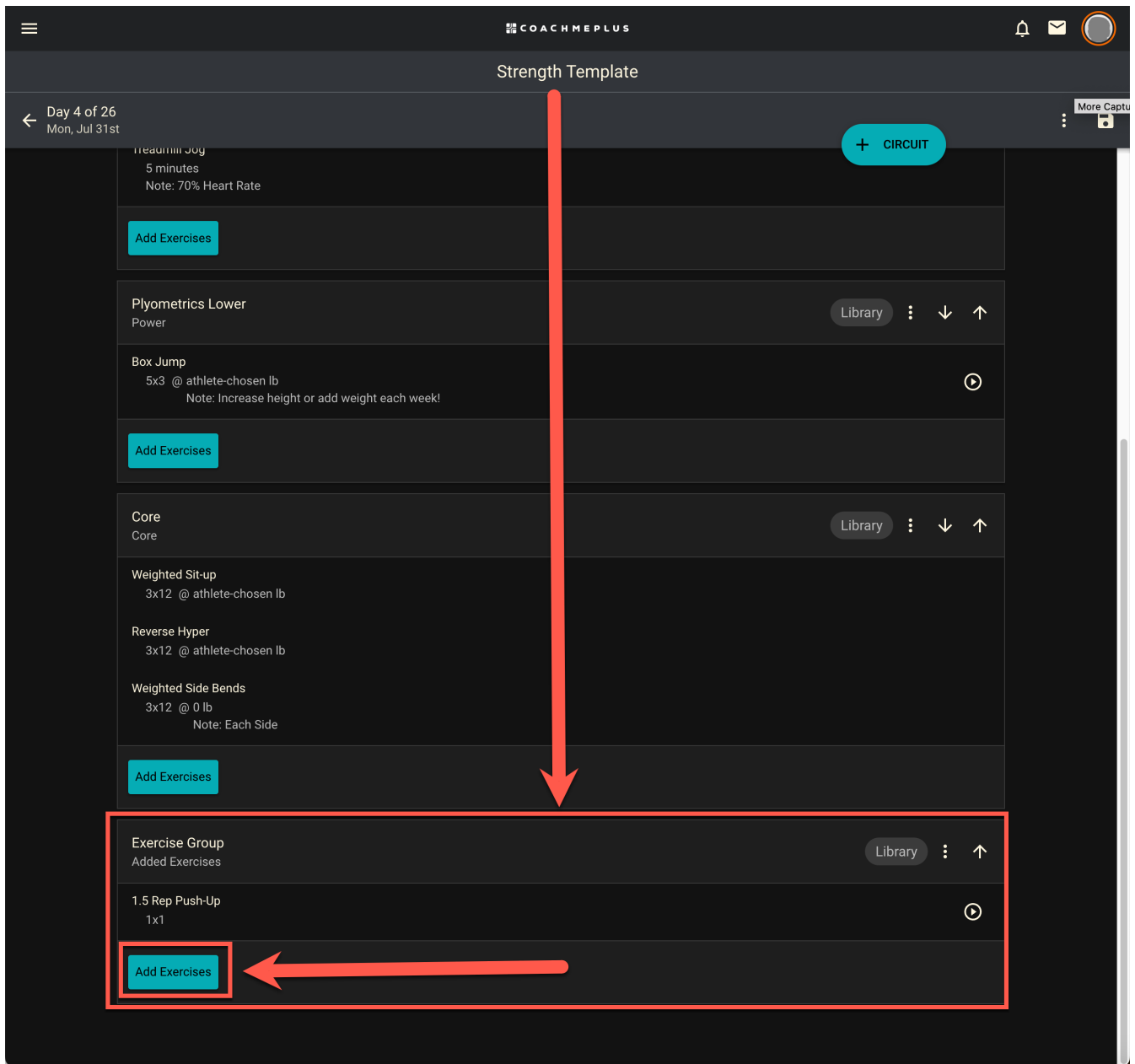
You can select and deselect multiple exercises in the **Select Exercise** portion of **Program Builder**. Once you select all of your desired exercises, click **ADD TO CIRCUIT** and a circuit with all the exercises you selected will be created and added to your program.

Watch this FAQ Video and follow the steps below:

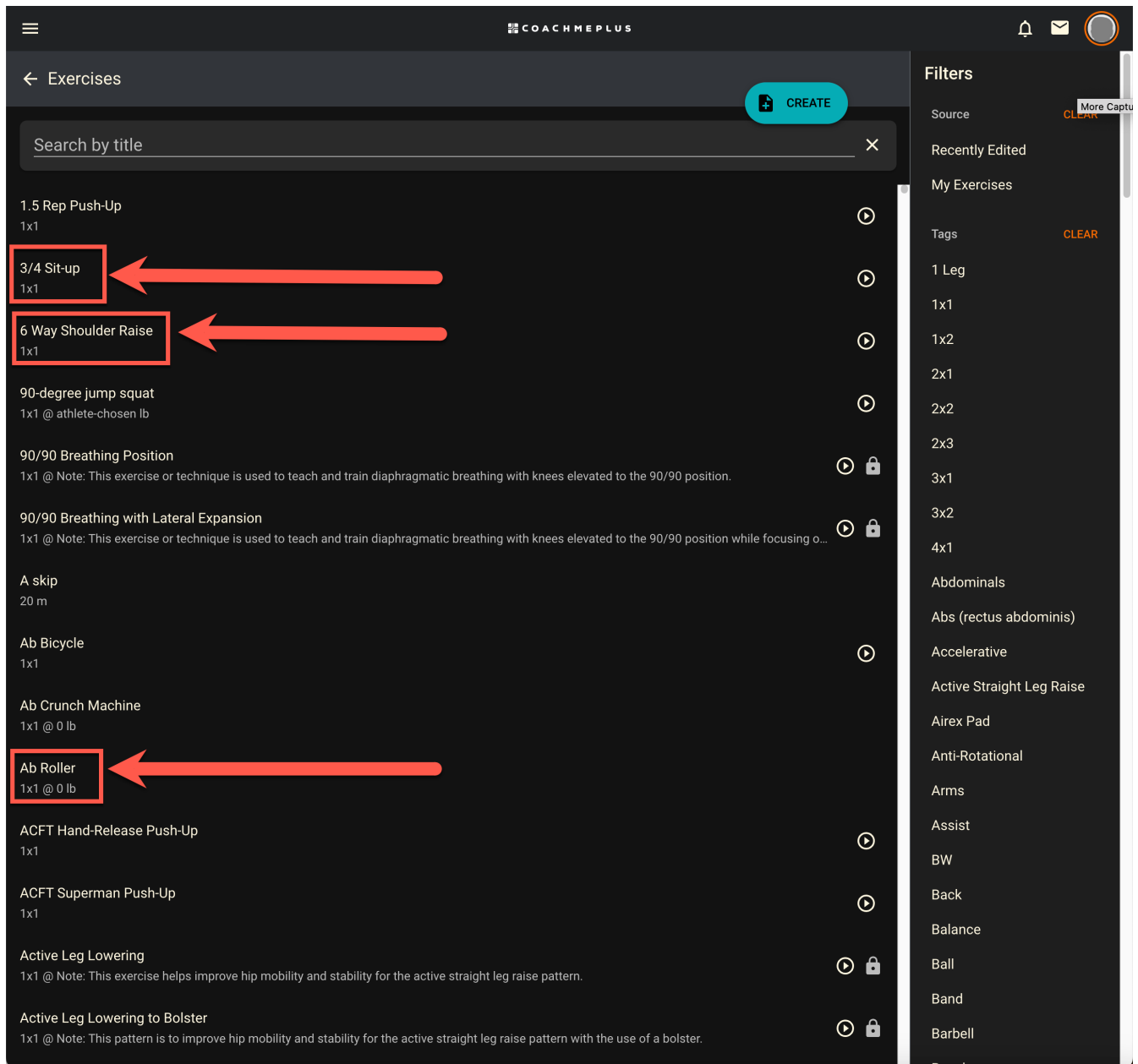
Select the Circuit to add multiple exercises to:



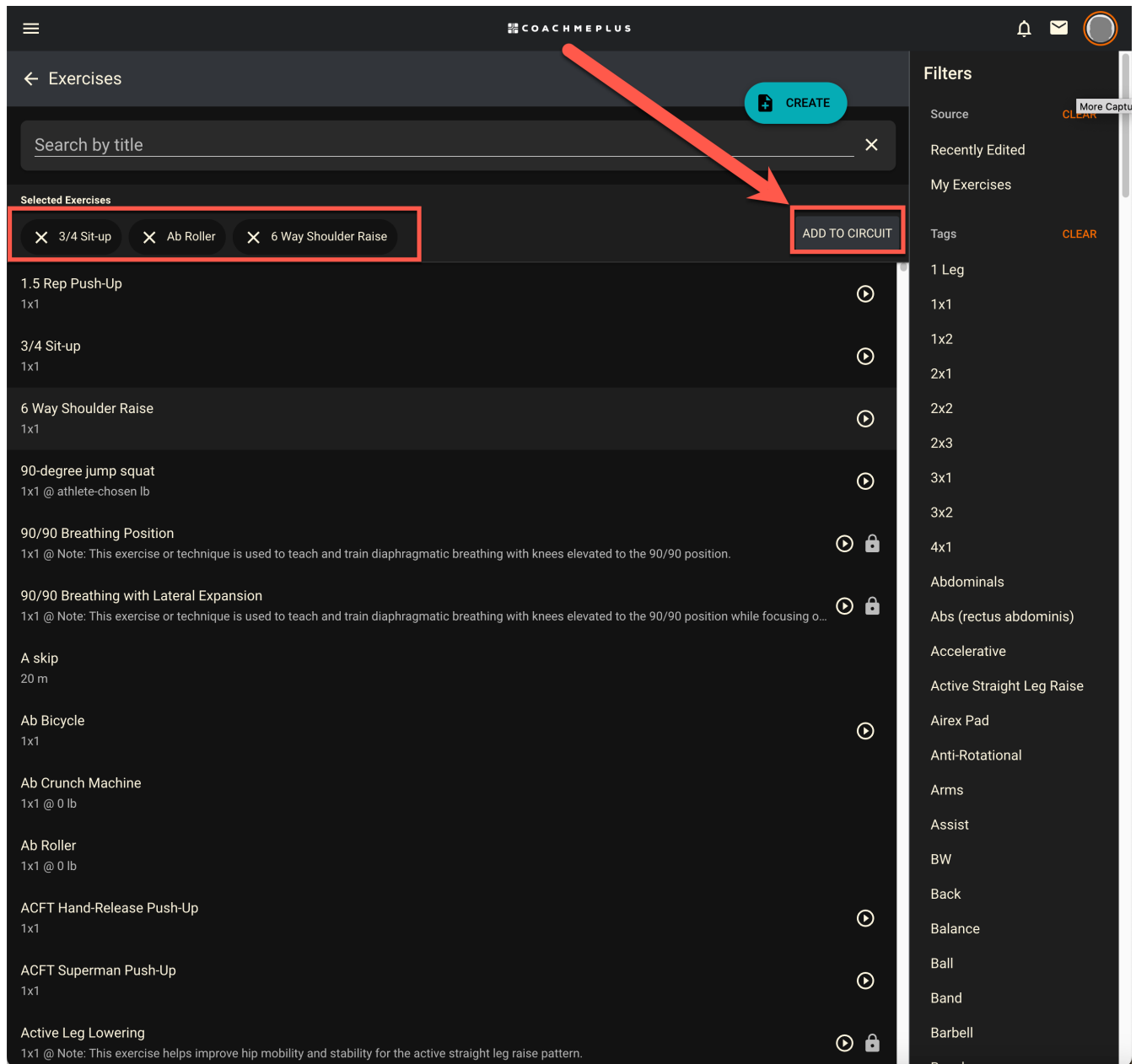
Click Add Exercises:



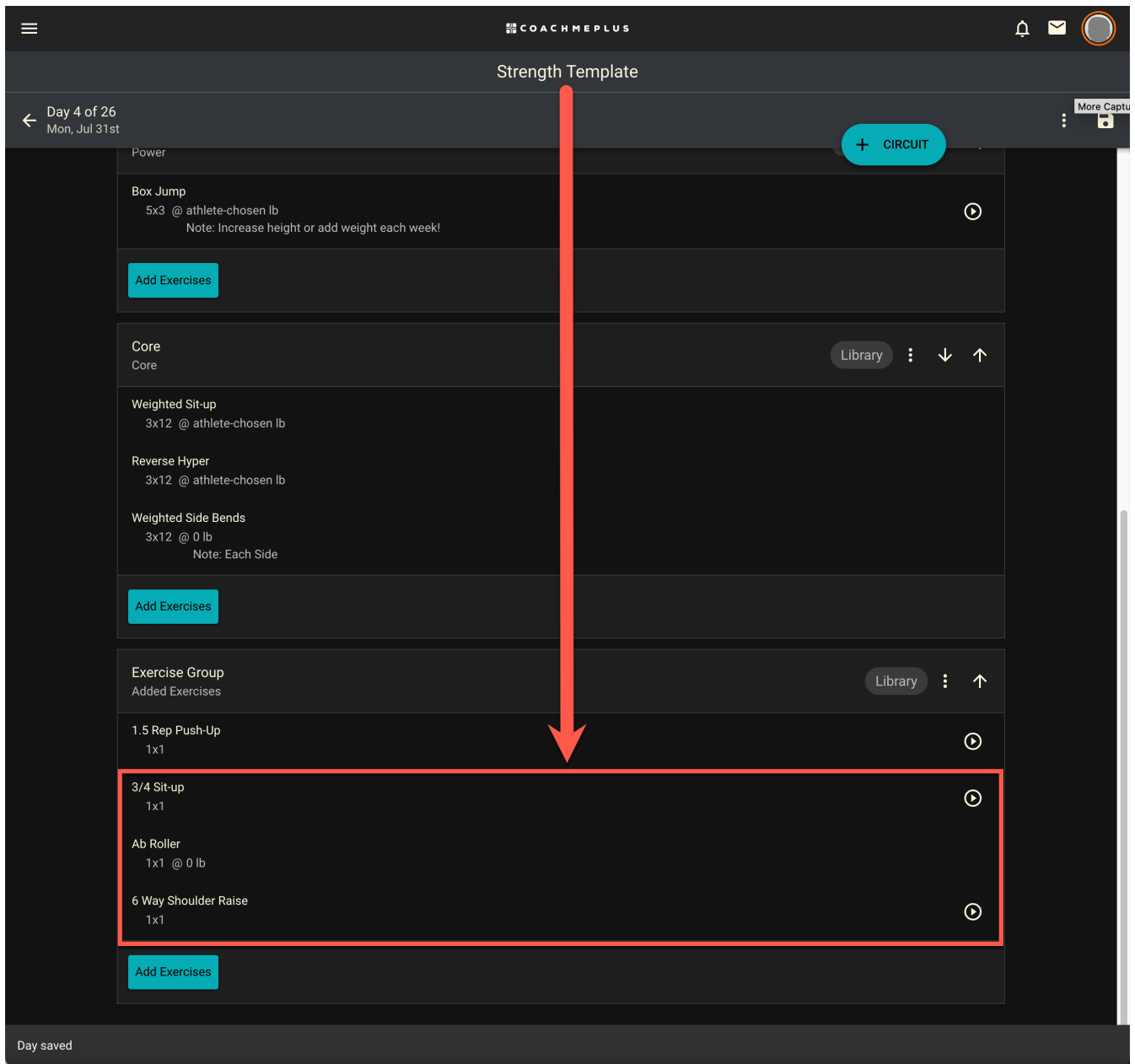
Select the Exercises you want to add:



Click "Add to Circuit":




View the added exercises inside the circuit:



Was this article helpful?

Yes No

0 out of 0 found this helpful

[Return to top](#) 

Recently viewed articles

[How To: Create a Circuit from an Exercise](#)

[How To: Change the Start Date of an Athlete's Program](#)

[How To: Edit a Program Name and Start Date](#)

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

[How To: Assign a Workout Program](#)

Related articles

[How To: View Programs in List, Calendar, Month and Week](#)

[What is a Circuit?](#)

[How To: Create an Exercise](#)

Comments

0 comments



Be the first to write a comment.

CoachMePlus Help